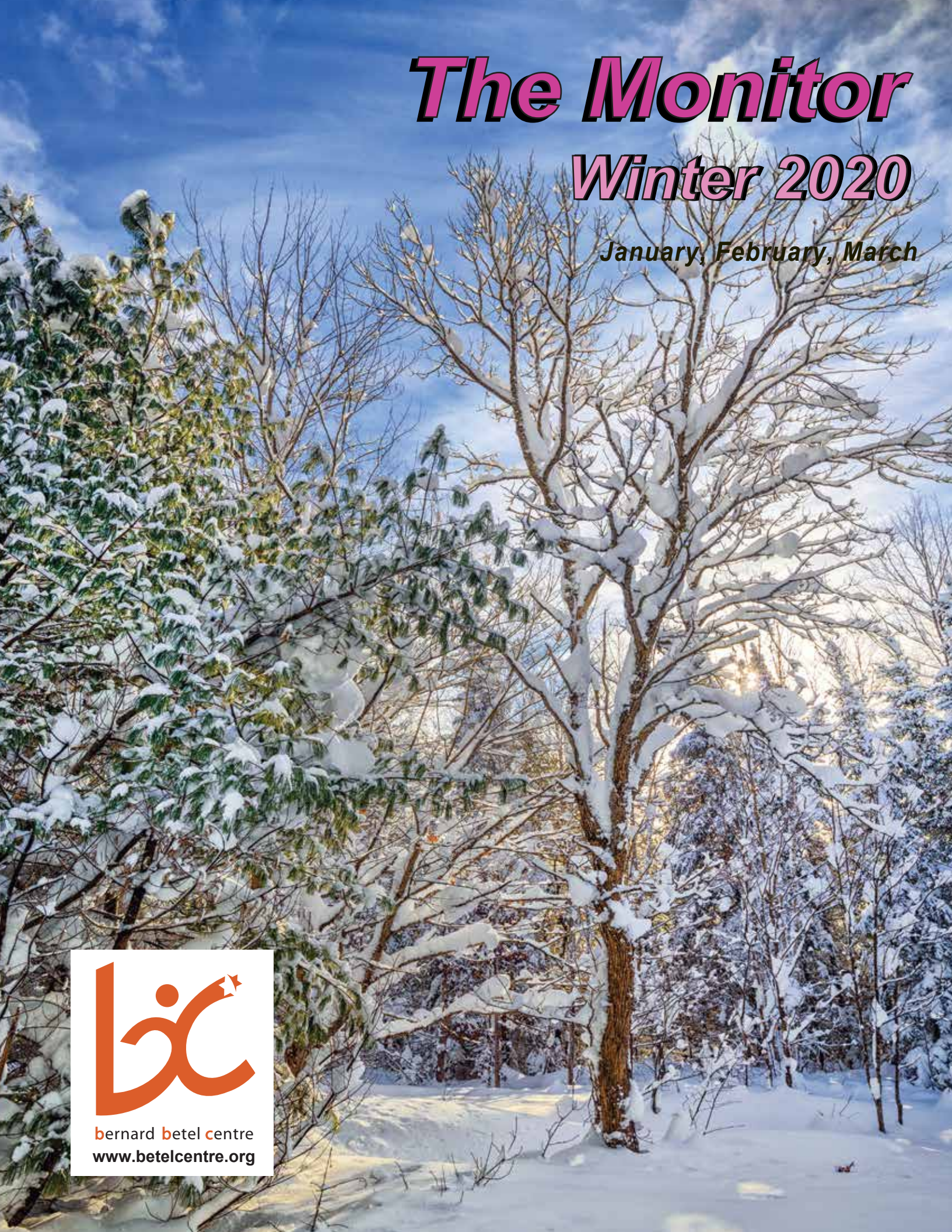


The Monitor

Winter 2020

January, February, March

bernard betel centre
www.betelcentre.org

Greetings from the President, Board of Directors and the Executive Director

Bernard Betel Centre – a Community of Support



Betel is a true community. Whether it is learning new skills and hobbies, participating in engaging travel, resting your weary feet, this is an incredible place to build connections. Any great community is more than common interests and fun activities. It's a network of support where we contribute, add meaning to our lives, and have somewhere to turn when we're in need. To keep that community thriving, we must come together with our time, our energy and, if we have the ability, our financial support.



Betel's vital programs are only partly funded by membership dues and program fees. We also rely on important funders, including the Ontario Government, the City of Toronto, UJA Federation of Greater Toronto, and the United Way of Greater Toronto. Unfortunately, these organizations are under increasing pressure and cannot sustain our community alone.

Over the coming weeks and months, you will continue to hear about opportunities to help support this important community. We recognize that everyone has different means. If your family is able, we hope you will think of Betel in a way that works for you, such as regular or individual donations, fundraising events, or remembering Betel in your will. While difficult to think about, planning can help loved ones understand your preferences during a difficult time, and ensure that a community you care about continues to thrive in the future.

A great community is made up of great people, and that is what we have at Betel. With your support, we will be able to continue encouraging healthy, active and creative living. Thank you

Marcus Staviss
President, Board of Directors

Gail Gould
Executive Director

Приветствие Президента, Совета директоров и Исполнительного директора

Бернард Бетел Центр – община поддержки

Бетел Центр - это настоящая община. Будь то обучение новым навыкам, участие в увлекательных путешествиях или просто отдых для утомленных ног – это замечательное место для налаживания связей. Любая хорошая община - это больше, чем общие интересы и интересные занятия. Это система поддержки, в которую мы вносим свой вклад, добавляя смысл в нашу жизнь; сюда мы можем обратиться, когда мы в этом нуждаемся. Чтобы эта община процветала, мы должны объединить наше время, нашу энергию и, если у нас есть возможности, нашу финансовую поддержку.

Жизненно важные программы Бетел Центра финансируются только частично за счет членских взносов и платы за курсы или участие в программах. Мы также полагаемся на важных спонсоров, включая правительство Онтарио, город Торонто, Федерацию UJA Большого Торонто и United Way of Greater Toronto. К сожалению, эти организации испытывают все большее давление и не могут поддерживать нашу общину в одиночку.

В ближайшие недели и месяцы Вы будете и дальше слышать о возможностях поддержать общину Бетел Центра. Мы понимаем, что у всех разные средства.Но если Ваша семья в состоянии, мы надеемся, что Вы сможете помочь Бетел Центру подходящим Вам образом. Н апример, регулярные или индивидуальные пожертвования, мероприятия по сбору средств или упоминание Бетел Центра в Вашем завещании. Хотя об этом нелегко думать заранее, планирование может помочь близким Вам людям понять Ваши предпочтения и обеспечить дальнейшее развитие общины, которая Вам небезразлична.

Замечательная община состоит из замечательных людей, и это то, что мы имеем в Бетел Центр е. С Вашей поддержкой мы сможем продолжать поощрять здоровую, активную и творческую жизнь. Спасибо

Marcus Staviss
Президент

Gail Gould
Исполнительный директор

TABLE OF CONTENTS

PAGE 2 Greetings
PAGE 3 Table of Contents
Contact Information
PAGE 4 Mission, Vision, Values
Membership Information
PAGE 5 General Information
PAGE 6 Registration Information
PAGE 7 Café and Catering

PROGRAMS & SERVICES

PAGE 8 Games, Music and Literary Arts
PAGE 9 Members Programs
PAGE 10 Arts
PAGE 11 Intergenerational
PAGE 12 Languages & Discussion
PAGE 13 Russian Golden Age Cultural Program
PAGE 14 ETROG Hebrew Club, Lifelong Learning
PAGE 15 Lifelong Learning Lectures
PAGE 16 Computers & Digital Media
PAGE 19 Special Events and Concerts
PAGE 20 Trips and Travel
PAGE 22 Health Promotion
PAGE 23 Wellness Lectures
PAGE 24 Fitness and Dance
PAGE 26 Clinics
PAGE 27 Community Support Services and Outreach
PAGE 28 Volunteer Services
PAGE 31 Index

www.facebook.com/betelcentre

www.twitter.com/betelcentre

VOLUNTEER OPPORTUNITIES

Cheryl Besner 416.225.2112, ext.127
cherylb@betelcentre.org

CONTACT

EXECUTIVE DIRECTOR
Gail Gould
416.225.2112, ext.129
gailg@betelcentre.org

FINANCE, HUMAN RESOURCES & DONATIONS
Abey Suwande
416.225.2112, ext.125
abeys@betelcentre.org

BUILDING MAINTENANCE & OPERATIONS
Maxim Varshavsky
416.225.2112, ext.120
maximv@betelcentre.org

CAFÉ & CATERING
Irina Shulgin
416.225.2112, ext.123
irinas@betelcentre.org

COMMUNICATIONS
Katie Giles
416.225.2112, ext.126
katieg@betelcentre.org

MEMBERS' COUNCIL
memberscouncil@betelcentre.org

PROGRAMS

TRIPS & TRAVEL
Irina Shulgin
416.225.2112, ext.123
irinas@betelcentre.org

SPECIAL EVENTS
Lily Boltianski
416.225.2112, ext.103
lilyb@betelcentre.org

HEALTH PROMOTION, FITNESS & WELLNESS
Maria Lindgren
416.225.2112, ext.130
marial@betelcentre.org

COMMUNITY SUPPORT SERVICES
Irine Dubinski
416.225.2112, ext.122
irined@betelcentre.org

RECREATION
Jen MacDonald
416.225.2112, ext.105
jenm@betelcentre.org

VISION
Enriching quality of life for all. For life!

MISSION
Providing exemplary and multilingual educational, cultural and wellness programs in a safe and supportive environment to encourage healthy, active and creative living for individuals 55+.

VALUES
Community, compassion, creativity, dignity and respect

MEMBERSHIP
Adults aged 55 years or older may become members of the Bernard Betel Centre. A centre membership is $57.53+HST per year. For a little over a dollar a week, you have access to a variety of members-only programs and services, as well as a significant discount on fee-based courses and events. Your membership is valid for one full year, and is renewable on your membership expiry date. Members have three months after their expiry date to renew. Your new expiry date will be on the date you renew. After three months, a $5 administration fee applies and your original expiration date will apply.

To learn more about membership, please visit us in person or contact Reception at reception@betelcentre.org or 416-225-2112, ext. 0. We look forward to welcoming you to our family.

