

Connect!

Winter 2024

January, February, March



bernard betel centre
www.betelcentre.org

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



There are no words to adequately describe the anguish, heartbreak, uncertainty and trauma that many of us have felt since October 7. We extend our deepest sympathies and unwavering support to the families of those killed, injured, and abducted in the unprovoked attacks on civilians in Israel. The entire Betel community prays for a speedy recovery to those wounded and the safe release of the hundreds of hostages taken by Hamas.



None of us understand the magnitude of the devastation or know what may come next. Many of us have family, friends, and colleagues living with the immediacy of this horror and fear. With Israel at war, and an explosion of open displays of antisemitism at home, our community will undoubtedly face many more sad and horrifying challenges in the time ahead. We stand strong with the people of Israel and Jews in Toronto and worldwide. For 80 years, we have exclaimed “NEVER AGAIN.” During these critical times we must support one another, find strength in our collective numbers, and speak out once again as a community about the value and sanctity of all human life.

A resilient community is one that supports the full array of needs and reactions to these events, and we ARE a resilient community! The Bernard Betel Centre will do our best to provide a warm, safe environment where our community can come together for mutual support and understanding. We are here for you. You are not alone! Judaism teaches us about the importance of hope and looking forward. Chanukah reminds us of the importance of miracles, community and hope in the face of adversity. As we enter a new secular year, we wish our Betel community the hope of peace in Israel, here in Canada and around the world. We pray for an end to antisemitism and safety for us all.

Wishing you all, a healthy, happy, safe and peaceful 2024!

Marcus Staviss
President, Board of Directors

Gail Gould
Executive Director

Приветствие Президента, Совета директоров и Исполнительного директора

Нет слов, чтобы адекватно описать боль, горе, растерянность и травму, которые многие из нас получили после 7 октября. Мы приносим наши глубочайшие соболезнования семьям погибших, раненых и похищенных в результате неспровоцированных нападений на мирных жителей в Израиле и всячески поддерживаем их. Все члены Бетель Центра молятся за скорейшее выздоровление раненых и благополучное освобождение сотен заложников, захваченных Хамасом.

Никто из нас сейчас не понимает масштабов трагедии и не знает, что может произойти дальше. У многих из нас есть семьи, друзья и коллеги, живущие в непосредственной близости от этого ужаса и страха. Поскольку Израиль находится в состоянии войны, а на Западе наблюдается взрыв открытых проявлений антисемитизма, наше сообщество, несомненно, может столкнуться со многими еще более печальными и ужасающими проблемами в будущем. Мы безоговорочно поддерживаем народ Израиля и евреев в Торонто и во всем мире. На протяжении 80 лет мы восклицали: «БОЛЬШЕ НИКОГДА». В эти тяжелые времена мы должны поддерживать друг друга, черпать силы в нашей общности и еще раз, как сообщество, заявить о ценности и святости любой человеческой жизни.

Сильное сообщество — это такое, которое может поддержать все разнообразие реакций на происходящие события, и мы являемся таким сильным сообществом! Бернард Бетель Центр сделает все возможное, чтобы обеспечить комфортную и безопасную среду, в которой наше сообщество может собираться вместе для взаимной поддержки. Мы здесь для вас. Вы не одиноки! Иудаизм учит нас важности надежды и видения перспектив. Ханука напоминает нам о важности чудес, общности и надежды перед лицом невзгод. Вступая в новый календарный год, мы желаем Бернард Бетель Центру надежду на мир в Израиле, здесь, в Канаде и во всем мире. Мы молимся о прекращении антисемитизма и о безопасности для всех нас.

Желаю всем здоровья, счастья, безопасности и мира в 2024 году!

Marcus Staviss
Президент

Gail Gould
Исполнительный директор

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CONTACT

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 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.

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.

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, January 10

Wednesday, February 21

1:00 pm – 2:00 pm

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, January 24 • 1:00 pm – 2:00 pm

Monday, March 18 • 12:00 pm – 1:00 pm

Russian Language:

Monday, February 26 • 2:00 pm – 3:00 pm

Cost: Free

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.

