

Mondays

FIRST Monday of every month - 2pm to 4pm
(4th October, 1st November & 6th December)

	MON	TUE	WED
1	✓		
2			
3			
4			

Sha'arei Tsedek Synagogue
120 Oakleigh Road North
Whetstone, London N20 9EZ



Tea/coffee/cakes meet and chat and quizzes, **Exercise to Music with Jane Walters** followed by **Music Entertainment with James Le Bec** followed by social activities

SECOND Monday of every month - 2pm to 4pm
(starting 13th September, 11th October, 8th November & 13th December with ELVIS)

	MON	TUE	WED
1			
2	✓		
3			
4			

The Finchley Cricket Club
33-45 East End Road
Finchley
London N3 2TA



Tea/coffee/cakes meet and chat and quizzes, **Exercise to Music with Eon Walters** and **Music Entertainment with Ian James** followed by social activities

LAST Monday of every month - 2pm to 4pm
(starting 27th September, 25th October & 29th November)

	MON	TUE	WED
1			
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3			
4	✓		

East Barnet Baptist Church
Community Hall, Crescent Road
Barnet EN4 8PS



Tea/coffee/cakes meet and chat and quizzes, **Exercises to Music with Eon Walters** and **Music Entertainment with Ian James** followed by social activities

Tuesdays

WEEKLY Tuesday Afternoon 2pm to 4.15pm
ZOOM Sessions **No sessions on the First Tuesdays**
AND No session on 14th September

	MON	TUE	WED
1			
2		✓	
3		✓	
4		✓	

Chat time & Quizzes. **Music Singalong with James Le Bec & Music Quiz** followed by **Exercise to Music with Eon Walters** and BINGO

FIRST Tuesday of every month- 2pm to 4pm
(starting 7th September, 5th October, 2nd Nov, 7th Dec)

	MON	TUE	WED
1		✓	
2			
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4			

Eversfield Centre
11 Eversfield Gardens, Mill hill
London NW7 2AE



Tea/coffee/cakes meet and chat and quizzes, poetry reading, reminiscing, **Chair Yoga Exercises with Richard Kravetz** followed by **Music Entertainment and singalong with Helen Tierney** playing the (Harp/Accordion & Keyboard), and followed with social activities (indoor Putting golf, table tennis, magnetic darts, skittles, Bowls, and more....)

WEEKLY Tuesday Evening 7pm to 8.30pm
ZOOM Carers Group Meeting

	MON	TUE	WED
1		✓	
2		✓	
3		✓	
4		✓	

Time for carers and families to ask questions, share any concerns, talk to professionals and our GP and Trustee **Dr Angela Parker** for information and advice on any medical concerns. Seminars and training are also provided by **Andrew Wrensch** on various topics of interest for carers and other speakers are also sometimes invited.

Wednesdays

WEEKLY on Wednesdays- 2pm to 4pm **BOOKING IS REQUIRED (First come basis) - NO SESSIONS on 20th Oct or 1st Dec**

Finchley Memorial Hospital
Granville Road,
North Finchley,
London N12 0JE

Tea/coffee/cakes meet and chat, singalong, Quizzes. **Chair Yoga Exercises with Richard Kravetz** followed by **Music Entertainment with Ian James**. Various social activities - table tennis, giant Dominoes, colouring pictures and **Tovertafel (Magic table)** – an interactive table which provides stimulation, engagement and lots of fun with different games projected on to a table. *Finchley Memorial Hospital was the first hospital in London to receive a Tovertafel which was donated by Dementia Club UK. The BBC were interested and produced a short film. <https://www.bbc.co.uk/news/av/stories-45642031>*

	MON	TUE	WED
1			✓
2			✓
3			✓
4			✓

Christmas Party Wednesday 13th December at the Finchley Cricket Club

Christmas Seasonal Holidays from 16th Dec | Back on 3rd January 2022.

