

# Connect!

*Fall 2023*

**October, November, December**



bernard betel centre  
[www.betelcentre.org](http://www.betelcentre.org)



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



While the Centre has been bustling with activity throughout the summer, in the fall I often think of new beginnings and preparing for the upcoming Jewish and secular holidays. It is a time for many of us to look ahead and think about tzedakah and priorities for the coming year.

The financial support of our community is critical to meet the growing needs of the 620 seniors and Holocaust survivors living in poverty receiving our three free, kosher Meals on Wheels each week and the 450 seniors on our



waitlist. From running out of food because of insufficient funds, to their inability to afford a balanced diet, to going hungry, missing meals, and in extreme cases, not eating for entire days because of lack of money. It is shocking to think that in our city, Jewish seniors are going hungry.

On November 29, 2023, in support of our Meals on Wheels program, we will be hosting our second annual fundraising Tribute Event, honouring an individual who inspires and make a difference! This year, we have the privilege of honouring Dr. Anna Shternshis, Director of the Anne Tanenbaum Centre for Jewish Studies, Al and Malka Green Professor in Yiddish Studies; Fellow, John Guggenheim Memorial Foundation. If you would like to be a partner for the event, please contact me at [gailg@betelcentre.org](mailto:gailg@betelcentre.org) or for more information about the Tribute Event visit [www.betelcentre.org/tribute-event](http://www.betelcentre.org/tribute-event), or contact Katie Mohr at [katiem@betelcentre.org](mailto:katiem@betelcentre.org) or 416-225-2112, ext. 126. All proceeds from the Tribute Event go towards supporting Betel's Meals on Wheels program. Seniors are going hungry. We desperately need your help to feed them.

**Marcus Staviss**  
*President, Board of Directors*

**Gail Gould**  
*Executive Director*

## Приветствие Президента, Совета директоров и Исполнительного директора

В то время как Центр кипит от работы все лето, осенью я часто думаю о новых начинаниях и подготовке к предстоящим еврейским и государственным праздникам. Для многих из нас настало время заглянуть вперед и подумать о цедке и приоритетах на предстоящий год.

Финансовая поддержка нашего сообщества имеет решающее значение для 620 пожилых людей и людей, переживших Холокост, живущих в бедности, которые получают три бесплатных kosherных обеда каждую неделю, а также 450 пожилых людей в нашем списке ожидания. Людей, которые неспособны позволить себе сбалансированное питание, у которых не хватает еды из-за нехватки средств, и, в крайних случаях, еда просто отсутствует целыми днями из-за нехватки денег. Шокирует мысль о том, что в нашем городе пожилые евреи голодают.

29 ноября 2023 года в поддержку нашей программы «Еда на колесах» мы проведем второе ежегодное мероприятие по сбору средств, посвященное человеку, который вдохновляет и меняет мир к лучшему! В этом году мы имеем честь чествовать доктора Анну Штерншис, директора Центра иудаики имени Анны Таненбаум, профессора Ала и Малки Грин по изучению идиша; сотрудника Мемориального фонда Джона Гуггенхайма. Если вы хотите стать партнером этого мероприятия, свяжитесь со мной по адресу [gailg@betelcentre.org](mailto:gailg@betelcentre.org). Для получения дополнительной информации о мероприятии посетите сайт [www.betelcentre.org/tribute-event](http://www.betelcentre.org/tribute-event) или свяжитесь с Кэти Мор по адресу [katiem@betelcentre.org](mailto:katiem@betelcentre.org) или 416-225-2112, доб. 126. Все доходы от этого мероприятия идут на поддержку программы Бетеля «Еда на колесах». Пожилые люди голодают. Нам очень нужна ваша помощь, чтобы накормить их.

**Marcus Staviss**  
Президент

**Gail Gould**  
Исполнительный директор

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## CONTACT

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### VOLUNTEER OPPORTUNITIES

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 cherylb@betelcentre.org

### MEMBERS' COUNCIL

memberscouncil@betelcentre.org



## Be Our Guest

Join us for a complimentary meal  
 Call our Retirement Living Consultant  
 to book **905-771-1013**  
 Meal coupon valid for two



CONSTANTIA  
 retirement residence

784 Centre Street  
 Thornhill  
**Chartwell.com**

### 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](mailto: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 to 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](http://www.betelcentre.org)

For information and general inquiries,  
please contact Front Reception  
at 416-225-2112, ext. 0.



[www.facebook.com/betelcentre](http://www.facebook.com/betelcentre)



[www.twitter.com/betelcentre](http://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](http://www.betelcentre.org/online-programs) for a full list of upcoming programs.

