

## Weekly Programme

SUNDAY		6 September 2020	17 Elul 5780
<b>The Sunday Set</b> 3.00 pm – 5.00 pm	Share a story, tell a joke, play a game, have a chat ... the choice is yours! Link <a href="https://us02web.zoom.us/j/81137182245">https://us02web.zoom.us/j/81137182245</a> <b>Meeting ID 81137182245</b> (No Passcode needed)		
MONDAY		7 September 2020	18 Elul 5780
<b>Weekly Wake Up</b> Community Hub 9.30 am – 10.00 am	Start the week with an energy boost from Tracy. Loose, comfy clothing recommended. Link <a href="https://zoom.us/j/93735097615">https://zoom.us/j/93735097615</a> <b>Meeting ID 93735097615</b> (No Passcode needed)		
<b>News View</b> 11.30 am – 12.30 pm	Join Richard to discuss current affairs and share your views on the world's news. Link <a href="https://us02web.zoom.us/j/81825064117">https://us02web.zoom.us/j/81825064117</a> <b>Meeting ID 81825064117</b> (No Passcode needed)		
<b>Sing Along</b> Community Hub 2.00 pm – 3.00 pm	Come and sing along as Dean plays your favourite tunes. Link <a href="https://zoom.us/j/99640724159">https://zoom.us/j/99640724159</a> <b>Meeting ID 99640724159</b> (No Passcode needed)		
<b>Art Appreciation</b> Community Hub 2.30 pm – 3.30 pm	A talk from JCPresents on the work of Dutch Golden Age and Baroque painter, Rembrandt. Link <a href="https://zoom.us/j/96639027182?pwd=aVV3VGYrNEVxQnpZUG1QUiJdDdGIYdz09">https://zoom.us/j/96639027182?pwd=aVV3VGYrNEVxQnpZUG1QUiJdDdGIYdz09</a> <b>Meeting ID 96639027182</b> <b>Passcode 265416</b>		
TUESDAY		8 September 2020	19 Elul 5780
<b>Fit Club</b> 11.30 am – 12.30 pm	Madeleine guides you through a gentle workout. Loose, comfy clothing recommended. Link <a href="https://zoom.us/j/91165864764">https://zoom.us/j/91165864764</a> <b>Meeting ID 91165864764</b> (No Passcode needed)		
<b>Quiz</b> 2.00 pm – 3.00 pm	Join Andrew and Jon to get your brain working smarter with a fun, interactive quiz. Link <a href="https://zoom.us/j/93642021960">https://zoom.us/j/93642021960</a> <b>Meeting ID 93642021960</b> (No Passcode needed)		
<b>Discussion Group</b> 4.00 pm – 5.00 pm	This week, we're discussing Rosh Hashanah ritual and tradition with Kelvin. Link <a href="https://us02web.zoom.us/j/84810588633">https://us02web.zoom.us/j/84810588633</a> <b>Meeting ID 84810588633</b> (No Passcode needed)		
WEDNESDAY		9 September 2020	20 Elul 5780
<b>Yoga</b> 11.30 am – 12.30 pm	Join Maxine for a meaningful yoga class. Loose, comfy clothing recommended. Link <a href="https://zoom.us/j/92550213470">https://zoom.us/j/92550213470</a> <b>Meeting ID 92550213470</b> (No Passcode needed)		
<b>Stretch and Tone</b> Community Hub 12.30 am – 1.00 pm	Recharge your body and your mind with Tracy. Loose, comfy clothing recommended. Link <a href="https://us04web.zoom.us/j/2953748112?pwd=TWx6ejFqQldjUUIzdmloQWgyL0dSZz09">https://us04web.zoom.us/j/2953748112?pwd=TWx6ejFqQldjUUIzdmloQWgyL0dSZz09</a> <b>Meeting ID 2953748112</b> <b>Passcode 669333</b>		
<b>Creative Writing</b> 2.00 pm – 3.30 pm	Grab pen and paper, then join Sharon and Richard for some inspired writing. Link <a href="https://zoom.us/j/95893531016">https://zoom.us/j/95893531016</a> <b>Meeting ID 95893531016</b> (No Passcode needed)		

