

Connect!

Summer 2023

July, August, September



bernard betel centre
www.betelcentre.org

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



Betel is a diverse community filled with a richness of cultures, religions, languages and practices. It is more than just a building, but a community where you can volunteer, teach, learn, engage and participate in a myriad of activities, services and programs. Betel is a community of support and caring of each other whether you are a member, volunteer, community participant or staff person. To keep our community thriving, we must come together with our time, energy, expertise and, if we have the ability, our financial support. As many of you know our membership and program fees partially fund Betel's programs and services. It is essential that we also rely on funders, including the Ontario Government, the City of Toronto, UJA Federation of Greater Toronto and the



United Way Greater Toronto. Unfortunately, these organizations are under increasing pressure and cannot sustain our community alone.

During the pandemic, we heard from hundreds of Jewish seniors (yes, hundreds) who were living in poverty with little or no food. We turned our attention to providing free meals to between 620 to over 1,000 seniors and Holocaust survivors living in poverty. As many of you know, we have continued to fundraise, not only to feed these food insecure Jewish seniors, but also to do the necessary renovations and repairs to make the building more inviting and comfortable. We sincerely apologize for any inconvenience our recent repairs have caused our membership. We respect that everyone has different means. If you are financially able, we hope you will think of Betel in a way that works for you, such as regular or individual donations, participating in 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's what we have at Betel. With your support and caring, we will be able to continue to encourage healthy, active and creative living. Have a wonderful, safe and healthy summer!

Marcus Staviss
President, Board of Directors

Gail Gould
Executive Director

Приветствие Президента, Совета директоров и Исполнительного директора

Бетель – это настоящее братство. Разнообразное сообщество, наполненное богатством культур, религий, языков и обычаев. Это больше, чем просто здание, это место, где Вы можете стать волонтером, учить, учиться, участвовать во множестве мероприятий, услуг и программ. Наш Центр - это место поддержки и заботы друг о друге, независимо от того, являетесь ли Вы волонтером, штатным сотрудником, членом Центра, или просто сообщества. Чтобы поддерживать процветание этого сообщества, мы должны объединить наше время, нашу энергию, наш опыт и, если у нас есть возможность, нашу финансовую поддержку. Многие из вас знают, что наши членские взносы и плата за программы лишь частично покрывают программы и услуги Центра. Очень важно, чтобы мы также могли получать средства от важных спонсоров, включая правительство Онтарио, город Торонто, UJA Federation of Greater Toronto и United Way Greater Toronto. К сожалению, эти организации не всегда могут поддерживать наше сообщество в одиночку.

Во время пандемии мы узнали о сотнях пожилых евреев (да, сотнях), которые жили в нищете, практически не имея еды. Мы старались обеспечить бесплатным питанием от 620 до более 1000 пожилых людей и переживших Холокост, живущих в нищете. Как многие из вас знают, мы продолжаем собирать средства не только для того, чтобы накормить этих бедных еврейских пожилых людей, но и для проведения необходимых ремонтных работ, чтобы сделать здание более привлекательным и комфортным. Мы искренне приносим извинения за любые неудобства, вызванные недавним ремонтом нашего здания. Мы понимаем, что у всех разные финансовые возможности. Но если у Вас есть такие возможности, то мы надеемся, что Вы сумеете помочь Вашему Центру, например, делая регулярные и индивидуальные пожертвования, участвуя в мероприятиях по сбору средств или вспомнив о Бетель Центре в своем завещании. Хотя об этом трудно думать заранее, планирование может помочь близким понять Ваши предпочтения в трудные времена и гарантировать, что сообщество, о котором вы заботитесь, продолжит процветать в будущем.

Отличное сообщество состоит из замечательных людей — и это то главное, что есть у нас в Центре. С Вашей поддержкой и заботой мы сможем продолжать поощрять здоровый, активный и творческий образ жизни. Хорошего, безопасного и здорового лета

Marcus Staviss
Президент

Gail Gould
Исполнительный директор

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CONTACT

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COMMUNITY SUPPORT SERVICES & OUTREACH

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VOLUNTEER OPPORTUNITIES

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

MEMBERS' COUNCIL

memberscouncil@betelcentre.org



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FEEDBACK

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

MEMBERSHIP

Adults aged 55 years or older may become members of the Bernard Betel Centre. A centre membership is \$57.53+HST per year. 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 Betel family.

COURSE REGISTRATION INFORMATION

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, however, prices and rates are subject to change.

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. 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 prior the beginning of the courses, is on a first-come first-serve basis, and is non-transferable. An individual can register others for a maximum of five spots (including their own) in the same course.

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.

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.

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 Front Reception
at 416-225-2112, ext. 0.



www.facebook.com/betelcentre



www.twitter.com/betelcentre

HOURS OF OPERATION

| | |
|-----------|--------------------|
| Sunday | TBA |
| Monday | 8:30 am to 4:30 pm |
| Tuesday | 8:30 am to 4:30 pm |
| Wednesday | 8:30 am to 4:30 pm |
| Thursday | 8:30 am to 4:30 pm |
| Friday | 8:30 am to 4:30 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.

ONLINE PROGRAMS!