### 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

Sunday, September 17- Rosh Hashanah  
Monday, September 25 – Yom Kippur  
Sunday, October 1 – Sukkot  
Sunday, October 8 – Simchat Torah  
Monday, October 9 – Thanksgiving Day  
Monday, December 25 – Christmas Day  
Tuesday, December 26 – Boxing Day  
Wednesday, December 27  
Thursday, December 28  
Friday, December 29  
Monday, January 1 – New Year's Day

### KEEP IN TOUCH!



## E-Newsletter

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

Please contact [katiem@betelcentre.org](mailto: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](http://www.betelcentre.org) for any updated dates, times and prices.

## TRIBUTE EVENT

Honouring Dr. Anna Shternshis, Director of the Anne Tanenbaum Centre for Jewish Studies, Al and Malka Green Professor in Yiddish Studies; Fellow, John Guggenheim Memorial Foundation

The Tribute Event is a fundraiser to support the Bernard Betel Centre's Meals on Wheels program for the most vulnerable seniors in our community. While the need for Meals on Wheels is not new, the community has been unaware of these vulnerable seniors and the full magnitude and scope of the problem. These seniors face many barriers to accessing service and have limited, if any, supports in the community. They are isolated and feel forgotten. The Bernard Betel Centre's Meals on Wheels is more than a meal. It serves as a "lifeline" to our vulnerable homebound seniors and Holocaust survivors living in poverty.

Prior to the pandemic, the Bernard Betel Centre was providing free kosher Meals on Wheels to approximately 20 food insecure seniors living in poverty and served meals to a total of 160 to 200 seniors a day. During the pandemic, the need grew exponentially. Today, the Meals on Wheels program has grown from 160 meals a week to over 1,000 meals a week, and the Centre is providing three, free meals a week to 620 vulnerable seniors living in poverty with a waitlist of 450 seniors.

**November 29, 2023 | 7:00 pm – 9:00 pm**

Cocktail Reception. Kashrut observed.

Ticket price: \$250 per person.

To purchase tickets visit <https://2023-Tribute-Event.eventbrite.ca>, visit Front Reception, or call 416-225-2112, ext. 0. Tax receipt provided on amount allowed by CRA.

## SUPPORT THE BERNARD BETEL CENTRE WITH A DONATION!

The Bernard Betel Centre relies on the support and generosity of our community to continue to do the meaningful work we do to provide critical programs and services for seniors.

Consider a one-time or monthly donation to the centre, by visiting [www.betelcentre.org/donate-now](http://www.betelcentre.org/donate-now) or by calling 416-225-2112, ext. 0.

Other ways to support the Bernard Betel Centre include supporting our fundraising initiatives, volunteering, legacy giving, third party fundraisers, program sponsorship, and advertising. For more information on the above options, visit [www.betelcentre.org](http://www.betelcentre.org) and click the "Support Us" tab, email [katiem@betelcentre.org](mailto:katiem@betelcentre.org), or call 416-225-2112. Thank you for your support!

**Kosher Style**

**Come For  
A Tour!**

**Trial  
Stays  
Available**

**537 Finch Avenue West (at Bathurst)**  
**416-398-4999**  
**[www.ForestviewRR.org](http://www.ForestviewRR.org)**



## VOLUNTEER SERVICES

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

For more information about Volunteer Services, visit [www.betelcentre.org/volunteer-at-betel](http://www.betelcentre.org/volunteer-at-betel)

The Betel Volunteer team reflects the diversity of our community. Our team is comprised of individuals who speak different languages; come from diverse cultures and backgrounds; and bring their own skills and abilities to their volunteer role. We value each volunteer and appreciate their individual contributions and are honored to share their stories.



Next year, Robert Melamed will reach his 20 year milestone year of volunteer service with the Betel Centre. He began as a volunteer with the Russian Golden Age Program presenting lectures on international politics. A journalist by profession, Robert worked for 40 years at the state Television and Radio Broadcasting Company of Uzbekistan. He was born in Odessa and when he came to Canada he worked for CRBC-Russian radio for 3 years. In 2013, he became a member of the Centre and at that time expanded his volunteer involvement. As facilitator of the drama group he writes and directs the plays that are performed by our members. Robert sees the drama group as, "an inspirational theatre studio for the Centre." He adds, "I like to communicate with people and create something new. Our performances are a joy and happiness for our viewers, a salvation from loneliness and an additional way to communicate. I firmly believe that my volunteering is very important and useful for people and

for myself." Devoting tremendous energy, passion and hours to the drama group, he only has one wish. "I would like to have more time to rehearse!"