COMPLAINTS POLICY
The Bernard Betel Centre is committed to providing respectful, quality services to the seniors we serve, their families and other members of the community. We work to deliver person/ client-centered programs and services and remove barriers to inclusion. From time-to-time, concerns, complaints and disagreements may arise as we interact, work and provide service. The Bernard Betel Centre Complaints Policy outlines our approach to complaints. Please refer to our revised Complaints Policy Standards of Conduct and Feedback Procedure on our website or request a hardcopy from Front Reception or a Betel staff member.

MEMBER BILL OF RIGHTS

Every member participating in programs or services provided by the Bernard Betel Centre has the right:

1. To be treated in a courteous and respectful manner and to be free from mental, physical and financial abuse and all forms of harassment and discrimination.
2. To be dealt with in a manner that respects the person's dignity and privacy while promoting the person's autonomy and independence.
3. To be treated in a manner that recognizes the person's individuality and that is sensitive to and responds to the person's needs and preferences.
4. To access information about the services provided to them and to be told who will be providing the services.
5. To participate with staff in the assessment of their own personal needs.
6. To raise concerns about, or recommend changes to, services provided to him or her without fear of interference, coercion, discrimination or reprisal.
7. To be informed of the procedures for initiating complaints about the Bernard Betel Centre.
8. To have the right to refuse the provision of any information of a personal nature in accordance with Privacy Legislation.
9. To have their personal information and records kept confidential in accordance with the law.

We gratefully acknowledge financial support from:

Ontario

United Way Greater Toronto

Toronto

UJA Federation of Greater Toronto

And private donors like you!

Charitable number 11921 5697 RR0001

GENERAL INFORMATION

BERNARD BETEL CENTRE

1003 Steeles Avenue West
Toronto, ON M2R 3T6
Phone: 416-225-2112
Fax: 416-225-2097
www.betelcentre.org

For information and general inquiries, please contact the Information Desk at 416-225-2112, ext. 113.

www.facebook.com/betelcentre

www.twitter.com/betelcentre

HOURS OF OPERATION

Sunday	8:30 am to 4:00 pm
Monday	8:30 am to 4:30 pm
Tuesday	8:30 am to 4:30 pm
Wednesday	8:30 am to 7:00 pm
Thursday	8:30 am to 9:00 pm
Friday	8:30 am to 4:00 pm
Saturday	CLOSED

PARKING

The Bernard Betel Centre has a small, outdoor parking lot to the rear of the building. The driveway is located on the south side of Steeles Avenue West. Parking is free of charge.

Wi-Fi

To stay connected at the Bernard Betel Centre, we have free Wi-Fi. Please visit Reception for the login information and password.

INFORMATION DESK HOURS

Monday	10:00 am to 4:00 pm
Tuesday	10:00 am to 4:00 pm
Wednesday	10:00 am to 4:00 pm
Thursday	10:00 am to 4:00 pm
Friday	10:00 am to 1:00 pm

CENTRE CLOSINGS

Wednesday, January 1 – New Year's Day
Monday, February 17 – Family Day

WEATHER-RELATED CENTRE CLOSURES

In case of a last minute closing due to poor weather, the Bernard Betel Centre will post closure information on the centre website's home-page (www.betelcentre.org), our Facebook and Twitter account, a notice sent to our E-Newsletter subscribers, and on the centre's phone system at 416-225-2112. We strongly encourage you to check one or all of these options to determine if the centre will be open.

CONTEST- RENAME THE MONITOR!

Have you ever wondered why our program book is called The Monitor? We are having a contest to re-name The Monitor! The new name will be introduced in our Spring 2020 edition.

Please submit your entries in the box provided at both the Information Desk and Reception. Please include your name, phone number or email and suggestion for the new name.

Alternatively, you can email you submission to feedback@betelcentre.org. You can submit more than one submission. Our Executive Director, Gail Gould, will contact the lucky winner on February 18. A panel of Betel program staff will be the judges. The winner will receive a free 1-year membership. Good luck and have fun!

The Bernard Betel Centre is a scent-reduced facility as we have participants with allergies and sensitivities. Please limit your use of perfume, cologne, and scented body products while in the building. Thank you for your cooperation.



FEEDBACK

We want to hear from you! Please contact a staff member or email feedback@betelcentre.org

Thank you for thinking of the Bernard Betel Centre, however we DO NOT accept clothing or book donations.

The Bernard Betel Centre reserves the right to make changes to any information contained in this publication. Please call Reception 416-225-2112 or visit www.betelcentre.org for any updated dates, times and prices.

COURSES

You may register for courses offered by the Bernard Betel Centre at Reception or over the phone. A credit card is required for registration over the phone. We try to ensure accurate information and prices are printed in The Monitor. Rates are subject to change.

You can register for a course after the semester begins. Please check with the staff contact for availability and pricing. A late registration fee will apply. If you wish to drop out of a class, you must do so before the third class begins in order to receive a credit voucher. Credit vouchers are valid for 12 months from the date of issue. There is a $10 administration fee. No cash refunds.

The Bernard Betel Centre reserves the right to cancel a course due to insufficient registration. In this case, participants will receive a refund or credit voucher for the full amount paid, valid towards any course for 12 months from the date of issue. There is no immediate refund. Please allow time for cheque processing.

Please note, there are maximum registration numbers for various courses and classes. Registration will be closed once spaces are filled. Registration will open one month before the beginning of the courses, is on a first-come first-serve basis, and is non-transferable. An individual can register for a maximum of five spots (including their own) in the same course.

KEEP IN TOUCH!

bernard betel centre

E-Newsletter

Join our mailing list to receive a monthly copy of our E-Newsletter right to your inbox!

Please contact katieg@betelcentre.org to be added to our mailing list.

TRIPS & TRAVEL

The Bernard Betel Centre reserves the right to change the time, itinerary and price of any trip.

DAY TRIPS

If a participant cannot take a day trip, they may only resell the ticket to a member of the Bernard Betel Centre. A non-refundable $10 administration fee will apply. All theatre tickets for musicals are located in the Orchestra Level. There are no refunds for day trips, all sales are final.

OVERNIGHT TRAVEL

Any participant on an overnight trip must be a current member in good standing of the Bernard Betel Centre at the time of registration and throughout the duration of the trip. A deposit of $1,000 per person per trip is required to secure a space. Deposits are only refundable if written notice of cancellation is received more than 120 days prior to scheduled departure. A non-refundable $85 administration fee ($175 for cruises) will apply. The Bernard Betel Centre reserves the right to cancel any trip due to insufficient registration, at which time a full refund will be provided.

All published overnight trip prices are based on double occupancy. Single accommodations are available at additional cost. Medical and cancellation insurance is not included for any trip, and all participants must show proof of purchase of medical insurance prior to the trip. The Centre must receive written contact information for all travelers in the event of an emergency, prior to travel. Should a traveler become ill or incapacitated, Betel and its employees will take any action they deem necessary including seeking medical treatment, transporting the passenger home at the passenger's expense and/or contacting the emergency contacts to provide the necessary care and accompaniment.

The Bernard Betel Centre reserves the right to decline or detain anyone deemed detrimental to the group. In the interest of others, the Centre reserves the right to refuse registration to any person whose mobility is below that required for the travel program. For safety reasons we cannot accept walkers on our trips.

The Bernard Betel Centre reserves the right to change the price, time, itinerary and trip features of any trip at any time and for any reason, with or without notice during the trip, as circumstances warrant. If there is a change in the itinerary there will be no refunds as a result of these changes.

The Bernard Betel Centre is not responsible for any injury, loss, delay, death, inconvenience or damage to person or property in connection with the provisions and/or escorting of the travel program.

CAFÉ & CATERING

CONTACT: Irina Shulgin 416.225.2112, ext. 123
irinas@betelcentre.org

CAFÉ

Our café and kitchen are Glatt Kosher under the Kashruth Supervision of COR and offers a variety of nutritious and affordable items prepared fresh daily by our experienced chefs. Our $6 breakfast special is served Monday to Friday from 8:30 am to 10:30 am. Monthly café menus are available in the café and on the Bernard Betel Centre website.

KOSHER CATERING

Do you have an upcoming family gathering, life cycle event or work function? Consider the Bernard Betel Centre for all your kosher catering needs! We have a plentiful catering selection and expert staff who are skilled at putting together a beautiful menu for you. We offer a variety of catering options for every budget! Don't see something on our menu that you would like? Reach out! We can often accommodate special requests.

CAFÉ HOURS OF OPERATION

Sunday CLOSED
Monday 8:30 am to 2:00 pm
Tuesday 8:30 am to 2:00 pm
Wednesday 8:30 am to 2:00 pm
Thursday 8:30 am to 2:00 pm
Friday 8:30 am to 1:00 pm
Saturday CLOSED

FACILITY RENTAL

Think of the Bernard Betel Centre for your next function! We have various size rooms available for rent that are perfect for your next celebration, life-cycle event, holiday party, meeting, conference, or workshop! We have audiovisual equipment, internet access, and can provide room set up and clean up. For more information or for a quote, please contact Maxim Varshavsky at 416-225-2112, ext. 120 or maximv@betelcentre.org.

LET US CATER YOUR PASSOVER!

We are Glatt Kosher. Our menu offers a variety of traditional food.
Pick up a special menu for Passover or visit our website at www.betelcentre.org.





We are a strictly kosher environment, therefore no outside food or beverages are permitted anywhere in the building.

GAMES, MUSIC & LITERARY ARTS

CONTACT: **Jen MacDonald** 416.225.2112, ext. 105, jenm@betelcentre.org
Sharon Chodirker 416.225.2112, ext. 124, sharonc@betelcentre.org

GAMES

All participants must be current members. All games are free of charge, unless otherwise listed.

