

|  |  |  |  |  | Saturday                                                                                                                                             | Sunday                                                                                                                                                                                                                                                                                                                                                                                           |
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|  |  |  |  |  | 1                                                                                                                                                    | 2                                                                                                                                                                                                                                                                                                                                                                                                |
|  |  |  |  |  | <p>Torah reading:<br/>Eikev</p>  <p>Shabbat ends<br/>10.11pm</p> |  <p>10am-7pm<br/>Heaton Park<br/>Food &amp; Drink<br/>Festival</p> <ul style="list-style-type: none"> <li>• Free live entertainment</li> <li>• Free live music and tribute acts</li> <li>• Free live cookery demonstrations</li> <li>• Comedy acts</li> <li>• Fun fair</li> <li>• Food and drinks!</li> </ul> |

| Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Wednesday                                                                                                                                                                                                                                                                                                                                                                                  | Thursday                                                                                                                                                                                                                                                                                                                                              | Friday                                                                                                                                                                                                       | Saturday                                                                                                                                                          | Sunday |
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| <p><b>Chof Av</b> 3</p> <p><b>10:30am-12:30pm</b><br/><b>Heaton Park Social</b><br/>At The Stables Café<br/>Bring money for drinks</p>  <p><b>10:30am-12pm</b><br/><b>Arty Farty Arts &amp; Crafts</b><br/>At The Valley (bus 66)</p> <p><b>1pm-2:45pm</b><br/><b>Arty Farty Kurling</b><br/>At The Valley (bus 66)</p> <p><b>7:30pm-8:30pm</b><br/><b>Friendship Circle Art Club</b> (£4)</p> | <p><b>9:30am-11:30am</b><br/><b>Craft at the Croft</b><br/>Bring money for drinks</p> <p><b>12pm-1pm</b><br/><b>Church Lane Walk</b></p> <p><b>1pm-3pm</b><br/><b>Prestwich Social Prescribing Drop-In</b><br/>At Church Lane Community Centre<br/>Bring money for drinks</p> <p><b>1pm-3pm</b><br/><b>Drop-In</b><br/>Friendship Circle</p>  <p><b>3pm-4:30pm</b><br/><b>Art Workshop</b></p> <p><b>8pm</b><br/><b>The Friendship Inn Quiz</b> £1</p> | <p><b>10:30am-11:30am</b><br/><b>Bingo</b><br/>at The Green<br/>£1 per game<br/>£2 for 3 games or<br/>£5.50 lunch deal</p>  <p><b>1pm-4pm</b><br/><b>Board Games Welly's Community Café Social Drop-In</b><br/>Please bring cash:<br/>£1.50 coffee/tea<br/>£1 soft drinks and<br/>Bowling Green £1.50</p> | <p><b>1pm-2:30pm</b><br/><b>Board Games/ Pool</b></p>  <p><b>1pm-2:30pm</b><br/><b>Hollywood Bowl with Escape</b><br/>All levels welcome,<br/>just come for fun<br/>and good vibes<br/>From £7.20 per game</p> <p><b>2:30pm-4:30pm</b><br/><b>Art Workshop</b></p> | <p><b>10am-12pm</b><br/><b>Board Games</b></p> <p><b>1pm-3pm</b><br/><b>BIG in Mental Health Drop-In</b></p> <p><b>1:30pm-2:30pm</b><br/><b>Shua's Workshop</b></p> <p><b>Shabbat begins</b><br/>8.36 pm</p> | <p><b>Torah reading:</b><br/>Re'eh</p>  <p><b>Shabbat ends</b><br/>9.55 pm</p> |        |