Вдохновение для Бернарда Бетеля. В следующем году Роберту Меламеду исполнится 20 лет волонтерской службы в Бернарда Бетел Центре. Он начал работать волонтером в программе «Russian Golden Age», читая лекции по международной политике. Журналист по профессии, Роберт 40 лет проработал в Государственной телерадиокомпании Узбекистана. Он родился в Одессе и, когда приехал в Канаду, 3 года работал на CRBC-Русское радио. В 2013 году он стал членом Центра и в то же время расширил свою волонтерскую деятельность. В качестве руководителя драматического кружка он пишет и ставит пьесы, в которых задействованы все участники кружка. Роберт видит в театральной труппе «вдохновляющую театральную студию для центра». Он добавляет: «Мне нравится общаться с людьми и создавать что-то новое. Наши выступления – это радость и счастье для наших зрителей, спасение от одиночества и дополнительный способ общения. Я твердо верю, что моя волонтерская деятельность очень важна и полезна для людей и для меня самой». Посвящая огромную энергию, страсть и часы драматической группе, у него есть только одно желание. «Я хотел бы иметь больше времени для репетиций!» Спасибо Роберту за ваше творчество и бесконечную самоотверженность.



Dr. Zelina Iskanderova saw the benefits her mother and mother-in law gained from participation at Betel, and this was her motivation for wanting to give back to the centre. In April 2015, she became a member and volunteer on the Members' Council. It was years earlier in May of 2010, that Zelina first became involved with the Betel Centre providing lectures on Yiddish language and culture. 13 years later, she continues to lead a program highlighting a variety of Yiddish and Jewish composers, singers, actors and other entertainers. Zelina holds a PH.D in Physics and was the first female Adjunct Professor at the University of Toronto Institute for Aerospace Science. Zelina has a busy family life and is blessed with 5 grandchildren and 5 great grandchildren. She still finds time to actively participate in Research and Development providing her professional expertise globally. If you have not already, we invite you to attend one of Zelina's lively and enlightening presentations.

Со страстью и любовью к идишской культуре. Д-р Зелина Искандерова увидела преимущества, которые ее мама и свекровь получили от участия в жизни Бернард Бетел центра, и это послужило мотивом для ее желания отблагодарить центр. В апреле 2015 года она стала членом центра и волонтером в членском совете. Несколько лет назад, в мае 2010 года, Зелина впервые стала сотрудничать с Бернард Бетел центром читая лекции по языку и культуре идиш. 13 лет спустя она продолжает вести программу, посвященную различным еврейским и идишским композиторам, певцам, актерам и другим артистам. Зелина имеет докторскую степень по физике и была первой женщиной- профессором Института аэрокосмических наук Университета Торонто. У Зелины насыщенная семейная жизнь, у нее 5 внуков и 5 правнуков. Она по-прежнему находит время для активного участия в исследованиях и разработках, распространяя свой профессиональный опыт по всему миру. Если вы еще этого не сделали, мы приглашаем вас посетить одну из ярких и поучительных презентаций Зелины. Пожалуйста, ознакомьтесь с нашей программой, чтобы узнать о предстоящих датах и времени.

## FOOD SERVICES

**CONTACT:** Todd Lamswood 416.225.2112, ext. 114 [todd@betelcentre.org](mailto:todd@betelcentre.org)

For more information visit [www.betelcentre.org/food-services](http://www.betelcentre.org/food-services)  
or [www.betelcentre.org/catering-and-rentals](http://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 1:00 pm
Tuesday	9:00 am to 1:00 pm
Wednesday	9:00 am to 1:00 pm
Thursday	9:00 am to 1:00 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](mailto: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 обидов 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](http://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](http://www.betelcentre.org/recreation)

### GAMES

#### BINGO

**Tuesday, October 24, November 21, December 19**

2:00 pm – 3:00 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, October 12 – December 21**

10:00 am – 12:00 pm

12:30 pm – 2:30 pm

Cost: Free for members

#### GAMES ROOM

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

**Every Tuesday**

1:15 pm – 4:00 pm

Cost: Free for members

#### MAH JONG BEGINNERS

Learn to play Mah Jong! You must register in advance. Call 16-225-2112, ext. 105. Instructor: Judy Ezrin

**Monday, October 16 – December 18**

10:00 am – 12:00 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

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, October 16 – December 18**

1:30 pm – 3:30 pm

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, October 4, 18, November 1, 15, 29, December 13**

10:00 am – 11:30 am

Cost: Free for members

#### LEARNING YIDDISH THROUGH SONG

Do you speak Yiddish or know the basics? This program will look at Yiddish songs, their translation and practice your Yiddish conversation

Facilitator: Janie Respitz

**Monday, October 23 – November 27**

2:00 pm – 3:00 pm

Cost: Free for members

### WRITING & DISCUSSION

#### BOOK CLUB

Review and discussion of the book "The 100 Year Old Man Who Climbed Out of the Window" by Jonas Jonasson. Contact your local library for a copy of the book.

Facilitator: Maria Lindgren

**Thursday, December 14**

3:00 pm – 4:00 pm

Cost: Free

#### CREATIVE WRITING

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.

**Tuesday, October 17 – December 19**

1:00 pm – 3:00 pm

\$80 members

\$160 non-members

### MEMOIR WRITING

This class will focus on looking at documenting reflections of your life through short stories, poems or even starting a novel.