We are excited to offer a variety of online programs to our Bernard Betel Centre community through Zoom. Art programs, computer classes, fitness classes, lifelong learning programs, games, and more! Visit www.betelcentre.org/online-programs for a full list of upcoming programs and monthly calendars.

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 health, active and creative living for individuals 55+.

VALUES

Community, compassion, creativity, dignity, and respect.

UPCOMING CENTRE CLOSURES

Monday, July 3 – lieu of Canada Day
Monday, August 7 – Civic Holiday
Monday, September 4 – Labour Day
Sunday, September 17 – Rosh Hashanah
Sunday, September 24 (closing early) –
Kol Nidre
Monday, September 25 – Yom Kippur

KEEP IN TOUCH!



E-Newsletter

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

Please contact katiem@betelcentre.org to be added to our email list.

We gratefully acknowledge financial support from:



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.

Annual General Meeting - Save the Date!

Please join us in person on **Tuesday, September 11, 2023** at 6:30 pm at the Bernard Betel Centre for our 2023 Annual and Special Meeting of the Members. We will also provide opportunity for members to attend via Zoom. More details to follow in the July and August 2023 E-Newsletters and postings in the Centre. For more information please contact feedback@betelcentre.org.

Legacy Giving

Help Maintain Betel as a Centre of Excellence and Community for Seniors in Toronto!

A planned gift to the Bernard Betel Centre is the act of making a commitment of appreciation and thanks to the organization over a period of time or at the time of death. It is part of estate planning and assists the Bernard Betel Centre to plan financially for our future. By supporting the Bernard Betel Centre through a planned gift you are helping the centre prepare for the future of seniors' in our community. A legacy gift to the Bernard Betel Centre is an investment in the future of the centre. It demonstrates the importance the centre has played in your or a loved ones' life. There are a number of important ways to support the Bernard Betel Centre through a legacy gift.

Charitable Bequest in Your Will A charitable bequest can be made in your Will to leave some of your assets to The Bernard Betel Centre for Creative Living. This may be a sum of money, specific property, securities or a certain percentage of your estate.

Charitable Gift Annuities A charitable gift annuity is a gift and contract between a donor and The Bernard Betel Centre for Creative Living in which the donor transfers property, such as securities or cash to the Betel Centre in exchange for its lifetime income.

Gifts of Publicly Traded Securities

The Bernard Betel Centre for Creative Living accepts gifts of publicly traded securities in the form of stocks, bonds, bills and mutual funds. By donating securities, you do not pay a capital gain, thus resulting in a lower tax cost than selling the securities and then donating the cash.

Gifts of Pension Assets Retirement funds (RRSP's, RRIF's or Canada Pension assets) can make an excellent charitable gift, as the tax credit will normally offset the tax on the distribution. You will avoid probate fees and withholding taxes, and allows the gift to bypass the estate and go directly to The Bernard Betel Centre for Creative Living.

Interested in Leaving a Gift to the Bernard Betel Centre?

There are a number of affordable and beneficial planned giving opportunities. If you would like to discuss making a planned gift to The Bernard Betel Centre, please contact Gail Gould, Executive Director at 416-225-2112 ext. 129 or email gailg@betelcentre.org.

Wishing you Shana Tova ve Metuka!



Raising the flag of Israel at Toronto City Hall with the Deputy Mayor and Consul General of Israel Idit Shamir on Yom Ha'azmaut.

Marking Purim with the Successful Woman Council and the Jewish Women Club in Toronto at Earl Bales Community Centre.

Packing food donations at UJA Federation of Greater Toronto's Passover Packing event.

Bringing greetings at JRCC's Chanukah Menorah Lighting at the Mel Lastman Square.

James Pasternak
Councillor | York Centre - Downsview
416-392-1371
Councillor_Pasternak@Toronto.ca
www.JamesPasternak.ca

VOLUNTEER SERVICES

CONTACT: Cheryl Besner 416-225-2112, ext. 127 cherylb@betelcentre.org

Our Betel Volunteer Team is Growing! New Opportunities are Available

Over the past few years, we are thankful for the volunteers who remained active and we are pleased to welcome so many new volunteers to our team. We hope that those who volunteered in the past are ready to return. As we continue to expand our programs and services, the need for volunteer support increases. Volunteering provides you with the opportunity to share your skills, interests, and passion.

As you interact, assist, and connect with our clients and members, you will be making a difference. Our Board President Marcus Staviss, also a volunteer, understands the value of volunteering. "It's not just about the help you give others, it is also about the relationships you create." Our members and clients share how they feel about our Betel volunteers.

"You couldn't ask for better or more knowledgeable volunteers. I am blind in my left eye and it is difficult to see the small print. The volunteers are aware of my challenge and are extra careful explaining things to me and showing me what to do."

"I think he's just amazing! I look so forward to coming to his classes! He knows just when to bring in the humor and is so knowledgeable."

"I look forward to my meal delivery for two reasons: scrumptious meals and seeing the friendly face of a volunteer. Lately, this is one of the few people I get to see."

For more information about volunteer services at the Bernard Betel Centre, please contact Cheryl Besner at 416-225-2112, ext. 127 or cherylb@betelcentre.org, or visit www.betelcentre.org/current-opportunities.



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Our Newly Renovated Baycrest Terraces offers Independent Living, Assisted Living and Memory Care utilizing the *Possibilities by Baycrest™* model.

