

ACTIVITIES CALENDAR

August 2026

					Saturday	Sunday
					1	2
						<i>No regular sessions!</i>
						
						10-6pm London Zoo Trip! Join us for a fun day at London Zoo! See amazing animals, enjoy time with friends, and make great memories. Cost: £6 per member (support staff free). Bring your own lunch no kosher food available. Pre-book with Mirela.
						
					Shabbat ends 9.45pm	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11-12 pm ³ Amazing Fitness with Emma M & Hayley  12-2 pm Shop-Cook-Eat  • 3-4 pm How to use devices safely • 3-4pm Makaton beginner classes with Mirela & Maria 4-5pm Science fun 5-6pm Pamper Night 8pm Jam Night The Three Wishes	 ⁴ 11-12 pm Cake & Create Let's make Challah! with Emma L 1-2 pm Reading Club with volunteer Michael <i>No Friendly Footsteps this month!</i>  2-3 pm Gardening Club with Maria 3-4pm My Health Matters with retired GP Dr Jane  4-5pm Makaton beginner classes with Mirela & Maria	10.30-11am ⁵ Meditation 11-12pm Art & Craft Club 2-3pm Board Games with Mandy 3-4pm Wellbeing Wednesday with Emma H <i>No Recorder Classes this month!</i> 5-6pm Members Community Meeting  6-7pm Bereavement Group run by Shelley & Terry from JBCS. A safe, supportive space for those experiencing loss. Pre-book with Mirela	11-11.30am ⁶ Hebrew with Hannit & Dina 11.30-12.30pm Drama The Lion King with Emma H  2-3pm Creative Writing & Book Club 3-4pm Guitar & Keyboard Club 4-5pm Choreography/ Dancing Classes 5-6pm Bleep Fitness Class  6.30 – 8.30pm Pub Night Harvester Mill Hill	10-11am ⁷ Yoga with Emma H 11-12pm Feel Good Friday  • 12-1pm Career Support CV help & work guidance with Shlomo • 12-1pm Fabulous Friday Fun  6-8pm Friday Night Dinner Main Hall at EHRS, Stonegrove Edgware. Pre-book with Mirela <i>Shabbat begins 8.24 pm</i>	⁸  <i>Shabbat ends 9.31 pm</i>	⁹ <i>No Woodwork Club this month!</i> 12-1pm Spanish  1-2pm Choir/Karaoke with volunteer Mandy  2-3 pm • Quiz session • Table Tennis • Adult Lego

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10 11-12 pm Amazing Fitness with Emma M & Hayley  12-2 pm Shop-Cook-Eat 3-4 pm How to use devices safely 3-4 pm Makaton beginner classes with Mirela & Maria  4-5pm Science Fun 5-6pm Pamper Night 8pm Jam Night The Three Wishes	11 11-12 pm Cake & Create Let's discover the map of Israel! with Emma L  12-1pm Dog Therapy with volunteer Daniel and the dog Stanley  1-2 pm Reading Club 2-3 pm Gardening Club with Maria 3-4pm My Health Matters retired GP Dr Jane  4-5pm Makaton beginner classes with Mirela & Maria	12 10.30-11am Meditation 11-12pm Art & Craft Club 12-1 pm • Photography Club • Jotform Lesson • Canva Lesson 2-3pm Board Games 3-4pm Wellbeing Wednesday A healing session to relax & restore with Emma H  5-6pm Coffee Evening at Nero  6-7pm Consent Workshop run by Adam from Streetwise. Pre-book with Mirela	13 11-11.30am Hebrew 11.30-12.30pm Drama The Lion King 2-3pm Creative Writing & Book Club 3-4pm Guitar & Keyboard Club  4-5pm Choreography/ Dancing Classes 5-6pm Bleep Fitness Class  6.30 - 8.30pm Pub Night The Three Wishes Edgware	14  10-11am Yoga with Emma H 11-12pm Feel Good Friday  • 12-1pm Career Support CV help & work guidance with Shlomo • 12-1pm Fabulous Friday Fun Shabbat begins 8.11pm	15  Shabbat ends 9.16pm	16 <i>No Woodwork Club this month!</i> 12-1pm Spanish  1-2pm Choir/Karaoke with volunteer Mandy  2-3 pm • Quiz session • Table Tennis • Adult Lego

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17 11-12 pm Amazing Fitness with Emma M & Hayley 12-2 pm Shop-Cook-Eat  3-4 pm How to use devices safely 3-4 pm Makaton beginner classes with Mirela & Maria  4-5pm Science Fun 5-6pm Pamper Night 8pm Jam Night The Three Wishes	18 11-12 pm Cake & Create Where am I? Headbands game, Israel edition! with Emma L  1-2 pm Reading Club with Michael 2-3 pm Gardening Club with Maria 3-4pm My Health Matters with retired GP Dr Jane  4-5pm Makaton beginner classes with Mirela & Maria	19 10.30-11am Meditation 11-12pm Art & Craft Club 12-1 pm • Photography Club • Jotform Lesson • Canva Lesson 2-3pm Board Games 3-4pm Wellbeing Wednesday A healing session 5-6pm Coffee Evening at Maccabi House 6-7pm Healthy Relationships Workshop by Justine & Jeremy, health nurses from Edgware Hospital. Must book with Mirela	20 11-11.30am Hebrew with Hannit & Dina 11.30-12.30pm Drama: The Lion King with Emma H 2-3pm Creative Writing & Book Club 3-4pm Guitar & Keyboard Club 4-5pm Choreography/ Dancing Classes 5-6pm Bleep Fitness Class  6.30 – 8.30pm Kosher restaurant Bricky's Borehamwood Meet Mirela 6pm at MH and travel together by bus or meet there 7pm Pre-book with Mirela	21  10-11am Yoga with Emma H 11-12pm Feel Good Friday  • 12-1pm Career Support CV help & work guidance with Shlomo • 12-1pm Fabulous Friday Fun Shabbat begins 7.57 pm	22  Shabbat ends 9.00 pm	23 12-1pm Spanish  1-2pm Choir/Karaoke with volunteer Mandy  2-3 pm • Quiz session • Table Tennis • Adult Lego

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Monday

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SUMMER BANK
HOLIDAY

NO SESSIONS!