Facilitator: Judy Weinryb

**Wednesday, October 18 – December 6**

2:00 pm – 3:30 pm

\$50 members

\$100 non-members

### 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, October 4, November 1 and December 6**

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, October 18**

**Thursday, December 14**

1:00 pm – 2:00 pm

**Russian Language:**

**Monday, November 20**

1:00 pm - 2:00 pm

Cost: Free

### WRITING DISCUSSION GROUP

*\*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](http://www.betelcentre.org/online-programs)

Facilitator: Judy Weinryb

**Every Friday**

10:30 am – 12:30 pm

Cost: Free

### LIBRARY

**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](mailto: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](mailto:marial@betelcentre.org) for a supply list prior to your first class. For more information about Art programs, visit [www.betelcentre.org/arts](http://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, October 3 – December 19**

*No class November 20, 27*  
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, October 11– December 20**

10:00 am – 12:00 pm • 11 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](http://www.betelcentre.org/online-programs)  
**Instructor:** Maya Vinokurov  
**Thursday, October 5– December 21**

*No class November 16, 23, 30*  
3:00 pm – 4:00 pm • 11 weeks  
Cost: Free

**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, October 10– December 19**  
1:00 pm – 4:00 pm • 11 weeks  
\$176 members  
\$352 non-members  
**Instructor:** Linda (Shayne) Berlin

**Thursday, October 5 – December 21**  
1:00 pm – 4:00 pm • 12 weeks  
\$192 members  
\$384 non-members  
**Instructor:** Anisoara Kirschner

**Wednesday, October 11 – December 20**  
9:30 am – 12:30 pm • 11 weeks  
\$176 members  
\$352 non-members  
**Instructor:** Linda (Shayne) Berlin

**Friday, October 13 – December 22**  
9:30 am – 12:30 pm • 11 weeks  
\$176 members  
\$352 non-members  
**Instructor:** Linda (Shayne) Berlin

**OIL PAINTING LAB**

Work on personal projects under the guidance of a volunteer.

**Facilitator:** Miriam Reisher  
**Wednesday, October 11 – December 20**  
2:00 pm – 4:30 pm • 11 weeks  
Cost: Free for members

**PORTRAITURE**

Learn the basic skills of portraiture and use these skills as building blocks to create personalized pieces. Artists may use pencil, watercolour, oil or acrylic paint.

**Instructor:** Maya Vinokurov  
**Friday, October 13 – December 22**  
*No class November 17, 24, December 1*  
2:00 pm – 4:00 pm • 8 weeks  
\$80 members  
\$160 non-members

**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 October 16 – November 27-**  
9:30 am – 12:00 pm • 7 weeks  
\$135 members  
\$270 non-members



## RUSSIAN GOLDEN AGE CULTURAL PROGRAM

**CONTACT:** Lily Boltianski 416.225.2112, ext. 103, [lilyb@betelcentre.org](mailto: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/](http://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](http://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 15.

### **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.

**работает библиотека**  
**По понедельникам и**  
**четвергам**

12:00 pm – 2:00 pm

Для членов клуба бесплатно.

### **Choir Хор**

**Thursdays – четвергам**

**12 октября –**

**21 декабря**

сентября центр закрыт

12:00 pm – 2:00 pm

11 уроков

\$50 для членов

\$100 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»

**Tuesdays –**

**По вторникам**

1:00 pm – 4:00 pm

Для членов Центра бесплатно

### **Хироподия –**

**Уход за ногами**

Бесплатно для членов

Центра. Для предва

рительной 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

**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.

**Идти в ногу со временем**

**По средам**

11:00 am – 1:00 pm

Психическое здоровье и

эмоциональное благополучие

очень важны для людей

Серебряного возраста.

Для членов клуба бесплатно.

**Большой концерт идишской**  
**музыки и песен**

в честь Лу и Эдит Стиллма при

участии Мириам Эскин (сопрано),

Нина Шапильская (пиано),

Радион Бошер (скрипка).

**Воскресенье, 15 октября**

2:00 pm

\$10 для членов

\$15 для гостей

**Большой концерт идишской**  
**музыки и песен**

в честь Лу и Эдит Стиллма при

участии Ленка Лихтенберг,

обладательница премий JUNO

Award 2023.

**Воскресенье, 3 декабря**

2:00 pm

\$10 для членов

\$15 для гостей

**БОЛЬШАЯ ХАНУКАЛЬНАЯ**  
**ПАРТИЯ**

**Четверг, 14 декабря**

6:00 pm

\$40 для членов

\$55 для гостей

## 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](http://www.betelcentre.org/lifelong-learning-discussion)

### LECTURES

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

#### **The Holiday of Sukkot is Here!**

**Tuesday, October 3**

Learn about the great joys of Sukkot.