BINGO
2 cards for $1.
Facilitators: Barry Gordon, Sandy Gordon and Gloria Korson
Wednesday, January 15
Wednesday, February 19
Wednesday, March 18
1:00 pm - 2:30 pm

CANASTA - BEGINNERS
Learn to play Canasta in a friendly, welcoming environment. Must register in advance.
Instructors: Bernice Biranbaum
Wednesday, January 8 – 29
1:00 pm - 3:30 pm
$25 members
$50 non-members

CARDS, GAMES & CHESS
Monday - Tuesday
9:00 am - 4:00 pm
Wednesday
9:00 am - 6:30 pm
Thursday
9:00 am - 8:30 pm
Friday
9:00 am - 3:00 pm

CARDS & GAMES ROOM
Supplies for Mah Jong, Rummi-Cube, Canasta, Monopoly and Scrabble provided. For all other games, please bring your own supplies. Drop-in.
Tuesday, January 7 – March 17
12:30 pm – 3:45 pm

MAH JONG - BEGINNERS/ INTERMEDIATE
Must register in advance. Please call 416-225-2112, ext. 113
Instructors: Rivka Rotman and Judy Ezrin
Thursday, January 9 – March 19
10:00 am – 12:00 pm

RUMMI-CUBE
Drop-in.
Instructor: Sandy Bokser
Friday, January 10 – March 20
1:00 pm - 3:00 pm

SUDOKU - BEGINNERS
Must register in advance. Please call 416-225-2112, ext. 113.
Instructors: Bob and Gail Berchuk
Thursday, January 16 – March 12
1:30 pm – 3:30 pm

SUNDAY GAMES
Chess, cards, bridge and Rummi-Cube.
Drop-in.
1:30 am – 3:30 pm

LITERARY ARTS

BOOK CLUB
No registration required. Contact your local library for a copy of the books. **Facilitator:** Norma Vale
Thursday, January 9
'The Paris Wife' by Paula McLain
Thursday, March 5
'Marriage of Opposites' by Alice Hoffman
1:00 pm – 2:30 pm
Cost: Free

CREATIVE WRITING
Participants have the opportunity to read their work aloud and be critiqued by their peers and instructor in a supportive and friendly environment.
Instructor: Sylvia Warsh
Friday, January 10 – March 20
10:30 am – 12:30 pm • 11 weeks
$93.50 members
$187 non-members

CURRENT EVENTS
Discussion of different subjects of interest in a relaxed and friendly environment. Drop in. No registration required.
Instructor: Harvey Skolnick
Every Monday
No class February 17
10:00 am - 11:30 am
Cost: Free

A GRANDMOTHER'S DIARY - NEW!
Through exercises, motivational prompts, and congenial discussion, you will record your memories for future generations. Your family and friends will cherish the stories of the events that shaped your life and the lives of those around you. Bring a 3-ring binder, paper, and a pen to class.
Instructor: Carolyn Peters
Wednesday, January 8 – March 18
1:30 pm – 4:00 pm
Cost: Free

WRITERS CORNER - NEW!
Betel Members will read their original work, including stories, poetry and more in a relaxed and informal atmosphere in the Library. All are welcome to listen and interact with the authors and explore the joys of writing.
Facilitators: Norma Vale and Lorne Miller
Thursday, January 23
Thursday, February 20
Thursday, March 19
1:00 pm – 2:00 pm
Cost: Free

LIBRARY
READ AND SCHMOOZE!
Come in and check out the library! Mystery, romance, biographies, Jewish content, and so much more!

English Library Hours:
Thursday • 12:30 pm – 2:30 pm

Russian Library Hours:
Monday • 1:00 pm – 3:00 pm
Thursday • 5:00 pm – 7:00 pm

Hebrew Library Hours:
Tuesday • 12:00 pm – 1:00 pm

MUSIC

A TASTE OF MUSIC

Harvey Skolnick will present a biography of famous singers and/or background material of Broadway musicals.Lyrics will be provided. Drop in.

Wednesday, February 12
Wednesday, March 11
10:00 am – 11:30 am
Cost: Free

COMMUNITY CHOIR

Back by popular demand! Join our non-auditioned choir to sing popular music from the 1950s – 1970s. All voices are welcome. **Director:** David Skolnick

Tuesday, January 7 – March 17
10:30 am – 12:00 pm • 11 weeks
$30 members
$60 non-members

MEMBERS' PROGRAMS

TEA WITH GAIL!

Meet the Executive Director of the Bernard Betel Centre, Gail Gould, for a cup of tea. Talk, socialize, ask questions and get to know more about the centre.

Dates: Wednesday, January 15
Tuesday, February 18
Thursday, March 12
Time: 11:00 am – 12:00 pm
Location: Front Auditorium

Russian language Tea with Gail. A translator will be provided.

Dates: Monday, Febuary 24
Time: 3:00 pm – 4:00 pm
Location: Front Auditorium

NEW MEMBERS MEET & GREET

Trained volunteers will talk to you about the programs and services that we offer, the benefits of being a member, and will take you on a tour of the Bernard Betel Centre.

Date: Monday, March 9
Time: 10:30 am – 11:30 am
Location: Library

City Councillor for Ward 6 York Centre

James Pasternak

wishes you

Happy Chanukah!



You can always reach our office and we will be happy to help!

councillor_pasternak@toronto.ca

416-392-1371

www.jamespasternak.ca



Israeli President's Reception



Lighting the Menorah in City Hall



Flag Raising on Yom Hatzmaut



High Holiday Luncheon at Bernard Betel Centre

ARTS

CONTACT: Jen MacDonald
416.225.2112, ext. 105 jenm@betelcentre.org

No supplies included for classes unless otherwise specified. Please contact Jen MacDonald at 416-225-2112, ext.105 or jenm@betelcentre.org for a supply list prior to your first class.



JEWELRY WORKSHOP

In this afternoon workshop, you will make a copy of an Egyptian necklace with earrings, currently held in the Louvre. Your one-of-a-kind treasure, made with semi-precious and gold-plated beads will be a fabulous addition to your jewelry collection or a fantastic gift. No experience necessary. Students must supply their own tools. Information will be provided at time of registration.
Instructor: Carolyn Peters
Tuesday, January 21
1:00 pm – 4:00 pm
$18 members
$36 mon-members

KNITTING & NEEDLEPOINT CLUB

Knit, crochet, or needlepoint in a relaxed atmosphere. Work on personal projects or those intended for fundraising. Drop in. No registration required. Members only.
Facilitator: Gigi Z. Davidson
Monday, January 6 – March 16
No class February 17
10:00 am – 12:00 pm • 11 weeks
Cost: Free

OIL PAINTING EXHIBITION AT THE DUFFERIN CLARK LIBRARY

For the month of January, the oil painters from the Bernard Betel Centre will exhibit their breathtaking work at the Dufferin Clark Library. This exhibition will highlight the skilled work done by these dedicated artists.
Monday, January 6 – February 3
Location: Dufferin Clark Library - 1441 Clark Ave W, Thornhill, ON. Please visit during their regular business hours.

OIL PAINTING

Learn to express yourself with this timeless medium. Includes colour mixing, composition, various brush techniques and palette knife application.
Instructor: Victoria Berdichevski
Thursday, January 9 – March 19
10:00 am – 12:00 pm • 11 weeks
$93.50 members
$187 non-members

OIL PAINTING LAB

Work on personal projects under the guidance of a volunteer. Participants must be registered in the Oil Painting class.
Facilitator: Miriam Reisher
Tuesday, January 7 – March 17
1:00 pm – 4:00 pm • 11 weeks
Cost: Free

STRESS LESS - COLOURING CLUB

Join the adult colouring book craze! Enjoy all the brain-benefits of creative expression without the cost of expensive supplies. Drop in. No registration required. All supplies provided.
Instructor: Gigi Z. Davidson
Friday, January 10 – March 20
10:00 am – 12:00 pm • 11 weeks
Cost: Free

WATERCOLOUR - INTERMEDIATE

Learn more advanced techniques. Individual expression is encouraged.
Instructor: Elaine Sugar
Monday, January 6 – March 16
No class February 17
9:30 – 12:00 pm • 10 weeks
$106.75 members
$212.50 non-members



POTTERY CLASSES

POTTERY - BEGINNERS
In this introductory program, students will learn the basics of working with clay and how to create successful pieces of art with this beautiful medium. Materials and firing included. Additional cost for clay and glazes.
Instructor: Linda (Shayne) Berlin
Friday, January 10 – March 20
9:30 am – 12:30 pm •
11 weeks
$140.25 members
$280.50 non-members

POTTERY – INTERMEDIATE
Students are encouraged to experiment with both functional and sculptural pieces. Materials and firing included. Additional cost for clay and glazes.
Instructor: Anisoara Kirschner-Kozai
Thursday, January 9 – March 19
1:00 pm – 4:00 pm •
11 weeks
$140.25 members
$280.50 non-members

POTTERY – ADVANCED
Express creativity through individual projects. Materials and firing included. Additional cost for clay and glazes.
Instructor: Linda (Shayne) Berlin
Wednesday, January 8 – March 18
9:30 am – 12:30 pm •
11 weeks
$140.25 members
$280.50 non-members

POTTERY – DROP-IN
Keep things flexible. Come and try your hand at pottery at this drop-in. As much or as little instruction as you like. Please note that you must attend at least two classes to complete a piece of pottery due to glazing and firing. Materials and firing included. Additional cost for clay and glazes.
Instructor: Linda (Shayne) Berlin
Sunday, January 5 – March 15
9:30 am – 12:30 pm
$15 per class for members
$30 per class for non-members

POTTERY – MIXED LEVELS
A mixture of all levels. Materials and firing included. Additional cost for clay and glazes.

Sunday, January 5 – March 15
9:30 am – 12:30 pm •
11 weeks
$140.25 members
$280.50 non-members
Instructor: Linda (Shayne) Berlin

Monday, January 6 – March 16
No class February 17
12:30 pm – 3:30 pm •
10 weeks
$127.50 members
$255 non-members
Instructor: Linda (Shayne) Berlin

Wednesday, January 8 – March 18
4:00 pm – 6:30 pm •
11 weeks
$116.85 members
$233.75 non-members
Instructor: Anisoara Kirschner-Kozai

INTERGENERATIONAL PROGRAMS

CONTACT: Sharon Chodirker 416.225.2112, ext. 124 sharonc@betelcentre.org

The intergenerational programs promote understanding between the generations and dispel stereotypes. Take part in discussions, learning, holiday celebrations, and crafts. Share your life experiences and talents with children of all ages and young adults.

