

Jami Hubs are closed while members help to stop the spread of Coronavirus (COVID-19) by staying at home to protect the NHS and save lives. During this time, there will be a programme of online activities to keep mind, body and spirit well nourished.

Activities are free of charge and all members are welcome to join in. All you need is a computer, tablet or smartphone which is connected to the internet. *(If you don't have any of these, you can still join by telephone to enjoy the audio experience.)*

Online activities, known as meetings, will be hosted using Zoom. Each meeting has a link to its respective activity. Zoom will download automatically when you join your first meeting. Simply follow the instructions on screen to get started. (There's also a 3-step guide at the bottom of the page so you can get ahead of the crowd!)

As with many online facilities, a lot depends on the quality of your internet connection so you may experience time delays when using Zoom. This is normal. Please be patient. If problems persist, call us after the meeting and we will do our best to help.

Zoom meetings will open 15 minutes before the start time advertised below and will remain open for 15 minutes beyond the finish time. To join in with your chosen activity, you must **click on the relevant link no more than 15 minutes before the advertised start time.**

We all must get used to a new way of staying connected and while we do, there will no doubt be some technical issues. Please be patient with us and each other. The programme will grow as our ability and experience grows. Weekly programmes will be sent out on Friday for the following week.

Please email your feedback and ideas for meeting activities to priscilla.velde@jamiuk.org



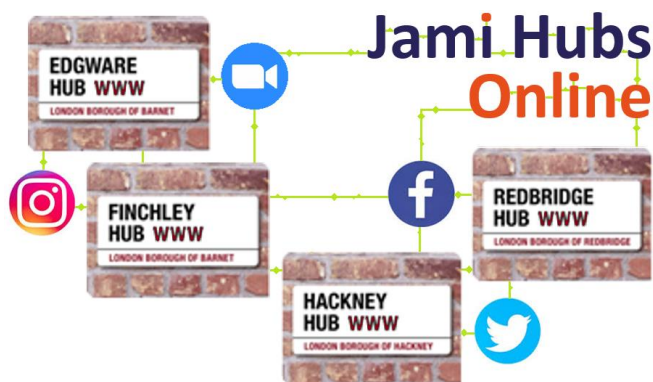
You will need Zoom to access activities run by Jami Hubs Online. Once you have downloaded the app and registered your account, there's no need to do it again.

Follow these three simple steps to get connected:

1. Register at <https://zoom.us/pricing> by clicking the "Sign up. It's FREE" button for the Basic Personal plan
2. Zoom will confirm your registration by email; follow the instructions to Activate your account
3. Download Zoom from <https://zoom.us/download> choosing the application that is suitable for your device

That's it! You're ready to join us in the Jami Hubs Online!





DIARY DATES

★ Shabbat

Friday 3 April Light candles at 7.20 pm
Ends on Saturday 4 April at 8.31 pm

★ 1st Seder Night

Wednesday 8 April
Finish eating chametz by 10.46 am
Sell and burn chametz by 11.54 am
Jami Hubs Online Seder starts at 5.00 pm
Light Festival candles at 7.28 pm

★ Passover

Thursday 9 April to Thursday 16 April

Programme for Monday, 30th March to Friday, 3rd April 2020

Sing Along Monday 30th March 2.00 pm - 3.00 pm	<p>Disco diva or icon of opera? Whatever your ability, join Dean and sing along, or just listen, it's up to you. Click on the link to join in and lift your spirits!</p> <p>https://zoom.us/j/309756023 Due to time delays when using online facilities like Zoom, kindly mute your own session so that we can all hear Dean as we sing along.</p>
Fit Club Tuesday 31st March 11.30 am – 12.30 pm	<p>Put on some loose, comfy clothing and clear a space on the floor. Click the link and join Madeleine for some gentle exercise to help keep you fit while living the indoor life! https://zoom.us/j/881363388</p>
Yoga Wednesday 1st April 11.30 am – 12.30 pm	<p>With yoga mat at the ready, wearing comfortable clothes and special, non-slip yoga socks (or go bare foot), position your laptop or tablet about 2 metres (6 feet) in front of your mat. You'll be able to see Maxine and she'll be able to see you fully. Click the link to join us for some relaxing, rejuvenating yoga in our virtual studio! https://zoom.us/j/554783111</p>
Creative Writing Wednesday 1st April 2.00 pm - 3.00 pm	<p>Grab a pen and some paper and join Alyson & Co. to No experience necessary. When the writing is done, there will be an opportunity to read out or share your work. Click the link to free your inner lexicon! https://zoom.us/j/977351750</p>
Coffee Lounge Thursday 2nd April 2.00 pm - 3.00 pm	<p>Make yourself a cuppa and come along to our virtual coffee lounge. Catch up with friends, join in a discussion, compare cups. Click on the link below to unlock the door! https://zoom.us/j/504404141</p>
Pre-Shabbat Experience Friday 3rd April 2.00 pm - 3.00 pm	<p>Join Ben for some top tips on how to celebrate Passover while maintaining social distancing. At the end of the group, we'll light candles to connect with each other, family, friends and Jewish communities worldwide. Click the link and Shabbat Shalom! https://zoom.us/j/988564914</p>

Look forward to Jami Hubs Online Seder night on Wednesday, 8th April 2020 at 5 pm.
More details in next week's programme ...