**Speaker:** Rabbi Chai Cohen

#### **Escape to Sicily and Malta: A Photographic Journey to Two Island Paradises in the Mediterranean**

**Tuesday, October 10**

Throughout history these islands have been ruled by the Greeks, Romans, Ottomans, Normans and British. During WWII, Malta was a base for the allies, and is home to prehistoric temples that are older than Stonehenge and the Pyramids of Giza.

**Speaker:** Susan Brown

#### **Retirement: Downsizing, Options and Opportunities**

**Tuesday, October 17**

Learn about preparing to downsize, renting vs. buying vs. living in a retirement home, and interesting and unconventional living such as travelling, house-sitting and living on a cruise ship.

**Speaker:** Mitzy Dadoun,  
EXP Realty Brokerage

#### **The Degrading of Women in Advertising**

**Tuesday, October 24**

Advertising is a channel of communication with the product or service provider and the potential customer. While advertisements are paid messages and are intended to inform or influence people who might become customers, individuals are portrayed in advertisements according to the creative director's definition of femininity and masculinity.

**Speaker:** Rachel Levin

#### **The Jews of India**

**Tuesday, October 31**

The history of Jews coming to live in India, including a look at some of the beautiful synagogues built there. How did they adapt to a new country and why did they come? What did they do and what were their achievements? Why did they leave and where did they go?

**Speakers:** Jerry Willer

#### **The Great Depression**

**Tuesday, November 7**

No economic disaster has besieged North Americans as badly as the Great Depression (1929-1941). Recent speculation in the news about a recession approaching, has made relevant questions as to how our economy prospers and declines, and what, if anything, can still be done to prepare if such happens again.

**Speaker:** Dr. Andrew Lindsay, Circles Enrichment

#### **The Magnificent Three**

**Tuesday, November 14**

Learn about three great Italian sculptors Michelangelo, Gian Lorenzo Bernini and Antonio Canova.

**Speaker:** Rachel Levin

#### **Dolly Parton: Beyond the Rhinestones**

**Tuesday, November 21**

Join Daniel for a captivating journey into the life and legacy of country singer Dolly Parton. Her iconic music career, philanthropy, and undeniable influence on American culture

**Speaker:** Daniel Aonso,  
Circles Enrichment

#### **Book Talk: Escape From The Bedside**

**Tuesday, November 28**

In 1964, they said she could never be a doctor because of her long-painted fingernails and the "Three M's: Marriage, Motherhood and Medicine." Dr. Sharon Baltman will discuss her gripping, award-winning memoir, *Escape From The Bedside*, which tracks her decision to become a doctor in the early days of feminism. She will also discuss her fascinating novel, *Anne of Oasis*, a fictional and inspiring story about what goes on inside a Toronto therapy room. Books will be available to purchase.

**Speaker:** Sharon Baltman,  
Retired GP Psychotherapist

#### **Chanukah is Coming!**

**Tuesday, December 5**

Learn about Chanukah, Chana and her seven sons, and the Arch of Titus.

**Speaker:** Rabbi Chai Cohen

#### **Book Talk: The Most Amazing Department Store**

**Tuesday, December 12**

Join author Sharon Neiss-Arbess and her publisher for a Q&A session which includes the inspiration for writing this book, her writing process, favourite characters and research process. Books will be available to purchase.

**Speaker:** Sharon Neiss-Arbess

#### **Andy Warhol and the 15 Minutes of Fame**

**Tuesday, December 19**

From painting to photography, from film to music, from kitsch to culture, Andy Warhol was the undisputed Pope of Pop. Shaman or charlatan, commercial artist, high artist or just plain con artist, explore Andy Warhol's world of mass culture and consumerism, its decadence and delights.

**Speaker:** Paul Dias,  
Circles Enrichment



## COURSES

Drop-ins for Lifelong Learning Courses are welcome! Cost is \$10 members/\$20 non-members for 1 class. Please contact Sharon at [sharonc@betelcentre.org](mailto:sharonc@betelcentre.org) or 416-225-2112, ext. 124. For full Lifelong Learning Course descriptions, please visit [www.betelcentre.org/lifelong-learning-discussion](http://www.betelcentre.org/lifelong-learning-discussion).