| Monday                                                                                                                                                                                                                                                | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Wednesday                                                                                                                                                                                                                                                                                                                                         | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Saturday                                                                                                                                               | Sunday                                                                                          |
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| <p>10</p> <p>10:30am-2.45pm<br/><b>Arty Farty Arts &amp; Crafts</b><br/>At The Valley (bus 66)</p>  <p>2pm-3pm<br/><b>Yoga with Amy</b><br/>Ask Lee for address</p> | <p>11</p> <p>9:30am-11:30am<br/><b>Craft at the Croft</b><br/>Bring money for drinks</p>  <p>12pm-1pm<br/><b>Church Lane Walk</b></p> <p>1pm-3pm<br/><b>Prestwich Social Prescribing Drop-In</b><br/>At Church Lane Community Centre<br/>Bring money for drinks</p> <p>1pm-3pm<br/><b>Drop-In</b><br/>Friendship Circle</p> <p>3pm-4:30pm<br/><b>Art Workshop</b></p> <p>8pm<br/><b>The Friendship Inn Quiz £1</b></p> | <p>12</p> <p>Fast begins: 3:24am<br/><b>Yom Kippur Katan</b></p> <p>10:30am-11:30am<br/><b>Bingo</b><br/>at The Green<br/>£1 per game<br/>£2 for 3 games or<br/>£5.50 lunch deal</p>  <p>1pm-4pm<br/><b>Welly's Community Café</b></p> <p>Fast ends: 9:33pm</p> | <p>13</p> <p>Rosh Chodesh</p> <p>1pm-2:30pm<br/><b>Member-led Quiz!</b></p>  <p>1pm-2:30pm<br/><b>Hollywood Bowl with Escape</b><br/>All levels welcome, just come for fun and good vibes<br/>From £7.20 per game</p> <p>2pm-3pm<br/><b>Heaton Park Social Walk</b><br/>Meet outside Whittaker Lane Medical Centre<br/>Bring funds for a drink</p> <p>2:30pm-4:30pm<br/><b>Art Workshop</b></p> | <p>14</p> <p>Rosh Hashana<br/>LaBehemot<br/>Rosh Chodesh</p> <p>10am-12pm<br/><b>Board Games</b></p> <p>10:30am-12:30pm<br/><b>Nature &amp; Wellbeing Session</b> with The Wildlife Trust<br/>Pre-book with Lee</p> <p>12:30pm-1:30pm<br/><b>Creative Writing</b></p> <p>1pm-3pm<br/><b>Garden Volunteering</b><br/>At Peel Park with Salford Rangers</p> <p>1pm-3pm<br/><b>BIG in Mental Health Drop-In</b></p> <p>1:30pm-2:30pm<br/><b>Shua's Workshop</b></p> <p>Shabbat begins 9.12pm</p> | <p>15</p> <p>Torah reading: Shoftim</p>  <p>Shabbat ends 9.37pm</p> | <p>16</p> <p>9:30am-11:30am<br/><b>Volunteering at Clowes Park</b><br/>with Salford Rangers</p> |

