

Exercise and Socialise for Wellbeing

Our daily exercise classes are suitable for all ages and abilities, and target strength, balance and flexibility. Loose, comfy clothing and appropriate footwear, or bare feet, are recommended. Please inform the fitness instructor of any health conditions, especially when joining in for the first time. As with all exercise and diet regimes, you are advised to consult your doctor if you have any concerns.

Socialising and staying connected with others are also vital for our wellbeing, and can help tackle feelings of isolation and loneliness. There's something for everyone to enjoy in a variety of fun, interesting, and engaging groups. Please join us!

SUNDAY 9 May 2021 27 Iyar 5781

Follow the Stars 2.30 pm – 3.30 pm *Community Hub*

Link: [click here](#) **Meeting ID:** 919 8150 9459 **Passcode:** 782326

Join tour guide and radio broadcaster, Diane Burstein as she takes us on a virtual tour of London's film locations.

MONDAY 10 May 2021 28 Iyar 5781

Wake Up & Work Out 10.00 am – 10.45 am *Community Hub*

Link: [click here](#) **Meeting ID:** 892 0486 9523 **Passcode:** 233908

Kick-start your week with an energising, low impact, total body workout.

News Views 12.00 pm – 1.30 pm *Community Hub*

Link: [click here](#) **Meeting ID:** 818 2506 4117 **Passcode:** 375301

Share your views on the news as Richard leads the discussion on current affairs.

Art Club 2.30 pm – 3.30 pm *Community Hub*

Link: [click here](#) **Meeting ID:** 859 3222 7299 **Passcode:** 162063

Join Angela for a look at the life and work of Josef Herman OBE RA, a highly regarded Polish-British painter who influenced contemporary art, particularly in the UK. His work often depicted workers as its subject and was inherently political.

Contemporary Art Society 3.00 pm – 4.00 pm *Community Hub*

Link: [click here](#) **Meeting ID:** 955 6575 5521 **Passcode:** 202020

JCP introduces Caroline Douglas, Director of the Contemporary Art Society who will give a behind-the-scenes glimpse into this institution, looking at some of the extraordinary people who championed the new, the daring and the downright shocking in the art world.

Sing Along 4.00 pm – 5.00 pm *Community Hub*

Link: [click here](#) **Meeting ID:** 996 4072 4159 **Passcode:** 366203

Come and sing along as Dean plays your favourite tunes.

Members' Club 7.00 pm – 9.00 pm

Link: [click here](#) **Meeting ID:** 858 6742 6416 **Passcode:** 191081

Want to see a familiar face and have a chat? Just drop in to the members' club!

TUESDAY 11 May 2021 29 Iyar 5781

Wake Up & Work Out 10.00 am – 10.45 am *Community Hub*

Link: [click here](#) **Meeting ID:** 892 0486 9523 **Passcode:** 233908

Start the day with a low impact, energising, total body workout.

Jami Hubs Online

TUESDAY 11 May 2021 29 Iyar 5781

Pilates 11.30 am – 12.15 pm *Community Hub*

Link: [click here](#) **Meeting ID:** 874 6984 8162 **Passcode:** 639705

Excellent for balance and posture, Pilates helps to strengthen your body's core.

Quiz 2.00 pm – 3.00 pm

Link: [click here](#) **Meeting ID:** 936 4202 1960 **Passcode:** 059263

Join Paola and Andrew for this week's fun, interactive quiz!

My Life! 2.00 pm – 3.00 pm *Community Hub*

Link: [click here](#) **Meeting ID:** 983 3924 0324 **Passcode:** 123456

JCP's Dr David Barnett gives us an insight into what life was like in Jewish London 200 years ago.

Room 101 4.00 pm – 5.00 pm *Community Hub*

Link: [click here](#) **Meeting ID:** 848 1058 8633 **Passcode:** 591833

Put your case across and see if you can persuade Sue to get what you loathe most dispatched into Room 101, never to be seen again!



LA Interviews 4.00 pm – 5.00 pm *Community Hub*

Link: [click here](#) **Meeting ID:** 947 7808 1704 **Passcode:** 123456

Join JCP for a live stream from Los Angeles with award winning journalist, Ivor Davis who has interviewed some of the biggest names in showbiz.

Petticoat Lane Foxtrot 7.00 pm – 8.30 pm *Community Hub*

Link: [click here](#) **Meeting ID:** 832 8392 9793 **Passcode:** 046459

 Oral historian and radio broadcaster, Alan Dein presents the extraordinary story of rediscovered 78 rpm records containing Jewish-themed jazz music that provided a vibrant soundtrack to Cockney Jewish life at a time when Yiddish was the language spoken on the streets of Whitechapel, and swinging hot dance bands were still all the rage ... and there really was a tune called the Petticoat Lane Foxtrot! If you love music, don't miss this unique event. 