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 6:30 pm
Thursday	8:30 am to 4:30 pm
Friday	8:30 am to 4:00 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.

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, January 1 – New Year's Day

Monday, February 19 – Family Day

Friday, March 29 – Good Friday

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.

BERNARD BETEL CENTRE COOKBOOK!

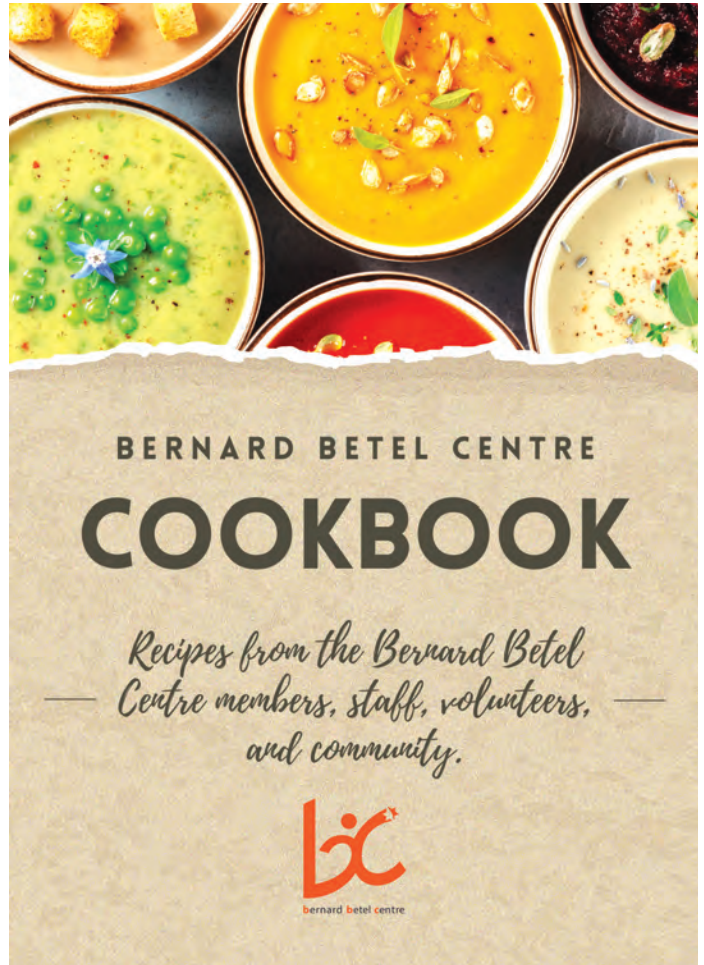
We are so pleased to launch the Bernard Betel Centre's first ever Cookbook! This beautiful book is a fundraiser for the Bernard Betel Centre, and all proceeds from each Cookbook purchased goes directly to support programs and services that we provide to seniors in the community.

The Cookbook is filled with tasty, comforting, and nourishing recipes from members, staff, volunteers, and community.

For \$18 per book, pick up a copy today! It makes a fantastic gift for yourself or someone close to you.

To purchase a book, please visit Front Reception during our hours of operation, or call 416-225-2112, ext. 0.

For more information about our Cookbook, visit www.betelcentre.org/cookbook-fundraiser.



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 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 and click the "Support Us" tab, email katiem@betelcentre.org, or call 416-225-2112. Thank you for your support!

LEGACY GIVING

Our tradition is filled with rich stories of continuity – of the past creating a foundation for the future. Your legacy gift will provide that foundation to future generations of seniors to come.

Remembering the Bernard Betel Centre with a bequest in your will or estate plan ensures that the centre will continue to grow and flourish – ensuring that our vibrant community will continue to provide meaningful Jewish connection for generations to come. No matter what your means, a bequest will benefit you financially.

Our Executive Director, Gail Gould will arrange a meeting or telephone call with you to discuss this opportunity and the tax benefits associated with your gift. Please contact Gail at 416-225-2112, ext. 129 or gailg@betelcentre.org to learn more.