Our retirement residence offers unmatched health care, social activities, and cultural programs that enhance the physical, cognitive, emotional, and spiritual health of our residents.

To book a visit please contact Reesa Soto at 416-785-2500 Ext. 2263 or RSoto@Baycrest.org

 **55 Ameer Avenue**

BaycrestTerraces.com



FOOD SERVICES

CONTACT: **Todd Lamswood** 416.225.2112, ext. 114 todd1@betelcentre.org

For more information visit www.betelcentre.org/food-services
or www.betelcentre.org/catering-and-rentals

CAFÉ

Our Café and kitchen is Glatt Kosher under the Kashruth Supervision of COR and offers a variety of nutritious and affordable items prepared fresh daily by our experienced chefs.



CAFÉ HOURS OF OPERATION

| | |
|-----------|---------------------|
| Sunday | CLOSED |
| Monday | 9:00 am to 2:00 pm |
| Tuesday | 9:00 am to 2:00 pm |
| Wednesday | 9:00 am to 2:00 pm |
| Thursday | 9:00 am to 2:00 pm |
| Friday | 9:00 am to 12:00 pm |
| Saturday | CLOSED |

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 wide selection of catering 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.

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, please contact Maxim Varshavsky at 416-225-2112, ext. 120 or maximv@betelcentre.org.

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

MEALS ON WHEELS

Our tasty kosher meals are prepared by Bernard Betel Centre staff and delivered by volunteers Monday to Friday. We offer complete frozen meals including a soup, entrée, starch and vegetable. \$14.00 per meal. Please call 416-225-2112, ext. 134.

ОБЕДЫ НА КОЛЁСАХ

Бернард Бетел Центр предлагает доставку kosher обедов по приемлемым ценам, \$13.00. Для дополнительной информации 416-225-211 2, доб. 134.

For more information about Meals on Wheels, visit www.betelcentre.org/meals-on-wheels



RECREATION

CONTACT: Charm John
416.225.2112, ext. 105 charmj@betelcentre.org

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

For more information about Recreation programs, visit www.betelcentre.org/recreation

GAMES

MAH JONG BEGINNERS

Learn to play Mah Jong!
You must register in advance.

Call 416-225-2112, ext. 105.

Instructor: Judy Ezrin

Monday, July 10 – September 18

No class August 7 and September 4

10:00 am – 12:00 pm

Cost: Free for members

CANASTA - BEGINNERS

Learn to play Canasta in a friendly, welcoming environment. You must register in advance.

Call 416-225-2112, ext. 105.

Instructor: Ricki Glickman

Thursday, July 13 – September 21

10:00 am – 12:00 pm

Cost: Free for members

GAMES ROOM

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

Facilitator: Claire Mankofsky

Every Tuesday and Thursday

1:15 pm – 4:00 pm

Cost: Free for members

RUMMI-CUBE

Learn to play Rummi Cube!

Games provided.

Facilitators: John Witchel and

Shiffie Tkatch Hoffman

Every Friday

12:00 pm – 2:00 pm

Cost: Free

SUDOKU - BEGINNERS

This class is held on Zoom

Learn the foundations of Sudoku. Don't let the numbers fool you, you don't have to be a mathematician to enjoy this game.

You must register in advance:

416-225-2112, ext. 105.

Instructors: Bob and Gail Berchuk

Monday, July 10 – September 18

No class August 7 and September 4

10:30 am – 11:30 am

Cost: Free

MUSIC

TASTE OF MUSIC

Harvey Skolnick will present the background of a famous singer. We will hear their original recordings and sing along. Lyrics will be provided. No singing experience required!

Facilitator: Harvey Skolnick

Every Thursday

2:00 pm – 3:00 pm

Cost: Free for members

LANGUAGES

FRENCH CONVERSATION

Parlez-vous francais? Come and discuss current events, poetry, music and more.

Facilitator: Alla Gertsenstein

**Wednesday, July 12, 26,
August 9, 23, September 6
and 20**

10:00 am – 11:30 am

Cost: Free for members

WRITING & DISCUSSION

BOOK CLUB

Review and discussion of the book "A Man Called Ove" by Fredrik Backman.

Contact your local library for a copy of the book.

Facilitator: Maria Lindgren

Thursday, August 24

3:00 pm – 4:00 pm

Cost: Free

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 question and meet other new members.

Wednesday, July 12

1:00 pm – 2:00 pm

Cost: Free

NEWS, VIEWS AND

SCHMOOZE

Discussion of different subjects of interest in a relaxed and friendly environment.

Facilitator: Harvey Skolnick

Every Monday

10:00 am – 11:00 am

Cost: Free

TEA WITH GAIL

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

English Language:

Wednesday July 26

1:00 pm – 2:00 pm

Wednesday, August 23

1:00 pm – 2:00 pm

Thursday, September 28

12:30 pm – 1:30 pm

Russian Language:

Monday, July 31

2:00 pm – 3:00 pm

Cost: Free

WRITING DISCUSSIONGROUP

This class is held on Zoom

Participants will read their works aloud and receive feedback in a supportive, friendly and informal environment. Register online: www.betelcentre.org/online-programs

Facilitator: Judy Weinryb

Every Friday

10:30 am – 12:30 pm

Cost: Free

LIBRARY

Come in and check out the library! Mystery, romance, biographies and so much more!

