

JEWISH CARE PRESENTS

Charity Reg No. 802559

AUGUST 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.

Monday 4 August	12pm	Strictly Chair Yoga with Dance A fun way to build core strength and flexibility.
Monday 4 August	2pm	‘The Certificate’ - an adventure in Jewish Genealogy Antony Grossman shares the story of a family going from poverty to vast wealth to an unmarked grave and the wonder of Jewish genealogy and why everyone needs to do it.
Tuesday 5 August	11am	Coffee & Chat Are you a mountain or a beach person? Do you prefer the sand under your feet or the fresh mountain air?
Tuesday 5 August	2pm	I Do Like to be Beside the Seaside - A History of Holidays Join Nick Dobson for an informative and light-hearted, fully illustrated look at the development of holidays from the Middle Ages to the present day.
Wednesday 6 August	10am	Pilates and fitness with Jill Join this fun class to improve your posture, strengthen your core and to stay strong and mobile.
Wednesday 6 August	2pm	An hour of songs with Hannah Marie Hannah Marie sings swing, vintage jazz, rock and roll and music from the 60s.
Thursday 7 August	10am	Mindfulness and Relaxation Connect to an energy of unconditional love with a guided meditation to mark the upcoming festival of Tu b’Av, the Jewish Day of Love.
Thursday 7 August	2pm	Music Appreciation Tony Kaye brings us more songs that were #1 in the UK and the US charts at the same time.
Monday 11 August	12pm	Strictly Chair Yoga with Dance A fun way to build core strength and flexibility.
Monday 11 August	2pm	An hour of great songs with Debbie Watt Antony Debbie Watt returns singing a mix of music from the 50s & 60s pop with musical theatre and a bit of swing. Have your requests ready!
Tuesday 12 August	11am	Coffee & Chat What were your favourite films growing up? Are there any recent releases that you would recommend?
Tuesday 12 August	2pm	Behind more cameras at the movies Which two Jewish actors were broigus and only spoke in front of the camera and refuse to kiss at their ‘wedding’? Why didn’t Judy Garland want to kiss Fred Astaire in Easter Parade? Which movie inspired Brief Encounter? Judy Karbritz reveals secrets about the making of White Christmas, It’s A Wonderful Life, Brief Encounter and other favourites.
Wednesday 13 August	10am	Pilates and fitness with Jill Join this fun class to improve your posture, strengthen your core and to stay strong and mobile.
Wednesday 13 August	2pm	Yiddish Club with Tamara Join Tamara as she puts a romantic twist on this afternoon’s exploration of the joys of Yiddish.
Thursday 14 August	10am	Mindfulness and Relaxation Find inner tranquility with a guided meditation.
Thursday 14 August	2pm	Il Caravaggio Art historian Daria Hassan will explore the revolutionary art of Michelangelo Merisi da Caravaggio, known simply as Il Caravaggio. Focusing on his dramatic use of chiaroscuro, intense realism, and provocative subject matter, Daria will delve into how his bold style broke with Renaissance ideals and laid the foundation for the Baroque movement. Through key works and historical context, we’ll uncover how Caravaggio’s turbulent life mirrored the emotional depth and raw power of his paintings.
Monday 18 August	12pm	Strictly Chair Yoga with Dance A fun way to build core strength and flexibility.
Monday 18 August	2pm	Monthly Quiz Have you got the answers to our questions? Now is the time to find out as you join with others for an hour of fun and an opportunity to socialise.
Tuesday 19 August	11am	Coffee and Chat Are you tech-savvy or tech-phobic? How have new technologies changed our lives for the better? Or have they?
Tuesday 19 August	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.
Wednesday 20 August	10am	Pilates and fitness with Jill Join this fun class to improve your posture, strengthen your core and to stay strong and mobile.
Wednesday 20 August	2pm	The Life And Magic of Walt Disney: The Man Behind the Mouse Join Ian Cooper to step into the extraordinary world of Walt Disney. Discover how a boy from a small Midwestern town, obsessed with drawing and storytelling, became the most influential and awarded individual in the world of entertainment. We’ll explore his childhood dreams, his first cartoons, the creation of Mickey Mouse, and how he revolutionised animation, movies, musicals, television, theme parks, merchandising and branding – changing popular culture forever.
Thursday 21 August	10am	Mindfulness and Relaxation Find inner tranquility with a guided meditation.
Thursday 21 August	2pm	Bloom’s Cast of Characters Pam Fox, author of ‘Noshtalgia, The Bloom’s Story’ shares memories of the restaurant that is part of the history of Jewish London.
Tuesday 26 August	11am	Coffee and Chat If you could spend a day with a fictional character, who would you choose?
Tuesday 26 August	2pm	The Remarkable Edith Morley: A Woman Far Ahead of Her Time Edith Morley was one of the first women professors in a British university, a suffragette and activist who went on to be awarded an OBE for her services to refugees during the Second World War. Dr David Barnett joins us to share her story.
Wednesday 27 August	10am	Pilates and fitness with Jill Join this fun class to improve your posture, strengthen your core and to stay strong and mobile.
Wednesday 27 August	2pm	An hour of live music with Gary Benjafield Gary will be singing music from the 50s & 60s including Neil Diamond, Frank Sinatra, Elvis and more
Thursday 28 August	10am	Mindfulness and Relaxation A guided meditation to connect to our true selves, beyond the noise and the self-judgment as we enter the month of Elul.
Thursday 28 August	2pm	The Great British Seaside at the Jewish Museum London It may be nearly the end of summer but it’s not too late for a trip to the seaside in the company of Theo Daniels.
To join any of these sessions by phone, dial 020 3481 5240 and enter the Meeting ID		