

JEWISH CARE PRESENTS

SEPTEMBER 2026

Charity Reg No. 802559

Tuesday 1 September	11am	Coffee & Chat What lessons have you learned from the summer of the endless heatwaves? Please share your tips to keep comfortable in the heat!
Tuesday 1 September	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.
Wednesday 2 September	10am	Pilates and fitness with Jill Join this fun class to improve your posture, strengthen your core and to stay strong and mobile.
Wednesday 2 September	2pm	Images of Rajasthan Peter Covey-Crump takes us on a colourful photographic journey through one of India’s most vibrant and fascinating regions. Through photographs taken on his own travels, Peter brings to life the region’s magnificent forts and palaces, colourful towns and villages, landscapes and people, offering a personal glimpse of Rajasthan.
Thursday 3 September	10am	Mindfulness and Relaxation Find inner tranquility with a guided meditation.
Thursday 3 September	2pm	Gallipoli 1915 Jeremy Prescott explores the ill-fated Allied campaign at Gallipoli in 1915, from the reasons behind the Dardanelles invasion and the failed naval attack to the difficult landings and fierce Ottoman resistance. We examine the harsh conditions endured by the soldiers, the eventual withdrawal and the reasons for the campaign’s failure, as well as how Gallipoli is remembered today.
Monday 7 September	12pm	Strictly Chair Yoga with Dance A fun way to build core strength and flexibility.
Monday 7 September	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.
Tuesday 8 September	11am	Coffee & Chat Whether it’s doodling, colouring or proper painting, how do you most enjoy expressing your artistic talent?
Tuesday 8 September	2pm	A virtual tour of the Wallace Collection Explore a selection of pieces from one of London’s finest treasures, while uncovering the history and stories behind this remarkable collection housed in Hertford House.
Wednesday 9 September	10am	Pilates and fitness with Jill Join this fun class to improve your posture, strengthen your core and to stay strong and mobile.
Wednesday 9 September	2pm	Do you Remember? Join Ian Cooper as we continue to celebrate everyday life in Britain during the 1950s, 1960s and 1970s. We revisit the ordinary things that shaped daily life ... from television ads and shopping, to school days, treats, household devices and much more. Using pictures, videos, anecdotes, and gentle observational humour, this presentation will trigger those nostalgic “Oh yes, I’d forgotten all about that!” moments.
Thursday 10 September	10am	Mindfulness and Relaxation Find inner tranquility with a guided meditation.
Thursday 10 September	2pm	Art and Dance From classical ballet to modern dance, artists have long been inspired by the beauty, movement and drama of the human body in motion. Join Roberta Facio as she explores how artists have captured the energy and elegance of dance, and discover the fascinating connections between these two art forms.
Monday 14 September	12pm	Strictly Chair Yoga with Dance A fun way to build core strength and flexibility.
Monday 14 September	2pm	Agatha Christie: Queen of Crime Join Nick Dobson for a look at the life and work of the world’s best-selling crime novelist. Discover the fascinating woman behind Hercule Poirot and Miss Marple, and explore the enduring appeal of her ingenious plots, memorable characters and perfectly crafted mysteries.
Tuesday 15 September	11am	Coffee & Chat Do you enjoy mystery novels or do you prefer other genres?
Tuesday 15 September	2pm	What the Tudors did for us Historian Sandy Leong explores a time of extraordinary change and discovery. From Henry VIII’s break with Rome and the revolution brought by the printing press, to advances in science, map-making and navigation, new ideas were transforming England. By the end of Elizabeth I’s reign, explorers were venturing to new lands and bringing back new discoveries, ideas and influences that would shape England for centuries to come.
Wednesday 16 September	10am	Pilates and fitness with Jill Join this fun class to improve your posture, strengthen your core and to stay strong and mobile.
Wednesday 16 September	2pm	Alma Cogan, the girl with the giggle in her voice Judy Karbritz takes a nostalgic look at the life and career of Alma Cogan, one of Britain’s most popular singers of the 1950s and early 1960s. We hear the story behind her cheerful image, distinctive voice and unforgettable songs, and the remarkable career of a star whose music continues to bring back memories of a golden age of popular entertainment.
Thursday 17 September	10am	Mindfulness and Relaxation Find inner tranquility with a guided meditation.
Thursday 17 September	1.30pm	A close look at The Frick Collection Educator Vince Tolentino joins us from New York and leads an interactive workshop examining masterpieces from this world-famous art collection.
Tuesday 22 September	11am	Coffee and Chat What are some of your favourite comedy films?
Tuesday 22 September	2pm	Shlomo Hillel and the Aliyah from Iraq Lyn Julius from Harif discusses Shlomo Hillel, who was an undercover agent, politician and diplomat. But he will be mostly remembered for the part he played in arranging the mass immigration or aliya of Jews from Iraq.
Wednesday 23 September	10am	Pilates and fitness with Jill Join this fun class to improve your posture, strengthen your core and to stay strong and mobile.
Wednesday 23 September	2pm	Nora Ephron: A Life in Words Join Jonathan Bergwerk for an entertaining look at the life and work of Nora Ephron, the celebrated writer, journalist, screenwriter and filmmaker. From When Harry Met Sally to Sleepless in Seattle, discover the wit, warmth and sharp observations that made Ephron such a much-loved voice in American culture.
Thursday 24 September	10am	Mindfulness and Relaxation Find inner tranquility with a guided meditation.
Thursday 24 September	2pm	Masterpieces Under the Hammer: The World’s Most Expensive Paintings Discover the extraordinary stories behind some of the highest-priced works of art ever sold at auction. Art historian and curator Daria Hassan explores the masterpieces that captivated collectors, revealing what makes these paintings so valuable.
Monday 28 September	12pm	Strictly Chair Yoga with Dance A fun way to build core strength and flexibility.
Monday 28 September	2pm	The Jews of Azerbaijan: Survival and Success in the Muslim World Evgenia Kempinsky uncovers the story of Azerbaijani Jews - a community that thrives at the crossroads of East and West, including the only Jewish village outside of Israel. A dramatic and inspiring history from survival under Muslim rule to cultural success.
Tuesday 29 September	11am	Coffee and Chat What are your favourite memories of Sukkot?
Tuesday 29 September	2pm	Songs banned by the BBC Part 2 Join Tony Kaye for another session exploring songs that were banned or restricted by the BBC. Discover the stories behind the controversies, the reasons that led to censorship, and enjoy some memorable music.
Wednesday 30 September	10am	Pilates and fitness with Jill Join this fun class to improve your posture, strengthen your core and to stay strong and mobile.
Wednesday 30 September	2pm	An hour of songs with Debbie Watt 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!

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