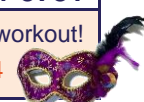


Exercise for Wellbeing

These exercise classes are open to everyone, and are suitable for all ages and abilities. Loose, comfy clothing and appropriate footwear, or bare feet, are recommended. Please inform the class leader of any health conditions before joining for the first time. As with all exercise and diet regimes, consult your doctor if you have any concerns. The exercises offered in these classes target strength, balance and flexibility. Enjoy!

MONDAY		22 February 2021	10 Adar 5781
Wake Up & Work Out 10.00 am – 10.45 am	Kick-start your week with an energising, low impact, total body workout. Link zoom.exe/wuwo Meeting ID 892 0486 9523 Passcode 233908		
TUESDAY		23 February 2021	11 Adar 5781
Wake Up & Work Out 10.00 am – 10.45 am	Start the day with a low impact, energising, total body workout. Link zoom.exe/wuwo Meeting ID 892 0486 9523 Passcode 233908		
Pilates 11.45 pm – 12.15 pm	Excellent for balance, Pilates helps to build strength into your body's core. Link zoom.exe/pilates Meeting ID 874 6984 8162 Passcode 639705		
WEDNESDAY		24 February 2021	12 Adar 5781
Daoyin 10.00 am – 10.45 am	Gentle yet challenging exercises, based on traditional Chinese medicine. Link zoom.exe/daoyin Meeting ID 848 4646 1146 Passcode 516385		
Yoga 11.30 am – 12.30 pm	Join us to enhance physical and mental wellbeing, and nourish your mind and body. Link zoom.exe/yoga Meeting ID 814 2478 2258 Passcode 633794		
THURSDAY		25 February 2021	13 Adar 5781
Wake Up & Work Out 10.00 am – 10.45 am	Welcome the day with an energising, low impact, total body workout. Link zoom.exe/wuwo Meeting ID 892 0486 9523 Passcode 233908		
Stretch & Tone 11.30 am – 12.15 pm	Workout with our Personal Trainer to stretch your body and tone your muscles. Link zoom.exe/stretch Meeting ID 865 7393 7366 Passcode 402339		
FRIDAY		26 February 2021	14 Adar 5781
Purim Discocise 9.30 am – 10.15 am	Purim X Disco Friday = Fun! Get into costume and join us for a total body workout! Link zoom.exe/wuwo Meeting ID 834 3636 0961 Passcode 273394		



Socialise for Wellbeing

Staying connected with others is vital for good health and helps tackle feelings of isolation and loneliness. Why not join your online community for afternoons and evenings filled with fun and interesting, engaging groups? There's something for everyone to enjoy.

SUNDAY		21 February 2021	9 Adar 5781
The Sunday Set 3.00 pm – 5.00 pm	Share a story, play a game, have a chat ... the choice is yours! Link zoom.Sunday Meeting ID 811 3718 2245 Passcode 097240		
MONDAY		22 February 2021	10 Adar 5781
News Views <i>Community Hub</i> 12.00 pm – 1.30 pm	Richard leads the discussion on current affairs. Come and share your views on the news. Link zoom.News Meeting ID 818 2506 4117 Passcode 375301		
Art Appreciation <i>Community Hub</i> 3.00 pm – 4.00 pm	Join Angela for a look at the life and work of Greek painter, sculptor and architect of the Spanish Renaissance, Doménikos Theotokópoulos, known to us as El Greco. Link zoom.jcp/mo3pm Meeting ID 964 9698 9688 Passcode 181818		
Sing Along <i>Community Hub</i> 4.00 pm – 5.00 pm	Come and sing along as Dean plays your favourite tunes. Link zoom.Singing Meeting ID 996 4072 4159 Passcode 366203		
Members' Club 7.00 pm – 9.00 pm	Want to see a familiar face and have a chat? Just drop in to the members' club! Link zoom.Club Meeting ID 858 6742 6416 Passcode 191081		