WEDNESDAY 12 May 2021 1 Sivan 5781

Yoga 11.30 am – 12.30 pm *Community Hub*

Link: [click here](#) **Meeting ID:** 814 2478 2258 **Passcode:** 633794

Join us to enhance physical and mental wellbeing, and nourish your mind and body.

J.Me – Returning to Normal 1.30 pm – 2.30 pm *Meeting will be locked at 1.35 pm*

Link: [click here](#) **Meeting ID:** 899 3914 6297 **Passcode:** 713339

A safe space to discuss some of the challenges we face as "things return to normal".

Creative Writing 3.30 pm – 5.00 pm

Link: [click here](#) **Meeting ID:** 958 9353 1016 **Passcode:** 976032

Grab pen and paper, then join Sharon and Richard for some inspired writing.

Harry Houdini 3.30 pm – 4.30 pm *Community Hub*

Link: [click here](#) **Meeting ID:** 923 6240 4896 **Passcode:** 123456

JCP guest speaker talks about Harry Houdini, the world-famous illusionist, stunt performer and showman. Hear how Houdini overcame poverty, bigotry and self-doubt to live the American dream.

Jami Hubs Online

WEDNESDAY 12 May 2021 1 Sivan 5781

Members' Club 7.00 pm – 9.00 pm

Link: [click here](#) **Meeting ID:** 858 6742 6416 **Passcode:** 191081

Want to see a familiar face and have a chat? Just drop in to the members' club!

THURSDAY 13 May 2021 2 Sivan 5781

Wake Up & Work Out 10.00 am – 10.45 am Community Hub

Link: [click here](#) **Meeting ID:** 892 0486 9523 **Passcode:** 233908

Welcome the day with a low impact, energising, total body workout.

Stretch & Tone 11.30 am – 12.15 pm Community Hub

Link: [click here](#) **Meeting ID:** 865 7393 7366 **Passcode:** 402339

Workout with our Personal Trainer to stretch your body and tone your muscles.

Music Appreciation 1.00 pm – 2.30 pm Community Hub

Link: [click here](#) **Meeting ID:** 985 4686 2844 **Passcode:** 498316

This week showcases the music of some of the best Singer-Songwriters of our time.

Women vs Hollywood 2.45 pm – 3.45 pm Community Hub

Link: [click here](#) **Meeting ID:** 953 4993 9063 **Passcode:** 202020

JCP introduces film journalist Helen O'Hara who discusses her new book, *Women vs Hollywood: The Fall And Rise Of Women In Film*.

Gentlemen Only 5.00 pm – 6.00 pm

Link: [click here](#) **Meeting ID:** 810 8660 1681 **Passcode:** 196642

Space for the gents to debate whatever they deem worthy of attention!

FRIDAY 14 May 2021 3 Sivan 5781

Dancercise 10.00 am – 10.45 am Community Hub

Link: [click here](#) **Meeting ID:** 834 3636 0961 **Passcode:** 273394

It's Disco Friday!!! A fun, low impact, total body workout to end the week on a high!

Home Creations 11.00 am – 12.00 pm

Link: [click here](#) **Meeting ID:** 890 4302 4747 **Passcode:** 983496

Gather a few household items together and join Jess to create something amazing.

Shabbat Shalom 3.00 pm – 4.00 pm Community Hub

Link: [click here](#) **Meeting ID:** 878 3357 9355 **Passcode:** 828770

Join Ben and Sylvia to talk about "Something Jewish" before joining us as we connect with communities everywhere by lighting the Shabbat candles.

DIARY DATES

Shabbat



Light candles at 8.27 pm on Friday 14 May ☆ Shabbat ends at 9.50 pm on Saturday 15 May



Rosh Chodesh Sivan

Wednesday 12 May

Erev Shavuot

Sunday 16 May ☆ Light Festival candles at 8.30 pm

1st Day Shavuot

Monday 17 May ☆ Light Festival candles after 9.54 pm

2nd Day Shavuot

Tuesday 18 May ☆ Festival ends at 9.56 pm

Jami Hubs Online

Jami Hubs are closed to help stop the spread of Coronavirus (COVID-19). During this time, our programme of free online activities will help you to keep mind, body and spirit well nourished. Do join us!

Online activities, or 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 by Jami members, staff and volunteers or, they are run in collaboration with other community organisations. Meetings which are open to Jami members, their friends and families, and to members of the public, are identified on the programme by the words *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, an ID and a Passcode displayed beside the respective activity. Joining in is easy:

- If you have a computer, just click on the meeting Link to join in.
- 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 issued 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!

