

Sample Programme

SUNDAY

Sunday Social 4.00 pm – 6.00 pm

Drop in any time! Let's get together and have a chat, listen to some music, or play a game ... the choice is yours.

MONDAY

Wake Up & Work Out 10.00 am – 10.45 am

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

News Views 11.30 am – 1.00 pm

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

Art Club 2.00 pm – 3.00 pm

This week, Angela discusses the life and work of John Constable, the English Romantic painter, born in Suffolk and known principally for his landscape paintings of the area surrounding his home - now known as Constable Country.

Sing Along 4.00 pm – 5.00 pm

Come and sing along to your favourite tunes with Dean. Requests welcome!

Members' Club 7.00 pm – 9.00 pm

Nothing on TV? Fancy a chat? Just drop in on the members' club!

TUESDAY

Pilates 10.00 am – 10.45 am

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

Who is in the Quizmaster's chair this week? Come and find out and give those little grey cells a workout with our fun, interactive quiz.

Play Reading 4.00 pm – 5.00 pm

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

"No Such Word As Can't" 7.30 pm – 9.00 pm

Special guest David Katz, renowned professional photographer, joins us live from his home in Israel to tell his inspiring story and share some of his remarkable photographs. Why remarkable? Because when he was just 3 months old, David was diagnosed as legally blind! He pursued his dream to become a highly successful sports photographer working for some of Fleet Street's finest. Can't? There's no such word in David's eyes!



WEDNESDAY

Yoga 11.30 am – 12.30 pm

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

Happy Hour 2.00 pm – 3.00 pm

Zoom in for an hour of fun and laughter as we try to name the place in the song. Believe me, when Maurice is in charge, it's not as easy as it sounds!

Creative Writing 4.00 pm – 5.30 pm

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

Crime and Punishment in the City of London 7.30 pm – 9.00 pm

Diane Burstein, renowned Historian and London Blue Badge Tour Guide, takes us on a virtual journey through the ages revealing little known facts about the famous landmarks associated with crime and punishment, including the Old Bailey and The Royal Courts of Justice. Visit the countless magistrates' courts, prisons, and sites where punishments and executions were meted out to the convicted and the condemned and hear about some of the people who ended up at these most somber of places...

THURSDAY

Creative Crafting 11.30 am – 12.30 pm

If you create wonderful things, this group is for you! Get your craft materials together and join us to share ideas and tips with fellow crafters and showcase your handiwork.

Reconnecting with the World 1.30 pm – 3.00 pm

In taking a step back when we're unwell, we can lose our familiarity with the outside world. Join our Jami Education Peer Trainer to identify the worries or pressures we may have or feel and then discuss what we can learn from each other to help overcome these challenges as we ease ourselves back into the community.

Music Appreciation 4.00 pm – 5.30 pm

Steve and Tony have got it covered as they uncover more covers! Join us to compare the cover with the original and you might just uncover some surprises along the way!

Members' Club 7.00 pm – 9.00 pm

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

FRIDAY

Shabbat Shalom 2.00 pm – 3.00 pm

Join Ben and Sylvia to talk about "Something Jewish" before connecting with communities everywhere as we light the Shabbat candles.



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!