INTERGENERATIONAL TU B'SHEVAT
Join us for an intergenerational program with local students to celebrate Tu B'Shevat, the 'New Year of the Trees'!
Monday, February 10
10:30 am
Cost: Free

IVOLUNTEER PURIM PARTY
For Holocaust survivors and their families. Registration required. Call 416-225-2112, ext. 124 to register.
Sunday, February 23
10:00 am
Cost: Free

LANGUAGES & DISCUSSION

CONTACT: Jen MacDonald 416.225.2112, ext. 105 jenm@betelcentre.org
Sharon Chodirker 416.225.2112, ext. 124 sharonc@betelcentre.org

ALL LANGUAGES AND DISCUSSION GROUPS ARE FREE OF CHARGE UNLESS OTHERWISE LISTED

LANGUAGES

ENGLISH CONVERSATION

Join us for English Conversation every Wednesday and Thursday. Members only.
Wednesday: 2:30 pm – 3:30 pm
3:30 pm – 4:30 pm
Thursday: 3:00 pm – 4:00 pm

FRENCH CONVERSATION

Parlez-vous français? Come and discuss current events, poetry, music and more. Members only.
Facilitator: Rachel Kapeluto
Wednesday, January 15 and 29
Wednesday, February 12 and 26
Wednesday, March 11 and 25
10:30 am – 12:00 pm

HEBREW CONVERSATION

"Rimon"
Brush up on your Hebrew conversation skills while making new friends! Members only.
Facilitator: Sara Abuharoon
Tuesday, January 7 – March 17
1:00 pm – 2:30 pm

YIDDISH CONVERSATION

Explore the Yiddish language and culture, a window into our Yiddish heritage. Enjoy a mix of discussion, music, videos, and literature. Fluency not necessary.
Facilitator: Adina Weinstein
Thursday, January 9 – March 19
1:00 pm – 2:30 pm

LANGUAGE LESSONS

HEBREW LESSONS - INTERMEDIATE

Do you know the basics of Hebrew and want to deepen your knowledge? Join Ora Senior to learn more conversational tools, structure, and complex linguistic skills. Some knowledge required. Must register in advance. Please call 416-225-2112, ext. 113 to register.
Instructor: Ora Senior
Tuesday, January 7 – March 17
10:30 am – 11:30 am

SPANISH LESSONS – WORDS & PHRASES

Would you like to learn some Spanish vocabulary and phrases? Join Miguel to explore basic Spanish conversation tools in a laid-back setting. No previous experience required. Must register in advance. Please call 416-225-2112, ext. 113.
Facilitator: Miguel Camacho
Tuesday, January 7 – March 17
10:00 am – 11:45 am

DISCUSSION GROUPS

MEN'S DISCUSSION

Discussion on topics of interest to men, including sports, food, relationships and health.
Facilitator: Charles Goldenberg
Wednesday, January 8
Wednesday, February 5
Wednesday, March 4
4:00 pm – 5:30 pm

WOMEN'S DISCUSSION

Talking together about food, fashion, relationships, health and more.
Facilitator: Miriam Meiri
Thursday, January 9 and 23
Thursday, February 6 and 20
Thursday, March 5 and 19
2:45 pm – 4:15 pm

RUSSIAN GOLDEN AGE CULTURAL PROGRAM

CONTACT: Lily Boltianski 416.225.2112, ext. 103, lilyb@betelcentre.org

The Russian Golden Age Cultural Program offers comprehensive recreational and educational opportunities, community support and wellness activities to Russian-speaking seniors.

Russian Golden Age Cultural Program предлагает большой выбор развлекательных и образовательных программ, программ социальной поддержки и оздоровительные мероприятия для русскоязычных пожилых людей. Добро пожаловать!

WEEKLY PROGRAM ЕЖЕНЕДЕЛЬНЫЕ МЕРОПРИЯТИЯ

Monday -
По понедельникам
3:00 pm - 5:00 pm
Thursday -
По четвергам
7:00 pm - 9:00 pm
Концерты «Погружение в классику» и «Вечера еврейской культуры», »Мир джаза» и «Песни вашей молодости»; спектакли студии «Вдохновение», лекции и фильмы; вечера с танцами и ужином; Мероприятия на любой вкус.

ART PROGRAM - Уроки рисования

9 марта – 19 марта
10:00 am - 12:00 pm
$85 для членов Центра
$170 для гостей
Есть немало людей, всю жизнь мечтавших научиться владеть карандашом и кистью, создавать живописные полотна. Те из них, кто посещает наши классы рисования, котрыми руководит художник Виктория Бердичевская, овладевают секретами рисования в артмастерской центра, участвуют в выставках, радуют зрителей своим мастерством.

DRAMA GROUP

Студия драматического искусства
Для членов Центра бесплатно

CHOIR Хор

Wednesday - По средам
8 января – 18 марта
12:30 pm – 2:00 pm
$30 для членов Центра
$60 для гостей
Огромной популярностью в Центре и в социальных домах, где проживают пожилые люди, пользуются выступления Интернационального хора. В его репертуаре народные песни, шлягеры, лучшие хиты мировой эстрады.

Music Talent Group Музыкальная группа

«Поющие сердца»
Thursday – По четвергам
4:00 pm – 7:00 pm
Для членов Центра бесплатно

COMPUTER CLASSES КОМПЬЮТЕРНЫЕ КЛАССЫ

Следите за программой.
Информация на страницах 16, 17 и 18.

Бесплатные курсы

английского языка для членов Центра
WEDNESDAY - ПО СРЕДАМ
2:30 pm – 3:30 pm
3:00 pm - 4:30 pm
Thursday - по четвергам
3:00 – 4:00 pm

Хироподия – Уход за ногами

Бесплатно для членов Центра. Для предварительной записи звоните Илоне Родос 416-225-2112 доб.131

«САМОВАР»

мы приглашаем Вас на день русской культуры.
4 марта
10:00 ам – 3:00 pm
вход: Бесплатно

Samovar Day

Festival of Russian Culture
Wednesday, March 4
10:00 am – 3:00 pm
Cost: Free



Вечера отдыха:

«ДЕНЬ ЛЮБВИ»

13 февраля
7.00 pm
$31 для членов Центра
$39 для гостей

«ДЕНЬ РОЖДЕНИЯ RGA»

26 марта
7.00 pm
$31 для членов Центра
$39 для гостей

Ежемесячные программы RGA вы можете найти на стойке регистрации, на стойке информации и на сайте Бернард Бетель Центра.

ETROG HEBREW CLUB

CONTACT: Francesca David 416.225.2112, ext. 110 francescad@betelcentre.org

The ETROG Hebrew Club has been active for over 30 years. The program takes place every Tuesday at 3:00 pm, and offers a variety of activities in Hebrew such as lectures, discussions, current events, updates, social games, music and more. Parties and special events linked to Jewish holidays often take place in the evening. We would appreciate your input and suggestions regarding additional programs and subjects and look forward to seeing you at our regular meetings and special parties.

מועדון אתרוג פעיל במרכז בטל כבר למעלה משלושים שנה.
אנו מציעים מגוון פעילויות בשפה העברית כגון הרצאות, שיחות, דיונים בעניני דיומא, משחקי חברה, סרטים ישראלים, מוסיקה, שירים עבריים ועוד.
המפגשים מתקיימים בכל יום שלישי בשעה שלוש אחר הצהריים.
מסיבות ואירועים מיוחדים נערכים, לעיתים, בשעות הערב בצמידות למועדי ישראל.
נשמח לקבל הצעות, הערות והארות לגבי התכניות המוצעות ולראות רבים מכם משתתפים במפגשים ובמסיבות.

PURIM CELEBRATION

Join the ETROG Hebrew Club for some fun Purim celebrations! Feel free to wear your favourite costume!
Tuesday, March 10
3:00 pm – 4:30 pm
$7 members
$9 non-members





LIFELONG LEARNING

CONTACT: Sharon Chodirker 416.225.2112, ext. 124 sharonc@betelcentre.org

COURSES

THE LIFE AND TIMES OF JULIUS CAESAR

Who was Julius Caesar? A hero? A villain? A lover? A fighter? The people's champion? A dictator? This course examines the history and myth of Caesar, his life and times, and his profound impact not just on the Roman Republic, but on the whole of the Mediterranean world and Western Europe.
Instructor: David R. Lipovitch, Ph.D.
Thursday, January 9 – March 5
1:00 pm – 3:00 pm • 9 weeks
$76.50 members
$153 non-members

THE GREAT WOMEN OF SCIENCE

Come join us for an exciting look at the women who have done amazing work in the field of science. From the discovery of DNA, winning WWII sea battles, and Nobel prizes in medicine and physics, to the design of space shuttles and the discovery of processes leading to life itself, these are all contributions from women in history. In this course, we will study the biographies of 21 great women of science and emerging young geniuses.
Instructor: David Chandross, Ph.D.
Tuesday, January 14 – March 3
12:30 pm - 2:30 pm • 8 weeks
$68 members
$136 non-members

THE JOSH RAUCH MEMORIAL LEARNING FORUM

The Rise of Populism, Nationalism, and Autocratic Regimes: A New World Order?
This course examines the origins and challenges posed by the rise of populism, nationalism, and autocratic regimes in Europe, the United States, and South America. We will review the social, economic, and political conditions that have given rise to these so-called movements. We will examine the role of globalization, wealth inequality, poverty, civil wars, mass migration and dislocation in setting the stage for populist demagogues to ascend to power.
Instructor: Amnon Zohar, Speaker and Lecturer specializing in Middle East and Global Affairs
Thursday, February 6 – March 26
10:15 am – 12:15 pm • 8 weeks
$68 members
$136 non-members

LIFELONG LEARNING LECTURES

CONTACT: Sharon Chodirker 416.225.2112, ext. 124
sharonc@betelcentre.org

Time: 10:00 am – 11:30 am Cost: $4.25 members/$8.50 non-members

Escape to Israel
Tuesday, January 7
Join us for a photographic journey to the land of our heritage, our homeland.
Speaker: Susan Brown, Travel Lecturer

The Ancient History of the Middle East
Tuesday, January 14
A virtual tour of the ten most important places, attractions, natural wonders and antiquities, including, Petra, Jerusalem, Mecca, the Cairo museum, the Pyramids and more.
Speaker: Amnon Zohar, Speaker and Lecturer Specializing in Middle East and Global Affairs

Toronto's Jewish Community
Tuesday, January 21
Learn more about beginning and growth of Toronto's Jewish community through photographs and stories that correspond to key developments in the community's history. Along the way, learn about Toronto's first Jewish settler, the first Jewish institution established in the city, and how Toronto became home to the largest Jewish community in Canada.
Speaker: Michael Friesen, Archivist, Ontario Jewish Archives

