

Jami Hubs Online

Wellbeing Programme


SATURDAY 4 December 2021 30 Kislev 5782  at 6.35 pm

Cha Cha Chanuka 6.30 pm – 8.00 pm Community Hub

Link: [CLICK HERE](#) **Meeting ID:** 869 7993 0562 **Passcode:** 856369

Come along after Havdalah to light the Chanuka menorah and if sequins and samba are your thing, join me to watch the semi-finals of Strictly! Comments on costumes, technique and who will lift the glitter ball trophy in next week's final are very welcome!



SUNDAY 5 December 2021 1 Tevet 5782  at 4.05 pm

In-Person Sunday Outing 11.30 am Visit to Burgh House, Hampstead NW3 1LT
Meet Lorraine at **Golders Green Station** at 11.30 am and head off to Burgh House, a beautiful Queen Anne-period mansion steeped in over 300 years of history. One of the first houses to be built in Hampstead, Burgh House was used as a private residence for much of its life, but it is now open to the public as an independent charitable trust for arts, heritage and the community. There is a café and toilet facilities on site. Please bring a face covering to use if needed. *Please do not attend if you have any symptoms of Covid-19.*

Jami's Got Hanuka Talent 4.00 pm – 6.00 pm Community Hub

Link: [CLICK HERE](#) **Meeting ID:** 869 7993 0562 **Passcode:** 856369

Join us to light the Menorah for the last time during this year's festival and then dive in to witness that Jami's Got Hanuka Talent! What will you do? Sing a song, a stand-up comedy routine, read one of your poems, play some music, or just relax, enjoy and vote for the winner! To have the spotlight on your special talent, please contact priscilla.velde@jamiuk.org and get your name added to the talent pool!



MONDAY 6 December 2021 2 Tevet 5782

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

Link: [CLICK HERE](#) **Meeting ID:** 892 0486 9523 **Passcode:** 233908

Tracy gets the week started with a fun, low impact, energising, total body workout!

News Views 11.30 am – 1.00 pm Community Hub

Link: [CLICK HERE](#) **Meeting ID:** 818 2506 4117 **Passcode:** 375301

Come and share your views on the news as Richard leads the discussion on current affairs.

In-Person Café Meet-Up 2.00 pm Hendon Park Café, Queen's Road, NW4 2TG

Meet members of the Edgware Hub for a drink and a chat at **Hendon Park Café**, Queen's Road, Hendon NW4 2TG. *Bus: 83 Train: Hendon Central (Northern Line - Edgware Branch). Please do not attend if you have any symptoms of Covid-19.*

Art Club 2.00 pm – 3.00 pm Community Hub

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

This week, Angela discusses the life and work of Diego Rivera, a prominent Mexican painter. His large frescoes helped establish the mural movement in Mexican and international art. Rivera said that his "Jewishness is the dominant element in my life". He was not raised practicing any Jewish faith yet despite this, Rivera felt his Jewish ancestry informed his art and gave him "sympathy with the downtrodden masses".



Jami Hubs Online

MONDAY 6 December 2021 2 Tevet 5782

Sing Along 4.00 pm – 5.00 pm *Community Hub*

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

Join us to sing along with Dean to 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 or fancy having a chat? Just drop in on the members' club!

TUESDAY 7 December 2021 3 Tevet 5782

Pilates 10.00 am – 10.45 am *Community Hub*

Link: [CLICK HERE](#) **Meeting ID:** 874 6984 8162 **Passcode:** 639705

Pilates is a gentle form of exercise focusing on balance, posture, strength and flexibility. Suitable for people of all ages and fitness levels, just put on some comfortable, loose clothing, set out an exercise mat if you have one, and come join us.

Quiz 2.00 pm – 3.00 pm *Community Hub*

Link: [CLICK HERE](#) **Meeting ID:** 936 4202 1960 **Passcode:** 059263

Come and give those little grey cells a workout with our fun, interactive quiz.

Play Reading 4.00 pm – 5.00 pm

Link: [CLICK HERE](#) **Meeting ID:** 924 2576 4584 **Passcode:** 878618

Slap on some greasepaint and join us for an hour of escapism ...

