

**NEW B&B  
Loyalty Card!**

**NEW at B&B  
Celebrate your  
child's birthday!**

# Babies & Bagels

**A warm and relaxed center for Jewish Mums & Babies**

- 14 January** **NEW!** Magical bubble show with Captain Calamity and sumptuous Sushi.
- 21 January** Ady's Babies Teddy Bear picnic and sensational smoothies.
- 28 January** Boogie babies and D.I.Y. Salads.
- 4 February** **NEW!** Social action. Watch this space!
- 11 February** **NEW!** Latino Bambino dance and song and healthy muffins.
- 18 February** Half term Surprise!
- 25 February** Baby music and song with egg and toast brunch.
- 4 March** **NEW!** Hartbeeps special with Jo and scones and cream.
- 11 March** Parenting Talk...Your toddler today is your teenager tomorrow create your child's keepsake. Hot pancakes.
- 18 March** Purim fancy dress photo shoot & new Hebrew name special craft. Hamentashen!
- 25 March** Tots Rock. A journey into Disneyland and Sushi.
- 1 April** Mum and baby exercise with *Emma Bord* and healthy snacks!
- 8 April** Q & A on Pesach with *Joanne Dove* With easy Pesach recipes!

## **MONDAYS - WOMEN ONLY**

Bagel Brunch provided. 11.00am at **Seed**, Edgware £6 per session

**Contact: Sarah at [sarahsilkin@seed.uk.net](mailto:sarahsilkin@seed.uk.net) or 07791 217 738**

*Please be aware that photographs may be taken, and lectures recorded for publicity purposes.*

[www.seed.uk.net](http://www.seed.uk.net)

Registered Charity No 1155460

**Seed**  
Life tools for  
Jewish Families