English Library Hours:

Tuesday • 11:00 am – 12:30 pm

Russian Library Hours:

Monday and Thursday • 12:00 pm – 2:00 pm

ARTS

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

No supplies included for classes unless otherwise specified. Please contact Maria Lindgren at 416-225-2112, ext. 130 or marial@betelcentre.org for a supply list prior to your first class.
For more information about Art programs, visit www.betelcentre.org/arts

DRAWING & ACRYLIC - INTERMEDIATE

Continue to develop your skills and express yourself. Some experience with drawing and/or painting is recommended.

Instructor: Maya Vinokurov
Tuesday, July 11 – September 19

9:30 am – 12:00 pm • 11 weeks
\$148.50 members
\$297 non-members

COLOURING & KNITTING CLUB

Join us to colour or knit together in an informal setting. Enjoy all the brain benefits of creative expression with a group!

Facilitator: Gigi Z. Davidson
Wednesday, July 12 – September 27

10:00 am – 12:00 pm • 12 weeks
Cost: Free for members

MANDALA CLUB

This class is 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. Register online:

www.betelcentre.org/online-programs

Instructor: Maya Vinokurov
Thursday, July 13 – September 21

3:00 pm – 4:00 pm • 11 weeks
Cost: Free

OIL PAINTING LAB

Work on personal projects under the guidance of a volunteer.

Facilitator: Miriam Reisher
Wednesday, July 12 – September 27

2:00 pm – 4:30 pm • 12 weeks
Cost: Free for members

POTTERY - MIXED LEVELS

Everyone is welcome! Our pottery classes are designed to bring people together, regardless of your experience with ceramics. The instructors provide highly individualized teaching so each student receives the information they need, from beginners to expert potters. 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.

Tuesday, July 11 – September 19

1:00 pm – 4:00 pm • 11 weeks
\$176 members
\$352 non-members

Instructor: Linda (Shayne) Berlin

Wednesday, July 12 – September 20

9:30 am – 12:30 pm • 11 weeks
\$176 members
\$352 non-members

Instructor: Linda (Shayne) Berlin

Thursday, July 13 – September 21

1:00 pm – 4:00 pm • 11 weeks
\$176 members
\$352 non-members

Instructor: Anisoara Kirschner

Friday, July 14 – September 22

9:30 am – 12:30 pm • 11 weeks
\$176 members
\$352 non-members

Instructor: Linda (Shayne) Berlin



WATERCOLOUR

Beginners and Intermediates welcome! Express yourself through the art of Watercolour painting. Do you want to try a watercolour class before committing? Beginners are welcome to try a class for free! Supplies included for trial class. Call Maria to try a class.

Instructor: Elaine Sugar

Monday, July 10 – September 18

No class August 7 and September 4
9:30 am – 12:00 pm • 11 weeks
\$148.50 members
\$297 non-members

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. www.betelcentre.org/russian-golden-age-cultural-program/

Russian Golden Age Cultural Program предлагает большой выбор развлекательных и образовательных программ, программ социальной поддержки и оздоровительные мероприятия для русскоязычных пожилых людей. Добро пожаловать!
www.betelcentre.org/программы-и-услуги-на-русском-языке

Weekly Program

ЕЖЕНЕДЕЛЬНЫЕ МЕРОПРИЯТИЯ

Monday -

По понедельникам

2:00 pm - 4:00 pm

Thursday -

По четвергам

6:00 pm – 8:00 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.

Computer Classes

КОМПЬЮТЕРНЫЕ КЛАССЫ

Следите за программой.

Информация на страницах 14.

Drama Group

Студия драматического искусства

Wednesday – По средам

Art Program –

Уроки рисования

Wednesday – По средам

2:00 pm – 4:00 pm

Есть не мало людей, всю жизнь мечтавших научиться владеть карандашом и кистью, создавать живописные полотна. Для членов клуба бесплатно.

Choir Хор

Fridays – пятницы

10 июля – 18 сентября

4 сентября центр закрыт

12:00 pm – 2:00 pm

9 уроков

\$45 для членов

\$90 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

1:00 pm – 4:00 pm

Для членов Центра бесплатно

Хироподия –

Уход за ногами

Бесплатно для членов

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

Бесплатные курсы английского языка для членов Центра

Tuesday – по вторникам

12:30 pm – 1:30 pm

Thursday – по четвергам

3:00 pm – 4:00 pm

работает библиотека

По понедельникам и четвергам

12:00 pm – 2:00 pm

четвергам

4:00 pm – 6:00 pm

Для членов клуба бесплатно.

Культурно-досуговую программу «Идти в ногу со временем»

Wednesday – По средам

11:00 am – 1:00 pm

Психическое здоровье и эмоциональное благополучие очень важны для людей Серебряного возраста. Для членов клуба бесплатно.