Great Composers Writing Comedy: Mozart
Tuesday, January 28
Wolfgang Amadeus Mozart's perfectly delicious "Le Nozze Di Fagaro" (The Marriage of Figaro).
Speaker: Myriam Shechter, Music Lecturer, Pianist

Great Composers Writing Comedy: Verdi
Tuesday, February 4
Giuseppe Verdi's last opera, the spirited "Falstaff".
Speaker: Myriam Shechter, Music Lecturer, Pianist

Great Composers Writing Comedy: Puccini
Tuesday, February 11
Giacomo Puccini's only comedy, the dazzling "Gianni Schicchi".
Speaker: Myriam Shechter, Music Lecturer, Pianist

A Month in Paris
Tuesday, February 18
Join us for photos and stories of Carolyn's recent summer trip to Paris which she did in an inexpensive way, on her own and with a walker.
Speaker: Carolyn Peters, Memoir Writing Facilitator

Lily's Tales
Tuesday, February 25
Lily's autobiographical tales explore the life and struggles in the far flung and unique corner of the world, Georgia, in the 1940s, 50s, and 60s. Learn about heart wrenching stories of people who managed to survive and preserve their culture inside communist society, to leave their country, and to be successful in their newly found home. Books will be available to purchase.
Speaker: Lily Kovan, Author of "Lily's Tales"

Tales of Transmigration
Tuesday, March 3
The story of three strong and brave women who tried to live their lives the best they could during a tragic time in history in the Soviet Ukraine. Books for sale after the presentation.
Speaker: Elana Clark, Author of "Tales of Transmigration"

Extraordinary Jewish People: Female Scientists and Researchers - Part 2
Tuesday, March 10
Learn about Dr. Lise Meitner, a Jewish-Austrian physicist, Dr. Hedwig Kohn, one of only three women to become physicists, Dr. Rita Levi-Montalci, awarded the 1986 Nobel Prize in Physiology, and Dr. Mirella Levi D'Ancona, author of over 14 books and 100 articles.
Speaker: Rachel Levin, Art Lecturer

The Story of the Stolen Yemenite Children
Tuesday, March 17
In the first years of the State of Israel, some Jewish immigrants from Yemen had their children taken away and were told they had died. 70 years later, there is still little information about them. Their families live with the burden, but are determined to find their missing family members, and are demanding to know the truth. Hear Naama's personal story about her brother, taken from her family at eight months old, whom she is still trying to find today.
Speaker: Naomi Zipori, Lecturer, Former Teacher

Jewish Issues on Film: Changing and Complex Realities
Tuesday, March 24
Learn about movies from around the world that have approached issues of Jewish interest. This includes Gentleman's Agreement, Fiddler on the Roof, The Chosen, History of the World Part 1, and Shindler's List.
Speaker: Shlomo Schwartzberg, Film Critic, Teacher and Arts Journalist

Too Black to Be Jewish, Too Jewish to Be Black
Tuesday, March 31
Despite facing challenges finding harmony in both the Black Canadian and Jewish communities, using phrasing such as "too Black to be Jewish, too Jewish to be Black" to share her sentiments of feeling divided by her identify, learn how Rivka Campbell still finds ways to be meaningfully involved in her Jewish community. By providing insights on what it is like to be a minority within a minority, Campbell defies the collective assumptions of what it means to be a Jew.
Speaker: Rivka Campbell, Co-founder of the group Jews of Colour–Canada, Sole Canadian Recipient of the URJ's JewV'Nation Fellowship, Speaker on Jewish Diversity

COMPUTERS & DIGITAL MEDIA

CONTACT: Dianne Erdos-Rush 416.225.2112, ext. 128 dianneer@betelcentre.org

ENGLISH LANGUAGE COMPUTER COURSES

BEGINNERS
No experience necessary. Learn to use the mouse, keyboard, basic email and Internet.
Instructor: Denise Donovan
Wednesday, January 15 – March 18
2:00 pm - 4:00 pm • 10 weeks
$70 members
$95 non-members

INTERMEDIATE
Students must be comfortable with the mouse and keyboard. Learn to use Google, email, address books, attachments, downloading, cutting and pasting.
Instructor: Dianne Erdos-Rush
Tuesday, January 14 – March 17
9:00 am -11:00 am • 10 weeks
$70 members
$95 non-members

ASK THE EXPERT
Bring in your camera, cell phone, iPod, iPad, etc. Our expert gives you a private lesson on your own equipment. By appointment only. Please call ext. 128 to book.
Wednesday, January 8 – March 25
1:00 pm - 6:00 pm • 10 weeks
Cost: $10 per hour

BOOST YOUR MEMORY WITH COMPUTER GAMES!
Want a fun way to keep those brain cells working? We will be using fun games to keep the brain active. Train your brain, improve memory, concentration and thinking skills!
Instructor: Dianne Erdos-Rush
Thursday, February 27 – March 19
9:00 am - 11:00 am • 4 weeks
$35 members
$45 non-members

GOOGLE EVERYTHING! – NEW!
Google Earth, Google Maps, Gmail, Google Calendar, Google Docs, Google Translate, and more! Learn to use free services from Google!
Instructor: Ron Berman
Thursday, January 16 – February 20
9:00 am – 11:00am • 6 weeks
$45 members
$55 non-members

HINTS, TIPS AND TRICKS
For students comfortable with the computer. Put an end to your messy desktop and learn new techniques to organize your files. Explore websites and learn to check if a website has malware. Learn to use MS Word to create a simple poster and greeting card. Learn how to transfer and edit photos from your smartphone. Learn how to download music and videos from the internet.
Instructor: Frank Cosentino
Wednesday, January 15 – March 18
9:00 am - 11:00 am • 10 weeks
$70 members
$95 non-members

WINDOWS 10
Learn how to use your Windows 10 computer to the fullest! Learn basic features like apps, pinning and unpinning apps to the taskbar, start menu, navigation and organization of your desktop, how to use the snipping tool, how to use the browser "Edge" and much more!
Instructor: Denise Donovan
Friday, January 17 – February 14
9:30 am - 11:30 am • 5 weeks
$40 members
$55 non-members

WORD BASIC – NEW!
For students comfortable with the computer. In this short, 4-week beginners class, learn how to use Word to write your memories, letters or create flyers. Join this class to enhance your current skills or learn something new!
Instructor: Frank Cosentino
Monday, January 27 – February 24
No class February 17
9:30 am – 11:30 am • 4 weeks
$35 members
$45 non-members



TRAVEL PHOTOGRAPHY – NEW!

Want to learn how to take the best photos while you're on your upcoming vacation? Let us show you how! Whether you're using your iPhone, Android, or digital camera, we can help. Do you have some great photos from your latest trip, but need help organizing them? We'll show you how to edit, crop and organize your amazing photos, and can even show you have to put those photos together to create an professional looking movie to show your friends and family. At the end of the session, a prize will be awarded to the student with the best photo!

Instructor: Frank Cosentino

Two different sessions to choose from!

Monday, January 6 – 20 • 9:30 am - 11:30 am • 3 weeks
$30 members, $40 non-members

Monday, March 2 – 16 • 9:30 am - 11:30 am • 3 weeks
$30 members, $40 non-members

IPHONE, IPAD AND ANDROID COURSES!

ANDROID TABLET OR CELL PHONE

Learn the basics of operating your Android Phone or Tablet (Acer, Asus, Samsung, HP, or Lenovo).
Instructor: Ron Berman
Monday, January 13 – March 23
No class February 17
12:00 pm – 2:00 pm • 10 weeks
$70 members
$95 non-members



iPAD - BEGINNERS

Learn the basics of operating your iPad.
Instructor: Ron Berman
Monday, January 13 – March 23
No class February 17
2:30 pm – 4:30 pm • 10 weeks
$70 members
$95 non-members

iPAD - INTERMEDIATE

If you have been using your iPad, but want more, this class is for you.
Instructor: Denise Donovan
Friday, February 21 – March 20
9:30 am - 11:30 am • 5 weeks
$40 members
$55 non-members

iPHONE - 1

For iPhone owners. Please bring your phone with you to class.
Instructor: Ron Berman
Friday, January 17 – February 14
12:00 pm - 2:00 pm • 5 weeks
$40 members
$55 non-members

iPHONE - 2

Continue to learn about your iPhone. Please bring your phone to class.
Instructor: Ron Berman
Friday, February 21 – March 20
12:00 pm - 2:00 pm • 5 weeks
$40 members
$55 non-members

OPEN LAB

Volunteers are available to help you and answer your questions. Bring in your laptop or tablet if you would like assistance with those devices. Drop in. Cost: $2 per hour.

Wednesday, January 8 – March 25 • 11:30 am - 1:30 pm
Sunday, January 5 – March 22 • 11:00 am - 1:00 pm

Bring in your old photos and have them scanned and copied to your memory stick or emailed to you.

RUSSIAN LANGUAGE COMPUTER COURSES
КОМПЬЮТЕРНЫЕ КУРСЫ НА РУССКОМ ЯЗЫКЕ

Записаться на компьютерные курсы или получить дополнительную информацию можно по телефону : 416-225-2112, доп. 205.

ОСНОВЫ КОМПЬЮТЕРНОЙ ГРАМОТНОСТИ (УРОВЕНЬ 1)

В данном курсе Вы узнаете основные составные части компьютера, познакомитесь с основами работы в среде операционной системы Windows 10, получите навыки работы с клавиатурой и мышкой, освоите работу в редакторе текста WordPad для подготовки текстовых документов, научитесь просматривать фотографии и слушать музыку.

По вторникам с 14 января по 17 марта
11:30 - 1:30 pm • 10 недель
$70 для членов Центра
$95 для гостей

ТОЛЬКО ПРАКТИКА (УРОВЕНЬ 3)

В данном курсе мы закрепим знания по курсам: Основы компьютерной грамотности; Интернет и электронная почта. Больше внимания уделим освоению работы на интернетовских страницах, где можно искать нужную информацию, переводить тексты, слушать радиостанции, смотреть видео, находить расписание автобусов, прокладывать маршруты и т.д

По вторникам с 14 января по 17 марта
2:00 - 4:00 pm • 10 недель
$70 для членов Центра
$95 для гостей

ПЛАНШЕТ ANDROID. (УРОВЕНЬ 1)

В данном курсе Вы изучите основы работы на планшете Android (Sony, Samsung и другие). Занятия будут проводиться на ваших личных планшетках.

