



Bernard Betel Centre Winter 2023 Programs

FOR ONSITE PROGRAMS: Registration is on a first-come-first-serve basis.
Call Reception at 416-225-2112, ext. 0 to register for all paid classes.

For any questions about our programs, contact Maria Lindgren, Director, Programs,
at marial@betelcentre.org or 416-225-2112, ext. 130.

On-site Art Classes

Watercolour:

Learn more advanced techniques.
Individual expression is encouraged.
Beginners welcome! No supplies included
for classes.
Instructor: Elaine Sugar

Dates: Monday, Jan 10 – Mar. 21

No class Feb. 20

Times: 9:30 am - 12:00 pm

Weeks: 10 weeks

Price: \$125 member, \$250 non-member

*Do you want to try a watercolour class before committing?
Beginners are welcome to try a class for free! Supplies
included for the trial class. Call Maria to try a class: 416-225-
2112 ext. 130*

Pottery - Mixed Levels:

Everyone is welcome. The instructors
provide individualised teaching so each
student receives the information they need,
from beginners to experts. You will learn a
variety of hand building techniques to
create functional items or sculptures.
Equipment, tools and firing included.
Additional cost for clay and glazes.

Dates: Tuesday, Jan. 3 – Mar. 21

Times: 1:00 pm - 4:00 pm

Weeks: 12 weeks

Price: \$180 member, \$360 non-member

Instructor: Linda (Shayne) Berlin

Dates: Wednesday, Jan. 4 – Mar. 22

Times: 9:30 am - 12:30 pm

Weeks: 12 weeks

Price: \$180 members, \$360 non-members

Instructor: Linda (Shayne) Berlin

Dates: Thursday, Jan. 12 – Mar. 23

Times: 1:00 pm - 4:00 pm

Weeks: 11 weeks

Price: \$165 member, \$330 non-members

Instructor: Anisoara Kirschner-Kozai

Dates: Friday, Jan. 6 – Mar. 24

Times: 9:30 am - 12:30 pm

Weeks: 12 weeks

Price: \$180 members, \$360 non-members

Instructor: Linda (Shayne) Berlin

Colouring and Knitting Club

Join us to colour or knit together in an
informal setting. Enjoy all the brain benefits
of creative expression without the cost of
expensive supplies
Facilitator: Gigi Davidson

Wednesdays

Times: 10:00 am - 12:00 pm

Price: free

Drop in!

Online Art Classes

Mandala Club

This course will be held on Zoom

This class is a mix of mindfulness and creativity. Learn about the history of these symbols and use paint, pencils and ink to create your own breathtaking mandalas. No experience necessary. Must have access to a printer.

Instructor: Maya Vinokurov

Dates: Thursdays

Times: 3:00 pm – 4:00 pm

Weeks: 12

Price: free

Register: www.betelcentre.org/online-programs

Drawing and Acrylic:

This course will be held on Zoom

Develop your skills and express yourself. Beginner and Intermediate classes offered! No supplies included for classes.

Instructor: Maya Vinokurov

Dates: Tuesday, Jan. 10 – Mar. 21

Times: 9:30 am - 11:30 am

Weeks: 11 weeks

Price: \$88 members, \$176 non-member

On-site Fitness and Dance Classes

Israeli Dancing:

Enjoy the music and learn the steps to dances associated with the folklore of Israel.

Instructor: Vivian Margulis and Mali Wasserman

Dates: Mondays

Times: 3:30 pm - 4:30 pm

Weeks: 10

Price: Free for members - Registration Required

Registration required. Call Maria 416-225-2112 ext 130 or email marial@betelcentre.org

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: Maria Lindgren

Dates: Tuesday, Jan. 10 – Mar. 21

Times: 10:30 am - 11:30 am

Weeks: 11 weeks

Price: \$55 members, \$110 non-members

Tai Chi

This class focuses on slow and controlled movements. Improve your health, promote relaxation and work on concentration.