### History of Jewish Toronto

Speaker: Rabbi Shaanan Scherer  
Thursday, October 12, 19 and 26 • 3 weeks  
9:00 am – 10:00 am  
\$18 members  
\$36 non-members

### Indigenous Voices Across Time

Instructor: David Chandross  
Monday, October 16 – December 11 • 8 weeks  
No class November 20  
1:30 pm – 3:30 pm  
\$80 members  
\$160 non members

### North American Archaeology on Zoom

Instructor: David Lipovitch  
Tuesday, October 10 - December 5 • 9 weeks  
1:00 pm – 3:00 pm  
\$90 members  
\$180 non members

### The History of Jerusalem Archaeology

Speaker: Rabbi Shaanan Scherer  
Thursday, November 2, 9 and 16 • 3 weeks  
9:00 am – 10:00 am  
\$18 members  
\$36 non-members

## ETROG HEBREW CLUB

**CONTACT: Francesca David** 416.225.2112, ext. 110 [francescad@betelcentre.org](mailto: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 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.  
הערות והארות לגבי התכניות המוצעות ולראות רבים מכם משתתפים במפגשים ובמסיבות נשמח לקבל הצעו

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Across from the  
Schwartz/Reisman Centre  
(905) 417-8585 | [vivalife.ca](http://vivalife.ca)



## COMPUTERS & DIGITAL MEDIA

**CONTACT:** Dianne Erdos-Rush 416.225.2112, ext. 128 [dianneer@betelcentre.org](mailto:dianneer@betelcentre.org)

For more information about Computers & Digital Media programs, visit [www.betelcentre.org/computers-digital-media](http://www.betelcentre.org/computers-digital-media)

### ENGLISH LANGUAGE COMPUTER COURSES

#### ANDROID PHONE

Learn how to use your Android phone. (Samsung, Lenovo, Sony, LG, Motorola, Acer, Asus), how to take pictures, how to text, and more.

**Instructor:** Dianne Erdos-Rush

**Monday, October 16 – November 20**

1:30 pm – 3:00 pm • 6 weeks

\$50 members

\$60 non-members

#### BOOST YOUR MEMORY WITH GAMES

Have fun improving your memory and concentration by playing games on the computer.

**Instructor:** Dianne Erdos-Rush

**Monday, December 4 and 11**

1:00 pm – 2:30 pm • 2 weeks

\$20 members

\$25 non-members

#### INTERMEDIATE COMPUTER

Learn to use Google, email, address books, attachments, downloading, cutting and pasting. Get comfortable using the computer.

**Instructor:** Dianne Erdos-Rush

**Wednesday, October 18 – December 6**

1:30 pm - 3:00 pm • 8 weeks

\$60 members

\$70 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!**  
**Wednesday, October 11 – December 20**  
 10:00 am - 12:00 pm  
 Cost: \$2.00 per hour

#### IPHONE

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

**Instructor:** Dianne Erdos-Rush

**Monday, October 16 – November 20**

11:00 am - 12:30 pm • 6 weeks

\$50 members

\$60 non-members

*join us!*

**HOLIDAY MARKET**  
**Friday, November 24<sup>th</sup>**  
**from 2:00 to 4:30 pm**

Get a head start on your holiday gift buying!  
 Clothing, baked-goods, creative crafts and unique gifts. Refreshments will be served.

**DELMANOR**  
 Northtown  
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# RUSSIAN LANGUAGE COMPUTER COURSES КУРСЫ НА РУССКОМ ЯЗЫКЕ ПО КОМПЬЮТЕРАМ, ТЕЛЕФОНАМ И ПЛАНШЕТАМ

**Записаться на курсы или получить информацию можно по телефону 416-225-2112, доп. 0. Если после этого у вас остались вопросы, то можно позвонить лично преподавателю Светлане 647-978-1531.**

## **Телефон iPhone. Практика (Уровень 4)**

Желающие заниматься должны владеть основами работы на телефоне. Данный курс предлагает практическое закрепление материала пройденного на предыдущих курсах по телефону. Приложения Phone, Messages, WhatsApp, Viber, Maps, Calendar, Photo, Files, iCloud, Safari.

**Вторник с 17 октября по 19 декабря**  
11:30 am - 1:30 pm • 10 недель  
\$85 для членов  
\$100 для гостей

## **Телефон iPhone (Уровень 1)**

В данном курсе Вы изучите основы работы телефона iPhone. Как делать звонки, управлять контактами, посылать и получать сообщения. Как настроить телефон, подключиться к Wi-Fi, установить новые приложения и многое другое.

**Вторник с 17 октября по 19 декабря**  
2:00 pm - 4:00 pm • 10 недель  
\$85 для членов  
\$100 для гостей

## **Телефон Андроид (Уровень 2)**

Желающие заниматься должны владеть основами работы на телефоне. В данном курсе Вы изучите приложения WhatsApp, Viber, Google Maps, Google Photo и многое другое.

**Четверг с 19 октября по 21 декабря**  
11:30 am - 1:30 pm • 10 недель  
\$85 для членов  
\$100 для гостей

## **Телефон Андроид (Уровень 1)**

В данном курсе Вы изучите основы работы телефонов Android (Sony, Samsung, Pixel, Motorola и другие). Как делать звонки, управлять контактами, посылать и получать сообщения. Как настроить телефон, подключиться к Wi-Fi, установить новые приложения и многое другое.

