

JEWISH CARE PRESENTS

Charity Reg No. 802559

JUNE 2025

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.

Wednesday 4 June	10am	Pilates and fitness with Jill Join this fun class to improve your posture, strengthen your core and to stay strong and mobile.
Wednesday 4 June	2pm	Grayson Perry: Delusions of Grandeur at The Wallace Collection Join Catherine Chastney for an exploration of Delusions of Grandeur, the largest contemporary exhibition ever held at the Wallace Collection. Celebrating his 65th birthday, Sir Grayson Perry presents over 40 new works—including ceramics, tapestries, furniture, and AI-generated images—displayed alongside the museum’s historic masterpieces. Through the fictional persona of Shirley Smith, an ‘outsider artist’ who believes herself the rightful heir to the collection, Perry delves into themes of authenticity, identity, and the nature of art-making. Catherine will unpack how Perry’s inventive narrative and diverse media challenge traditional notions of taste, status, and the role of the artist in contemporary society.
Thursday 5 June	10am	Mindfulness and Relaxation Find inner tranquility with a guided meditation.
Thursday 5 June	2pm	Music Appreciation Enjoy an hour of musical trivia and entertainment with Tony Kaye, as we remember the songs that were #1 in the UK and the US charts at the same time.
Monday 9 June	12pm	Strictly Chair Yoga with Dance A fun way to build core strength and flexibility.
Monday 9 June	2pm	Yiddish Club with Tamara A fun interactive class where everyone is welcome. Whether you’re a beginner or have a large vocabulary, join our friendly class to learn about all things Yiddish, be it new words and expressions, stories and perhaps even a recipe or two.
Tuesday 10 June	11am	Coffee & Chat What is your favourite art period? Do you enjoy contemporary works or do you prefer other styles?
Tuesday 10 June	2pm	The Guildhall Art Gallery - Treasures in the Heart of the City Discover the rich history and hidden gems of the Guildhall Art Gallery, a cultural jewel in the heart of the City of London. Jenny Gonzalez Corujo, Curatorial and Collections Assistant, explores the gallery’s impressive collection—from Victorian masterpieces to dramatic depictions of London’s past—and the fascinating story of its reconstruction after wartime destruction. Learn how art, architecture, and archaeology (including the Roman amphitheatre beneath) come together in this unique institution.
Wednesday 11 June	10am	Pilates and fitness with Jill Join this fun class to improve your posture, strengthen your core and to stay strong and mobile.
Wednesday 11 June	2pm	An hour of songs with Hannah Marie Hannah Marie sings swing, vintage jazz, rock and roll and music from the 60s.
Thursday 12 June	10am	Mindfulness and Relaxation Find inner tranquility with a guided meditation.
Thursday 12 June	2pm	Women Artists Everywhere In 1971 Linda Nochlin famously asked “Why have there been no great women artists?”. Today, the pendulum has swung but the aspect of importance remains. Join Kathy Adler, former Head of Education at the National Gallery, as she explores female talent in art.
Monday 16 June	12pm	Strictly Chair Yoga with Dance A fun way to build core strength and flexibility.
Monday 16 June	2pm	Herbert Samuel: Statesman, Philosopher and First Jewish Cabinet Minister Dr David Barnett examines the remarkable life and legacy of Herbert Samuel—liberal thinker, pioneering politician, and the first Jewish cabinet minister in British history. From shaping domestic policy to governing Palestine as High Commissioner, Samuel’s career bridges philosophy and politics during a transformative era. Join us as we explore his contributions to liberalism, Zionism, and British public life.
Tuesday 17 June	11am	Coffee and Chat If you had to choose three things to take to a desert island, what would you pick?
Tuesday 17 June	2pm	The World of the Battleship Andrew Choong Han Lin of Royal Museums Greenwich looks at both the centrality of the battleship in British culture at the beginning of the 20th Century, and the experiences of the men who lived and served aboard these ships.
Wednesday 18 June	10am	Pilates and fitness with Jill Join this fun class to improve your posture, strengthen your core and to stay strong and mobile.
Wednesday 18 June	2pm	Queen Elizabeth II: a life in flowers Nick Dobson joins us to trace the life and times of the late Queen using the many plants associated with her as our guiding points. We will also reflect on the Queen’s love of horticulture and its importance in her life.
Thursday 19 June	10am	Mindfulness and Relaxation Find inner tranquility with a guided meditation.
Thursday 19 June	2pm	Alma Cogan Known as the ‘girl with a giggle in her voice’, Alma Cogan was born in East London and went from hotel singer to becoming one of the biggest British female stars of the 1950s. Judy Karbritz tells us more about this British music legend.
Monday 23 June	12pm	Strictly Chair Yoga with Dance A fun way to build core strength and flexibility.
Monday 23 June	2pm	Tour of Rome’s Jewish Museum and Great Synagogue Born and raised in Rome, art historian Daria Hassan returns to walk us through two iconic buildings in the Eternal City’s Jewish neighbourhood
Tuesday 24 June	11am	Coffee and Chat What are your top tips to make the most of the longest days of the year?
Tuesday 24 June	2pm	Anthony Eden and Suez: a botched operation resulting from a botched operation! Dr Alan Silman explores the 1956 Suez Crisis and the pivotal role played by British Prime Minister Anthony Eden. The misjudgments, secret deals, and flawed assumptions that led to one of Britain’s most controversial foreign policy failures. Through the lens of Eden’s leadership, Dr Silman examines how political miscalculations turned a covert plan into a diplomatic debacle—revealing how one botched operation was built on the back of another.
Wednesday 25 June	10am	Pilates and fitness with Jill Join this fun class to improve your posture, strengthen your core and to stay strong and mobile.
Wednesday 25 June	2pm	Monthly Quiz No need for a university degree to join our monthly challenge! We’re offering a fun quiz and an hour of socialising.
Thursday 26 June	10am	Mindfulness and Relaxation Find inner tranquility with a guided meditation.
Thursday 26 June	2pm	The Unknown Warrior Join Jeremy Prescott to discover the poignant story of the Unknown Warrior at Westminster Abbey — a powerful symbol of remembrance and sacrifice.
Monday 30 June	12pm	Strictly Chair Yoga with Dance A fun way to build core strength and flexibility.
Monday 30 June	2pm	An hour of music with Max Curto Join Max for an hour of Big Band/Swing through the ages, including Sinatra, Buble, Nat King Cole etc. with lots of Rat Pack stuff and jazz standards from the American Songbook.

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