По четвергам с 16 января по 19 марта
2:00 - 4:00 pm • 10 недель
$70 для членов Центра
$95 для гостей

ИНТЕРНЕТ И ЭЛЕКТРОННАЯ ПОЧТА (УРОВЕНЬ 2)

В данном курсе Вы познакомитесь с основами работы в Интернете используя Google Chrome, научитесь осуществлять поиск интересующей вас информации. Освоите принципы работы электронной почты на странице Outlook: создание, отправление и приём писем; использование адресной книги.

По четвергам с 16 января по 19 марта
11:30 - 1:30 pm • 10 недель
$70 для членов Центра
$95 для гостей



SPECIAL EVENTS & CONCERTS

CONTACT: Lily Boltianski 416.225.2112, ext. 103 lilyb@betelcentre.org
Cost of caregivers to attend events and concerts is the same price as members
Please purchase your tickets in advance to avoid disappointment as events sell out quickly

Presentation by Arnold Gilis
'Fall of Berlin Wall and Rebirth of East Europe - the Last 30 Years'
Wednesday, January 8
1:30 pm – 2:30 pm
Free for members
$2 non-members

Concert
Singer and Pianist Jay Varguez with singer and saxophonist Shannon. 'Sharing Music and Memories' features songs from the 1940s and 1950s, paying tribute to Frank Sinatra, Nat King Cole, Ella Fitzgerald, Doris Day, Diana Ross, and more.
Sunday, January 12
1:30 pm – 2:30 pm
$8 members
$10 non-members

Movie on the Big Screen
'On the Basis of Sex' The Story of Ruth Bader Ginsburg
Sunday, January 19
1:00 pm – 3:00 pm
Cost: Free

Ballet on the Big Screen
'Giselle'
Wednesday, January 22
1:30 pm – 3:30 pm
$4 members
$8 non-members

Lecture: 'Retirement Behind Bars'
A story of how one woman rose from the depths of despair to achieve ultimate professional pride in her current position, where she delivers motivational workshops at our Ontario prisons. Speaker: Phyllis Taylor
Wednesday, January 29
1:30 pm – 3:00 pm
Cost: Free

Movie on the Big Screen
'Singin' in the Rain'
Sunday, February 2
1:00 pm – 3:00 pm
Cost: Free

Valentine's Day Lunch, Concert and Market
Wednesday, February 12
Market: 10:00 am – 2:00 pm
Lunch: 1:00 pm – 2:00 pm
$20 members
$25 non-members

Valentine's Day Party
Thursday, February 13
7:00 pm - 10:00 pm
$31 members
$39 non-members

Concert on the Big Screen
Andre Rieu
Sunday, February 16
1:00 pm – 3:00 pm
$4 members
$8 non-members

Concert
Cantor Daniel
Sunday, February 23
1:30 pm – 2:30 pm
$5 members
$10 non-members

Lecture: 'Life and Death in Pompeii'
Speaker Felice Gorica
Wednesday, February 26
1:30 pm – 3:00 pm
Cost: Free

Samovar Day
Celebrate Russian culture with a market, movie and concert.
Wednesday, March 4
10:00 am – 3:00 pm
Cost: Free

Purim Tea & Concert
Wednesday, March 11
1:00 pm – 2:30 pm
$10 members
$15 non-members

Concert on the Big Screen
'The Royal Wedding'
Sunday, March 15
1:00 pm – 3:00 pm
Cost: Free

Concert
Singer Emilio Zarris
Sunday, March 22
1:30 pm – 2:30 pm
$8 members
$10 non-members

Opera on a Big Screen
'Armida'
Wednesday, March 25
1:30 pm – 3:30 pm
$4 members
$8 non-members

Anniversary of the Russian Golden Age Culture Program
Dinner and Dance
Thursday, March 26
7:00 pm – 10:00 pm
$31 members
$39 non-members

Ballet on a big Screen
'The Glory Of The Bolshoi'
Documentary film about the Russian ballet company
Wednesday, March 29
1:30 pm – 3:30 pm
$4 members
$8 non-members

Sunday at the Movies
January 5 – Charade (1953)
March 15 – A Letter to Three Wives (1949)
1:00 pm – 3:30 pm
Cost: Free

OVERNIGHT TRAVEL

CONTACT:

Irina Shulgin
416.225.2112, ext. 123
irinas@betelcentre.org

Mark Adler
416.225.2112, ext. 185
marka@betelcentre.org

DAY TRIPS

CONTACT:

Lily Boltianski
416.225.2112, ext. 103
lilyb@betelcentre.org

Trips and Travel registration information and policies found on page 6.

ENGLISH LANGUAGE TRAVEL

South America Cruise
January 25 – February 10, 2020

- Return airfare
- 15 days, 14 nights on MSC "Fantasia"
- 5 days at sea, 9 ports of call
- Brazil, Argentina, Uruguay
- Rio de Janiero, Buzios, Buenos Aires, Punte Del Este

Cost: Interior Cabin $4,150 double occupancy
Exterior Cabin $4,500 double occupancy
Balcony $4,950 double occupancy

Jewish New York
March 22 – 27, 2020

- Luxury coach, round trip
- 6 days, 5 nights
- Sightseeing tours

Cost: Double occupancy $1,500
Single occupancy $2,300

Treasures of the Caucasus
June 7 – June 21, 2020

- Return airfare
- 15 days, 14 nights
- Baku, Yerevan, Tbilisi
- Sightseeing tours with English-speaking guide

Cost: Double occupancy $4,000
Single occupancy $5,200

Western Canada and Alaska Cruise
August 3 – 16, 2020

- Return airfare
- 6 nights' hotel accommodation in British Columbia and Alberta
- 7 days, 7 nights Royal Caribbean "Serenade of the Sea"
- Sightseeing tours and Alaska Cruise excursions on land

Cost: Interior Cabin $4,200 double occupancy
Exterior Cabin $4,500 double occupancy
Balcony $4,800 double occupancy
Interior Cabin $5,300 single occupancy

Included in all Overnight Trips:

- Taxes, service charges, portage at hotels
- Tipping to guide, driver, hotel and restaurant staff

Not included in all Overnight Trips:

- Cancellation and Medical insurance
- Tipping on cruises

RUSSIAN LANGUAGE TRAVEL



Сокровища Кавказа (Treasures of the Caucasus)
Грузия, Армения и Азербайджан
7 – 21 июня 2020

- Баку, Ереван и Тбилиси
- Перелёт в обе стороны
- 15 дней - 14 ночей, проживание в отелях 4*
- Завтраки
- Экскурсии на русском языке

Стоимость проживания:
Двухместный номер: $4,000

2020 DAY TRIPS

The Bernard Betel Centre 2020 Day Trips Brochure will be launched in January. Join us on one of our one-day excursions including cruises, theatres, and sightseeing tours.

If you would like to register for a 2020 Day Trip, please visit the Information Desk after January 13.

C-World Travel
Phone: 905-764-6004
TICO REGISTRATION: 50012512



Enjoy the Warmth of our Community!

INDEPENDENT LIVING | ASSISTED LIVING | SHORT TERM STAY & RESPITE CARE

Create a living space that is distinctly your own in our beautiful condo style residence!

Elegantly Appointed Suites | Spacious Outdoor Courtyard | Cozy Fireside Lounge & Library

Recreation Centre & Piano Lounge | Modern Hair Salon and Spa

Fitness & Wellness Centre | Billiards & Games Room | Bar & Bistro | Theatre

Luxurious Dining Room & Breakfast Café | And much more...

FOUR ELMS
RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH Verve

905-738-0905 | 1500 STEELES AVE. WEST, THORNHILL ON | verveseniorliving.com

HEALTH PROMOTION & WELLNESS

CONTACT: Maria Lindgren 416.225.2112, ext. 130 marial@betelcentre.org

INTRO TO MINDFULNESS PROGRAM

Join Corin A. De Sousa for a 4 week introduction to mindfulness. This class will look at Mindfulness 101, building compassion and awareness training.

Wednesday, February 5 – 26
10:00 am – 11:00 am
$18 members
$36 non-members
Location: Culture Room

LECTURE AND DOCUMENTARY SCREENING: WHAT IS HAPPINESS?

Join us for a brief lecture with Tova Houpt, Seneca College Social Service Worker student. Followed by an exploration of the science and cultural foundations in "Happy", feature documentary by Director Roko Belic.

Wednesday, February 5
1:30 pm – 3:00 pm
Cost: Free
Location: Auditorium

AUTOBIOGRAPHY GROUP: SHARE YOUR STORY

During this weekly guided group, take a look back at different life moments. Based on weekly topics, we will discuss these moments with the group and learn how to create your own autobiography to share with your family, peers and friends.

Wednesday, February 12 – March 4
11:00 am – 12:00 pm
Cost: Free
Location: Culture Room

LEARN 'N LUNCH SERIES

Join us for a morning presentation followed by a delicious kosher lunch.
Admission is free. Drop in. No registration required.

Sunday, January 26
"The Bomb Girls of Scarborough" Speaker: Barbara Dickson

Sunday, February 9
"The Crate: A Story of War, Murder and Justice" Speaker: Deborah Levison

Sunday, March 8
"The Jewish Musical Influence in Jazz" Speaker: Rueven Gragner
Presentation: 10:00 am – 11:30 am Lunch: 11:30 am – 12:30 pm

For more information, please contact Maria Lindgren at 416-225-2112, ext. 130 or marial@betelcentre.org.

