

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
Tuesday 1 November	11am	Coffee and Chat We enjoyed a warm October but a cold winter is still a possibility. Are you planning anything new this year to keep warm and keep your utility bills under control? Share your tips and tricks with us
Tuesday 1 November	2pm	Music appreciation with Steve Coleman Enjoy an uplifting hour as Steve takes us on a musical journey
Wednesday 2 November	10am	Fitness Class with Hayley Tone and strengthen your core to music with this fun weekly class.
Wednesday 2 November	2pm	The Museum of the Home Curator Louis Platman discusses the Museum's collection, including a 1790s Hanukkah display, and a new collecting project focussing on the Jewish East End in the early 1900s
Thursday 3 November	10am	Mindfulness and Relaxation Find inner tranquility with a guided meditation
Thursday 3 November	3.30pm	Empty Cradles, Israel's disappeared children Dr. James Eastwood, Senior Lecturer in Politics and International Relations at Queen Mary University discusses the exhibition running at SOAS's Brunei Gallery telling the stories of the disappeared children who belonged to Jewish families who migrated to Israel from the Middle East and North Africa in the 1940s and 50s, and were staying in temporary immigration camps.
Monday 7 November	11am	Interview with Wes Streeting MP Do not miss your chance to meet the Shadow Secretary of State for Health and Social Care
Monday 7 November	12pm	Strictly Chair Yoga with Dance A fun way to build core strength and flexibility
Monday 7 November	1.30am	Crime writer Tom Benjamin talks about his latest Book How reading the diary of a British secret policeman in Naples in 1944 inspired me to pen my Bologna-set mysteries
Tuesday 8 November	11am	Coffee and Chat Due to the lack of affordable childcare, grandparents are often drawn to look after young children, sometimes for many hours a week. Do you think this is fair? Should grandparents receive compensation for their work?
Tuesday 8 November	2pm	An hour with the fabulous Gary Benjafield Neil Diamond tribute and more
Wednesday 9 November	10am	Fitness Class with Hayley. Tone and strengthen your core to music with this fun weekly class.
Wednesday 9 November	2pm	Iranian Jewish Exiled Women Writers and their Characters: Rejected or Belonging in Iran? The women who fled from Iran before, during and after the 1979 Islamic Revolution, were members of the Jewish community established in Iran for 2,700 years. They lived in Shi'a Muslim society in the context of shifting state and religious ideologies during Reza Shah's reign and the Revolutionary and post-Revolutionary periods when they fled to America and Belgium. Dr Jennifer Langer, Founding Director Exiled Writers Ink, shares how the literary texts and her interviews with the writers reveal resistance and denial. Jennifer will also be reading a few poems from her recently published poetry collection The Search
Thursday 10 November	10am	Mindfulness and Relaxation Find inner tranquility with a guided meditation
Thursday 10 November	2pm	The Jewish Community of Taiwan Artist and active community member Leon Fenster will share the history of the Jews in Taiwan and the current activities of this thriving community
Thursday 10 November	7pm	Emma Crew from the Jewish Museum On East End Lives
Monday 14 November	12pm	Strictly Chair Yoga with Dance A fun way to build core strength and flexibility
Monday 14 November	1.30pm	The ghosts at Hampton Court Palace A glimpse of what it is like to wander the galleries late at night on my own in the dark. Sarah Slater, Guide and Lecturer at Hampton Court Palace and Affiliate of the Institute of Tourist Guiding, leads you on an exploration of the history, stories and sightings of some of the ghosts of Hampton Court Palace that have been reported over the last few hundred years.
Tuesday 15 November	11am	Coffee and Chat Whether it's the weather, the food, the colours or the traditions associated with it, every time of the year has something to like. What do you love about the Autumn season?
Tuesday 15 November	2pm	Music appreciation with Anthony Kaye The theme is Disco!
Tuesday 15 November	7pm	Dr Ashley Weinberg, Chartered Psychologist and Senior Lecturer in Psychology at the University of Salford discusses The Psychology of Politicians Discussing The Psychology of Politicians
Wednesday 16 November	10am	Fitness Class with Hayley Tone and strengthen your core to music with this fun weekly class.
Wednesday 16 November	2pm	Peter Suchet Part 2 Back by popular demand, Peter is a former Director of the Advertising agency Saatchi & Saatchi, the creator of Fantasy Football for the Daily Telegraph and the custodian of the Suchet family archive. He is the younger brother of Sir David Suchet CBE, the celebrated actor, and John Suchet, the journalist, broadcaster
Thursday 17 November	10am	Mindfulness and Relaxation Find inner tranquility with a guided meditation
Thursday 17 November	2pm	The work of HIAS and the importance of Jewish humanitarian organisations today Meiron Avidan, Integration Coordinator, HIAS Europe joins us to discuss their projects around the world
Monday 21 November	12pm	Strictly Chair Yoga with Dance A fun way to build core strength and flexibility
Monday 21 November	1.30pm	Rabbi Hugo Gryn An illustrated presentation by Jonathan Bergwerk
Tuesday 22 November	11am	Coffee and Chat The sense of smell is closely associated with memory. What scents bring you back to happy times?
Tuesday 22 November	2pm	Live Music with Sid Austin Join us for an hour of your favourite tunes. Requests accepted!
Wednesday 23 November	10am	Fitness Class with Hayley Tone and strengthen your core to music with this fun weekly class
Wednesday 23 November	2pm	Football: Designing the Beautiful Game at the Design Museum Rachel Hajek, Assistant Curator at the Design Museum in London talks about the exhibition featuring all things design and football
Thursday 24 November	10am	Mindfulness and Relaxation Find inner tranquility with a guided meditation
Thursday 24 November	2pm	Monthly Team Quiz Join us for an hour of fun with your team and test your knowledge of music and history
Monday 28 November	12pm	Strictly Chair Yoga with Dance A fun way to build core strength and flexibility
Monday 28 November	3pm	Author Cynthia Ehrenkrantz talks about her book Seeking Shelter Cynthia joins us from New York to talk about her memoir of a Jewish girlhood in wartime Britain. She also performs her work at regional storytelling events and sings with the Yiddish Philharmonic Chorus. Seeking Shelter is her first published book
Tuesday 29 November	11am	Coffee and Chat When we reminisce, it sometimes feels like things were better in the past, but what positive things from the 'good old days' have we managed to retain until today?
Tuesday 29 November	2pm	Music appreciation with Steve Coleman Enjoy an uplifting hour as Steve takes us on a musical journey
Wednesday 30 November	10am	Fitness Class with Hayley Tone and strengthen your core to music with this fun weekly class.
Wednesday 30 November	2pm	Hope Valley Author Rabbi Haviva Ner-David discusses her book featuring an unlikely friendship between two women in Israel
To join any of these sessions by phone, dial 020 3481 5240 and enter the Meeting ID		