



#StaySafeWithAlyth

May  
2021

## Be With Us

Please go to [www.alyth.org.uk/alythonline](http://www.alyth.org.uk/alythonline) for the session Zoom links.

### Regular Activities

#### Craft, Chat and Cuppa!

*Mondays 10 & 24 May, 15:00-16:00*

Creating gifts for Homeless Action in Barnet and small cuddly toys for children to be distributed via food banks. If you have any unused wool or fabric please consider helping by donating it to the project. Join Brenda and the Craft, Chat and Cuppa group for a good chat!

#### Alyth Choral Society

*Tuesdays 4, 11, 18, 25 May, 20:00-22:00*

For Choral Society Members only. Go to [www.alythchoralsociety.org](http://www.alythchoralsociety.org) for more information

#### News, Views & Schmooze

*Wednesdays 5 & 19 May, 11:00-12:00*

Join us for an hour of schmooze to discuss what is going on in the world around us. Led by volunteers from the Soup and Schmooze group.

#### Mellow Chair Yoga for All Ages

*Thursdays, 11:00-12:00*

Our special Chair Yoga and Meditation with Maxine, open to all ages wishing to enhance overall mental and physical wellbeing.

#### Jewish Mindfulness Meditation

*Fridays 14 & 28 May, 17:15-18:15*

*Saturdays 8 & 22 May, 9:15-10:15*

Jewish Mindfulness Meditation helps us to open our hearts and find peace through our spiritual heritage, especially in these challenging times.

#### Bank Holiday Ramble

*Monday 31 May, 10:00-16:00*

An undulating walk with fine vistas of the Chiltern Hills and Bledlow Great Wood (distance 7 miles). Please book in by emailing [vivienne.bellos@btinternet.com](mailto:vivienne.bellos@btinternet.com).

### Monthly Activities

#### Alyth Book Club:

##### 'The Cut Out Girl: A Story of War and Family, Lost and Found'

*Monday 10 May, 18:30-19:30*

This month's book is 'The Cut Out Girl: A Story of War and Family, Lost and Found' by Bart van Es.

[Click here](#) for more information about the book.

June's session is on Monday 7 June. The book will be "The Magician of Lublin" by Isaac Bashevis Singer. [Click here](#) for more information about the book.

#### Singing for Pleasure

*Sundays 9 May, 15:00-16:00*

Join Viv and sing songs from the shows, Israeli folksongs, songs from the 60s and much, much more. No need to audition, read music or feel intimidated.

#### Synagogue Choir Rehearsal

*Saturdays 8 & 22 May, 9:15-10:15*

Online choir rehearsal.

This events sheet only includes activities run by Alyth. Please see the "other organisations events" page on our website by [clicking here](#) for details about these activities.