

Lubavitch Children's Centre Activity Diary

Come & Play the Torah Way!

"Children are the most Precious gift G-D has Given you – a new Life, as unmarked as fresh snow, and you have been blessed with the opportunity to nurture, protect and teach your child, so that the child becomes a productive and good human being"

The Lubavitcher Rebbe



LUBAVITCH
CHILDREN'S CENTRE

WEEKLY DROP-IN SESSIONS

booking necessary
- limited place

MONDAY:

Baby Massage
Soft Play & Story Time

TUESDAY:

Baby Club
Baking & Pasting

WEDNESDAY:

Arts & Craft / Messy Play
Sensory Experience

4th October - 23rd December
10th January - 31st March

We are looking forward welcoming you & your children to our stay & play session in a Covid-safe environment. Please call in advance to book your place, as limited numbers will be accepted. You can make one booking at a time. We kindly ask you to only attend if you and your household members are symptom free and not in need of quarantine.

MY JOURNEY

Bring in My Journey Folders for every session. "My Journey" enables you to track your children's progress whilst identifying areas of development.



Does your child (under Bar and Bas Mitzvah) own a letter in a Sefer Torah?

Have the sofer write a letter in the Torah just for you!

You will receive a beautiful personalised certificate from the Children's Sefer Torah office in Israel telling you in which portion of the Torah "your" letter has been written. Please come to reception for a form or go to www.kidstorah.org





Morning



BABY MASSAGE

9:30AM - 11:00AM

0 MONTHS - 9 MONTHS

Activity Room

Massaging the Baby is relaxing for both mother and baby. It can help with colic, constipation, crying and send them off to sleep. With Penelope – Baby massage therapist.



Afternoon



SOFT PLAY

1:45PM-3:15PM

0-3 YEARS

Lubavitch Hall

Physical development and lots of fun! Tummy Time: Experience of being on their tummy helps babies to push up, roll over, sit up, crawl and pull to stand



**SING, CLAP & DANCE WITH AUNTY CHANA
MUSIC & MOVEMENT**

2:00-2:30 PM

18th October

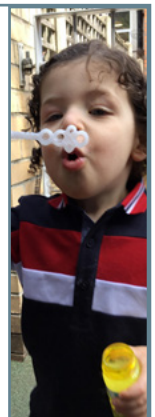
22nd November

20th December

17th January (Tu B'shvat)

14th February

7th March



BABY CLUB

9:30AM - 11:00AM

5 sessions: Create a 5 week Baby-Project!
Invest in your child from the start!

0 - 18 MONTHS

Activity Room

THE BENEFITS OF A TREASURE BASKET

Natural materials enables babies to explore texture, taste, smell, and sound of objects.

Come learn how to assemble your own treasure basket.

5th October, 9th November, 14th December

11th January, 15th February, 15th March

DUNSTAN BABY LANGUAGE

Dunstan baby language trains you to listen to your baby and respond to his needs after recognising his cries.

12th October & 16th November, 18th January & 1st March

BETTER PROTECTED THAN INFECTED!

The importance of immunisations. Discover the science behind immunisation and how it protects your child.

19th October & 30th November & 1st February

INTRODUCING SOLIDS

Advice & Information on weaning with HENRY.

26th October & 23rd November & 21st December

25th January & 22nd February & 22nd March

BLOCK PLAY

Playing with blocks develops children's imagination, motor skills and social skills.

2nd November & 7th December, 8th February & 15th March

BAKING & PASTING

1:45 - 3:15PM

Come and create your own cookbook and try out all the recipes first.

12 MONTHS - 3 YEARS

Activity Room

Child size utensils, child friendly recipes. Watch your child enjoy the cooking and baking and try new foods.

OCTOBER

- 5th Apple crumble
- 12th Pizza
- 19th Oat berry muffins
- 26th Stuffed pepper

NOVEMBER

- 2nd Biscuits
- 9th Sweetcorn fritter
- 16th Tuna patties
- 23rd Breaded vegetables
- 30th Olive and cheese muffins

DECEMBER

- 7th Falafel
- 14th Carrot muffins
- 21st Courgette and carrot kugel

JANUARY

- 11th Apple crumble
- 18th Broccoli quiche
- 25th Pizza

FEBRUARY

- 1st Oat berry muffins
- 8th Stuffed pepper
- 15th Haman Tashen
- 22nd Tuna patties

MARCH

- 1st Banana muffins
- 8th Haman Tashen
- 15th Kreplach
- 22nd Biscuits



ARTS & CRAFTS AND MESSY PLAY

Invest in your child
from the start!