Instructor: Eva Nilsson

Dates: Wednesdays, Jan. 11 – Mar. 22

Time: 10:00 am – 11:00 am

Weeks: 11

Price: \$55 members, \$110 non-members

Body Fit:

Challenges and incorporates all aspects of a healthy exercise routine.

Instructor: Karen Shuster

Dates: Thursday, Jan. 12 – Mar. 23

Times: 11:00 am – 12:00 pm

Weeks: 11

Price: \$55 members, \$110 non-members

Body Works:

Energize yourself with aerobic, strength and stretching for total body fitness. This class will involve standing and seated exercises.

Instructor: Wendy Burke

Dates: Feb. 7 – March 28

Time: 1:00 – 2:00 pm

Weeks: 8

Price: \$40 members, \$80 non-members

Breathe Better Gentle Fitness:

This gentle fitness class will be seated and focus on your breathing and gentle strengthening and stretching techniques.

Instructor; Margarita Vlasicheva

Dates: Friday, Jan. 13 – Mar. 24

Times: 10:00 am - 11:00 am

Weeks: 12

Price: \$55 members, \$110 non-members

Online Fitness and Dance Zoom Classes

Chair Yoga

This course will be held on Zoom

Join us for a gentle seated yoga class for a gentle stretch, mindful breathing and a moment to relax.

Instructor: Maria Lindgren

Dates: Tuesdays

Times: 9:00 am – 9:30 am

Price: Free

Register: www.betelcentre.org/online-programs

Friday Gentle Fitness

****This course will be held on Zoom****

This class is low-impact and gentle for all abilities. Some seated and standing exercises will take place.

Instructor: Karen Shuster

Dates: Fridays

Times: 10:00 am – 10:45 am

Price: free

Register: www.betelcentre.org/online-programs

On-site Digital Literacy and Computer Learning

Facebook:

Learn how to use Facebook for fun and keeping in touch with family and friends.

Date: Mondays, Jan. 16, 23 and 30

Time: 10:30 am – 12:00 pm

Weeks: 3

Price: \$30 members, \$40 non-member

Open Lab:

Volunteers are available to help and answer your tech questions. Bring your own laptop, tablet or phone or use our computers.

English and Russian speaking volunteers available.

Date: Wednesdays

Time: 10:00 am – 12:00 pm

Weeks: 11

Price: \$2 per hour

Drop in!

iPhone

Learn basic iPhone use including settings, apps, texting, camera and more!

Date: Monday Jan. 16 – Feb. 13

Time: 1:00 – 2:30 pm

Weeks: 5

Price: \$45 members, \$55 non-members

Word and Excel

Basic use of Microsoft Word and Excel. Great for new users or as a refresher course! Use word to write memoirs and Excel to keep lists plus more!

Date: Monday Feb 27 – Mar. 27

Time: 1:00 – 2:30pm

Weeks: 5

Price: \$45 members, \$55 non-members

Games, Games, Games

Boost your memory playing games on the computer. Improve your memory and concentration while having fun!

Date: Monday, Mar. 6 – Mar. 20

Time: 10:30 am – 12:00 pm

Weeks: 3

Price: \$30 members, \$40 non-members

Online Computer Classes

How to Download Music from the Internet

In this course, you will learn all about how to locate music videos on the Internet and save the music directly to your computer or phone. You can play your music anywhere without the need to have access to WiFi. This is a great way to enhance your personal music collection.

Facilitator: Frank Cosentino

Date: Thursday, Feb. 2

Time: 12:00 – 1:30 pm

Price: Free

Register: www.betelcentre.org/online-programs

On-site Games

Mah Jong - Beginners:

Learn how to play Mah Jong with experienced instructors. Supplies included.

Instructor: Judy Ezrin

Date: Monday, Jan. 9 – Mar. 27

****No Class Feb. 20****

Time: 10:00 am – 12:00 pm

Price: Free for members- Registration required

Registration required. Call Maria 416-225-2112 ext. 130 or email marial@betelcentre.org to register.