TUESDAY		23 February 2021	11 Adar 5781
Quiz 2.00 pm – 3.00 pm	It's Paola's turn in the Quizmaster's chair for this week's fun, interactive quiz!	Link zoom.Quiz	Meeting ID 936 4202 1960 Passcode 059263
London's First Hotels Community Hub 2.00 pm – 3.00 pm	Join David Barnett to hear the history of London's first hotels.	Link zoom.icp/tu2pm	Meeting ID 926 5016 8680 Passcode 123456
Gary Sings Neil Community Hub 3.30 pm – 4.30 pm	The amazing Gary B. entertains with a tribute to Neil Diamond, plus many more hits!	Link zoom.icp/tu330pm	Meeting ID 943 2683 7584 Passcode 123456
Mystery Hour Community Hub 5.00 pm – 6.00 pm	TED Talk, a challenge, maybe a game? Join us to find out what's in store this week.	Link zoom.Mystery	Meeting ID 848 1058 8633 Passcode 591833
WEDNESDAY		24 February 2021	12 Adar 5781
Drama For Wellbeing 1.00 pm – 2.00 pm	Join Alex, our trainee drama therapist for a creative, expressive drama session.	Link zoom.Drama	Meeting ID 899 3914 6297 Passcode 713339
Purim Celebration Community Hub 2.30 pm – 3.30 pm	Ben E Davis entertains with live music to get the Purim Party started!	Link zoom.icp/we2pm	Meeting ID 944 7443 4752 Passcode 654321
Creative Writing Community Hub 3.30 pm – 5.00 pm	Grab a pen and some paper, then join Sharon and Richard for some inspired writing.	Link zoom.Writing	Meeting ID 958 9353 1016 Passcode 976032
Members' Club 7.00 pm – 9.00 pm	Want to see a familiar face and have a chat? Just drop in to the members' club!	Link zoom.Club	Meeting ID 858 6742 6416 Passcode 191081
THURSDAY		25 February 2021	13 Adar 5781
Play Reading Community Hub 1.00 pm – 2.00 pm	Join Sarah to read Blithe Spirit, a comic play by Noël Coward. No greasepaint needed!	Link zoom.Play	Meeting ID 924 2576 4584 Passcode 878618
Ladies Only 5.00 pm – 6.00 pm	Time for the ladies to ponder the mystery of life and why cakes sink in the middle! 🍰	Link zoom.Ladies	Meeting ID 833 7482 2736 Passcode 785380
FRIDAY		26 February 2021	14 Adar 5781
Purim Discocise 9.30 am – 10.15 am	 Purim x Disco Friday = Fun! Get into costume and join us for a total body workout!	Link zoom.Discocise	Meeting ID 834 3636 0961 Passcode 273394
Esther's Story Begins Community Hub 10.30 am – 11.45 am	Join friends from Jewish Community Centres across London to hear the Megillah then parade your finest Purim fancy dress costume as Jonny Jazz sings some Purim songs! 🎸	Link zoom.icp/fr1030am	Meeting ID 942 5397 9673 Passcode 202020
 Purim Party! Community Hub 12.00 pm – 1.30 pm	A Purim Party without JD's Karaoke just isn't a party! But, will we recognise you as you step up to the mic and entertain us using the magic of Zoom? 🎤	Link zoom.Karaoke	Meeting ID 893 6264 0501 Passcode 883177
Shabbat Shalom Community Hub 1.45 pm – 2.00 pm	 Time for our traditional prayer for the sick, and for lighting Yahrzeit and Shabbat candles. 📖	Link zoom.Shabbat	Meeting ID 878 3357 9355 Passcode 828770

DIARY DATES

Shabbat



Light candles at 5.18 pm on Friday 26 February ✨ Shabbat ends at 6.27 pm on Saturday 27 February



Fast of Esther

Thursday 25 February ✨ Fast begins at 5.09 am ✨ Fast ends at 6.08 pm

Purim

Friday 26 February

Shushan Purim

Saturday 27 February



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, our programme of free online activities will help you 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*. All Physical Wellbeing meetings are *Community Hub groups*.

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, an ID and a Passcode displayed beside the respective activity. 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 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, we are unfortunately not able to help (other than for Jami issues tablets), but here are some **troubleshooting tips that may help** – check that you are connected to the internet; check the link or the meeting ID and passcode, are correctly entered; try restarting the App or your browser; try restarting your device.

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 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



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**:

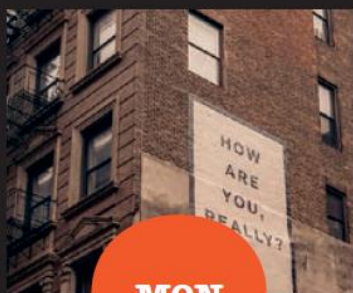
1. Register at <https://zoom.us/pricing> by clicking the "Sign up. It's FREE" button for the Basic Personal plan
2. Zoom will confirm your registration by email; follow the instructions to Activate your account
3. Download Zoom from <https://zoom.us/download> choosing the application that is suitable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

If you have a **smartphone** or **tablet**, search your App Store for "Zoom Cloud Meetings" 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!



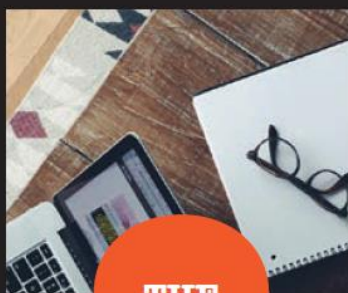
Head Room Café Online Weekly Schedule



MON

Peer Support Group 11AM-12PM

Share your experiences and hear from others in a non-judgmental, friendly space. We begin with short guided meditations followed by a sharing circle, then reflect on some of the themes and offer mutual support.



TUE

Kind Co-working 11AM-1PM

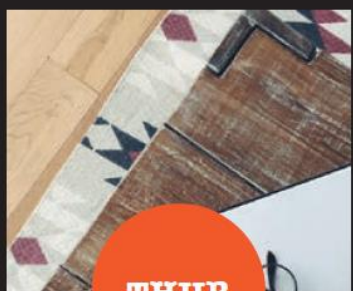
Struggling to work alone? Drop by our meeting with any projects you are working on - an essay, job application, creative work or even your ironing! Optional check in and activities to boost your focus - with Sarit Gafan.



WED

Creativity4All 2-3PM

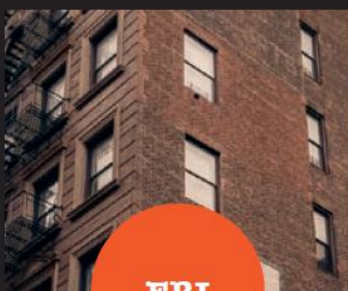
Join us to explore your creativity. Using any art supplies you have, draw, write, paint or make a collage. Everyone is welcome, whatever your experience, however you are feeling.



THUR

Kind Co-working 11AM-1PM

Struggling to work alone? Drop by our meeting with any projects you are working on - an essay, job application, creative work or even your ironing! Optional check in and activities to boost your focus - with Sarit Gafan.





FRI

Peer Support Group 2PM-3PM

Share your experiences and hear from others in a non-judgmental, friendly space. We begin with short guided meditations followed by a sharing circle, then reflect on some of the themes and offer mutual support.



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For more information,
Zoom links for each
group and additional
sessions, visit
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