Памяти Выдающихся

Деятели Культуры - Членов Еврейского

Антифашистского Комитета

13 августа - 10:00 am

Лекции-Презентации . Легкое угощение. Светлой памяти замечательных деятелей еврейской культуры, входивших в Еврейский Антифашистский Комитет - выдающихся еврейских поэтов, писателей, литераторов, актеров и просветителей - будет посвящена эта Лекция - Презентация. Вы услышите написанные ими прекрасные стихи, песни и музыку, увидите записи отрывков из пьес и известных фильмов, поставленных с их участием. Автор Лекции-Презентации Зелина Искандерова
Стоимость: Дбесплатно

LIFELONG LEARNING

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

For more information about Lifelong Learning programs,
visit www.betelcentre.org/lifelong-learning-discussion

LECTURES

Day: Tuesdays Time: 10:30 am – 12:00 pm Cost: \$5 members and \$10 non-members

Life as Depicted in Art: Part 1

Tuesday, July 4

About Face: Facial Expressions on Canvas: Take a look at how artists have expressed non-verbal communication creatively through their art work.

Speaker: Rachel Levin

The Forgotten Army

Tuesday, July 11

Hear the incredible personal story of Jacob's experience as the only surviving prisoner in the jungles of Burma and Thailand in 1979. Hear his experiences including how he was arrested and why he was the only prisoner to survive.

Speaker: Jacob Steinberg

Modernity and Jewish Identity

Tuesday, July 18

Explore the demands that modernity has placed upon us and examine how it forces us to consider how this affects Jewish populations now and in the future.

Speaker: Nicholas Maes

Chief Dan George: Actor and Activist

Tuesday, July 25

A Canadian Indigenous Oscar-nominated actor, who appeared in classic 1970s movies like Little Big Man, Harry and Tonto, and The Outlaw Josie Wales. He was also a political activist, and his speech Lament for Confederation from 1967 is a milestone in the dialogue between first nations people and non-natives.

Speaker: Ryan Uytendewilligen, Circles Enrichment

Book Talk x2!

Tuesday, August 1

Author Sharon Neiss-Arbess will discuss her upcoming book "The Most Amazing Department Store". Kara Alloway, featured on The Real Housewives of Toronto, will discuss her upcoming book "Most Hated".

Speakers: Sharon Neiss-Arbess and Kara Alloway

The Many Faces of Itzhak Perlman

Tuesday, August 8

Itzhak Perlman is one of the most versatile artists of our time. A virtuoso violinist who feels at home equally in classical and folk music as well as music for movies. Take a peek behind the scenes of the concert hall and the musician's practice studios.

Speaker: Joseph Sharon, Circles Enrichment

Life as Depicted in Art: Part II

Tuesday, August 15

Milestone and everyday life. We will look at artwork's representation of life scenes and how they depict social history in realistic, imagined or romanticized ways.

Speaker: Rachel Levin

Energy, Security and Geopolitics: Present and Future Energy Sources

Tuesday, August 22

Join us as we explore some answers to monumental questions, possible power generation options and very dynamic events that are defining our fuel needs and supplies.

Speaker: Arnold Gillis

The Noble Jew who Killed Sherlock Holmes

Tuesday, August 29

This is the story about well-forgotten Adam Worth. In real life his adversary was famous detective William Pinkerton. In the world of fiction, he brought to death Sherlock Holmes.

Speaker: Victor Rodos

The Greatest Composers

Tuesday, September 5

Learn about the lives which enriched our world with the beauty of music. A tour into the life and work of the three greatest composers of the world: Chopin, Schubert, Beethoven.

Speaker: Elena Balland

Life as Depicted in Art: Part III

Tuesday, September 12

Emotional Behaviour. This class will look at the gap between human society and human nature as depicted in a variety of artworks.

Facilitator: Rachel Levin

Chag Sameach! Happy Holidays!

Tuesday, September 19

Learn about the High Holidays of Rosh Hashanah and Yom Kippur, and the differences between how we celebrated them in the past and in modern times.

Speaker: Rabbi Chai Cohen

The Markets of Mexico City

Tuesday, September 26

Discover Mariana's native town, Mexico City, through its markets. From the most touristy to its rarest. Learn where to eat the best street food and shop for the most original crafts. Learn about the hidden markets, where to get insect tacos, exotic flowers, bizarre antiques, and black magic items.

Speaker: Mariana Arámburu, Circles Enrichment

COURSES

How to Look at Art Workshop

Learn various techniques on how to look at art. Analyze its forms and learn how to decipher its symbols. Understand the elements of art and principles of design. These are the artists' tools to communicate their thoughts and ideas to the viewer. This series will involve discussions and learning activities accompanied with relevant art works.

Instructor: Rachel Levin

Friday, July 7 – August 11 • 6 weeks

10:30 am – 12:30 pm

\$66 members

\$132 non-member

This Week in Global Affairs

2023 continues to be another year of intensified conflict across the globe. As citizens of the world, we need to understand how the consequences of these rapid and massive changes may affect us. We will review, analyze, and interpret the significance of the most recent global events, as well as do a "Deep Dive" into specific global issues such as: human displacement of migrants and refugees, nuclear proliferation, radical movements, human rights violations, and regime change.

Instructor: Amnon Zohar,
International Relations Expert

Monday, July 10 - September 11 • 8 weeks

No classes August 7 and September 4

2:00 pm – 4:00 pm

\$88 members

\$176 non-members

The Wonderful World of Mozart

Wolfgang Amadeus Mozart is perhaps the greatest individual ever, in the world of music. He was a master of music with serious dramatic flavour, and often with riotous comedy. The purpose of this series of programs is to probe into some detail of what Mozart was all about and to provide a basis for further listening and appreciation of what he left for us to enjoy. Remember, a day without Mozart is like a day without sunshine!