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THURSDAY		10 September 2020	21 Elul 5780
<b>Play Reading</b> 11.30 am – 12.30 pm	Join Sarah to read a play – in character, of course! Link <a href="https://zoom.us/j/92425764584">https://zoom.us/j/92425764584</a> <b>Meeting ID 92425764584</b> (No Passcode needed)		
<b>Poetry Society</b> 1.30 pm – 2.30 pm	A mix of poetry appreciation, reading and writing with Judy. Link <a href="https://us02web.zoom.us/j/89409762247">https://us02web.zoom.us/j/89409762247</a> <b>Meeting ID 89409762247</b> (No Passcode needed)		
<b>Special Guest Community Hub</b> 3.00 pm – 4.00 pm	Join friends at Selig Court for a concert by Italian Lyric Tenor, Yuri Sabatini. Link <a href="https://zoom.us/j/93981228837?pwd=aHF4QjIjQVIR1WmJyRjdUL2hHSFFxQT09">https://zoom.us/j/93981228837?pwd=aHF4QjIjQVIR1WmJyRjdUL2hHSFFxQT09</a> <b>Meeting ID 93981228837</b> <b>Passcode 812003</b>		
<b>Zumba Gold Community Hub</b> 4.30 pm – 5.00 pm	Join Tracy for some fun with fitness! Loose, comfy clothing recommended. Link <a href="https://zoom.us/j/94334642645">https://zoom.us/j/94334642645</a> <b>Meeting ID 94334642645</b> (No Passcode needed)		
<b>Writers' Open Mic Night Community Hub</b> 8.00 pm – 9.00 pm	Head Room Café opens its virtual doors for another Writers' Open Mic Night. Join us online to hear the work of some very talented writers, or if you'd like to read your own work, please contact <a href="mailto:headroom@jamiuk.org">headroom@jamiuk.org</a> to ask about being added to the reader's list. Link <a href="https://us02web.zoom.us/j/81164159735?pwd=emw1a3M0WjMwEprWktqbmRER1IGUT09">https://us02web.zoom.us/j/81164159735?pwd=emw1a3M0WjMwEprWktqbmRER1IGUT09</a> <b>Meeting ID 81164159735</b> <b>Passcode 169681</b>		
FRIDAY		11 September 2020	22 Elul 5780
<b>Home Creations</b> 10.30 am – 11.30 pm	Gather a few household items together and join Jess to create something amazing. Link <a href="https://us02web.zoom.us/j/89043024747">https://us02web.zoom.us/j/89043024747</a> <b>Meeting ID 89043024747</b> (No Passcode needed)		
<b>Coffee &amp; Conversation</b> 12.30 pm – 1.30 pm	Join Andrew, Lauren, Paul and Priscilla with a cuppa for a chat in your own virtual Hub. Link <a href="https://us02web.zoom.us/j/81342078427">https://us02web.zoom.us/j/81342078427</a> <b>Meeting ID 81342078427</b> (No Passcode needed)		
<b>Shabbat Shalom</b> 3.30 pm – 4.30 pm	Jewish musicians, Jewish lyrics. So many of our favourite singer-songwriters are of the Tribe: Bob Dylan, Leonard Cohen, Paul Simon to name a few. Join Ben to listen to their songs and see how Jewishness came out in their music. To share a song that fits today's theme, email <a href="mailto:Ben.Winton@jamiuk.org">Ben.Winton@jamiuk.org</a> with the details and why you want it included. Link <a href="https://us02web.zoom.us/j/87833579355">https://us02web.zoom.us/j/87833579355</a> <b>Meeting ID 87833579355</b> (No Passcode needed)		

## Diary Dates

### Shabbat

Light candles at 7.05 pm on Friday 11 September Shabbat ends on Saturday 12 September at 8.11 pm

### Erev Rosh Hashanah

Light Shabbat & festival candles at 6.49 pm on Friday 18 September

### 1<sup>st</sup> Day Rosh Hashanah

Saturday 19 September Shabbat ends at 7.54 pm Light festival candles after 7.54 pm

### 2<sup>nd</sup> Day Rosh Hashanah

Sunday 20 September Festival ends at 7.52 pm

### Fast of Gedaliah

Monday 21 September Fast begins at 4.58am and ends at 7.34 pm

### Erev Yom Kippur

Light candles at 6.28 pm on Sunday 27 September Fast begins at 6.28 pm

### Yom Kippur

Monday 28 September Fast ends at 7.33 pm

**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 free online activities to keep mind, body and spirit well nourished.**

Online activities, known as meetings, are hosted using Zoom. For the best experience, you will need a computer, tablet or smartphone which is connected to the internet. Follow the simple instructions at the bottom of the page to install Zoom on your device before joining your first meeting.

Zoom meetings are either run exclusively for Jami members or, they are run in collaboration with other community organisations and are open to members of the public. These open meetings are identified on the programme with the tag Community Hub.

To make the most of any meeting, please join a few minutes before the advertised start time. You may be required to wait for the host to begin the meeting or admit you to the meeting so please be patient.

Each meeting has a link and an ID to its respective activity. Some have Passcodes. Joining in is easy.

If you have a computer, click the meeting Link, which will look a bit like this; <https://zoom.us/j/123456789>.

If you have a smartphone or tablet, tap the Zoom app and enter the associated Meeting ID and if required, the Passcode.

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.

Should you experience technical difficulties immediately before the meeting, here are some **troubleshooting tips** – check that you are connected to the internet; check the link or the meeting ID, and Passcode if used, are correctly entered; try restarting the App or your browser; try restarting your device. If problems persist, call us after the meeting and we will do our best to help.

If you don't have access to the internet, you can join the meeting by telephone. Simply call 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 if required, the Passcode and then press # on your telephone keypad to join in. *(Normal call rates will apply when using this method of joining Zoom meetings.)* Please note that your telephone number will be displayed to all participants so you may wish to ask the facilitator to replace the number with your name.

Please help us to improve this service by sending your feedback and ideas to [priscilla.velde@jamiuk.org](mailto:priscilla.velde@jamiuk.org)



You will need Zoom to access the programme activities advertised. Once you have downloaded the app and registered your account, there is 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 Personalplan
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" then select the one which is from "zoom.us" and follow the on-screen prompts to install the App.

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