**Четверг с 19 октября по 21 декабря**  
2:00 pm - 4:00 pm • 10 недель  
\$85 для членов  
\$100 для гостей

## **Компьютер. 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 веб-страницах, где можно искать нужную информацию, переводить тексты, слушать аудиокниги, смотреть видео, прокладывать маршруты и т.д

**Пятница 20 октября по 22 декабря**  
11:30 am - 1:30 pm • 10 недель  
\$85 для членов  
\$100 для гостей

## **Компьютер. Основы компьютерной грамотности (Уровень 1)**

В данном курсе Вы 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.

**Пятница с 20 октября по 22 декабря**  
2:00 pm - 4:00 pm • 10 недель  
\$85 для членов  
\$100 для гостей

## HEALTH PROMOTION & WELLNESS

**CONTACT:** Maria Lindgren 416.225.2112, ext. 130 [marial@betelcentre.org](mailto:marial@betelcentre.org)

For more information about our Health Promotion and Wellness Programs, visit [www.betelcentre.org/health-promotion-wellness](http://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](http://www.betelcentre.org/online-programs).

**Every Thursday**

11:00 am – 12:00 pm

## CLINICS

For more information about our Clinics, visit [www.betelcentre.org/clinics](http://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](mailto:marial@betelcentre.org).

### HEARING AID CLINIC

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

**Monday, October 23, November 20 and December 11**

11:00 am – 1:00 pm

Cost: Free

### CHIROPODY CLINIC

Chiropractors 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 Chiroprody Clinic, call 416-225-2112, ext. 131 or email [marial@betelcentre.org](mailto:marial@betelcentre.org).

**Chiroprody Clinic Hours of Operations:**

**Monday – Thursday**

8:00 am – 3:00 pm

## INTERGENERATIONAL PROGRAMS

**CONTACT:** Sharon Chodirker 416.225.2112, ext. 124 [sharonc@betelcentre.org](mailto:sharonc@betelcentre.org)

Intergenerational programs promote understanding and dispel stereotypes between the generations. Join in discussions, learning, holiday celebrations and crafts together. Share your life experiences and talents with children of all ages/young adults from schools and organizations in our community.

### Intergenerational Sukkot Program

Enjoy a Sukkot holiday program with students from Montessori Jewish Day School

**Wednesday, October 4**

10:30 am – 12:00 pm

Cost: Free

For more information about Intergenerational Programs, please check for flyers at the centre and visit [www.betelcentre.org/intergenerational](http://www.betelcentre.org/intergenerational).



## 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](http://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, October 10 – December 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, October 11 – December 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, October 12 – December 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, October 10 – December 19**

11:00 am – 12:00 pm •  
11 weeks  
\$66 members  
\$132 non-members

### EXERCISE & FALLS PREVENTION ♥

These classes are for those 65+ and help individuals cope with potential falls by including balance and strength exercises.

**Instructor:** Better Living Health and Community Services  
**Thursday, October 12 – December 21**

9:30 am – 10:30 am • 11 weeks  
Cost: Free for members

### GENTLE FITNESS ♥

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

**Instructor:** Margarita Vlasicheva  
**Friday, October 13 – December 22**

10:00 am – 11:00 am •  
11 weeks  
\$66 members  
\$132 non-members

### ISRAELI DANCING ♥♥

**Instructor:** Vivian Margulis and Mali Wasserman  
**Monday, October 2 – December 18**

*No class October 9*  
3:00 pm – 4:30 pm •  
11 weeks  
\$55 members  
\$110 non-members

**Wednesday, October 4 – December 20**

3:30 pm – 5:00 pm •  
12 weeks  
\$60 members  
\$120 non-members

### LATIN DANCE TRIAL! ♥♥

No partner or experience necessary! Learn some basic moves in Latin dancing. This class will be done without partners and is for beginners.

**Instructor:** Yana Bocharsky  
**Thursday, October 26**  
12:30 pm – 1:30 pm  
Cost: Free

### TAI CHI ♥

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

**Instructor:** Eva Nilsson  
**Wednesday, October 11 – December 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, October 10 – December 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, October 4 – December 20**

10:00 am – 11:00 am • 12 weeks  
Cost: Free

### ZUMBA GOLD ♥♥♥♥

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

**Wednesday, October 11 – December 20**

**Instructor:** Barbara Motta  
5:30 pm – 6:30 pm • 11 weeks  
\$66 members  
\$132 non-members

**Friday, October 13 – December 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](http://www.betelcentre.org/online-programs)

### CHAIR YOGA ♥

**Instructor:** Maria Lindgren  
**Tuesday, October 10 – December 19**

9:00 am – 9:30 am • 13 weeks  
Cost: Free for members

### GENTLE FITNESS ♥

**Instructor:** Karen Shuster  
**Friday, October 13 – December 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](http://www.betelcentre.org/special-events)

### Concert with Jay Vazquez

Rock and roll, conga lines, Frank Sinatra, audience participation, Italian classics.