This project is funded by the Government of Canada

Canada

WELLNESS LECTURES

CONTACT: Maria Lindgren 416.225.2112, ext. 130 marial@betelcentre.org

Time: 1:30 pm - 2:30 pm Cost: Free

DENTAL HEALTH
Thursday, January 9
It is always a great idea to remind ourselves about our dental health. Learn about low cost and free dental health options in Toronto.
Speaker: Toronto Public Health

FINANCIAL PLANNING FOR OLDER ADULTS
Thursday, January 16
Learn more about the importance of financial planning as we age.
Speaker: Ilana Selezner, IG Wealth Management

INSIGHTS INTO TRACING YOUR ROOTS: AN INTRO INTO GENEALOGY
Thursday, January 23
We will introduce the basics of Jewish genealogy research and DNA testing.
Speaker: Jerry Scherer, Jewish Genealogy Society

WALKABLE COMMUNITIES
Thursday, January 30
Learn about social networks and community through this interactive presentation.
Speaker: Jane Teasdale, Mosaic Home Care Services

ASSISTIVE DEVICES
Thursday, February 6
Learn how to best use your assistive devices and help with your mobility.
Speaker: Cristiane Cruz, Kinesiologist, Simply Health Solutions

ENVIRONMENTAL HEALTH
Thursday, February 13
In celebration of Tu' B'Shevat, the New Year for the Trees, let's learn how to be more environmentally sustainable in our day-to-day lives.
Speaker: Environmental Defence

ELDER ABUSE
Thursday, February 20
Learn the signs of elder abuse and what we can do to help those in need.
Speaker: Ontario Society of Senior Citizens' Organizations

BIG GRANDPARENT PROGRAM
Thursday, February 27
Have you heard of becoming a "Big Grandparent"? Learn more about this great intergenerational volunteer opportunity.
Speaker: Big Brothers and Big Sisters Toronto

THE HEALING POWER OF MUSIC
Thursday, March 5
Discover the ways that music can impact our physical, mental and emotional health.
Speaker: Tova Houpt, Social Service Worker Student, Seneca College

YOU ARE WHAT YOU EAT
Thursday, March 12
Have you ever heard the expression "you are what you eat?" Learn the scientific facts behind this saying!
Speaker: Yossi Strauch, Wellness Specialist

SPICES AND THEIR HEALTH BENEFITS
Thursday, March 19
Did you know spices do more than just make your food taste great? Learn about the health benefits of different spices!
Speaker: Michelle Bancroft, Health Promoter

SHOPPING FOR SKINCARE
Thursday, March 26
With new products coming to the market every day, how do we know what to buy? This lecture will cut through the advertising and packaging and talk about what to look for in skincare and makeup products.
Speaker: Carolyn Peters, Bernard Betel Centre Program Facilitator

FITNESS & DANCE

CONTACT: Maria Lindgren 416.225.2112, ext. 130
marial@betelcentre.org

BREATHE BETTER ♥
Provided by Better Health and Community Services. For individuals who have experienced limited activities due to shortness of breath or at risk for COPD or CHF.
Instructor: Margarita Vlasicheva
Thursday, January 9 – March 19
1:30 pm – 2:30 pm • 11 weeks
Friday, January 10 – March 20
1:00 am – 2:00 pm • 11 weeks
Register with Maria to see if you qualify. 416-225-2112 ext. 130. OHIP card required.

BODY FIT ♥♥♥
Challenges and incorporates all aspects of a healthy exercise routine: strength, endurance and flexibility.
Instructor: Karen Shuster
Tuesday, January 7 – March 17
9:30 am – 10:30 am • 11 weeks
$49.50 members
$99 non-members
Thursday, January 9 – March 19
10:00 am – 11:00 am • 11 weeks
$49.50 members
$99 non-members

BODY WORKS ♥♥♥♥
Energize yourself with aerobic, strength, stretching and dance for total body fitness.
Instructor: Margarita Vlasicheva
Tuesday, January 7 – March 17
11:30 am – 12:30 pm •
11 weeks
$49.50 members
$99 non-members

CHAIR CONDITIONING ♥♥
Exercises done mainly seated. Bands, balls and weights used to build bone density, increase balance and strengthen the core. Great for any ability!
Instructor: Karen Shuster
Friday, January 10 – March 20
9:00 am – 10:00 am • 11 weeks
$49.50 members
$99 non-members

CHAIR YOGA ♥
A gentle form of Yoga either sitting or standing using a chair for support. Involves stretching, deep breathing and strengthening the body.
Instructor: Terri Dunnigan
Sunday, January 5 – March 15
11:00 am – 12:00 pm • 11 weeks
$49.50 members
$99 non-members
Friday, January 10 – March 20
10:00 am – 11:00 am • 11 weeks
$49.50 members
$99 non-members

CORE & STRENGTH ♥♥♥♥
A class to increase strength, muscle endurance, balance, and more with weight training and core exercises.
Instructor: Terri Dunnigan
Sunday, January 5 – March 15
10:00 am – 11:00 am • 11 weeks
$49.50 members
$99 non-members

LEVEL
♥ INTRODUCTORY
♥♥ BEGINNER
♥♥♥ INTERMEDIATE
♥♥♥♥ ADVANCED

ISRAELI DANCING ♥♥
Enjoy the music and learn the steps to dances associated with the folklore of Israel. Members only.
Instructor: Vivian Margulis
Monday, January 6 – March 16
No class February 17
3:00 pm – 4:00 pm • 10 weeks
Cost: Free

KARATE FOR OLDER ADULTS ♥♥
Ever wanted to try martial arts? No experience needed! Members only.
Instructor: David Birkan
Tuesday, January 7 – March 17
2:00 pm – 3:15 pm • 11 weeks
Cost: Free

LINE DANCING ♥♥
Have fun while learning the steps for all rhythms – big band, pop, rock, and country. No partners needed.
Instructor: : Ann Sharpe
Tuesday, January 7 – March 17
1:00 pm – 2:00 pm •
11 weeks
$49.50 members
$99 non-members

OSTEOFIT BEGINNER ♥
Entry level class for those with osteoporosis or low bone density. Chairs used for support and stability while standing.
Instructor: Karen Shuster
Thursday, January 9 – March 19
11:00 am – 12:00 pm •
11 weeks
$49.50 members
$99 non-members

OSTEOFIT INTERMEDIATE ♥♥

Same principles as the beginner class. Must feel comfortable doing exercises standing without a chair.
Instructor: Karen Shuster

Thursday, January 9 – March 19
9:00 am – 10:00 am • 11 weeks
$49.50 members
$99 non-members

STRETCHING CLASS ♥♥♥

This class is designed to increase joint range of motion, muscle flexibility, circulation, relaxation and more! Great for all abilities.
Instructor: Terri Dunnigan

Friday, January 10 – March 20
11:00 am – 12:00 pm • 11 weeks
$49.50 members
$99 non-members

TAI CHI ♥♥

Focus on slow and controlled movements and balance.
Instructor: Eva Nilsson

Wednesday, January 8 – March 18
10:30 am – 11:30 am • 11 weeks
$49.50 members
$99 non-members

YOGA ♥♥♥

Yoga designed for 55+. Must be comfortable with floor exercises using a mat.
Instructor: Terri Dunnigan

Wednesday, January 8 – March 18
9:30 am – 10:30 am • 11 weeks
$49.50 members
$99 non-members

ZUMBA GOLD ♥♥♥♥

Want a fun, new experience? Zumba Gold is a dance fitness class that has fun, easy-to-follow moves.

Friday, January 10 – March 20
9:00 am – 9:45 am • 11 weeks
$49.50 members
$99 non-members
Instructor: Sid Kroach

Wednesday, January 8 – March 18
6:00 pm – 6:45 pm • 11 weeks
$49.50 members
$99 non-members
Instructor: Barbara Motta

Thornhill's finest retirement community.
Home to Thornhill's finest.

So, who are Thornhill's finest? They are the parents who raised their families here, and built the GTA into Canada's most vibrant Jewish community. It's people like this who inspire us daily at V!VA to fulfil our simple purpose: *Making Today Great!*

From our warm and caring Team, to our delicious and healthy Jewish-style dining, modern amenities, inspiring activities and so much more, we look forward to becoming home to more of Thornhill's finest.

Call (905) 417-8585 and book your tour today!

V!VA Retirement Communities
THORNHILL WOODS

9700 Bathurst St., Vaughan, ON
Across from the
Schwartz/Reisman Centre
(905) 417–8585 | vivalife.ca



CLINICS

CONTACT: **Maria Lindgren** 416.225.2112, ext. 130
marial@betelcentre.org

All clinics are free of charge unless otherwise stated.
For an appointment, please call 416-225-2112, ext. 113.

SCREENING CLINICS

HEARING AID CLINIC

Learn about the latest hearing technology, get your hearing aid cleaned, and more!
Brought to you by Hear for Life.
Drop in!

Wednesday, January 15

Wednesday, February 19

Wednesday, March 18

10:30 am – 12:30 pm
Location: Lobby



HEARING SCREENING CLINIC

Have your hearing tested, check for wax build up and ask questions. Run by the Canadian Hearing Society. Appointments in English and Russian. Appointment required.

Wednesday, February 5

11:00 am – 1:00 pm
Location: Culture Room

NUTRITION/DIABETES CLINIC

Consult with a Registered Dietitian and Certified Diabetes Educator. Appointments in English and Russian. Appointment required.

Monday, January 27

Monday, February 24

Monday, March 30

10:00 am – 12:00 pm
Location: Clinic Room

OTHER CLINICS

LAUGHTER YOGA

Learn the health benefits of laughter. No exercise required!
Instructor: Joyce Solomon

Thursday, January 9

Thursday, February 6

Thursday, March 5

12:15 pm – 1:15 pm
Location: Auditorium

MEMORY BOOSTERS

Brain teasers, puzzles, riddles, and more!

Every Thursday

11:15 am – 12:00 pm
Location: Synagogue

REIKI

Enjoy a 1 hour Reiki appointment with a Reiki Master from BodyTalk Thornhill Clinic. Appointment required.

Friday, January 10 and 24

Friday, February 7 and 21

Friday, March 13 and 27

10:00 am – 1:00 pm
Cost: $10 per appointment.
Location: Music Room

CHIROPODY CLINIC

For a chiropody appointment, please call 416-225-2112, ext. 131

Chiropodist provide dry foot care services including routine nail care, reduction of corns and calluses, management of ingrown nails, and foot care education.

This service is free of charge for current members.

HOURS OF OPERATION

Monday	8:00 am to 4:00 pm
Tuesday	8:00 am to 4:00 pm
Wednesday	8:00 am to 5:30 pm
Thursday	8:00 am to 4:30 pm
Sunday	8:00 am to 3:30 pm



COMMUNITY SUPPORT SERVICES & OUTREACH
ОТДЕЛ СОЦИАЛЬНОЙ ПОДДЕРЖКИ

CONTACT: **Irine Dubinski**
416.225.2112, ext. 122
irined@betelcentre.org

Larisa Veprinski
416-225-2112, ext. 119
larisav@betelcentre.org

DROP-IN SOCIAL WORK CLINIC
A social worker from Circle of Care will provide assistance with applications, forms, information and referral.

