

MARCH 2022

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 March	11am	Coffee & Chat: In times of budget control, is state funding of the arts money well spent?
Tuesday 1 March	2pm	Bond inspired Music Appreciation Theme songs from the films, with their associated music presented by Tony Kaye
Wednesday 2 March	2pm	Interview with Ira Moss, General Manager of All Dogs Matter In this interview with Phil Lassman, Ira will share the story behind the charity she founded, and how 350 UK and international dogs are finding loving homes every year.
Wednesday 2 March	7pm	Blue Badge guide, broadcaster and walking encyclopaedia Diane Burstein takes us on a virtual tour of St John's Wood
Thursday 3 March	10am	Mindfulness & Relaxation: A guided meditation Find inner tranquility with a guided meditation
Thursday 3 March	10:45	Art with Marie Discover and develop your artistic talent under the guidance of accomplished artist Marie Fitzpatrick
Thursday 3 March	2pm	Unveiling Purim and the Month of Adar Rabbi Wittenberg shares the wisdom behind the celebration of Purim and what makes Adar the month of joy
Monday 7 March	12pm	Chair Yoga With Dance A fun way to build core and flexibility
Monday 7 March	1.15pm	Historic Hendon: from the London Aerodrome to the RAF Museum Presentation exploring the history of the site that the Museum stands on today; from its origins in aviation schools and aeroplane manufacturing through two World Wars to date. The presentation will include film footage from the Museum's archive.
Tuesday 8 March	11am	Coffee & Chat: Do you love or loathe parties? Are you a party animal or would you prefer a small, intimate evening with a couple of friends?
Tuesday 8 March	2pm	Music with Hannah-Marie: An enjoyable hour of vintage Music with the lovely Hannah-Marie
Wednesday 9 March	2pm	The Irish Jewish Museum in Dublin Join us as we take a look at the Museum's collection and hear stories from members of the Jewish community in Ireland.
Wednesday 9 March	7pm	In concert with one of our all-time favourite singers, Jonny Jazz
Thursday 10 March	10am	Mindfulness & Relaxation: A guided meditation Find inner tranquility with a guided meditation
Thursday 10 March	10.45am	Art with Marie Discover and develop your artistic talent under the guidance of accomplished artist Marie Fitzpatrick
Thursday 10 March	2pm	Interview with Actor Peter Egan Part Two Back by popular demand, we pick up where we left off in this thoroughly entertaining interview by Phil Lassman
Monday 14 March	10.30am	Art with Marie Discover and develop your artistic talent under the guidance of accomplished artist Marie Fitzpatrick
Monday 14 March	12pm	Chair Yoga With Dance A fun way to build core and flexibility
Monday 14 March	1.15pm	The story of Jewish Boy Soldiers Lola Fraser shares the stories of Jewish Boy soldiers, what they went through and their parents' fight to get them home.
Tuesday 15 March	11am	Coffee & Chat: Are designer items worth the money on the price tag? Have you ever splashed out on one?
Tuesday 15 March	2pm	Music Appreciation - Movie Themes Presented by Steve Coleman
Tuesday 15 March	7pm	Bestselling author, Anne Sebba, will talk about her gripping biography - Ethel Rosenberg: A Cold War Tragedy
Wednesday 16 March	2pm	The Wertheimer Family: Portraits by John Singer Sargent Led by Kathy Adler, art writer and former Director of Education at the National Gallery, we will look at the portraits Sargent made of Asher Wertheimer, a leading art dealer, and his family.
Thursday 17 March	TBC	Purim Party Join us for a live Megillah reading and musical entertainment. Invitation to follow.
Monday 21 March	12pm	Chair Yoga With Dance A fun way to build core and flexibility
Monday 21 March	1.15pm	Elliott Cohen Research & Analysis Manager CST Elliott shares with us the role CST play in the Jewish community today.
Tuesday 22 March	11am	Coffee & Chat: We are often told 'we can do anything we set our minds to' but is willpower really all it takes to succeed, or does talent matter more?
Tuesday 22 March	2pm	Gary Benjafield The amazing Gary Benjafield Neil Diamond tribute and much more.
Wednesday 23 March	2pm	Fun quiz on popular culture Join us for our monthly quiz and test your knowledge of pop culture
Wednesday 23 March	7pm	A golden opportunity to meet journalist Josh Glancy – Special Correspondent at The Sunday Times
Thursday 24 March	10am	Mindfulness & Relaxation: A guided meditation Find inner tranquility with a guided meditation
Thursday 24 March	10.45am	Art with Marie Discover and develop your artistic talent under the guidance of accomplished artist Marie Fitzpatrick
Thursday 24 March	2pm	The Jewish contribution to English Law. Through 1858 to Modern Times Renowned lawyer and author Barrington Black talks about his latest book
Monday 28 March	12pm	Chair Yoga With Dance A fun way to build core and flexibility
Monday 28 March	1.15pm	Frankie Vaughan: Frankie Vaughan the man and his music' Talk by Brian Nathan
Tuesday 29 March	11am	Coffee & Chat: Electric scooters have clear environmental benefits, but what is the best way to deal with safety issues? Should they be banned, is there a time and a place or should discretion be left to the public?
Tuesday 29 March	2pm	Music Appreciation - Famous Duets Musical videos presented by Tony Kaye
Wednesday 30 March	2pm	A look into the world of Marc Chagall Art historian and lecturer Dr Marie-Anne Mancio will discuss one of the 20th Century's leading artists
Wednesday 30 March	7pm	We are in conversation with Bafta-nominated composer and director Benjamin Till who will show us his heart-warming short film 100 Jewish Faces in which he explores what it means to be Jewish.
Thursday 31 March	10am	Mindfulness & Relaxation: A guided meditation Find inner tranquility with a guided meditation
Thursday 31 March	10:45am	Art with Marie Discover and develop your artistic talent under the guidance of accomplished artist Marie Fitzpatrick
Thursday 31 March	2pm	Tour of Wembley Stadium with Ron Rosenhead Join us for an insider's tour of this iconic landmark, and possibly the most famous football stadium in the world

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