Games Room

All card playing and games welcome. Supplies for Mah Jong, Rummi-Cube, and Canasta provided. For all other games, please bring your own supplies. Drop in.

Date: Tuesdays

Time: 1:15 – 4:00 pm

Price: Free

Drop in!

Rummi Cube

Date: Fridays

Time: 12pm – 2 pm

Join us for drop-in Rummi Cube. Games provided and we'll pair people up in foursomes!
Facilitator: John Witchel and Shiffy Hoffman

Price: Free
Drop in!

Online Games

Sudoku

****NOTE: This course will be held on Zoom****
Want to learn how to play Sudoku or learn new strategies and techniques. Join a one-on-one session or join a group to solve a puzzle.
Facilitator: Bob and Gail Berchuk

Mondays

Time: 10:30 – 11:30 am
Price: Free
Email marial@betelcentre.org or call 416-225-2112 ext 130 to register for the link.

Special Events

Live Concert

Join Reuven Grajner (pianist, keyboardist, songwriter) and Bernis Gorin as they sing songs in Yiddish and English.

Date: Wednesday, January 11

Time: 2:00 – 3:00 pm
Price: \$8 members, \$12 non-members
Drop-in!

Group Piano Sing-Along!

Join Deborah Maes for a group sing-along (with lyrics!) while she accompanies with the piano. Bring your song requests!

Date: Wednesday, January 18

Time: 2:00 – 3:00 pm
Price: Free
Drop-in!

Live Concert

Join “Lyrical Leisure” with well known singer Elena Lunsky and Marat Iliyosov as they sing songs in English, Italian and Spanish.

Date: Wednesday, January 25

Time: 2:00 – 3:00 pm
Price: \$8 members, \$12 non-members
Drop-in!

Etrog Tu B'Shvat Celebration

This program will be held in Hebrew.
Join us for songs, discussion and activities to celebrate Tu B'Shvat. Fruit, cake and coffee are included.

Date: Tuesday, February 7

Time: 4:00 – 6:00 pm
Price: \$10
Register: Call Vivian (416-663-8366) or Aviva (647-886-7861). Register by February 3.

Live Concert

Join us for a concert with Morris Kast! Morris will sing songs in a variety of languages and get us dancing with upbeat music.

Date: Wednesday, February 8

Time: 2:00 – 3:00 pm
Price: \$8 members, \$12 non-members
Drop in!

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.

Date: Wednesday, February 15 and March 15

Time: 12:00 – 1:00 pm
Price: Free
Drop in!

New Member Meet and Greet

Are you a new member to the centre or haven't visited us in awhile? Join us to chat about programs happening in the centre, ask questions and meet other new members.

Date: Thursday, January 26 and February 16

Time: 11:00 am – 12:00 pm
Price: Free
Drop-in!

OACAO Seniors Active Living Fair

Join us to interact with local agencies, community resources, service providers and health practitioners! Giveaways, refreshments, prizes and more!

Date: Wednesday, February 22

Time: 1:00 pm – 4:00 pm
Price: Free
Drop-in!

Purim Celebration

Join us for an evening of dinner, music, dancing and dress up! Maurice Kast will be the musical entertainment.

Date: Tuesday, March 7

Time: 6:30 pm – 9:00 pm
Price: \$25
Register: Call Vivian (416-663-8366) or Francesca (316-473-2927). Register by March 3.

Live Concert “Lyrical Leisure”

Join us for a concert with Elena Lunsky and Marat Iliyosov! Enjoy music in English, Italian and Spanish.

Date: Wednesday, March 8

Time: 2:00 pm – 3:00 pm
Price: \$8 members, \$12 non-members
Drop in!

Are You Concerned About Your Memory?
Join the Alzheimer Society of Toronto in learning about early detection of mild cognitive impairment and Alzheimer's disease. This presentation will look at services in the community as well as future cognitive assessments being held at Betel.

