

Weekly Programme

DIARY DATES:

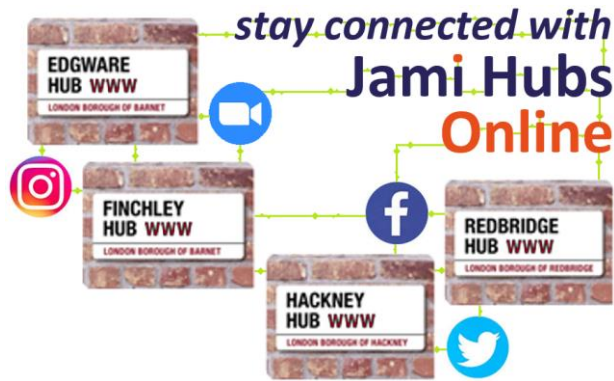
SHABBAT
Light candles at 9.02 pm on Friday 3 July
Shabbat ends on Saturday 4 July at 10.32 pm

FAST OF TAMMUZ
The Three Weeks begins on Thursday 9 July
Fast begins at 1.05 am and ends at 10.02 pm

ROSH CHODESH AV
Wednesday 22 July

TISHA B'AV
End of the Three Weeks
Fast begins at 8.53 pm on Wednesday 29 July
Fast ends at 9.32 pm on Thursday 30 July

MONDAY		29 June 2020	7 Tammuz 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		30 June 2020	8 Tammuz 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	Test your little grey cells! Andrew is in the Quiz Master's chair for another fun, interactive quiz. Link & Meeting ID https://zoom.us/j/93642021960		
WEDNESDAY		1 July 2020	9 Tammuz 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 – 3.30 pm	Grab pen and paper, then join Sharon and Richard to weave words into something beautiful. Link & Meeting ID https://zoom.us/j/95893531016		
THURSDAY		2 July 2020	10 Tammuz 5780
Play Reading 11.30 am – 12.30 pm	Get into character as you join Sarah to read a play and get a flavour of what it's like to be on stage ... Link & Meeting ID https://zoom.us/j/92425764584		
In The Spotlight 2.00 pm – 3.00 pm	Join Caroline as she shines the spotlight on back to back houses, hundreds of jobs, am' dram', las Islas Canarias and a myriad other things. 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		3 July 2020	11 Tammuz 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 own 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!

