

JEWISH CARE PRESENTS

OCTOBER 2026

Thursday 1 October	10am	Mindfulness and Relaxation Find inner tranquility with a guided meditation
Thursday 1 October	2pm	Radio Days - a celebration of the radio shows of the 50s and 60s Remember when the radio was at the heart of the home? Jeffrey Zimmel takes us back to the 1950s and 60s for a nostalgic celebration of the programmes, presenters, theme tunes and unforgettable voices that brought entertainment, music and laughter into living rooms across Britain. How many of these favourites will you remember?
Monday 5 October	12pm	Strictly Chair Yoga with Dance A fun way to build core strength and flexibility.
Monday 5 October	2pm	Monthly Quiz Get ready for an hour of fun with your team with a general knowledge quiz. An opportunity to socialise whether you know many of the answers, just a few or none at all!
Tuesday 6 October	11am	Coffee & Chat What are some of the most valuable lessons you have learnt from family members?
Tuesday 6 October	2pm	Tea Shops and Corner Houses: the Story of Joe Lyons Step back into a very different Britain with Dr David Barnett and the story of J. Lyons & Co. Discover how its famous tea shops and Corner Houses became part of everyday life, serving everything from a cup of tea and a slice of cake to a full meal — and why the Lyons name became such a familiar sight on British high streets.
Wednesday 7 October	10am	Pilates and fitness with Jill Join this fun class to improve your posture, strengthen your core and to stay strong and mobile.
Wednesday 7 October	2pm	Thoughts of unity and resilience with Rabbi Menachem Junik Join Rabbi Menachem Junik as we mark the anniversary of 7th October. Together, we will reflect on the themes of unity and resilience, and consider the strength found in community, hope and togetherness during difficult times.
Thursday 8 October	10am	Mindfulness and Relaxation Find inner tranquility with a guided meditation
Thursday 8 October	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 12 October	12pm	Strictly Chair Yoga with Dance A fun way to build core strength and flexibility.
Monday 12 October	2pm	Art at The Wallace Collection Join one of the Collection's expert educators as we take a close look at a selection of pieces from one of London's finest treasures.
Tuesday 13 October	11am	Coffee & Chat Have you embraced electronic games on your phone or computer or do you remain faithful to traditional board games?
Tuesday 13 October	2pm	Frank Sinatra: The Voice of a Generation Join Judy Karbritz for a celebration of the life and music of Frank Sinatra, one of the greatest and most enduring stars of the 20th century. From his early days with the big bands to his remarkable solo career, discover the songs, stories and unforgettable performances that made Sinatra a true legend.
Wednesday 14 October	10am	Pilates and fitness with Jill Join this fun class to improve your posture, strengthen your core and to stay strong and mobile.
Wednesday 14 October	2pm	A Celebration of African and Caribbean Stories from the RAF Museum Join Rhiannon Watkinson from the RAF Museum London for a talk exploring the fascinating lives of some incredible African and Caribbean RAF personnel. Discover the story of the first Black pilot who trained and flew for Britain, take in the trials and triumphs of a female Second World War instrument repairer and marvel at a modern-day fighter pilot's journey from Woolwich to earning his wings.
Thursday 15 October	10am	Mindfulness and Relaxation Find inner tranquility with a guided meditation
Thursday 15 October	2pm	Art and Air Roberta Faccio takes a look at the relationship between art and air, exploring how artists have captured movement, atmosphere, wind and the invisible world around us. From dramatic skies to playful depictions of flight and movement, discover how something we cannot see has inspired artists for centuries.
Monday 19 October	12pm	Strictly Chair Yoga with Dance A fun way to build core strength and flexibility.
Monday 19 October	2pm	A live performance by Gary Benjafield Gary will be singing music from the 50s & 60s including Neil Diamond, Frank Sinatra, Elvis and more
Tuesday 20 October	11am	Coffee & Chat Do you have any favourite household items or pieces of furniture that have remained with you over the years?
Tuesday 20 October	2pm	The Miracle Flower - From Flanders to the Tower Jeremy Prescott traces the poppy's journey from John McCrae's In Flanders Fields to the "Blood Swept Lands and Seas of Red" display at the Tower of London, highlighting its role as a symbol of remembrance for those who died in conflict.
Wednesday 21 October	10am	Pilates and fitness with Jill Join this fun class to improve your posture, strengthen your core and to stay strong and mobile.
Wednesday 21 October	2pm	Travels with Miss Jane Austen We associate Jane Austen with Hampshire and Bath, but in an age when few people journeyed far from their towns or villages, the great novelist travelled quite widely. Join Nick Dobson for a virtual tour following in the footsteps of Miss Jane Austen.
Thursday 22 October	10am	Mindfulness and Relaxation Find inner tranquility with a guided meditation
Thursday 22 October	2pm	Art looted during WW2 What happens to a masterpiece when it is stolen during wartime? Art historian Daria Hassan explores the fascinating stories behind artworks looted during the Second World War, from how they were taken and hidden to the remarkable efforts to trace their origins and return them to their rightful owners.
Monday 26 October	12pm	Strictly Chair Yoga with Dance A fun way to build core strength and flexibility.
Monday 26 October	2pm	Music Appreciation Join Steve Colman for an hour of music and the stories behind some of our favourite songs.
Tuesday 27 October	11am	Coffee & Chat Which fashions would you love to see make a comeback, and which ones should stay firmly in the past?
Tuesday 27 October	2pm	Mountain Jews of Dagestan Near the Southern borders of Russia in Chechnya and Dagestan live the Mountain Jews — proud, resilient, and deeply rooted in their traditions. Evgenia Kempinsky explores the unique way of life, language, and history of one of the lesser-known Jewish communities.
Wednesday 28 October	10am	Pilates and fitness with Jill Join this fun class to improve your posture, strengthen your core and to stay strong and mobile.
Wednesday 28 October	2pm	Israeli Jazz Raphael Perez, returns for an hour of fantastic music as we continue to discover world class Israeli Jazz musicians as part of the Israeli Jazz Project.
Thursday 29 October	10am	Mindfulness and Relaxation Find inner tranquility with a guided meditation
Thursday 29 October	2pm	An hour of songs with Alessia Curto Alessia returns with her delightful voice for an hour of timeless music - from popular well-loved swing numbers to classic easy listening favourites from artists including The Carpenters and The Beatles, plus a sprinkle of modern jazz.
To join any of these sessions by phone, dial 020 3481 5240 and enter the Meeting ID		