Thursday, January 23

Thursday, February 6

Thursday, March 12

9:30 am – 12:00 pm
Cost: Free
Location: Library

SERVICE NAGIVATION & INFORMATION CLINIC
Clinic will provide assistance with applications and forms, and access to services and resources.
By appointment only. For more information, please call Irine Dubinski at ext. 122

AT-HOME RESPITE CARE
A program offering caregivers (age 55+) volunteer relief from looking after a loved one at home. No nursing or physical care is provided.
For more information, please call 416-225-2112, ext. 122.

FRIENDLY VISITING
Trained volunteers visit seniors living alone or feeling isolated, offering companionship, support, and reassurance.
For more information, please call 416-225-2112, ext. 122

MEALS ON WHEELS
Fresh or frozen Kosher meals are delivered to your home.
Monday to Friday, $11.00 per meal.
Please call 416-225-2112, ext. 134

THE SAFE OPTION PROGRAM
Crisis intervention, safety planning, information and referrals for abused and at-risk seniors.
For more information, please call 416-225-2112, ext. 122

CAFÉ EUROPA
Café Europa is a luncheon program for Holocaust Survivors in partnership with Jewish Family and Child.

Monday, January 13 and 20
Monday, February 3 and 24
Monday, March 2 and 23

For more information, call 416-225-2112, ext. 103

КОНСУЛЬТАЦИИ СОЦИАЛЬНОГО РАБОТНИКА
• Информация об услугах Circle of Care.
• Поддержка и психологическая помощь.

23 января

6 февраля

12 марта

9:30 am - 12:00 pm
Без предварительной записи.

КОНСУЛЬТАЦИИ КООРДИНАТОРА BERNARD BETEL CENTRE
• Помощь при заполнении форм и анкет
• Предоставление информации
Только по предварительной записи по телефону 416-225-2112, доб. 122

ЗАБОТА НА ДОМУ И ДРУЖЕСКИЙ ВИЗИТ
Для дополнительной информации звоните Ларисе: 416-225-2112, доб. 119

ОБЕДЫ НА КОЛЁСАХ
Бернард Бетел Центр предлагает доставку кошерных обедов по приемлемым ценам, $11.00.
Для дополнительной информации 416-225-2112, доб. 134

ПРОГРАММА ПОМОЩИ ПОЖИЛЫМ ЛЮДЯМ, ПОДВЕРГШИМСЯ ЖЕСТОКОМУ ОБРАЩЕНИЮ
За информацией и для записи на прием обращайтесь по телефону 416-225-2112, доб. 122

VOLUNTEER SERVICES

To learn about our current volunteer opportunities contact:
Cheryl Besner 416-225-2112, ext. 127 cherylb@betelcentre.org

VOLUNTEER FACILITATORS: EXPANDING THE RANGE AND NUMBER OF PROGRAMS FOR OUR MEMBERS

Currently we have 23 programs that are led by volunteer facilitators who share their special skills, talents and passion and enable us to expand our free programming and range of activities. Volunteer Facilitators lead regular programs; conduct workshops and present lectures on various topics.

If you have expertise in an area that would be of interest to adults 55+, enjoy interacting with diverse audiences and have good facilitation skills, then why not consider joining our talented team of volunteer facilitators. Contact Cheryl Besner at ext. 127 for more information.

JOYCE SOLOMON- MEMORY BOOSTERS FACILITATOR



After time spent at home raising a family, Joyce Solomon was ready to re-enter the workforce and had little experience to put on her resume. For 30 years, she has volunteered with La Leche League providing information and support to women on breastfeeding. She wanted to expand her skills in other areas and decided to visit the Bernard Betel Centre to explore our volunteer opportunities. When asked if she would like to facilitate a program to promote memory retention and cognitive skills, she knew, "it was right up her alley" and she would enjoy the experience. Eight years later, the Memory Boosters program continues under her skilled leadership.

Once a week, the group gathers to engage in memory games, discussions, numerical problems and visuals to challenge their recollection abilities and exercise their brains. Joyce's ability to provide a safe and warm environment where our members feel comfortable and respected is one of her greatest strengths. Aware of the challenges that our seniors face, she plans her program to respond to each individual's needs. The ability to recall a memory may be limited by challenges with sight, speech or physical abilities or based on one's experiences according to their country of origin, culture, language or religion. Joyce is skilled at identifying potential challenges to ensure her program is inclusive for everyone.

Joyce speaks fondly about the people she has met over the years. She knows for some, "just showing up" is a victory. She is energetic, spirited and outgoing and eagerly shares her compassion and understanding with others. What began as an opportunity to gain work experience for her resume became much more. Joyce feels "It's giving back, because giving back enriches in two ways. It enriches not only the people on the receiving end of your efforts, it enriches the giver also."

GIGI DAVIDSON – COLOURING CLUB & KNITTING CLUB FACILITATOR

When Gigi Davidson joined Betel, she signed up for acrylic painting, computer, and photography courses as a way to learn new techniques and find new hobbies. In early 2017, Gigi began as a volunteer facilitator for an art program at the Reena Foundation. In partnership with Betel, this program offers Reena clients an opportunity to create simple art projects and enhance their

creativity. Later that year, she took a break from the program at Reena to launch the colouring club at the centre. She began with four participants and when the program moved to the cafeteria, the interest rapidly grew and numbers increased. Coloring reduces stress, promotes social interaction and builds hand and arm dexterity and strength. More importantly, the coloring club has opened a space for new friendships!



In the summer of 2019, Gigi became involved with the knitting club and revitalized the program. She patiently provides support and direction to those learning to crochet and knit.

Gigi is a loving mother of three who cares deeply for her family and has contributed to the community through her volunteer work over the years. She was a dedicated Hebrew teacher for many years and after retirement, continued as a supply teacher. Since retiring, volunteering has become a larger part of her life. “The more I come here and do whatever I can, I get so much more out of it – I love coming here!” Wise words from Gigi, “If you want to add more meaning to your life, I would really encourage you to volunteer at Betel”.

SANDY BOKSER – RUMMI-CUBE PROGRAM FACILITATOR



Sandy started to make a positive impact in her community at the age of eight. She had positive family role models and thanks to their direction, she has become the generous and kind woman she is today. Despite her own personal challenges, she remained positive and resilient. For 65 years, Sandy had a varied career, which included managing a business; caring for children, animal care and doing advocacy work.

Betel is her second home and when she walks into the centre she knows she is at the right place. To Sandy, Betel has saved her life. As a milestone volunteer of 20 years, she has held many volunteer roles including Member’s Council, Board of Directors, Café Europa, Day Trips, Special Events, Social Action Committee and much more. On Friday afternoons, she can be found in the Café leading the Rummi-Cube program. She interacts with the members and welcomes new people to the group.

Sandy has also committed her time and dedication towards other organizations in the community including Beth David Synagogue, Association of Jewish Seniors, and the P.E.P group. Ever since she stepped through the doors of Betel, she knew this would be the place for her. Her hope is to make things better, to fix what is broken, to help people, and to live by the golden rule of respecting others. Sandy believes, “If it wouldn’t be for the dreamers, we would all be in a cave, with no fire. Volunteers are dreamers. We dream about making things better one way or another”. Thank you Sandy for continuing the dream.

Want to apply to our Volunteer Program?

Contact Cheryl Besner, Volunteer Services Manager, at 416-225-2112, ext. 127 or cherylb@betelcentre.org.

Bernard Betel Centre counts on your support to provide the best programs and services for seniors in our community.









Please donate generously!
Your donation makes a big difference.

For more information or to donate, please contact Abey Suwande at 416-225-2112, ext. 125 or abeys@betelcentre.org, visit Reception, or visit our website at www.betelcentre.org to donate online.

All donations of $10 or more will receive a tax receipt.

INDEX

A

Arts 10
At Home Respite 27

B

Bingo 9
Blood Pressure Clinic 26
Bridge 8

C

Canasta 8
Card Playing 8
Café 7
Café Europa 27
Catering 7
Centre Closings 5
Chess Club 8
Chiropody Clinic 26
Choir 9
Clinics 26
Community Support Services . . 27
Computer Programs
- English 16/17
- Russian 18

Concerts 19
Contact Information 3
Creative Writing 8
Current Events 8

D

Dance Class 25
Diabetes Clinic 26
Discussion Groups
- Men's 12
- Women's 12

Donations 3/30
Drawing & Acrylics 10

E

Etrog Hebrew Club 14

F

Facebook 3/16
Facility Rental 7
Fitness Programs 24/25
Food Services 7
French Conversation Club 12
Friendly Visiting 27
Funders 4

G

Games 8

H

Health Promotion Programs 22
Hearing Screening Clinic 26
Hebrew Conversation Club 12
Hours of Operations 5

I

Israeli Dancing 25
Information Desk Hours 5
Intergenerational Programs 14
iPad / iPhone 17

K

Knitting & Needlepoint 10

L

Laughter Yoga 26
Lectures
- Lifelong Learning 15
- Sunday Series 22
- Wellness 23

Library 8
Lifelong Learning 14/15
Line Dancing 25

M

Mah Jong 8
Meals on Wheels 27
Members' Council 3
Membership 4
Memory Boosters 26
Movies 19
Music Programs 9

N

Nutrition Clinic 26

O

Oil Painting 10

P

Painting 10
Parking 5
Pottery 9/10

R

Registration Policy
- Courses 6
- Trips & Travel 6

Rummi-Cube 8
Russian Golden Age Cultural Program 13

S

Safe Option Program 27
Service Navigation Clinic 27
Spanish Conversation Club 12
Special Events 19
Sudoku 8

T

Table of Contents 3
Trips & Travel
- English Language 20
- Russian Language 20

Twitter 3

V

Volunteer Services 28

W

Watercolour 11
Wellness Programs 22
Wi-Fi 5
Writing Programs 8

Y

Yoga 24

Z

Zumba Gold 25

bernard betel centre
1003 Steeles Ave. West, Toronto, ON M2R 3T6

CANADA POSTES
POST CANADA
Postage paid Port payé
Publications Mail Poste-publications
40047295

www.facebook.com/betelcentre

www.twitter.com/betelcentre

We gratefully acknowledge financial support from:

Ontario
United Way Greater Toronto
TORONTO
UJA FEDERATION of Greater Toronto

Charitable number 11921 5697 RR0001