9:30AM -11:00AM

0 - 3 YEARS

Lubavitch hall

Playdough,
Collage,
Sensory materials,
Shaving foam
and much more!



**SENSORY
EXPERIENCE**

Develop your senses in a fun, stimulating environment

1:45PM-3:15PM

0-3 YEARS

Activity Room

OCTOBER

6th Light up

13th Discovery

20th Tactile & Fidget

27th Balancing & Stepping

NOVEMBER

3rd Balls & Spheres

10th Sound & Music

17th Massaging & Brushes

24th Light up

DECEMBER

1st Tactile & Fidget

8th Balancing & Stepping

15th Balls & Spheres

22nd Sound & Music

JANUARY

12th Discovery

19th Tactile & Fidget

26th Balancing & Stepping

FEBRUARY

9th Light up

16th Balls & Spheres

23rd Sound & Music

MARCH

2nd Massaging & Brushes

9th Discovery

23rd Tactile & Fidget

30th Balancing & Stepping



Men's Exercise Classes

TUESDAY

CIRCUIT EXERCISE

FOR FATHERS

Lubavitch School Hall

7:30PM - 8:30PM

Term 1

12th October - 7th December

Term 2

11th January - 1st March

8 sessions £60

Women's Exercise Classes

MONDAY

POST-NATAL

PILATES

FOR MOTHERS

Lubavitch School Hall

9:45AM - 10:45AM

11th, 18th, 25th October

1st, 8th, 15th, 22nd, 29th November

6th, 13th December

10 sessions £60

Exercise is an important activity to maintain your health and reduce your weight.

Parenting Course

First Aid

WEDNESDAY

SOLIHULL PARENTING

FOR MOTHERS

This is an evidence based parenting programme that will help you develop and focus on a more positive and rewarding relationship with your family. Research shows that this course has helped parents feel calmer and their children's behaviour has improved.

Delivered by Koach parenting.
Limited crèche places available

9:30 - 11:30 AM

3rd, 10th 17th & 24th November
1st, 8th, 15th & 22nd December
5th & 12th January

THURSDAY

Little children are adventurous and have little understanding of danger. To know what to do in case of an emergency will be half the cure.

FOR MOTHERS

Lubavitch Hall

11:00AM - 1:00PM

4th November and 24th February

Please book in advance
£10 per person



PARSHAS NOACH

Wednesday 6th October
Petting zoo

PARSHAS LECH L'CHO & VAYEIRA

Mon 11th – Friday 22nd October
Visit the life-size camel & well

CHAYEI SORO

25th – 29th October
Come and visit Soro's Tent
see the cloud, the challos and the
candles

PARSHAS VAYEITZE

8th – 12th November
See Yakov's Ladder in life-size

PARSHAS VAYISHLACH

15th – 19th November
Meet Yakov's flock

CHANUKAH DISPLAY

22nd November – 6th December

PARSHAS VOEIRO & BO

29th December – 7th January
The 10 makos experience

PARSHAS B'SHALACH

10th – 14th January
Splitting of the sea

TU B'SHVAT

17th – 21st January
Fruit Display

PURIM

7th – 18th March
Visit the palace

PESACH DISPLAY

21st March – 1st April



WEDNESDAY

5:00PM - 6:30PM

Spend time with family and friends, enjoying a variety of exciting crafts and activities.

AGE 0-9

Lubavitch House Hall
£5 per family

Supper is available if ordered and paid in advance before 12:00pm on Tuesday.

20th October

TZEDAKA BOXES CRAFT

Milky supper

17th November

EXOTIC ANIMALS

Fleishik Supper

22nd December

MENDY MUSIC

Parev Supper

12th January

PLANTING & FRUIT KEBABS

Milky supper

9th February

MENDY MUSIC

Fleishik supper

23rd February

EXOTIC ANIMALS

Parev Supper

23rd March

MATZA BAKERY

Milky supper



Advice Clinic

THURSDAY

PHYSIOTHERAPY

Are you concerned about your child's physical development? Does your child experience difficulties or delays with gross motor tasks e.g. sitting, crawling and walking? An experienced physiotherapist from the Hackney Ark will be able to assess your child and give advice.

FOR HACKNEY RESIDENTS AGED 0 - 5 YEARS OLD

9:00 - 11:00 AM

14th October

11th November

16th December

Limited appointments available

FEEDBACK FROM PARENTS

"Thank you to all the caring staff at LCC for a great summer program! It was very well organized and catered for all my children. The whole experience was perfect, and they came home fulfilled and happy. I can only imagine how much time and effort was invested in making it happen."

