

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 20 June 2021 10 Tammuz 5781

Sunday Set is taking a break ... back on the 4th of July!

MONDAY 21 June 2021 11 Tammuz 5781

Wake Up & Work Out 9.45 am – 10.30 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.

Head Room in the Hub **Rethinking Loneliness and Isolation 11.30 am – 1.00 pm**

Link: [click here](#) **Meeting ID:** 881 2919 8259 **Passcode:** 011328 *Community Hub*

Loneliness and isolation will be familiar terms to many of us. Feelings of disconnection from those around us, whether we are alone or surrounded by others, can be profound and difficult to manage. We know that feeling alone can have an impact on both our physical and mental health. It's a basic human need that we all have in some way or other. Join us to explore how we can foster feelings of connection and community whilst using time alone to invest in our own self-care.

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 Henri Matisse—painter, draughtsman, printmaker, and sculptor. A revolutionary and influential artist of the early 20th century, the Frenchman is best known for the expressive colour and form of his Fauvist style.

Sing Along 4.00 pm – 5.00 pm

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

Come and sing along as Dean plays your favourite tunes.

TUESDAY 22 June 2021 12 Tammuz 5781

Pilates 9.45 am – 10.30 am *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!

Cole Porter 2.30 pm – 3.30 pm *Community Hub*

Link: [click here](#) **Meeting ID:** 988 9426 5098 **Passcode:** 123456

JCP take us on an illustrated musical journey through the life and times of Cole Porter.

TUESDAY 22 June 2021 12 Tammuz 5781

Hubs Update and Q & A 3.30 pm – 4.30 pm

Link: [click here](#) **Meeting ID:** 899 1372 9033 **Passcode:** 705216

Join Jami Core Service Manager, Raisel Byrne and Jami Community Support and Hubs Manager, Lauren Turk for an update on the process of opening Jami Hubs over the coming weeks and months. After the briefing, there is an opportunity to ask any questions you may have.

Miss Who? 7.30 pm – 8.30 pm Community Hub

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

Miss O'Dell. Chris O'Dell. OK, she's never been famous, or even nearly famous, although she knows more about the highs and lows of fame than almost anyone alive. She has worked with some of the best-known rock stars on the planet, including The Beatles, The Rolling Stones, Phil Collins, Queen, Earth, Wind and Fire, Fleetwood Mac, Electric Light Orchestra and Bob Dylan. George Harrison wrote a song about her, Keith Richards sent her shopping for cocaine, and she was at Abbey Road singing backing vocals on *Hey Jude*.

Overcoming alcoholism and drug addiction, Chris qualified as a therapist and now supports others to live their best life. In her book *Miss O'Dell*, Chris says that she lost touch with Beatles' Hairdresser, Leslie Cavendish. We're delighted to say that Maurice, our Professor of Rock History brings them together this evening so, **don't miss out**—grab a front row ticket to hear about the most momentous era in rock history!

WEDNESDAY 23 June 2021 13 Tammuz 5781

Daoyin 10.00 am – 10.45 am Community Hub

Link: [click here](#) **Meeting ID:** 848 4646 1146 **Passcode:** 516385

Based on ancient Chinese medicine, Daoyin is a series of body and mind unity exercises which relax, replenish and rejuvenate the body to cultivate a vital and healthy spirit.

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.

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.

JCP Entertainment Hour 4.00 pm – 5.00 pm Community Hub

Link: [click here](#) **Meeting ID:** 974 9194 5504 **Passcode:** 123456

Ronnie Scotts regular Swing Singer and Saxophonist, Ray Gelato sings and plays live stream.

THURSDAY 24 June 2021 14 Tammuz 5781

Stretch & Tone 9.45 am – 10.30 am *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

Join Tony and Steve for another look at how, after leaving the group, solo artists found success!

The Ratline 4.00 pm – 5.00 pm *Community Hub*

Link: [click here](#) **Meeting ID:** 914 9421 4955 **Passcode:** 202020

The Ratline: Love, Lies and Justice on the Trail of a Nazi Fugitive. Join Philippe Sands, QC on his quest to discover the truth about Otto Wechter, the Nazi mass murderer who was never caught.

FRIDAY 25 June 2021 15 Tammuz 5781

Dancercise 9.45 am – 10.30 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

The challenge for this week is to design a new board game! So, get creative and share your ideas with Jess.

Shabbat Shalom 3.00 pm – 4.00 pm *Community Hub*

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

Join 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 9.04 pm on Friday 25 June ✨ Shabbat ends at 10.36 pm on Saturday 26 June



Fast of the 17th of Tammuz, Start of The Three Weeks

Sunday 27 June ✨ Fast begins at 1.03 am ✨ Fast ends at 10.10 pm

Rosh Chodesh Av

Sunday 10 July

Fast of Tisha B'Av, End of The Three Weeks

Fast begins at 9.09 pm on Saturday 17 July ✨ Fast ends at 9.52 pm on Sunday 18 July

Tu B'Av

Saturday 24 July

Rosh Chodesh Elul

Sunday 8 August and Monday 9 August

Summer Bank Holiday

Monday 30 August

Rosh Hashanah

Monday 6 September ✨ Light Festival candles at 7.17 pm

1st Day Rosh Hashanah

Tuesday 7 September ✨ Light Festival candles after 8.24 pm

2nd Day Rosh Hashanah

Wednesday 8 September ✨ Festival ends at 8.22 pm

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!

