

JEWISH CARE PRESENTS

AUGUST 2026

Monday 3 August	12pm	Strictly Chair Yoga with Dance A fun way to build core strength and flexibility.
Monday 3 August	2pm	Monthly Quiz Are you chasing an afternoon’s quizzing? Then this is the place for you. Join with others and test your general knowledge in this fun session.
Tuesday 4 August	11am	Coffee & Chat What are your favourite memories of seaside holidays and adventures?
Tuesday 4 August	2pm	The Jewish Isle of Thanet Social historian and community researcher Katie Blythe explores the histories of Jewish people on the Isle of Thanet, shedding light on a past that has been largely overlooked and giving a voice to generations of Jewish people and their changing identities.
Wednesday 5 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 5 August	2pm	Miriam Moses: A Life of Service Discover the remarkable story of Miriam Moses, whose life was defined by dedication, compassion and service to the Jewish community. Dr David Barnett explores her lasting contributions, the challenges she faced, and the legacy she left behind.
Thursday 6 August	10am	Mindfulness and Relaxation Find inner tranquility with a guided meditation.
Thursday 6 August	2pm	Sir John Soane Museum Step back in time and into the home of a Georgian architect. Learning Officer Tallulah Smart, takes us through the highs and lows of Soane’s life and guides us across his extraordinary home and eclectic collection.
Monday 10 August	12pm	Strictly Chair Yoga with Dance A fun way to build core strength and flexibility.
Monday 10 August	2pm	Tennyson and the Brontës: Giants of Victorian Literature Judy Karbritz explores the lives and enduring legacy of Alfred, Lord Tennyson and the remarkable Brontë sisters. We discover how their poetry and novels captured the spirit of the Victorian age, shaped English literature, and continue to inspire readers around the world.
Tuesday 11 August	11am	Coffee & Chat If you could meet any historic figure of your choice, who would you pick?
Tuesday 11 August	2pm	Elizabeth I – the Inventor of PR Elizabeth I ruled England for more than 40 years, overcoming immense challenges to become one of the country’s most successful monarchs. Historian Sandy Leong explores how Elizabeth carefully crafted her public image, earning her a reputation as the inventor of modern public relations, while leading England into a new era of exploration and global influence.
Wednesday 12 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 12 August	2pm	The life and Times of Albert Ballin Tony Zendle explores the life of the man known as the Kaiser’s Jew, his pivotal role in the mass migration of Eastern European Jews, and the remarkable yet ultimately tragic story of a visionary whose fortunes were closely entwined with a changing world.
Thursday 13 August	10am	Mindfulness and Relaxation Find inner tranquility with a guided meditation.
Thursday 13 August	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.
Monday 17 August	12pm	Strictly Chair Yoga with Dance A fun way to build core strength and flexibility.
Monday 17 August	2pm	Gary Benjafield Gary will be singing music from the 50s & 60s including Neil Diamond, Frank Sinatra, Elvis and more.
Tuesday 18 August	11am	Coffee & Chat Would you consider yourself a romantic?
Tuesday 18 August	2pm	Art and Cupid Cupid has been a favourite subject of artists for centuries, appearing in paintings, sculptures and decorative art as a symbol of love, desire and mischief. Join Roberta Faccio as she explores the many ways Cupid has been portrayed through the ages, uncovering the fascinating stories, symbolism and artistic traditions behind this enduring figure.
Wednesday 19 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 19 August	2pm	Emilio Isgrò at the Estorick Collection Luca Nasciuti from the Estorick Collection unveils the unique work of Emilio Isgrò, one of Italy’s most innovative contemporary artists. We discover how Isgrò transforms words, books and documents into striking works of art, challenging the way we think about language, memory and meaning.
Thursday 20 August	10am	Mindfulness and Relaxation Find inner tranquility with a guided meditation.
Thursday 20 August	2pm	The Jews of Provence Journey through the rich and remarkable history of Jewish Provence with Evgenia Kempinsky. From the legendary “Jewish King” of Narbonne to the thriving communities of Avignon under papal protection, discover the people, places and traditions that shaped Jewish life in southern France, leaving a lasting legacy in Hebrew scholarship, culture and magnificent synagogues.
Monday 24 August	12pm	Strictly Chair Yoga with Dance A fun way to build core strength and flexibility.
Monday 24 August	2pm	Around and About with Boz Nick Dobson explores the streets, buildings and neighbourhoods associated with Dickens, revealing the people, stories and settings that shaped one of Britain’s greatest novelists.
Tuesday 25 August	11am	Coffee and Chat Is there a fictional character from a book that you would have liked to meet in person?
Tuesday 25 August	2pm	And The Cello Came Too: A Story of Survival Journalist and broadcaster Robin Lustig talks about his book which tells his family story at the heart of which is his father, Fritz Lustig, a refugee from Berlin whose cello accompanied him through upheaval, war and a new life in Britain.
Wednesday 26 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 26 August	2pm	An hour of songs with Hannah Marie End the month in the party mood as Hannah Marie sings swing, vintage jazz, rock and roll and music from the 60s.
Thursday 27 August	10am	Mindfulness and Relaxation Find inner tranquility with a guided meditation.
Thursday 27 August	2pm	The story of the Jewish Music Hall and Yiddish Theatre in Britain and the U.S.A. Step back into the vibrant world of Jewish entertainment before the days of radio and television. Jeffrey Zimmel explores the lively music halls and theatres of London’s East End, where actors, comedians and storytellers brought audiences together through performances in Yiddish and English, celebrating a rich and much-loved cultural tradition.

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