-DL

"The food parcels you sent us were much appreciated and came just in time for Yom Tov. It made me feel good that somebody cares for me and my family. It helped me provide healthy, nutritious meals for my family with the large variety sent. The best part was that it was all delivered to my door which was a big time saver!

It also helped us financially, at a very stressful, post Covid time."

-CT

"Me and my baby really love coming to sessions and her first time rolling over happened in Soft play! I received a lot of support from the caring staff, especially with Tummy time."

-AF


"My post birth experience was so positive this time! We know what our baby's needs are as we understand what he is communicating to us. It's all thanks to the fact that I joined Dunstan Baby Language that was presented in the Lubavitch Children's Centre."

-SG

"Visiting the Sensory garden was the highlight of the week for us! Being in nature and socializing in a calm, happy atmosphere is very important for my children and me."

-LY





It is very important for your physical & emotional wellbeing that you receive high quality care for yourself and your baby. Make sure to contact your GP or midwife as soon as you know that you are expectant, preferably before 12 weeks.

ANTENATAL & POSTNATAL CLINIC

You can see your midwife at LCC. We have a friendly, sound-proof and well-equipped consultation room available for your convenience.

Translation service is available, if needed, in various languages.

HOMERTON CLINIC

Mondays 8:15am – 6:00 pm

Tuesdays 1:30pm – 6:00pm

Fridays 8:15am - 12:30am

Phone 020 8510 5502

WHITTINGTON CLINIC

Tuesdays: 8:00am - 1:00pm

Thursdays: 9:00am - 1:00pm

Phone 020 7288 3482

BREASTFEEDING SUPPORT

With Mrs C Landa & Mrs E Peretz (JuMP)

MONDAYS

1:45PM - 3:15PM

Starting 4th October





**CHANUKAH
FUN DAY**

LUBAVITCH HALL

SUNDAY
28TH NOVEMBER
כ"ד כסלו

11:00AM- 12:30PM & 1:30PM-3:00PM
HIGHLIGHT: OLIVE PRESS



**Public
Menorah
Lighting**

THURSDAY
2ND DECEMBER
כ"ט כסלו

6:00PM
LUBAVITCH CAR PARK



WINTER FUN DAYS

LUBAVITCH HALL

WEDNESDAY
& THURSDAY

29TH & 30TH
DECEMBER

11:00AM- 12:30PM & 1:30PM-3:00PM
CRAFTS, ACTIVITIES & MORE



Purim Extravaganza

AT: BEIS LUBAVITCH

WEDNESDAY
16TH MARCH

י"ג אדר ב'
תענית אסתר

5:00PM
SCIENCE WORKSHOP

6:30PM
KOSHER CHILD-FRIENDLY
MEGILLAH READING



COME DRESSED UP!!

CALL TO BOOK: 020 8809 9050



OFSTED

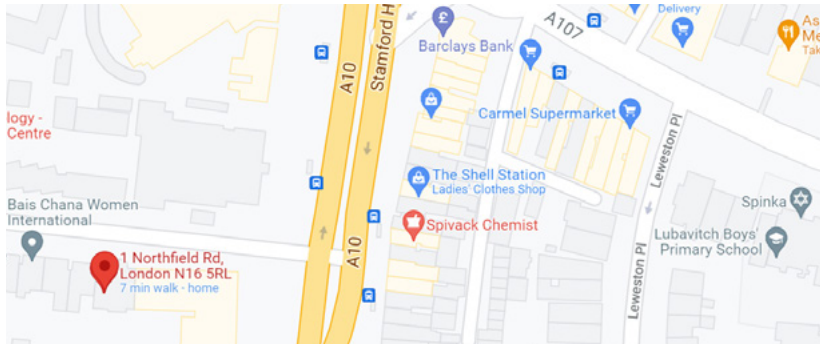
Lubavitch Children's Centre was inspected by Ofsted in July 2014. We are proud to announce that we received a GOOD rating.

The report said:

Good quality activities help children and parents to enjoy learning together.

The centre works well to meet the needs of children and families comprising it's predominantly Orthodox Jewish community.

Exceptionally high levels of care, guidance and support are provided by the centre to families in contact with them.



Lubavitch Children's Centre

1 Northfield Road, London, N16 5RL

Email: admin@lubavitchcc.uk

Tel: 0208 809 9050 Fax: 0208 809 9055

Web: www.lubavitchchildrenscentre.com