

# What's On

Your bi-monthly guide to what's on at **Belong Morris Feinmann**

February / March 2025

## Chair yoga

Seated balance and mindful strength



## Club Thursday

Join our lively discussion group



## Celebrating Purim

Join us for a joyous Purim celebration as we come together to celebrate the festive spirit of Purim on Friday 14 March at 3pm in The Bistro.

We are delighted to welcome back Andrew Winter, who will help us honour this cherished festival with lively festivities and heartfelt moments. Enjoy a delightful afternoon with

a warm cup of tea and the traditional treat of Hamantaschen. This special gathering promises to bring joy, laughter, and lasting memories for all who attend. Don't miss this wonderful opportunity to connect and celebrate together.

## U3A Choir

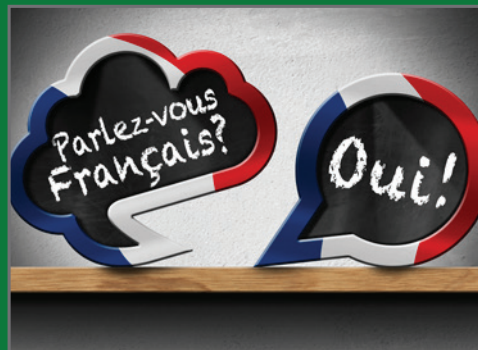


Enjoy a performance by the University of The Third Age in The Venue on Thursday 13 February, at 2pm in The Venue. This wonderful choir will perform a variety of songs for us to enjoy and sing along to. A wonderful way to spend a Thursday afternoon; free entry.

## French for Seniors

A fun and stimulating language experience! Join us on Monday 5 March at 2pm in The Venue for an exciting French for Seniors session, led by Liz from Linguagility.

Enjoy a unique blend of gentle language learning and lively entertainment. With her expertise in speech and language therapy, Liz will guide you through interactive games, live music, singing, and even a touch of French flair with berets! This session is designed to boost brain health, stimulate the senses, and bring joy through learning. Come along for an afternoon of fun, connection, and a little "je ne sais quoi"! Cost £3.



## Day care with a difference

Try our popular Experience Days service for yourself, with a free 'taster' session. Our bespoke day care service provides a great way to get a taste of life in Belong Morris Feinmann while offering some respite to usual carers.

Typically running from 10am - 4pm Monday to Friday, the service costs £86.50 per session which includes activities, lunch, snacks and drinks, and support throughout the day. Call Experience Coordinator, Angela Lockett, on 0161 804 4200, to find out more and to book your free 'taster' session.

## Piano Lounge

Jack is back, for an afternoon of music at the Piano Lounge. Join us in The Venue on Thursday 27 February at 2pm, for an unforgettable afternoon of music with our much-loved pianist. Jack's playlist skips effortlessly from classical melodies to show tunes and popular favourites, creating an enchanting atmosphere you won't want to miss. Cost £3.

## Purim celebrations

Joy, laughter and lasting memories



## Day care with a difference

Free day care 'taster' session



# BELONG

MORRIS FEINMANN

*We welcome members of the whole community*

## Book buddies

Join us for our next heartwarming weekly reading group, on Wednesday 5 February at 11am in The Venue, for a delightful gathering

of book buddies! Each week, we welcome our little neighbours from Moor Allerton Preparatory School for a shared reading experience that brings generations together. This charming group is the perfect opportunity to connect, inspire young minds, and enjoy the joy of storytelling. Come along and be part of this special intergenerational activity; booking essential.

## Chair yoga

Join us in The Venue on Monday 3 February at 2pm for an empowering session designed to support your well-being, where you'll gain access to expert guidance from Amanda, a qualified yoga teacher with specialised training in osteoporosis care and exercise. This unique group session focuses on seated balance and mindful strength work, helping to enhance muscle health and improve overall stability. Whether you're looking to maintain mobility, build strength, or simply enjoy a mindful workout, this class offers something for everyone. Cost £3; booking required.



## The Bachelors

Jonathan from The Bachelors is back again! We simply cannot get enough of him. Always with a wonderful repertoire, always with a special smile, singing familiar tunes for all to enjoy. Join us in The Venue on Thursday 6 February, at 2pm. Cost £3.



## Shabbat services

Members of the community are invited to join us for our next Shabbat services, followed by Kiddish, on Saturday 1 February and Saturday 1 March. Both services will commence at 10:30am; new faces are welcome.



## Emma Black

Emma offers a gentle inclusive programme of sing-along style songs ranging from the 1940s through to hits by The Beatles and beyond. Join us for this heart-warming, inclusive session, on Monday 10 February at 2pm in The Venue. Cost £3; booking required.



## Rabbi chats

With his vast cultural knowledge, his worldwide experience, his gentleness and charm we look forward to being in the company of Rabbi Fabian, once again, on Monday 24 February and Monday 31 February, at 2pm in The Venue, on both dates. This popular chat group encourages open chat enjoyed by all who attend. Free entry: the floor is yours!



## Club Thursday

Club Thursday facilitates a variety of discussions covering topics such as current news, community matters and more, with different speakers and an opportunity to meet up with friends. Our next meetings will take place in The Venue on Thursday 20 February at 2pm, with speaker Liz Kessler who will be talking about her life as a children's and young adults' author whilst exploring her wonderful books. This will be followed by a further gathering on Thursday 27 March at 2pm, when we will welcome Janis Stout with more tales of travels.



Our events programme is inspired by the interests of our community. If there is anything you would like to see added, please share your ideas with our Experience & Cultural Coordinator, Angela Lockett: [angela.lockett@belong.org.uk](mailto:angela.lockett@belong.org.uk)



For more updates of special offers and events follow us on Facebook, Instagram and X.