

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
Monday 3 January – Closed for Bank Holiday		
Tuesday 4 January	11am	Coffee & Chat: With labour shortages particularly in public services and Care should Community Service be compulsory for 18 year olds?
Tuesday 4 January	2pm	Musical Theatre Jodie Beth entertains us with songs from the shows
Wednesday 5 January	10am	Fitness Class with Hayley Tone and strengthen your core to music
Wednesday 5 January	2pm	Jewish Members of Parliament during the First World War A talk by Lola Fraser
Wednesday 5 January	8pm	Remembering Alma Cogan – The Girl With the Giggle in Her Voice: Alma's sister, actress Sandra Caron, who will join us from LA, and Dame Maureen Lipman will share their memories of Alma. Not to be missed!
Thursday 6 January	10am	Mindfulness & Relaxation: In partnership with JAMI's Mental Health Awareness Shabbat, join us for a talk by Owen Hunter, Senior Mental Health Social Worker at Jewish Care, on how to look after our own mental wellbeing, followed by some mindfulness exercises.
Thursday 6 January	10.30am	Art class with Marie Winter landscape
Thursday 6 January	2pm	Fun Team Quiz on the 60s Hosted by the fabulous Phil Lassman
Monday 10 January	12pm	Chair Yoga with Dance A fun way to build core and flexibility
Monday 10 January	1.30pm	Gems from the Jewish Archives 'Hidden Treasures' – an illustrated talk by Dawn Waterman, Archives and Heritage Manager at the Board of Deputies of British Jews
Tuesday 11 January	11am	Coffee & Chat Driverless cars are on the way. Would you feel safe in one?
Tuesday 11 January	2pm	Music Appreciation with Steven Coleman: All That Jazz – The development and history of jazz from ragtime to 1960
Tuesday 11 January	7pm	Antisemitism and racism in sport We will be tackling antisemitism and racism in sport with Dave Rich, Director of Policy at the Community Security Trust
Wednesday 12 January	10am	Fitness Class with Hayley Tone and strengthen your core to music
Wednesday 12 January	2pm	Fresse Food stories with Jay Rayner & Pen Vogler
Wednesday 12 January	7pm	The Brundibar Digital Opera Project Join John Abulafia, Opera Director and Tara Shaw, Creative Producer, to discuss two operas that have their origins in the Terezin camp: 'The Emperor of Atlantis' and 'Brundibar' – soon to feature in their extraordinary new education project.
Thursday 13 January	10am	Mindfulness & Relaxation: A guided meditation Take some time out for yourself & find inner tranquillity
Thursday 13 January	10.30am	Art class with Marie Poppy flowers
Thursday 13 January	2pm	An inside look into the Israeli technology industry Elinor Honigstein, Head of UK Office & Strategic Partnerships at the UK-Israel Tech Hub, will share up to date information and data about the technology industry in Israel. Why is Israel considered an Innovation Powerhouse, current trends and location-based challenges as well as the potential for Israel-UK collaborations in the industry.
Monday 17 January	12pm	Chair Yoga with Dance A fun way to build core and flexibility
Monday 17 January	1.30pm	My family and I survived the Holocaust, but at a cost: Susie Barnett, BEM from the Holocaust Educational Trust, shares her story
Tuesday 18 January	11am	Coffee & Chat: With global warming should international travel by air be limited per person per year? Is a 'staycation' the way forward?
Tuesday 18 January	2pm	Swing and vintage music: Music hour with Hannah-Marie
Tuesday 18 January	7pm	What's News in America? Simon Marks, an Emmy award-winning reporter and President and Chief Correspondent of Feature Story News, joins us from Washington DC
Wednesday 19 January	10am	Fitness Class with Hayley Tone and strengthen your core to music
Wednesday 19 January	2pm	A talk with Rabbi Jonathan Wittenberg about his passion for the environment and the EcoSynagogue movement
Thursday 20 January	10am	Mindfulness & Relaxation: A guided meditation Take some time out for yourself & find inner tranquillity
Thursday 20 January	10.30am	Art class with Marie Still life flower on cushion
Thursday 20 January	2pm	Fun Team Quiz on travel Hosted by the fabulous Phil Lassman
Thursday 20 January	7pm	Join us for a concert with fabulous singer Joanna Lee
Monday 24 January	12pm	Chair Yoga with Dance A fun way to build core and flexibility
Monday 24 January	1.30pm	Harry Houdini: An illustrated presentation on the world-famous illusionist, stunt performer and showman who overcame poverty, bigotry and self-doubt to live the American dream
Tuesday 25 January	11am	Coffee & Chat: How good is your ability to 'judge' people of good character? Have you ever been proved wrong?
Tuesday 25 January	2pm	Music Appreciation with Anthony Mitchell Anthony takes us on a Road Trip of music through the 60s and 80s
Wednesday 26 January	10am	Fitness Class with Hayley Tone and strengthen your core to music
Wednesday 26 January	2pm	How to power a cleaner future: An informal look at the challenges and solutions to powering the future and reducing our dependence on fossil fuels with Energy and Climate Policy Advisor James Robottom
Thursday 27 January	10am	Mindfulness & Relaxation: A guided meditation Take some time out for yourself & find inner tranquillity
Thursday 27 January	10.30am	Art class with Marie Portrait drawing and painting
Thursday 27 January	2pm	Jewels that tell a story Rappaport Editor in Chief Sonia Esther Soltani will share the tale behind exceptional jewels, from pieces with a Jewish connection to meaningful creations that have entered history
Monday 31 January	12pm	Chair Yoga with Dance A fun way to build core and flexibility
Monday 31 January	1.15pm	Interview with Kate Thompson Author of best-seller 'The Stepney Doorstep Society' and much more, Kate will share stories which will make you laugh and cry (sometimes at the same time). Kate interviewed many of the Jewish Care Stepney members for research on the book