| Monday                                                                                                                                                                                                                                                                                                     | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Wednesday                                                                                                                                                                                                                                                                                                                     | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Saturday                                                                                                                                                                       | Sunday |
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| 17                                                                                                                                                                                                                                                                                                         | 18                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 19                                                                                                                                                                                                                                                                                                                            | 20                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 21                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 22                                                                                                                                                                             | 23     |
| <p>10:30am-2.45pm<br/><b>Arty Farty Arts &amp; Crafts</b><br/>At The Valley (bus 66)</p>  <p>2pm-3pm<br/><b>Yoga with Amy</b><br/>Ask Lee for address</p> <p>7:30pm-8:30pm<br/><b>Friendship Circle Art Club</b> (£4)</p> | <p>9:30am-11:30am<br/><b>Craft at the Croft</b><br/>Bring cash for a drink</p>  <p>12pm-1pm<br/><b>Church Lane Walk</b></p> <p>1pm-3pm<br/><b>Prestwich Social Prescribing Drop-In</b><br/>At Church Lane Community Centre<br/>Bring money for drinks</p> <p>1pm-3pm<br/><b>Drop-In</b><br/>Friendship Circle</p> <p>3pm-4:30pm<br/><b>Art Workshop</b></p> <p>8pm<br/><b>The Friendship Inn Quiz</b> £1</p> | <p>10:30am-12:30pm<br/><b>Heaton Park Social</b><br/>The Stables Café<br/>Bring money for drinks</p>  <p>1pm-3pm<br/><b>St Gabriel's Medical Centre Gardening Group</b><br/>With Susan from The Wildlife Trust<br/>Refreshments provided</p> | <p>1pm-2:30pm<br/><b>Member-led Quiz!</b></p>  <p>1pm-2:30pm<br/><b>Hollywood Bowl with Escape</b><br/>All levels welcome, just come for fun and good vibes<br/>From £7.20 per game</p> <p>2:30pm-4:30pm<br/><b>Art Workshop</b></p>  <p>7pm-8pm<br/><b>The Puppet Folk Experience!</b><br/>Manchester Central Library<br/>From £6.13</p> | <p>10am-12pm<br/><b>Board games</b></p>  <p>10:30am-12:30pm<br/><b>Nature &amp; Wellbeing Session</b> with The Wildlife Trust<br/>Pre-book with Lee</p> <p>1pm-3pm<br/><b>Garden Volunteering</b><br/>At Peel Park with Salford Rangers</p> <p>1pm-3pm<br/><b>BIG in Mental Health Drop-In</b></p> <p>1:30pm-2:30pm<br/><b>Shua's Workshop</b></p> <p>Shabbat begins 8.06pm</p> | <p>Torah reading: Ki Teitzei</p>  <p>Water Lantern Festival</p> <p>Shabbat ends 9.20 pm</p> |        |

| Monday                                                                                                                                                       | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Wednesday                                                                                                                                                                                                                                                                                                                                                                                             | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Saturday                                                                                                                                                                | Sunday |
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| 24                                                                                                                                                           | 25                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 26                                                                                                                                                                                                                                                                                                                                                                                                    | 27                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 28                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 29                                                                                                                                                                      | 30     |
| <p><b>10.30am-2:45pm</b><br/><b>Arty Farty Kurling</b><br/>At The Valley (bus 66)</p> <p><b>7:30pm-8:30pm</b><br/><b>Friendship Circle Art Club</b> (£4)</p> | <p><b>9:30am-11:30am</b><br/><b>Craft at the Croft</b><br/>Bring cash for a drink</p>  <p><b>12pm-1pm</b><br/><b>Church Lane Walk</b></p> <p><b>1pm-3pm</b><br/><b>Social Drop-In</b><br/>with Prestwich Social Prescribing<br/>Bring cash for drinks</p> <p><b>1pm-3pm</b><br/><b>Drop-In</b><br/>Friendship Circle</p>  <p><b>3pm-4:30pm</b><br/><b>Art Workshop</b></p> <p><b>8pm</b><br/><b>The Friendship Inn Quiz</b> £1</p> | <p><b>10:30am-11:30am</b><br/><b>Bingo</b><br/>at The Green<br/>£1 per game<br/>£2 for 3 games or<br/>£5.50 lunch deal</p>  <p><b>1pm-4pm</b><br/><b>Board Games</b><br/><b>Welly's Community Café Social Drop-In</b><br/>Please bring cash:<br/>£1.50 coffee/tea<br/>£1 soft drinks and<br/>Bowling Green £1.50</p> | <p><b>1pm-2:30pm</b><br/><b>Member-led Quiz!</b></p>  <p><b>1pm-2:30pm</b><br/><b>Hollywood Bowl with Escape</b><br/>All levels welcome,<br/>just come for fun<br/>and good vibes<br/>From £7.20 per game</p>  <p><b>2pm-3pm</b><br/><b>Heaton Park Social Walk</b><br/>Meet outside<br/>Whittaker Lane<br/>Medical Centre<br/>Bring funds for a drink</p> <p><b>2:30pm-4:30pm</b><br/><b>Art Workshop</b></p> | <p><b>10am-12pm</b><br/><b>Board games</b></p>  <p><b>10:30am-12:30pm</b><br/><b>Nature &amp; Wellbeing Session</b> with<br/>The Wildlife Trust<br/>Pre-book with Lee</p> <p><b>1pm-3pm</b><br/><b>Garden Volunteering</b><br/>At Peel Park with<br/>Salford Rangers<br/>Refreshments<br/>provided</p> <p><b>1pm-3pm</b><br/><b>BIG in Mental Health Drop-In</b></p> <p><b>1:30pm-2:30pm</b><br/><b>Shua's Workshop</b></p> <p><b>Shabbat begins</b><br/>7.50pm</p> | <p><b>Torah reading:</b><br/><b>Tavo</b></p>  <p><b>Shabbat ends</b><br/>9.01 pm</p> |        |