Instructor: Howard Mednick, Classical Music DJ

Wednesday, July 5 – September 20 • 8 weeks

No class on August 2, 16, 30, and September 13

1:00 pm – 3:00 pm

\$88 members

\$176 non-members

Jerusalem: The Holy City

This course is held on Zoom

Jerusalem is a city holy to three of the world's great religions: Judaism, Christianity and Islam. Explore 2000 years of the history and archaeology of this city from its days as the Canaanite city of Jebus through its various incarnations as Yerushalyim, Aelia Capitolina, and al-Quds through case studies of five of its most important buildings.

Instructor: David R. Lipovitch, Ph.D.

Tuesday, July 4 – August 29 • 9 weeks

1:00 pm – 3:00 pm

\$90 members

\$180 non-members

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.
ת, הערות והארות לגבי התכניות המוצעות ולראות רבים מכם משתתפים במפגשים ובמסיבות נשמח לקבל הצעו

COMPUTERS & DIGITAL MEDIA

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

For more information about Computers & Digital Media programs,
visit www.betelcentre.org/computers-digital-media

ENGLISH LANGUAGE COMPUTER COURSES

ANDROID PHONE

We will teach you how to use your Android phone. (Samsung, Lenovo, Sony, LG, Motorola, Acer, Asus). How to take pictures, text, etc.

Instructor: Dianne Erdos-Rush

Tuesday, August 8 – September 12

11:00 am – 12:30 pm • 6 weeks

\$50 members

\$60 non-members

IPHONE

For iPhone owners. Please bring your phone to each class. Learn to personalize your phone, use the keyboard, Safari, FaceTime, the camera and edit your photos, maps, the cloud and more.

Instructor: Dianne Erdos-Rush

Tuesday, July 18 – August 22

1:30 pm – 3:00 pm • 6 weeks

\$50 members

\$60 non-members

OPEN LAB

Volunteers are available to help and answer your tech questions. Bring your own laptop, tablet or phone or use our computers. No registration required. Drop in!

Wednesdays, July 12 – September 20

10:00 am - 12:00 pm

Cost: \$2.00 per hour

PRINTMASTER – CARD MAKING

Learn to make personalized cards, calendars, letterhead, invitations, and flyers with the program *Printmaster*.

Instructor: Dianne Erdos-Rush

Thursday, August 10 – September 14

11:00 am – 12:30 pm • 6 weeks

\$50 members

\$60 non-members

SHOPPING ONLINE

Learn to shop safely on Amazon, Ebay, Wal-Mart, Instacart, Best Buy, Pizza Hut, The Shopping Channel, and more! You are welcome to bring your own laptop to class or use one of our computers.

Instructor: Dianne Erdos-Rush

Monday, July 10 and July 17

1:00 pm – 2:30 pm • 2 weeks

\$25 members

\$30 non-members



RUSSIAN LANGUAGE COMPUTER COURSES

КУРСЫ НА РУССКОМ ЯЗЫКЕ ПО КОМПЬЮТЕРАМ, ТЕЛЕФОНАМ И ПЛАНШЕТАМ

Русскоязычные компьютерные классы возобновят свою работу в октябре.

OVERNIGHT TRAVEL

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

CONTACT: 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 can be found at www.betelcentre.org/trips-travel
Overnight Travel and Day Trips are for current Bernard Betel Centre members only.

ENGLISH LANGUAGE TRAVEL

PEI & Nova Scotia

July 27 – August 2, 2023

Visit Charlottetown, Cabot Trail, Halifax, Peggy's Cove, Lunenburg, and more! Trip includes:

- Return airfare
- Luxury motor coach transportation
- 7 days, 6 nights
- Breakfast daily
- Sightseeing tours

Cost: \$2,600 Double occupancy
\$3,800 Single occupancy

Eastern Mediterranean Cruise

October 12 – 25, 2023

Visit Istanbul, Mykonos, Corfu, Bari, Piraeus.

Kuşadası, and more! Trip includes:

- Return airfare
- 10 nights on MSC Splendida
- 14 days, 12 nights
- Sightseeing tours

Cost: TBD

Israel

April 1 – 15, 2024

Visit Jerusalem, Old City, Tel Aviv, Jaffa, Haifa,

Dead Sea, Eilat, and more! Trip includes:

- Return airfare
- Luxury motor coach transportation
- 13 days, 12 nights
- Breakfast and dinner daily
- Sightseeing tours
- English-speaking guide

Cost: \$5,500 Double occupancy
\$6,500 Single occupancy

Included in all Overnight Travel:

- Entrance fees, taxes, and service charges,
- Tipping to guide, driver, hotel, and restaurant staff.

Not included:

- Cancellation and medical insurance

ENGLISH LANGUAGE DAY TRIPS

Georgian Bay

Wednesday, July 5

Set sail from Penetanguishene Harbour for 2 ¾ hour lunch cruise featuring scenic shorelines and 30,000 islands.

Registration deadline is June 14.