Date: Thursday, March 9
Time: 10:30 am – 12:00 pm
Price: Free
Drop in!

Community Safety Presentation
In partnership with the Association of Jewish Seniors, join us as we discuss community safety with Councillor James Pasternak. Refreshments included.

Date: Wednesday, March 15
Time: 2:00 pm – 3:00 pm
Price: Free

Senator David A. Croll Memorial Wellness Lecture: "The Prison Lady"
Join Phyllis as she recounts her years teaching life skills to hundreds of Canadian prisoners. We will take a look at finding your life's passion, following your dreams and what the lane of fulfilment brings to one's life. Refreshments included. Presenter: Phyllis Taylor, Author and Motivational Speaker

Date: Wednesday, March 22
Time: 2:00 pm – 3:30 pm
Price: Free
Drop-in!

Movie "Callas Forever"
A story about the last days of legendary opera singer Maria Callas. Filmed in Bucharest, Romania, Spain, and Paris.

Date: Wednesday, March 29
Time: 2:00 pm – 3:00 pm
Price: Free for members, \$5 non-members
Drop in!

Wellness Lecture: Stroke Prevention and Management
Join Health Promotor, Cherilyn, as she discusses stroke signs, prevention and looks at how to manage stroke after it has occurred. Speaker: Cherilyn Pagarigan, Centennial College

Thursday, March 30
Time: 10:30 am – 11:30 am
Price: Free!
Drop in!

50th Community Passover Seder
Our community Seder is back again to celebrate 50 years of Passover at Betel! Join us for the first Passover Seder with a full dinner and Seder rituals for all to enjoy.

Wednesday, April 5
Time: 5:00 pm – 9:00 pm
Price: \$25
Register: Call Charm 416-225-2112, ext. 105 or visit Reception to purchase tickets

On-site Discussion, Support, Language and Writing Groups

Erog Hebrew Club
Offering a variety of activities in Hebrew such as lectures, discussions, current events, socials, music and more.

Date: Tuesdays
Time: 3:00 pm – 5:00 pm
Price: Free
Drop-in!

Ageing Mindfully Support Group:
Join us for a support group with a Social Service Worker as we reconnect, share, learn and experience new ways to live a more peaceful, happier and empowered life.
Instructor: Irine Dubinski, Social Service Worker

**Dates: Tuesdays – 11:30 am – 1:00 pm
OR Fridays 11:00 am – 12:30 pm**
Weeks: 8
Price: Free
Registration required: Call Irine 416-225-2112 ext 122 or email irined@betelcentre.org

French Conversation Group
Parlez-vous français? Come and discuss current events, poetry, music and more.
Facilitator: Alla Gertsenstein

Date: Wednesday, January 11, 25, February 8, 22, March 8 and 22
Time: 10:00 am – 11:00 am
Price: Free
Drop-in!

News, Views and Schmooze
Discussion of different subjects of interest in a relaxed and friendly environment.
Facilitator: Harvey Skolnick

Date: Mondays
****No class February 20****
Time: 10:00 am – 11:30 am
Price: Free
Drop-in!

Creative Writing Course

Date: Tuesdays, January 10 – March 28

Writing Instructor, Sylvia Warsh, will work with participants on their skills with formal writing exercises and activities. Participants will be able to read their work aloud with feedback and critique.
Instructor: Sylvia Warsh

Weeks: 12
Time 1:00 pm – 3:00 pm
Price: \$84 members, \$168 non-members

Taste of Music

Harvey Skolnick will present the background of a famous singer, such as Barry Manilow, Carole King, Bobby Darin and many more. We will hear their original recordings and sing along. Lyrics will be provided. No singing experience required!
Facilitator: Harvey Skolnick

Date: Thursdays

Time: 2:00 pm – 3:00 pm
Price: Free
Drop in!