**Wednesday, October 4**

2:00 pm – 3:00 pm

\$8 members

\$12 non-members

### Celebrating Yiddish Music in honor of Lou and Edith Stillman

Singer Miriam Eskin, pianist Nina Shapilsky and violinist Radion Boshner

**Sunday, October 15**

2:00 pm – 3:00 pm

\$10 members

\$15 non-members

### Movie: Love Again

**Wednesday, October 18**

2:00 pm – 4:00 pm

Free for members

\$5 non-members

### Yiddish “Salon”

Enjoy nostalgic and lively Yiddish shtetl songs as we share a fantasy cruise through the hometowns of our ancestors. This program is held on Zoom. To register, email [lilabarf@outlook.com](mailto:lilabarf@outlook.com).

**Wednesday, October 18**

2:30 pm - 3:30 pm

Cost: Free

### Concert with Shannon Graham

Shannon’s music harkens back to the era of show tunes and Hollywood sweethearts, reminiscent of Doris Day, Judy Garland, and Barbra Streisand.

**Wednesday, October 25**

2:00 pm – 3:00 pm

\$8 members

\$12 non-members

### Concert: Music from the Movies

With violinist Andrea Pines and Pianist Miriam Schechter.

**Wednesday, November 1**

2:00 pm – 3:00 pm

Free for members

\$5 non-members

### Concert with Filipa Sousa

Songs in English, Portuguese, Spanish and Italian.

**Wednesday, November 15**

2:00 pm – 3:00 pm

\$8 members

\$12 non-members

### Yiddish “Salon”

We fondly remember, decode and discuss the strange and witty Yiddish expressions. This program is held on Zoom. To register, email [lilabarf@outlook.com](mailto:lilabarf@outlook.com).

**Wednesday, November 15**

2:30 pm – 3:30 pm

Cost: Free

### Movie: About My Father

**Wednesday, November 22**

2:00 pm – 4:00 pm

Free for members

\$5 for non-members

### Author Talk: The Autumn Ghost

Hannah Wunsch, Critical Care Physician and Researcher at Sunnybrook Health Sciences Centre will join us to discuss medical advances as a result of polio and how epidemics have shaped our medical care.

**Wednesday, November 29**

2:00 pm

Cost: Free

### Celebrating Yiddish Music in honor of Lou and Edith Stillman

Performance by Juno Award winning Lenka Lichtenberg, singing in Czech, English, French, Hebrew, and Yiddish

**Sunday, December 3**

2:00 pm – 3:00 pm

\$10 members

\$15 non-members

### Yiddish “Salon”

Learn about Mandy Patinkin’s kinder yorn, acting career, and enjoy his beautiful performances of Yiddish songs. This program is held on Zoom. To register, email [lilabarf@outlook.com](mailto:lilabarf@outlook.com).

**Wednesday, December 6**

2:30 pm - 3:30pm

Cost: Free

### New Year’s Concert

Celebrate with a concert by Bruce Tourney.

**Wednesday, December 20**

2:00 pm – 3:00 pm

\$8 member

\$12 non-members

### New Years Party

Celebrate New Year’s Eve with Betel!

**Sunday, December 31**

8:00 pm – 2:00 am

\$110 members

\$125 non-members

### Sunday Morning Lecture

Light refreshments included. This program is funded by the Government of Canada’s New Horizons for Seniors Program.

### Is History a Camper Trailer or a Saturn V?

Speaker: Nick Maes

**Sunday, October 29** • 10:30 am – 12:00 pm

Cost: Free

### Celebrities and their Special Jewish Connections: Part 3

Speaker: Norm Zinman

**Sunday, December 17** • 10:30 am – 12:00 pm

Cost: Free



## 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](http://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.

### 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.

### ПРОГРАММА ПОМОЩИ ПОЖИЛЫМ ЛЮДЯМ, ПОДВЕРГШИМСЯ ЖЕСТОКОМУ ОБРАЩЕНИЮ

За информацией и для записи на прием обращайтесь по телефону 416-225-2112, доб. 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](mailto:irined@betelcentre.org).

### GRIEF AND BEREAVEMENT GROUP

Grief and loss can leave you feeling lost and alone. You are not alone. This group is an opportunity to meet others who may be grieving, share experiences and learn coping strategies.

Instructor: Irine Dubinski, Social Service Worker

**Every Monday**

1:00 pm – 2:30 pm

Cost: Free

### AGING MINDFULLY 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

**Every Tuesday:** 11:30 am – 1:00 pm

**Every Thursday:** 11:00 am – 12:30 pm

Cost: Free



bernard betel centre

1003 Steeles Ave. West, Toronto, ON M2R 3T6  
416-225-2112 [www.betelcentre.org](http://www.betelcentre.org)

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**We gratefully acknowledge financial support from:**