Cost: \$155

Grand River Cruise

Thursday, July 27

Enjoy a three-course meals and live music, as you cruise along the banks of the historical Grand River in Caledonia. Registration deadline is July 6.

Cost: \$160

Stratford Festival

Wednesday, September 6

Musical "Monty Python's Spamalot" at the Avon Theatre.

Registration deadline is August 15.

Cost: \$135

RUSSIAN LANGUAGE DAY TRIPS

круиз с обедом на теплоходе

Вторник 25 июля

3 часовой круиз, концерт группы "Сияющие скрипки".

Стоимость: \$160

St. Jacob's Farmers Market

Вторник 8 августа

Познакомьтесь с историей и путями анабаптистского сообщества. Поездка на местную ферму меннонитов на комфортабельных повозках, запряженных лошадьми. Обед в немецкой таверне Heidelberg.

Стоимость: \$155

Kawarta

Вторник 8 августа

историческому водному пути Трент-Северн, Fenelon Falls & Вобсаугеон. Попробуйте экзотические фруктовые вина на террасе винного завода Osala.

Стоимость: \$155

HEALTH PROMOTION & WELLNESS

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

For more information about our Health Promotion and Wellness Programs, visit www.betelcentre.org/health-promotion-wellness

MEMORY BOOSTERS

This program will be held on Zoom
Join us for brain teasers, puzzles, riddles, and more! To register visit:
www.betelcentre.org/online-programs.

Every Thursday

11:00 am – 12:00 pm

Cost: Free

EYE CARE PRESENTATION

Eye care is an essential part of our physical health. Join an Optometrist and Optician from Specsavers to discuss eye care, and receive complimentary eyeglass cleaning.

Thursday, July 13

1:00 pm – 2:00 pm

Cost: Free

SUNDAY MORNING LECTURES!

Join us for monthly presentations on a variety of topics. Light refreshments included!

10:30 am – 12:00 pm

July 9: Celebrities and Their Jewish Connections: Part 2: We Borrowed and Shared - A continuation of the unique relationships among celebrities focusing on how Jewish celebrities borrowed and shared their music. Speaker: Norm Zinman

September 10: Rodgers and Hammerstein: Learn more about this American Composer and writing team that was responsible for a host of successful musicals. Speaker: Harvey Skolnick
This program is funded by the Government of Canada's New Horizons for Seniors Program.
Cost: Free

CLINICS

For more information about our Clinics, visit www.betelcentre.org/clinics

All of our screening clinics are free of charge unless otherwise stated.

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

DIABETES MANAGEMENT PRESENTATION

Join Vaughan Community Health Centre as we look at managing diabetes and a look at services in Toronto and York Region.

Thursday, August 10

1:00 pm – 2:00 pm

HEARING AID CLINIC

Learn about the latest hearing technology, get your hearing aid cleaned, and more! Drop in. No registration required. Brought to you by Hearing Life.

Monday, July 24, August 21, September 18

11:00 am – 1:00 pm

CHIROPODY CLINIC

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. For more information about the Chiropody Clinic, call 416-225-2112, ext. 131 or email marial@betelcentre.org.

Chiropody Clinic Hours of Operations:

Monday – Thursday

8:00 am – 3:00 pm

FITNESS & DANCE

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

LEVEL

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

For more information about Fitness & Dance programs, visit www.betelcentre.org/fitness-dance

BARRE ♥♥♥

This is a full body, ballet inspired workout that utilizes a barre for stability. Improves tone, flexibility, and postural alignment. All levels welcome!

Instructor: Terri Dunnigan
Tuesday, July 11 – September 19
1:00 pm – 2:00 pm •
11 weeks
\$66 members
\$132 non-members

BODY WORKS ♥♥♥♥

Energize yourself with aerobic, strength, stretching and dance for a total body fitness.

Instructor: Margarita Vlasicheva
Wednesday, July 12 – September 20
11:30 am – 12:30 pm • 11 weeks
\$66 members
\$132 non-members

BODY FIT ♥♥♥

Challenges and incorporates all aspects of a healthy exercise routine: strength, endurance and flexibility.

Instructor: Karen Shuster
Thursday, July 13 – September 21
11:00 am – 12:00 pm •
11 weeks
\$66 members
\$132 non-members

CHAIR YOGA ♥

A gentle form of Yoga either sitting or standing using a chair for support. Involves stretching, deep breathing and strengthening.

Instructor: Terri Dunnigan
Tuesday, July 11 – September 19
11:00 am – 12:00 pm •
11 weeks
\$66 members
\$132 non-members

GENTLE FITNESS ♥

This class will be mostly seated and focus on breathing, gentle strengthening and stretching techniques.

Instructor: Margarita Vlasicheva
Friday, July 14 – September 22
10:00 am – 11:00 am • 11 weeks
\$66 members
\$132 non-members

ISRAELI DANCING ♥♥

Enjoy the music and learn Israeli Dancing. Registration required.

Instructor: Vivian Margulis and Mali Wasserman
Monday, July 10 – September 18
No class August 7 and September 4
3:00 pm – 3:30 pm (beginner basic steps)
3:30 pm – 4:30 pm (beginner and intermediate)
Cost: Free for members

TAI CHI ♥

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

Instructor: Eva Nilsson
Wednesday, July 12 – September 20
10:00 am – 11:00 am • 11 weeks
\$66 members
\$132 non-members

YOGA ♥♥♥

Yoga designed for 55+. Must be comfortable with floor exercises using a mat.