Book Club

This month we're reading "Sea of Tranquility" by Emily St. John Mandel. Join us for an interesting discussion. Feel free to join us even if you haven't read or finished reading the book.
Facilitator: Sharon Chodirker

Date: Thursday, March 30

Time: 3:00 pm – 4:00 pm
Price: Free
Drop in!

Online Discussion, Support, Language and Writing Groups Classes

Memory Boosters

****NOTE: This course will be held on Zoom****
Stay sharp and challenge your mind with riddles, puzzles, games and trivia as part of a fun and energetic group.

Date: Thursdays

Time: 11:00 am – 12:00 pm
Price: Free
Register: www.betelcentre.org/online-programs

Creative Writing Discussion Group

****NOTE: This course will be held on Zoom****
Participants will read their works aloud, and receive feedback in a supportive, friendly and informal environment.
Facilitator: Judith Weinryb

Date: Fridays

Time: 10:30 – 12:30 pm
Price: Free
Register: www.betelcentre.org/online-programs

Lifelong Learning Lectures

Tuesday, January 10

10:30 am

The Latest Trends in Communication, Culture and Traditions in Scandinavian Countries

This presentation will look at tools for effective communication in Scandinavian cultures, including a discussion on the culture and traditions of these countries. Included in this interactive discussion will be the world's most famous researchers in the field of effective communication, controversial issues of happiness in communication and traditions of Scandinavian countries.

Facilitator: Olesia Sulchuk

Cost: \$5 at the door
Drop in! Call Sharon 416-225-2112 ext 124 or email sharonc@betelcentre.org with any questions.

Tuesday, January 17

10:30 am

Growing Up Jewish in Jamaica

Willy was born in Kingston, Jamaica and will discuss growing up Jewish in Jamaica, the little known fact that Jewish history in Jamaica stretches back to the start of colonial history and how Jamaica saved nearly 1000 Jews fleeing the Holocaust

Facilitator: Wifred Lindo

Tuesday, January 24

10:30 am

Traditional Chinese Culture and its role in the Modern World

Join the presenters of Shen Yun Performing Arts Show as we take a look China before Communism and the role traditional China has played in our multicultural society.

Facilitator: Jane Pang, Shen Yun Performing Arts

Tuesday, January 31

10:30 am

Mental Health & Mental Wellness: How To Make Yourself a Priority

Everyone goes through struggles with their mental health and wellness throughout the year, but the winter months can be especially tough. Join us to discuss techniques to improve our mental health and wellness with JACS Toronto.

Facilitator: Orit Tordjman, JACS Toronto

Tuesday, February 7

10:30 am

Rosh HaShanah (New Year) for Trees

Tu B'Shvat was celebrated yesterday! How many New Years do Jews have? How are we comparable to trees? Do we really grow? How can we grow? Trees have long roots, how deep are your roots?

Facilitator: Rabbi Chai Cohen

Tuesday, February 14

10:30 am

Romance in Musicals

It's Valentines Day! From West Side Story to My Fair Lady, from the Phantom of the Opera to Singing' in the Rain, let's explore the theme of romance in classical musicals.

Facilitator: Daniel Aonso – Circles Enrichment

Tuesday, February 21

10:30 am

The Present and Future of Energy

How will the world find its future energy sources? Join us as we find some answers to monumental questions.

Facilitator: Arnold Gilis

Tuesday, February 28

10:30 am

Leonardo's Women: One Almost Gone, Another Almost Came Back

Stories about the artist, Leonardo Da Vinci that you may have not heard! Who is the real Mona Lisa? Whose portrait is in the Louvre Museum in Paris? Are some of Leonardo's work in an underground vault of a Swiss bank? Learn more about this artist!

