

## Wellbeing Programme

**SUNDAY 26 September 2021 20 Tishrei 5782**

**Sunday Special 3.00 pm – 4.30 pm Community Hub**

**Link:** [CLICK HERE](#) **Meeting ID:** 990 8196 8715 **Passcode:** 616319

What better time to join the fabulous Judy Karbritz for a whimsical look at the bloodiest of all festivals, how it's celebrated around the world and oh, did you hear the one about Moishe who built a sukkah on the roof of his apartment building? Come along and enjoy a fun-filled afternoon of Sukkot stories ... or is it Succot!

**MONDAY 27 September 2021 21 Tishrei 5782**

**News Views 11.30 am – 1.00 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.

**In-Person Park Visit 2.00 pm Hendon Park, Hendon NW4 2TG**

Meet outside the [Hendon Park Café](#) at 2 pm for a park visit and walk organised by the Jami Edgware Hub. (Please see note below for more details.)

**Art Club 2.30 pm – 3.30 pm Community Hub**

**Link:** [CLICK HERE](#) **Meeting ID:** 859 3222 7299 **Passcode:** 162063

This week, Angela discusses the life and work of Henri Rousseau, a French post-impressionist painter who only started painting seriously in his early forties. Although ridiculed during his lifetime by critics, Rousseau came to be recognised as a self-taught genius whose works were of high artistic quality, and had extensive influence on several generations of avant-garde artists.

**Sing Along 4.00 pm – 5.00 pm Community Hub**

**Link:** [CLICK HERE](#) **Meeting ID:** 996 4072 4159 **Passcode:** 366203

Join Dean to sing along to your favourite tunes.

**TUESDAY & WEDNESDAY 28 & 29 September 2021 22 & 23 Tishrei 5782**

**CLOSED for SHEMINI ATZERET and SIMCHAT TORAH**



# Jami Hubs Online

**THURSDAY 30 September 2021 24 Tishrei 5782**

**Music Appreciation 1.00 pm – 2.30 pm Community Hub**

**Link:** [CLICK HERE](#) **Meeting ID:** 985 4686 2844 **Passcode:** 498316

Join Steve and Tony for a music appreciation session which focusses on songs to do with transport and journeys.

**In-Person Park Visit 2.00 pm Springfield Park, Hackney E5 9EF**

Meet outside the [Springfield Park Café](#) at 2 pm for a park visit and walk organised by the Jami Hackney Hub. (Please see note below for more details.)

**In-Person Park Visit 2.00 pm Valentines Park, Ilford IG1 4XA**

Meet outside [Valentines Mansion](#) in Valentines Park at 2 pm for a park visit and walk organised by the Jami Redbridge Hub. (Please see note below for more details.)

**In-Person Park Visit 3.00 pm Victoria Park, Finchley N3 2NE**

Meet outside [Victoria Park Café](#) at 3 pm for a park visit and walk organised by the Jami Finchley Hub. (Please see note below for more details.)

**In-Person Community Walking Group 3.30 pm Head Room Café NW11 8EN**

Like all groups at [Head Room Café](#), this group is open to everyone. Tracy will be sitting at a table outside the café from 3 pm so feel free to come by for a tea before the walk. We will leave the café promptly at 3.30 pm for a leisurely walk to Golders Hill Park. (Please see note below for more details.)

**Curious and Curiouser 4.00 pm – 5.00 pm Community Hub**

**Link:** [CLICK HERE](#) **Meeting ID:** 984 2677 3074 **Passcode:** 202020

Join JCP to go behind the scenes of the immersive exhibition, *Alice: Curious and Curiouser* which is on at the Victoria and Albert Museum until 31<sup>st</sup> December. The exhibition's Curator, Kate Bailey will talk to us about the creation of this wonderful show, which explores the impact and legacy of Alice's Adventures in Wonderland from Lewis Carroll's manuscript to a global phenomenon beloved by all ages.

**In Conversation with Daniel Raim 7.00 pm – 8.00 pm Community Hub**

**Link:** [CLICK HERE](#) **Meeting ID:** 937 1594 4717 **Passcode:** 401602

*Fiddler on the Roof* celebrates its 50<sup>th</sup> anniversary in November 2021. Join Sandra, who is in conversation with Academy Award Nominated Filmmaker, Daniel Raim as they chat about his career and his incredible new project, *Fiddler's Journey To The Big Screen*, a feature documentary which tells the inside story of the making of director Norman Jewison's favourite film. You may well be the first to see the trailer so do join us for an evening not to be missed!

**FRIDAY 1 October 2021 25 Tishrei 5782**

**Shabbat Shalom 12.30 pm – 1.30 pm Community Hub**

**Link:** [CLICK HERE](#) **Meeting ID:** 878 3357 9355 **Passcode:** 828770

Ben and Sylvia will be talking about 'Something Jewish' before we connect with communities everywhere by lighting the Shabbat candles.

# Jami Hubs Online

## In-Person Walking Group and Park Visits with Jami

Jami is delighted to offer in-person walking groups and park visits, organised by its four Hubs and by Head Room Café. We hope that these guidelines will help us all to stay safe while we enjoy time together.

- If you have any symptoms of Covid-19, please do not attend. We encourage you to follow [NHS advice](#).
- For now, the park visits organised by Jami Hubs are just open to Jami's members and, if required, their carers. The Head Room Café walking group is open to all.
- Please arrive a few minutes early as we will head off within five minutes of the advertised time.
- Please bring a face covering as it may be required in certain circumstances during the park visit and also try to maintain a degree of social distancing while we are together.
- Check the [weather forecast](#) and wear suitable clothing and shoes. You may want to bring a bottle of water, a snack, an umbrella, a sun hat, or some sunscreen.
- The parks that we visit have plenty of seating available if you wish to take a rest. Café and toilet facilities are also available.
- As these are group activities, staff and volunteers are not available for one-to-one talks during or after the events. However, if you do need to talk to staff, please contact Jami by your usual route.
- In the event of heavy rain or strong winds, the groups will not take place.

## DIARY DATES

(Times shown are for London)

### Hoshana Rabbah (Sukkot Chol Hamoed)

Monday 27 September ★ Light Festival candles at 6.29 pm

### Shemini Atzeret

Tuesday 28 September ★ Light Festival candles after 7.34 pm

### Simchat Torah

Wednesday 29 September ★ Festival ends at 7.32 pm

### Shabbat

Light candles at 6.20 pm on Friday 1 October ★ Shabbat ends at 7.25 pm on Saturday 2 October

### Rosh Chodesh Cheshvan

Wednesday 6 October and Thursday 7 October

### British Summer Time Ends

Sunday 31 October • Clocks go back 1 hour at 2 am

### Rosh Chodesh Kislev

Friday 5 November

### Remembrance Sunday

Sunday 14 November

### Chanukah

Sunday 28 November 🕯️ Light 1 light on the Menorah after 3:57 pm

# Jami Hubs Online

**Jami Hubs Online provides a supportive, non-judgmental, safe space for people to join in with exercise, cultural and social activities. Facilitated by trained staff and volunteers, our therapeutic Zoom groups are designed to keep mind, body and spirit well nourished. Do join us!**

Socialising and staying connected with others are 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. Participate as much or as little as feels right for you.

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 while the host begins the meeting or admits you, so please be patient.

Each meeting has access to the Zoom Link, an ID and a Passcode displayed beside the respective activity. Joining in is easy:

- If you have a computer, just click on the words **CLICK HERE** beside the Link tag to join in.
- If you have a smartphone or tablet, tap the Zoom app, and enter the 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 on 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](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 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!*

