


Bernard Betel Centre Online Program Calendar – December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>All programs are hosted on Zoom, unless otherwise listed as Facebook Live. Please click HERE for specific program details and how to register for programs hosted on Zoom. All Facebook Live programs can be accessed on our Facebook page HERE.</p>			1 10 - 11 Breathe Better Exercise 12 - 1 Hanukkah Concert 3 - 4 Cooking Club: Surprise Latkes 3:30 - 5 What's Your Story: Memoir Writing	2 8:30 - 9 Fitness: Morning Energizer! 11 - 12 Memory Boosters: Hanukkah edition! 12 - 1 RGA English Conversation 12:30 - 1:30 French Conversation 1:30 - 3:30 Middle East on the Move 3 - 4 Mandala Workshop	3 10:30 - 11:30 Creative Writing 12 - 1 Shizen Ha Class 1 - 3 Archaeology of Israel 2 - 3 Breathe Better Exercise	4
5	6 10 - 12 Watercolour Intermediate 10:30 - 11:30 Sudoku 12 - 1 Gentle Fitness (<i>Facebook Live</i>) 2:30 - 3:30 Presentation: Digital Literacy: Part 1	7 9:30 - 10 Chair Yoga 10:30 - 11:30 Presentation: Jewish Genealogy 1 - 2:15 Drawing & Acrylic 2 - 2:30 Walking Club	8 10 - 11 Breathe Better Exercise 11 - 12 Cooking Club: Power Bowls 3:30 - 5 What's Your Story: Memoir Writing	9 8:30 - 9 Fitness: Morning Energizer! 11 - 12 Memory Boosters 12 - 1 RGA English Conversation 1:30 - 3:30 Middle East on the Move 3 - 4 Mandala Workshop	10 10:30 - 11:30 Creative Writing 12 - 1 Shizen Ha Class 1 - 3 Archaeology of Israel 2 - 3 Breathe Better Exercise	11
12	13 10 - 12 Watercolour Intermediate 10:30 - 11:30 Sudoku 12 - 1 Gentle Fitness (<i>Facebook Live</i>) 2:30 - 3:30 Presentation: Digital Literacy: Part 2	14 9:30 - 10 Chair Yoga 10:30 - 11:30 Presentation: Six Wives of Henry VIII in Portraits 1 - 2:15 Drawing & Acrylic 2 - 2:30 Walking Club	15 10 - 11 Breathe Better Exercise 11 - 12 Cooking Club: TBA 1 - 1:45 Laughter Yoga 3:30 - 5 What's Your Story: Memoir Writing	16 8:30 - 9 Fitness: Morning Energizer! 11 - 12 Memory Boosters 12 - 1 RGA English Conversation 12:30 - 1:30 French Conversation 1:30 - 3:30 Middle East on the Move 3 - 4 Mandala Workshop	17 10:30 - 11:30 Creative Writing 12 - 1 Shizen Ha Class 1 - 3 Archaeology of Israel 2 - 3 Breathe Better Exercise	18
19	20 10 - 12 Watercolour Intermediate 10:30 - 11:30 Sudoku 12 - 1 Gentle Fitness (<i>Facebook Live</i>)	21 9:30 - 10 Chair Yoga 11 - 12 Presentation: The Real History of Christmas 1 - 2:15 Drawing & Acrylic 2 - 2:30 Walking Club	22 10 - 11 Breathe Better Exercise 11 - 12 Cooking Club: Cherry Cheesecake 3:30 - 5 What's Your Story: Memoir Writing	23 8:30 - 9 Fitness: Morning Energizer! 11 - 12 Memory Boosters 12 - 1 RGA English Conversation 1:30 - 3:30 Middle East on the Move 3 - 4 Mandala Workshop	24 10:30 - 11:30 Creative Writing 12 - 1 Shizen Ha Class 1 - 3 Archaeology of Israel 2 - 3 Breathe Better Exercise	25
26	27 Closed	28 Closed	29	30	31 12 - 1 Shizen Ha Class	