Facilitator: Victor Rodos

Tuesday, March 7

10:30 am

The Story of Purim on Purim

In honour of the holiday of Purim and International Women's Day (March 8), join us for a quick Megillah reading and answers to all your questions.... how Esther saved the Jews, how another miracle was brought about by a woman and other miracles that were revealed by Jewish women

Speaker: Rabbi Chai Cohen

Tuesday, March 14

10:30 am

The Jews in Medieval England

Discover Jewish life in the 1200's and how they managed to survive in spite of Kings, Noblemen, and others who wished to harm them. Learn about the wealthiest Jewish woman in England and the Jewish connection in this time period of Charles Dickens and a Jewish woman.

Speaker: Jerry Willer

Tuesday, March 21

10:30 am

A Look at Cinema: To Kill a Mockingbird

This film, which has just turned 60, is a coming of age classic, doing so much in terms of breaking down racial barriers in America at the cusp of the Civil Rights Movement. Join Ryan as he discusses the life of the author Harper Lee, the publication of the book, making the movie and its impact on society, education and race.

Speaker, Ryan Uytdewilligen

Tuesday, March 28

10:30 am

Jewish in Iran

Learn about Farokh Hakimi's experiences growing up Jewish in Iran.

Speaker: Farokh Hakimi

Lifelong Learning Courses

The Art and Archaeology of Ancient Rome

****NOTE: This course will be held on Zoom****

Rome started out as a small, fortified village on a hill near the Tiber River about 2800 years ago. Within about 600 years of its foundation, it ruled most of Western Europe, the Middle East, and parts of Africa. The effects of its culture can still be seen today in the Neo-Classical architecture found all over North America. This course will introduce you to the history, art, and archaeology of this great culture of the ancient world

Instructor: David Lipovitch, PhD

Date: Mondays, January 9 – March 13

****No class February 20**

Time: 2:00 pm – 4:00 pm

Weeks: 9

Price: \$90 members, \$180 non members

Antisemitism: The World's Oldest Hatred

Antisemitism is an ancient and deeply embedded hostility towards the Jews. Even after the atrocities of the Holocaust, it has persisted and is emerging today out of the shadows once again. In this course we will explore the fundamental questions and issues that this raises with particular emphasis on its contemporary manifestations. We will explore online hate and how it spreads anti-Semitic falsehoods, conspiracy theories, and tropes. We will also examine the ways in which antisemitism is confronted and handled today in hopes of curbing if not eliminating it.

Facilitator: Amnon Zohar, International Relations Expert

Date: Mondays, January 9 – February 27

****No class February 20 ****

Time: 1:00 pm – 3:00 pm

Weeks: 8

Price: \$80 member, \$160 non-mem

Online Lifelong Learning Lecture

A Look at Portraits: Group-Portraits, Self-Portraits & Hidden Self - Portraits

****NOTE: This course will be held on Zoom****

A portrait can be a sculpture, a painting or a photograph. The artist's intent is to depict a human subject. Traditional portraits depict the sitter's head & shoulders, half-length, or full-body. There are several varieties of portraits, including the traditional portrait of an individual, a double portrait, a group portrait, or a self-portrait. Artists have also included their own image in a crowded scene of their painting where the self-portrait was or not the main subject. A self-portrait can be used as a signature (Van Gogh, Rembrandt), as a narrative self-portrait where the image depicts as a character (Frida Kahlo), as a study of facial expressions, as a self-study of an exploration to see beyond the image in the mirror and begin to search into the soul.

Facilitator: Rachel Levin

Date: Tuesday, February 7

Time: 1:30 pm – 3:00 pm

Register:

www.betelcentre.org/online-programs

Jewish Professions & Occupations in Jewish Life

Date: Tuesday, March 21

****NOTE: This course will be held on Zoom****

Jewish occupations were largely determined according to the restrictions placed on Jews by the countries where they lived at a particular period of time. Some occupations of Jews were determined by religious considerations such as members of clergy, and others worked in business & commerce such as bankers, pawn brokers, peddlers and more.
Facilitator: Rachel Levin

Time: 1:30 pm – 3:00 pm

Register:

www.betelcentre.org/online-programs