Instructor: Terri Dunnigan
Tuesday, July 11 – September 19
12:00 pm – 1:00 pm • 11 weeks
\$66 members
\$132 non-members

WALKING CLUB ♥♥

Join us for a gentle neighborhood walk. Meet at Reception!

Instructor: Maria Lindgren
Wednesday, July 5 – September 27
10:00 am – 11:00 am •
13 weeks
Cost: Free

ZUMBA GOLD ♥♥♥♥

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

Wednesday, July 12 – September 20
Instructor: Barbara Motta
5:30 pm – 6:30 pm •
11 weeks
\$66 members
\$132 non-members
Friday, July 14 – September 22
Instructor: Jacquelin Bocangil
11:15 am – 12:15 pm •
11 weeks
\$66 members
\$132 non-members

ONLINE CLASSES

Online classes are held on Zoom. Register online: www.betelcentre.org/online-programs

CHAIR YOGA ♥

Instructor: Maria Lindgren
Tuesday, July 4 – September 26
9:00 am – 9:30 am • 13 weeks
Cost: Free for members

GENTLE FITNESS ♥

Instructor: Karen Shuster
Friday, July 7 – September 22
10:00 am – 10:45 am •
12 weeks
Cost: Free for members

SPECIAL EVENTS

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

For more information about Special Events, visit www.betelcentre.org/special-events

Canada Day Concert

Join us for a free concert with Bruve Tournay as we celebrate Canada Day with songs and a cake!

Wednesday, June 28

2:00 pm – 3:00 pm

Cost: Free

Lecture

This program is held on Zoom

Janus Korczak: The Angel of the Warsaw Ghetto – The amazing story of the angel of the Warsaw ghetto who tried to save the children of his orphanage during the Shoah (Holocaust).

Wednesday, July 12

11:00 am – 12:00 pm

Cost: Free

To register, visit betelcentre.org/online-programs

Concert on the Big Screen

Andre Rieu: Love Around the World.

Rieu and his orchestra have turned classical and waltz music into a worldwide concert touring act.

Wednesday, July 12

2:00 pm – 3:30 pm

Free for members

\$5 non-members

Yiddish "Salon"

This program is held on Zoom

Enjoy a bisl Yiddish in an interactive, informal Yiddish "salon" with Velvl (William) Swartz

Wednesday, July 12

2:30 pm – 3:30 pm

Cost: Free

To register: email Velvl at lbatbf@outlook.com

Lecture

Comparative analysis of risks in Canadian vs. US banking sectors. Speaker: Aleks Benico, Financial Specialist

Wednesday, July 26

2:00 pm – 3:00 pm

Free for members

\$5 for non-members

Lecture

The Incomparable Danny Kaye – The story of a great entertainer, energetic multitalented American actor and comedian, musical conductor who later became known for his involvement with humanitarian causes.

Speaker: Norm Zinman

Wednesday, August 2

2:00 pm – 3:00 pm

Free for members

\$5 for non-members

Concert

"Music of the Years" with vocalist Bernice Gopin and pianist Reuven Grajner.

Wednesday, August 9

2:00 pm – 3:00 pm

\$8 members

\$12 non-members

Yiddish "Salon"

This program is held on Zoom

Kvelling from Barbra Streisand's life, movies and Tikkun Olam in Yiddish.

Wednesday, August 9

2:30 pm – 3:30 pm

Cost: Free

To register: email Velvl at lbatbf@outlook.com

Concert on the Big Screen

"Il Volo" "Takes Flights" from Detroit Opera

Wednesday, August 23

2:00 pm – 3:30 pm

Free for members

\$5 non-members

Lecture

Al Jolson: The World's Greatest Entertainer.

Speaker: Norm Zinman

Wednesday, August 30

2:00 pm – 3:00 pm

Free for members

\$5 for non-members

Rosh Hashanah Concert

Vocalist Issak Muzikanski and pianist Alex Voprinsky

Wednesday, September 13

2:00 pm – 3:00 pm

\$8 members

\$12 non-members

Rosh Hashanah Party

Enjoy live music, good food, and a glass of wine, coffee or tea to celebrate the New Year!

Thursday, September 21

6:00 pm – 8:00 pm

\$40 members

\$55 non-members

Lecture

Morocco – The country of sharp contrasts.

Speaker: Aleks Benico, Financial Specialist

Wednesday, September 27

2:00 pm – 3:00 pm

Free for members

\$5 for non-members

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

For more information about Community Support Services & Outreach,
visit www.betelcentre.org/community-support-services-outreach

SERVICE NAVIGATION & 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.

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.

SUPPORT GROUPS

All support groups are free. Registration required to attend a support group. To register, contact Irine Dubinski at 416-225-2112, ext. 122 or irined@betelcentre.org.

GRIEF AND BEREAVEMENT GROUP

Monday, September 18 – November 6
8 weeks
1:00 pm – 2:30 pm
Cost: Free

AGING MINDFULLY GROUP

Two sessions are available.
Every Tuesday
11:30 am - 1:00 pm
Every Friday
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