

JEWISH CARE PRESENTS

Charity Reg No. 802559

Join us on Zoom for our live events which provide an opportunity to keep fit, stimulate thought and lift your spirits. We very much hope you enjoy our varied programme.

If you require technical assistance to set up Zoom or to access our events, please call 020 8418 2114 and leave a message. Please note that we are unable to offer immediate support. We will get back to you to book you in for an appointment with a member of our Technical Support Team. Top tip: If you are struggling to gain access using a link, go to www.zoom.us and select 'Join a Meeting'. Enter the Meeting ID, then enter the Password.

Don't miss out. Email us at JCPresents@jcare.org or call 020 8418 2114 to register for free.

Date	Time	Topic	Zoom details
Thursday 1 April	10.30am	Pilates Class with Lesley Chissick: Tone and strengthen your core	ID: 926 8004 0525 Password: 123456
Thursday 1 April	1.45pm	Churchill the Road To War: A talk with Nigel Coleman	ID: 928 6165 7632 Password: 123456
Tuesday 6 April	11.00am	Coffee & Chat: Growing up did your family have traditions for Jewish holidays? Did you observe them?	ID: 987 3357 2564 Password: 202020
Tuesday 6 April	2.00pm	The story of Joe Lyons Tea Shops with Dr David Barnett	ID: 947 5060 6236 Password: 123456
Wednesday 7 April	10.00am	Fitness Tone Movement Class: Strengthen your core to music	ID: 990 2781 8677 Password: 123456
Wednesday 7 April	2.00pm	In conversation with royal sculptress Frances Segelman to mark Yom Hashoah	ID: 944 7443 4752 Password: 654321
Thursday 8 April	10.30am	Pilates Class with Lesley Chissick: Tone and strengthen your core	ID: 926 8004 0525 Password: 123456
Thursday 8 April	2.00pm	Spring Music Team Quiz: Join this team based quiz for a bit of lighthearted fun	ID: 910 5699 4469 Password: 202020
Friday 9 April	11.00am	Mindfulness & Gratitude: Guided meditation session	ID: 919 8154 4312 Password: 202020
Monday 12 April	2.00pm	Virtual Tour of The Wallace Collection: Holly returns with more wonderful pieces from the museum	ID: 947 1905 4744 Password: 202020
Tuesday 13 April	11.00am	Coffee & Chat: If you could visit any restaurant this afternoon which one would it be and what would you order?	ID: 987 3357 2564 Password: 202020
Tuesday 13 April	2.00pm	Michael, son of the famous wedding photographer Boris Bennett, shares more stories about his father	ID: 958 1978 7922 Password: 123456
Wednesday 14 April	10.00am	Fitness Tone Movement Class: Strengthen your core to music	ID: 990 2781 8677 Password: 123456
Wednesday 14 April	3.15pm	Talk by London Tour Guide Eleanor Bloom: Ashkenazi Jews and their means of survival in the East End	ID: 925 3006 9320 Password: 123456
Thursday 15 April	10.30am	Pilates Class with Lesley Chissick: Tone and strengthen your core	ID: 926 8004 0525 Password: 123456
Thursday 15 April	1.30pm	Celebrate Yom Ha'atzmaut with lively Israeli music	ID: 985 2030 1892 Password: 654321

To join any of these sessions by phone, dial 020 3481 5240 and enter the Meeting ID

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Date	Time	Topic	Zoom details
Friday 16 April	11.00am	Mindfulness & Gratitude: Guided meditation session	ID: 919 8154 4312 Password: 202020
Monday 19 April	3.00pm	Award-winning, photographer Max Hirshfeld discusses his new book, "Love in Wartime", documenting his survivor parents' story of love	ID: 935 1771 6090 Password: 202020
Tuesday 20 April	11.00am	Coffee & Chat: If you had unlimited funds, what extravagant item would you purchase?	ID: 987 3357 2564 Password: 202020
Tuesday 20 April	2.00pm	Insight into the swinging 60s with Jef Page, Historian	ID: 961 1049 9678 Password: 123456
Wednesday 21 April	10.00am	Fitness Tone Movement Class: Strengthen your core to music	ID: 990 2781 8677 Password: 123456
Thursday 22 April	10.30am	Pilates Class with Lesley Chissick: Tone and strengthen your core	ID: 926 8004 0525 Password: 123456
Thursday 22 April	1.30pm	Jeanette Rosenberg OBE will talk about Jewish Genealogy Society Great Britain and tracing your Jewish routes	ID: 946 5838 8213 Password: 123456
Friday 23 April	11.00am	Mindfulness & Gratitude: Guided meditation session	ID: 919 8154 4312 Password: 202020
Monday 26 April	3.00pm	A virtual tour from the Frick Museum, New York: They will be speaking to us live, showing us examples of their wonderful treasures	ID: 998 0600 4194 Password: 202020
Tuesday 27 April	11.00am	Coffee & Chat: Top tips for keeping fit and healthy, let's share ideas	ID: 987 3357 2564 Password: 202020
Tuesday 27 April	2.00pm	Dr David Barnett talks about Adam Worth: Nicknamed the Napoleon of the criminal world a Victorian Jewish Master Criminal	ID: 951 7939 0581 Password: 123456
Wednesday 28 April	10.00am	Fitness Tone Movement Class: Strengthen your core to music	ID: 990 2781 8677 Password: 123456
Wednesday 28 April	3.15pm	102 Years of Tesco: Richard explores Sir Jack Cohen's early life and how Tesco became a powerhouse	ID: 916 3089 5550 Password: 123456
Thursday 29 April	10.30am	Pilates Class with Lesley Chissick: Tone and strengthen your core	ID: 926 8004 0525 Password: 123456
Thursday 29 April	3.00pm	American author, Dara Kurtz, discusses her new book, "I Am My Mother's Daughter: Wisdom on Life, Loss, and Love"	ID: 915 5207 5355 Password: 202020
Friday 30 April	11.00am	Mindfulness & Gratitude: Guided meditation session	ID: 919 8154 4312 Password: 202020

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