


# Bernard Betel Centre Online Virtual Program Calendar – DECEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 bernard betel centre		<b>1</b> 10 - 10:30 Chair Yoga 1 - 2:30 Drawing & Acrylic 2:30 - 4:30 Power of Mythology 3 - 3:30 Guided Mindful Meditation	<b>2</b> 10 - 11 Breathe Better Exercise 11 - 12 Cooking Club: Yogurt and Rice Pudding 12 - 1 RGA English Conversation 1:30 - 3 Memoir Writing: What's Your Story? 2 - 4 Religions of Ancient Near East 3 - 4 A Trip Down Memory Lane	<b>3</b> 8:30 - 9 Fitness: Morning Energizer! 11 - 12 Memory Boosters 3 - 4 Mandala Workshop	<b>4</b> 10:30 - 11:30 Creative Writing 11 - 12 Tech Open Forum 12 - 1 Shizen Ha Class 2 - 3 Breathe Better Exercise	<b>5</b>
	<b>6</b>	<b>7</b> 10-12 Classical Music 10:30 - 11:30 Watercolour Intermediate 12 - 1 Gentle Fitness (Facebook Live) 12 - 2 Global Affairs: U.S. Election 2 - 3 News, Views & Schmooze	<b>8</b> 10 - 10:30 Chair Yoga 10:30 - 11:30 Workshop: 'Speaking of Bones' 1 - 2:30 Drawing & Acrylic 2:30 - 4:30 Hope, Holidays and Mythology 3 - 3:30 Guided Mindful Meditation	<b>9</b> 10 - 11 Breathe Better Exercise 12 - 1 RGA English Conversation 1:30 - 3 Memoir Writing: What's Your Story? 2 - 4 Religions of Ancient Near East 3 - 4 Cooking Club: Hanukkah Latkes	<b>10</b> 8:30 - 9 Fitness: Morning Energizer! 11 - 12 Memory Boosters 12:30 - 1:30 French Conversation 2 - 3 Workshop: 'Customize Your Desktop' 3 - 4 Mandala Workshop	<b>11</b> 10:30 - 11:30 Creative Writing 10:30 - 11:30 Watercolour Intermediate 11 - 12 Tech Open Forum 12 - 1 Shizen Ha Class 1 - 2 Art Appreciation: Claude Monet 2 - 3 Breathe Better Exercise
<b>13</b>	<b>14</b> 10-12 Classical Music 10:30 - 11:30 Watercolour Intermediate 12 - 1 Gentle Fitness (Facebook Live) 2 - 3 News, Views & Schmooze	<b>15</b> 10:30 - 12 Documentary: 'The Best of Jewish American Comedy' 1 - 2:30 Drawing & Acrylic 2:30 - 4:30 Hope, Holidays and Mythology 3 - 3:30 Guided Mindful Meditation	<b>16</b> 10 - 11 Breathe Better Exercise 11 - 12 Cooking Club: Pan Pizza 12 - 1 RGA English Conversation 1:30 - 3 Memoir Writing: What's Your Story?	<b>17</b> 8:30 - 9 Fitness: Morning Energizer! 11 - 12 Memory Boosters 1:30 - 2:30 Workshop: 'Who is the Person Behind the Portrait?' 3 - 4 Mandala Workshop	<b>18</b> 10:30 - 11:30 Creative Writing 10:30 - 11:30 Watercolour Intermediate 12 - 1 Shizen Ha Class 1 - 2 Concert: Dave Giles (Facebook Live) 2 - 3 Breathe Better Exercise	<b>19</b>
<b>20</b>	<b>21</b> 10-12 Classical Music 12 - 1 Gentle Fitness (Facebook Live) 2 - 3 News, Views & Schmooze	<b>22</b> 10:30 - 11:30 Workshop: 'The Power of Laughter' 2:30 - 4:30 Hope, Holidays and Mythology 3 - 3:30 Guided Mindful Meditation	<b>23</b> 10 - 11 Breathe Better Exercise 11 - 12 Cooking Club: Shakshuka 12 - 1 RGA English Conversation 1:30 - 3 Memoir Writing: What's Your Story?	<b>24</b> 8:30 - 9 Fitness: Morning Energizer! 11 - 12 Memory Boosters 12:30 - 1:30 French Conversation 3 - 4 Mandala Workshop	<b>25</b> Centre Closed	<b>26</b>
<b>27</b>	<b>28</b> Centre Closed	<b>29</b> Centre Closed	<b>30</b> Centre Closed	<b>31</b> Centre Closed	All programs are hosted on Zoom, unless otherwise listed as Facebook Live. Please click <a href="#">HERE</a> for specific program details and how to register for programs hosted on Zoom. All Facebook Live programs can be accessed on our Facebook page <a href="#">HERE</a> .	