

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 3 May	11am	Coffee and Chat Do you believe history always repeats itself? If so, why do you think we fail to learn the lessons?
Tuesday 3 May	2pm	Lola Fraser - The role Jewish Nurses played during World War One Lola talks about many of the Jewish women who volunteered to support the war effort, either as nurses in the Queen Alexandra Imperial Military Nursing Service (QAIMNS) or as Voluntary Aid Detachment (VAD) volunteers.
Wednesday 4 May	10am	Fitness Class with Hayley Tone and strengthen your core to music with this fun weekly class.
Wednesday 4 May	2pm	Virtual tour of Sir John Soane's Museum From son of a bricklayer to friend of the King, learn about the extraordinary life of Sir John Soane – architect, collector, and curator – and the legacy he left behind in his home and museum. Floating rooms, hidden paintings, and a 3,000 year old sarcophagus, this presentation will give you a glimpse into one of the most awe-inspiring house museums in the UK, if not the world.
Thursday 5 May	10am	Mindfulness and Relaxation Find inner tranquility with a guided meditation
Thursday 5 May	10.45am	Art with Marie Discover and develop your artistic talent under the guidance of accomplished artist Marie Fitzpatrick
Thursday 5 May	2pm	Monthly quiz: Israel Our monthly team quiz commemorates Yom Haatzmaut, Israel's Independence Day. Join us for an hour of fun and socialising.
Thursday 5 May	7pm	Keith Kahn-Harris Keith Kahn-Harris, author, sociologist and music critic, will be discussing his new book What Does a Jew Look Like?
Monday 9 May	12pm	Strictly Chair Yoga with Dance A fun way to build core strength and flexibility
Monday 9 May	1.30pm	Jonathan Bergweck- presentation Rabbi Louis Jacobs (of the Jacobs affair fame) in the early 1960s of what became known as "The Jacobs Affair" in the British Jewish community.
Tuesday 10 May	11am	Coffee and Chat Do you keep all your clothes 'in case they come back into fashion' or do you prefer to renew your wardrobe and let go of old things?
Tuesday 10 May	2pm	Talk by Dr David Barnett Fortnum & Mason to Selfridges: the History of London's oldest super stores.
Wednesday 11 May	10am	Fitness Class with Hayley Tone and strengthen your core to music with this fun weekly class.
Wednesday 11 May	2pm	Virtual Tour of the Museo Sorolla in Madrid A virtual visit to the home and studio of the renowned Spanish painter Joaquín Sorolla, which has retained its original atmosphere and houses the largest collection of Sorolla's works.
Thursday 12 May	10am	Mindfulness and Relaxation Find inner tranquility with a guided meditation
Thursday 12 May	10.45am	Art with Marie Discover and develop your artistic talent under the guidance of accomplished artist Marie Fitzpatrick
Thursday 12 May	2pm	How to be a Refugee - Recording from Jewish Book Week Philosopher and author Simon May discusses his powerfully moving family memoir, taking on questions of home and belonging that continue to press in on us today.
Monday 16 May	12pm	Chair Yoga with Dance A fun way to build core strength and flexibility
Monday 16 May	1.30pm	Mark King-Author Blue Badge London Tour Guide 'Queens, Countesses, Courtesans and Cows: the 'Female' Side of Kenwood House'
Tuesday 17 May	11am	Coffee and Chat What do you make of celebrity chefs? Is their fame and status justified and are they here to stay?
Tuesday 17 May	4pm	An audience with Chris Tarrant OBE Join us for what is set to be a most enjoyable hour with legendary broadcaster and TV personality Chris Tarrant, as he shares stories and answers your questions
Wednesday 18 May	10am	Fitness Class with Hayley Tone and strengthen your core to music with this fun weekly class.
Wednesday 18 May	2pm	Looking for an enemy - a discussion on antisemitism from Jewish Book Week Leading Jewish writers Jo Glanville, Natasha Lehrer, Gideon Reuveni and Daniel Trilling focus on Europe, Israel and America to offer a fresh take on how an irrational belief can still flourish in a supposedly rational age.
Thursday 19 May	10am	Mindfulness and Relaxation Find inner tranquility with a guided meditation
Thursday 19 May	10.45am	Art with Marie Discover and develop your artistic talent under the guidance of accomplished artist Marie Fitzpatrick
Thursday 19 May	4.30pm	The Jewish world of Alexander Hamilton Prof Andrew Porwancher joins us from the US for a talk about his award-winning book and shares the untold story of the founding father's likely Jewish birth and upbringing—and its revolutionary consequences for understanding him and the nation he fought to create
Monday 23 May	12pm	Strictly Chair Yoga with Dance A fun way to build core strength and flexibility
Monday 23 May	1.30pm	Letters of light - What is Sefer Yetzira and how can it and other ancient, mystical texts be reflected in modern art? Watch Yigal Zalmona, art adviser for the new National Library of Israel and Rachel Elijor, John and Golda Cohen Professor of Jewish Philosophy and Jewish Mystical Thought at the Hebrew University in this recorded interview from Jewish Book Week.
Tuesday 24 May	11am	Coffee and Chat Do you think children today are under too much pressure to achieve good exam results? Do you think academic success is as critical as they are made to feel?
Tuesday 24 May	2pm	Rabbi Mordechai Wollenberg "When the music stops !The Omer period" Q and A with Rabbi & Rebbetzen Wollenberg!
Wednesday 25 May	10am	Fitness Class with Hayley Tone and strengthen your core to music with this fun weekly class.
Wednesday 25 May	2pm	Spark; how to ignite genius. Recorded interview from Jewish Book Week What are the origins of genius? Why do some people reach extraordinary creative heights early in life while others achieve greatness decades later? New York Times bestseller Claudia Kalb answers these questions and more
Wednesday 25 May	7pm	In Conversation with Ivor Baddiel We are delighted to be in conversation with Ivor Baddiel, a man of many talents - TV and radio writer and author of numerous books including Britain's Biggest Star... is Dad? Do join us to find out what Ivor is up to these days.
Thursday 26 May	10am	Mindfulness and Relaxation Find inner tranquility with a guided meditation
Thursday 26 May	10.45am	Art with Marie Discover and develop your artistic talent under the guidance of accomplished artist Marie Fitzpatrick
Thursday 26 May	4.45pm	The lost Cafe Schindler Meriel Schindler joins us to discuss her book 'The Lost Café Schindler', where she uses the story of the Café Schindler and the threads that spool out from it to weave together memoir, family history and the untold story of the Jews of the Austro-Hungarian Empire
Monday 30 May	12pm	Strictly Chair Yoga with Dance A fun way to build core strength and flexibility
Monday 30 May	1.30pm	Jonathan Bergweck-presentation Rosalind Franklin who helped find DNA Rosalind Elsie Franklin whose work was central to the understanding of the molecular structures of DNA.
Tuesday 31 May	11am	Coffee and Chat Do you value property and possessions or experiences more? What brings you more joy and what would you rather spend money on?
Tuesday 31 May	2pm	Talk by Dr David Barnett London's first Hotels

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