Alyth

#StaySafeWithAlyth

September 2021

Be With Us

Please go to www.alyth.org.uk/alythonline for the session Zoom links.

Regular Activities

Alyth Choral Society

Tuesday 14 September, 20:00-22:00

For Choral Society Members only. Go to www.alythchoralsociety.org for more information

News, Views & Schmooze (in-person)

Wednesdays 29 September, 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 (online)

Thursdays 23, 30 September, 11:00-12:00

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

Monthly Activities

Alyth Book Club

There is no Book Club in September. Returning on 4 October where the book will be "The Weight of Ink" by Rachel Kadish. Click here for more information about the book

Singing for Pleasure

Sunday 19 September, 14:00-15:00

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.

Monthly Drop-in for Recent Refugees

Sunday 26 September, 13:30-15:30

We are delighted to welcome back the Refugee Drop-in for in-person sessions in our sukkah.

Jewish Mindfulness and Meditation

JMM Weekly Sessions

Fridays 3 & 24 September, 17:15-18:15

Jewish Mindfulness Meditation helps us to open our hearts and find peace through our spiritual heritage.

JMM will return every Friday through October

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