**Monday**

31

**Chai Elul**

**BANK HOLIDAY  
OFFICE IS CLOSED**



**12pm-3pm**

**Elmhurst Summer Fair**

- Petting zoo from 12pm-1pm
- Cake sale • Tabletop sale
- Name a bear competition (winner wins the bear!)
  - Raffle (£1 per ticket)
- Free tea, coffee and fruit juice

**7:30pm-8:30pm**

**Friendship Circle Art Club (£4)**

## Locations

**The Bayit (Friendship Circle)**

72 Singleton Rd, Salford, M7 4LU

**BIG in Mental Health Drop-In**

Bury United Reformed Church,  
Parsons Lane, Bury, BL9 0LY

**Creative Living Centre (CLC)**

1a Rectory Ln, Prestwich,  
Manchester, M25 1BP

**Elmhurst Summer Fair**

Elmhurst Short Stay, Whalley Road,  
Whitefield, M45 8WZ

[www.personasupport.org/news-and-events/events/elmhurst-summer-fair/](http://www.personasupport.org/news-and-events/events/elmhurst-summer-fair/)

**Friendship Inn**

Scholes Ln, Prestwich,  
Manchester, M25 0PD

**The Green Community Café**

Clarence Park Bowling Pavilion,  
Walmersley Road, Bury, BL9 5DH

**Hollywood Bowl with Escape**

11 The Rock, Bury, BL9 0JX

[www.personasupport.org/news-and-events/events/hollywood-bowl-with-escape](http://www.personasupport.org/news-and-events/events/hollywood-bowl-with-escape)

**Litter Picking and Peel Park  
Volunteering  
(with Salford Rangers)**

Peel Park Base, Salford, M5 4PD

**Nature and Wellbeing Session  
with the Wildlife Trust**

Phillips Park, Whitefield, M45 7QJ

**Prestwich Social Prescribing****> Craft at the Croft**

The Croft – St Hilda's Church,  
Whittaker Lane, Prestwich, M25 1EX

**> Heaton Park Social**

The Stables Café, Heaton Park,  
Prestwich, M25 2SW

**> Social Drop-In**

Church Lane Community Centre,  
Church Lane, Prestwich, M25 1AJ

**> Social Walks**

Meet at Whittaker Lane Medical Centre,  
2 Beaufort St,  
Prestwich, M25 1EX

**Purple Room at Heathlands Village**

The ground floor of Eventhall House,  
Heathlands Village, Heathlands Drive,  
Prestwich, M25 9SB

**Salford Museum and Art Gallery**

Peel Park, The Crescent,  
Salford, M5 4WU

[salfordmuseum.com/whats-on/relax-art](http://salfordmuseum.com/whats-on/relax-art)

**The Valley Community Centre  
(The Valley)**

Lightborne Green, 7-9 Dorning Road,  
Swinton, M27 5UX

**Welly's Community Cafe (Bury EST)**

Manchester Road Park,  
157 Manchester Rd, Bury, BL9 0TD