



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 |
|--------------------------------------|---------|---|
| Thursday 1 July | 10.30am | Pilates Class with Lesley Chisick – Pilates. improves posture and flexibility whilst strengthening your core. |
| Thursday 1 July | 4pm | <i>One, Two, Three, Four: The Beatles in Time.</i> Join prolific author and satirist Craig Brown, discussing his new book on the life and legacy of the fab four. |
| Friday 2 July | 11am | Mindfulness & Relaxation – a guided meditation. A chance to press the ‘refresh button’. |
| Sunday 4 July | 2.30pm | Diane Burstein, tour guide and broadcaster takes us on a virtual tour of the Jewish West End. |
| Monday 5 July | 12pm | Strictly Chair Yoga with Dance. A fun way to build core and flexibility. |
| Monday 5 July | 3pm | Art Appreciation – Jacob Epstein and his Work: Art educator Jon Sleigh explores the artist and sculptor whose creative origins lie in Jewish Orthodoxy. |
| Tuesday 6 July | 10.30am | Coffee & Chat – if you could swap places with anyone for just one day, who would you choose? |
| Tuesday 6 July | 3pm | Talk by-London Tour Guide Eleanor Bloom – Jewish London moving forward from the arrival & survival of the Jewish people in London, we look at how and where they left their mark. |
| Wednesday 7 July | 10am | Fitness Class with Hayley. Tone and strengthen your core to music. |
| Wednesday 7 July | 4pm | An illustrated talk: The Illustrious and Good. Be inspired by the past lives of many famous people buried at Willesden Cemetery. The legacies of these awe-inspiring people affect us to this day as their tales live on. |
| Thursday 8 July | 10.30am | Pilates Class with Lesley Chisick – Pilates improves Posture and flexibility whilst strengthening your Core. |
| Thursday 8 July | 2.30pm | In conversation with Heather Morris. Celebrated author of the wonderful best-selling books; <i>The Tattooist of Auschwitz</i> and <i>Cilka’s Journey</i> . |
| Friday 9 July | 11am | Mindfulness & Relaxation – a guided meditation. Finding inner tranquility. |
| Monday 12 July | 12pm | Strictly Chair Yoga with Dance. A fun way to build core and flexibility. |
| Monday 12 July | 3pm | Art Class – Painting Beetles! Join Julie Sajous as we take a closer look at beetles. We will be painting with colour, so please bring a simple set of watercolours, brushes, A4 heavy paper and a pen. |
| Tuesday 13 July | 10.30am | Coffee & Chat – Did you ever have a penfriend or write letters to a loved one? Is letter writing a thing of the past or is there still something special in receiving a handwritten note in the post? |
| Tuesday 13 July | 2pm | Talk – Daniel Mendoza English Jewish prizefighter , who became the 18th boxing champion of England from 1792–1795. Speaker: Dr David Barnett. |
| Wednesday 14 July | 10am | Fitness Class with Hayley. Tone and strengthen your core to music. |
| Wednesday 14 July | 2pm | Interview with Harold Tillman – awarded the CBE in 2010. A retail entrepreneur, he was the longest serving Chairman of the British Fashion Council. In 2019 Tillman was appointed Enterprise and Business Advisor for the London College of Fashion. |
| Wednesday 14 July | 4pm | The Story of Noel Coward. The man behind the Mask. Speaker: Nigel Coleman. |
| Thursday 15 July | 10.30am | Pilates Class with Lesley Chisick – Pilates improves Posture and flexibility whilst strengthening your Core. |
| Thursday 15 July | 4pm | Why Do We Eat Like This? Celebrated social historian Ruth Goodman will be leading us through a historical exploration of manners and food etiquette, and why the soup always precedes the desert. |
| Friday 16 July | 11am | Mindfulness & Relaxation - a guided meditation. Prepare for the weekend feeling uplifted. |
| Monday 19 July | 12pm | Strictly Chair Yoga with Dance. A fun way to build core and flexibility. |
| Monday 19 July | 3pm | Art Curious: Stories of the Unexpected, Slightly Odd and Strangely Wonderful in Art History with writer Jennifer Dalsal. |
| Tuesday 20 July | 10.30am | Coffee & Chat – What sweets did you love as a child? What were the treats you had? Were they better than kids have on offer now? |
| Tuesday 20 July | 3pm | Lively hour of Music with Paul Ross. from the Beach Boy Tribute Band. |
| Tuesday 20 July | 7pm | Theresa Bernstein and Portrayals of Early Twentieth Century Immigrant Life in New York. A memorial talk in honour of the late Alfred Goldschmidt given by his daughter Liz Diamant, Senior Educator at the National Gallery of Art, Washington DC. |
| Wednesday 21 July | 10am | Fitness Class with Hayley. Tone and strengthen your core to music. |
| Wednesday 21 July | 4pm | The Story of Jack the Ripper. Illustrated presentation. |
| Thursday 22 July | 10.30am | Pilates Class with Lesley Chisick – Pilates improves Posture and flexibility whilst strengthening your Core. |
| Thursday 22 July | 4pm | Sixty-Six – Film director Paul Weiland will be discussing his film <i>Sixty Six</i> , based on his own life when his Barmitzvah was on the same day as the World Cup Final. You can watch the film now on Netflix. |
| Cancelled Mindfulness Friday 23 July | | |
| Sunday 25 July | 2.30pm | Concert with soprano Sally-Ann Shepherdson and baritone Trevor Alexander. |
| Monday 26 July | 12pm | Strictly Chair Yoga with Dance. A fun way to build core and flexibility. |
| Monday 26 July | 3pm | The Private Lives of the Impressionists – Author Sue Rowe regales with stories about this incredible time in history, in Paris and the surrounding countryside where Impressionism was invented. |
| Tuesday 27 July | 10.30am | Coffee & Chat – How many times have you moved home? Have you ever lived in another part of the UK or in another country? If you could choose would you move now? Where is best? |
| Tuesday 27 July | 3.30pm | Music Appreciation. Anthony Mitchell gives us an introduction to some well knowns Duets. |
| Tuesday 27 July | 7pm | Leah Garrett , Professor and Director of Jewish and Hebrew Studies at the City University of New York, will be discussing her new book |
| Wednesday 28 July | 10am | Fitness Class with Hayley. Tone and strengthen your core to music. |
| Wednesday 28 July | 4pm | A light-hearted presentation by Stephen Speaks <i>‘Are you being served</i> Harrods’ style? A peep behind the scenes. |
| Thursday 29 July | 10.30am | Pilates Class with Lesley Chisick – Pilates improves Posture and flexibility whilst strengthening your Core. |
| Thursday 29 July | 4pm | Green Park – the infamous Jewish hotel in Bournemouth was the subject of a documentary film made by Marsha Lee who will be joining us. You can watch the film now on Amazon Prime. |
| Friday 30 July | 11am | Mindfulness & Relaxation – a guided meditation. Take some time out for yourself & join us. |