

Weekly Programme

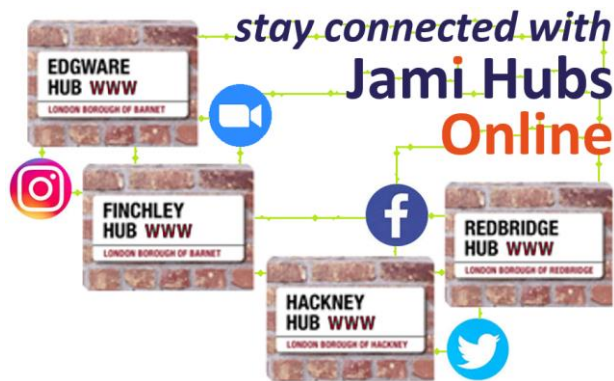
SHABBAT

Light candles at 8.55 pm on Friday 5 June
Shabbat ends on Saturday 6 June at 10.26 pm

ROSH CHODESH TAMMUZ

Monday 22 & Tuesday 23 June

MONDAY		1 June 2020	9 Sivan 5780
Weekly Wake Up 9.30 am – 10.00 am	Start the week by joining Tracy and friends for an energy boost! Comfy, loose clothes recommended. Link & Meeting ID https://zoom.us/j/93735097615		
Sing Along 2.00 pm – 3.00 pm	Join Dean to sing along to your favourite tunes, and if you've got an instrument, why not play along, too? Link & Meeting ID https://zoom.us/j/99640724159		
TUESDAY		2 June 2020	10 Sivan 5780
Fit Club 11.30 am – 12.30 pm	Keep fit as Madeleine guides you through a gentle workout. Comfy, loose clothes recommended. Link & Meeting ID https://zoom.us/j/91165864764		
Quiz 2.00 pm – 3.00 pm	Join Quiz Master Andrew for a fun, interactive quiz and give your little grey cells a workout. Link & Meeting ID https://zoom.us/j/93642021960		
WEDNESDAY		3 June 2020	11 Sivan 5780
Yoga 11.30 am – 12.30 pm	Wear loose, comfy clothes, yoga socks (or bare feet), put down a mat then join Maxine for a yoga class. Link & Meeting ID https://zoom.us/j/92550213470		
Creative Writing 2.00 pm – 3.00 pm	Grab pen and paper, then join Sharon and Richard to weave your words into something beautiful. Link & Meeting ID https://zoom.us/j/95893531016		
THURSDAY		4 June 2020	12 Sivan 5780
Play Reading 11.30 am – 12.30 pm	Bring the smell of the greasepaint, the glamour of the costumes and the personality of your character to life as you join Sarah to read an original play. Link & Meeting ID https://zoom.us/j/92425764584		
In The Spotlight 2.00 pm – 3.00 pm	Join Paola for an exclusive view of some of her own artwork. She will describe each piece in detail and share the story of what inspired her to create them. Link & Meeting ID https://us02web.zoom.us/j/89409762247		
Zumba Gold 4.00 pm – 4.30 pm	Add music, a few dance moves plus Tracy and friends and you get a fab, fun fitness group! Link & Meeting ID https://zoom.us/j/94334642645		
FRIDAY		5 June 2020	13 Sivan 5780
Home Creations 10.30 am – 11.30 am	Gather a few household items together and join Jess to create something amazing. Link & Meeting ID https://us02web.zoom.us/j/89043024747		
Coffee & Conversation 12.30 pm – 1.30 pm	Join Andrew, Lauren, Paul and Priscilla for some coffee and conversation in your virtual Hub. Link & Meeting ID https://us02web.zoom.us/j/81342078427		
Shabbat Shalom 2.30 pm – 3.30 pm	Join Ben for "Something Jewish" before we light candles to connect with communities everywhere. Link & Meeting ID https://us02web.zoom.us/j/87833579355		



Jami Hubs are closed while members help to stop the spread of Coronavirus (COVID-19) by staying at home to protect NHS resources and save lives. During this time, there is 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. For the best experience, you will need a computer, tablet or smartphone which is connected to the internet.

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.

Joining in is easy. If you have a computer, click the appropriate link. If you have a smartphone or tablet, just enter the Meeting ID. For example, if using a PC, just click the link <https://zoom.us/j/2084582223> or, if using a smartphone or tablet, just enter **2084582223** as the Meeting ID. Easy!

If you don't have access to the internet, you can still take part in the activity by calling one of these numbers: 020 3481 5237 or 020 3481 5240 or 020 8080 6591 or 020 8080 6592. Follow the prompts to enter the Meeting ID and then press # on your telephone keypad to join in. (Please note that your normal call rates will apply when using this method of joining Zoom meetings.)

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**.

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.

If you have a **computer**:

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

If you have a **smartphone** or **tablet**, search your App Store for "Zoom Cloud Meetings" and select the App which is from "zoom.us" and follow the on-screen prompts.

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