WEDNESDAY 8 December 2021 4 Tevet 5782

Yoga 11.30 am – 12.30 pm *Community Hub*

Link: [CLICK HERE](#) **Meeting ID:** 814 2478 2258 **Passcode:** 633794

Join us to nourish mind, body and spirit using Yoga, an ancient form of exercise which focuses on strength, flexibility and breathing to boost your physical and mental wellbeing.

Detail in Details: A Closer Look 2.00 pm – 3.00 pm *Community Hub*

Link: [CLICK HERE](#) **Meeting ID:** 965 5715 5101 **Passcode:** 202020

Curator Helen Hillyard of Dulwich Picture Gallery joins JCP to offer an alternative introduction to the gallery's outstanding collection of Old Masters. She will be zooming in on some of its most famous works to take a closer look at the paintings.

Creative Writing 4.00 pm – 5.30 pm

Link: [CLICK HERE](#) **Meeting ID:** 958 9353 1016 **Passcode:** 976032

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

Jonny Jazz Sings 7.00 pm – 8.00 pm... *Community Hub*

Link: [CLICK HERE](#) **Meeting ID:** 941 3245 1914 **Passcode:** 786361

Come along to JCP for an hour of uplifting songs from the fabulous Jonny Jazz!!

THURSDAY 9 December 2021 5 Tevet 5782

In-Person Community Walking Group 1.30 pm **Head Room Café NW11 8EN**

Join us for a leisurely walk from **Head Room Café** to Golders Hill Park. This group is open to everyone, and you can participate as much or as little as feels right for you. We will leave the café at 1.30pm sharp, Tracy will be sitting at a table outside the café from 1 pm so please introduce yourself. After the walk we will be offering winter warming soup in the Café with a special discount for group walkers. *Please do not attend if you have any symptoms of Covid-19. In the event of heavy rain or strong wind, the walk will not go ahead.*

Jami Hubs Online

THURSDAY 9 December 2021 5 Tevet 5782

In-Person Café Meet-Up 2.00 pm Enjoy Café, Stamford Hill, N16 6XS

Meet members of the Hackney Hub for a drink and a chat at **Enjoy Café**, 64 Stamford Hill, London N16 6XS. The café is opposite Morrison's Supermarket. *Bus: 67, 76, 106, 149, 243 and 476 Train: Stoke Newington (London Overground). Please do not attend if you have any symptoms of Covid-19.*

Three Identical Strangers 2.00 pm – 3.00 pm Community Hub

Link: [CLICK HERE](#) **Meeting ID:** 982 2229 6230 **Passcode:** 202020

Award winning director Tim Wardle joins JCP to tell the story behind one of the most extraordinary and successful documentaries which tells the bizarre tale of Jewish triplets that were separated at birth ...

Music Appreciation 4.00 pm – 5.30 pm Community Hub

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

Join Steve and Tony to discover Muscle Shoals. Nestled in the corner of Alabama, bordering Mississippi and Tennessee, this sleepy Alabama town was catapulted into the limelight when FAME Recording Studios opened up and some of the industry's biggest artists recorded there, including Aretha Franklin, Otis Redding, Cher and the Rolling Stones.

Masterpieces from the Ben Uri Gallery 7.00 pm – 8.00 pm Community Hub

Link: [CLICK HERE](#) **Meeting ID:** 920 2892 9808 **Passcode:** 289617

You don't have to visit the Ben Uri Gallery to appreciate its wonderful collection of art when David Glasser joins Sandra to discuss some of the gallery's masterpieces!

FRIDAY 10 December 2021 6 Tevet 5782

Shabbat Shalom 12.30 pm – 1.30 pm Community Hub

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

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

DIARY DATES

(Times shown are for London)

Shabbat

Shabbat ends at 4.51 pm on Saturday 4 December

Chanukah

Saturday 4 December ☆ 6th Day ☆ Light 7 lights on the Menorah after 4:51 pm

Sunday 5 December ☆ 7th Day ☆ Light 8 lights on the Menorah after 3:53 pm

Rosh Chodesh Tevet

Saturday 4 December and Sunday 5 December



8th Day Chanukah

Monday 6 December



Shabbat

Light candles at 3.33 pm on Friday 10 December ☆ Shabbat ends at 4.50 pm on Saturday 11 December

Asarah B'Tevet – Fast of Tevet 10

Tuesday 14 December ☆ Fast begins at 6.02 am ☆ Fast ends at 4.32 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.



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!

