

Diary

SHABBAT
Light candles at 8.51 pm on Friday 17 July
Shabbat ends on Saturday 18 July at 10.15 pm

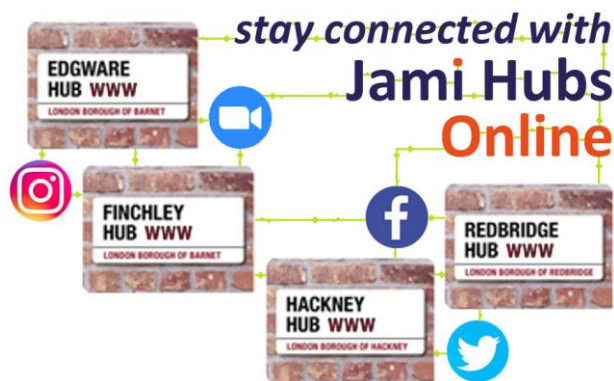
ROSH CHODESH AV
Wednesday 22 July

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

Weekly Programme

MONDAY		13 JULY 2020	21 TAMMUZ 5780
Weekly Wake Up * 9.30 am – 10.00 am	Start the week by joining Tracy and friends for an energy boost! 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. Link & Meeting ID https://zoom.us/j/99640724159		
TUESDAY		14 JULY 2020	22 TAMMUZ 5780
Fit Club * 11.30 am – 12.30 pm	Keep fit as Madeleine guides you through a gentle workout. Link & Meeting ID https://zoom.us/j/91165864764		
Quiz 2.00 pm – 3.00 pm	Andrew and Jon get your brain working with a fun, interactive quiz. Link & Meeting ID https://zoom.us/j/93642021960		
WEDNESDAY		15 JULY 2020	23 TAMMUZ 5780
Yoga * 11.30 am – 12.30 pm	Join Maxine for a meaningful 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 for inspiration. Link & Meeting ID https://zoom.us/j/95893531016		
THURSDAY		16 JULY 2020	24 TAMMUZ 5780
Play Reading 11.30 am – 12.30 pm	Join Sarah to read a play – in character, of course! Link & Meeting ID https://zoom.us/j/92425764584		
In The Spotlight 2.00 pm – 3.00 pm	Michael poses the strange but nonetheless valid question: "Who owns the moon?" To find out the answer, join him in the spotlight ... or should that be moonlight? Link & Meeting ID https://us02web.zoom.us/j/89409762247		
Zumba Gold * 4.00 pm – 4.30 pm	Join Tracy and friends for a fab, fun fitness group! Link & Meeting ID https://zoom.us/j/94334642645		
FRIDAY		17 JULY 2020	25 TAMMUZ 5780
Home Creations 10.30 am – 11.30 am	Gather up a few items and join Jess to create something amazing. Link & Meeting ID https://us02web.zoom.us/j/89043024747		
Coffee & Conversation 12.30 pm – 1.30 pm	Enjoy time in your virtual Hub with Andrew, Lauren, Paul and Priscilla. Link & Meeting ID https://us02web.zoom.us/j/81342078427		
Shabbat Shalom 3.30 pm – 4.30 pm	Join Ben for "Something Jewish" before we light candles to connect with communities everywhere. Link & Meeting ID https://us02web.zoom.us/j/87833579355		

* Loose, comfy clothing is recommended for this group.



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!