Discover the History of Jewish Soviet Veterans

This website contains video interview testimonials of Jewish veterans who fought with the Soviet Armed Forces against the Nazis in WW2, as well as partisans and Leningrad blockade survivors.

www.jewishsovietveteransww2.com

The testimonials have been donated to the permanent collections of: Yad Vashem Holocaust Museum and the United States Holocaust Memorial Museum.

For more information about Volunteer Services, visit www.betelcentre.org/volunteer-at-betel

MEALS ON WHEELS VOLUNTEERS THE POWER OF COMMUNITY AND SHARED EFFORT

“It takes a village to raise a child” is a well-known African proverb. Although originally a message on child-rearing, it also speaks to the power of community and shared effort.

The Bernard Betel Meals on Wheels program is a wonderful example of how the power of many can achieve great outcomes. From our Food Services staff who plan, order and cook the food; to the donors who contribute funds to provide subsidized meals for those living in poverty; to our Meals on Wheels volunteers who prep, pack and deliver the meals. Each play a critical role in our ability to address growing food insecurity concerns to our seniors.

Our Bernard Betel Meals on Wheels Volunteer Team generously donate their time and energy and do not seek recognition or compensation. They quietly stand ready to pitch in where needed. Their goal is that no senior goes hungry.

From the beginning of the pandemic to now, the Meals on Wheels program has grown from 160 to over 1,000 meals a week. We provide free nutritious kosher meals three times a week to 620 vulnerable seniors living in poverty, however 450 seniors remain on the wait list. To meet this increased demand, our volunteer drivers cover 14 routes each day, triple what they did prior to the pandemic.



6 The profound impact that delivering food to elderly Canadians with accessibility concerns has had on me has been a heartwarming, filling experience. It warms my heart to be greeted with a smile and to know that our greatest generation of citizens will not be going hungry.

Corey
Meals on Wheels Volunteer



Seniors over 70 years of age were advised to stay home during the pandemic. We lost two-thirds of our volunteer drivers and wondered how we would ever recruit enough volunteers to replace those who left and be able to cover the increased routes.

The word went out that we were in urgent need of volunteer drivers. The timing was right. Some felt

they could gain some control of their lives by volunteering. For others, working or attending school remotely at home allowed them time to volunteer. The response from the community was overwhelming.

Initially, our centre was closed to on-site programming. Staff were redeployed to prep and pack the huge amount of meals produced each week. In April 2022, the centre reopened and staff returned to their programming responsibilities. A new Meal Prep volunteer role was created and again, our community stepped forward. Every Tuesday, Wednesday and Thursday, you can find our volunteers preparing, packing and labelling over 1,000 meals each week.

Currently our Meals on Wheels volunteer team includes 40 volunteer drivers and 25 meal prep volunteers and is growing. We would not be able to run the Meals on Wheels program without the support of our volunteers. 450 seniors remain on the wait list. We know that as the need increases, our volunteers will be there to ensure the meals are prepped, packaged and delivered.



So often, when I seal a meal in its little tinfoil box, when I close a little container of soup, I try my hardest to imagine the shut-in, the Shoah survivor, the sick, the old man or woman, as their face lights up as they open what I have just closed. Then I remind myself of Maimonides' Ladder, the Degrees of Meaningfulness in Tzedakah, in Charity: the highest degree is giving anonymously, to an unknown recipient."

Mark
Meals on Wheels Volunteer



If you would like to join our Meals on Wheels volunteer team, please contact our Volunteer Services department at 416-225-2112, ext. 127 or cheryl@betelcentre.org. If you would like to donate to our Meals on Wheels program, please visit www.betelcentre.org/donate-now or call 416-225-2112, ext. 0.



FOOD SERVICES

CONTACT: **Irina Shulgin** 416.225.2112, ext. 123 irinas@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 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	CLOSED
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

BINGO

Drop in. No registration required.

Tuesday, January 23

Tuesday, February 26

Tuesday, March 18

1:00 pm – 2:00 pm

Free – Members Only

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

Free – Members Only

MAH JONG BEGINNERS

Learn to play Mah Jong!

You must register in advance.

Call 16-225-2112, ext. 105.

Instructor: Judy Ezrin

Monday, January 8 –

March 18

No class February 19

10:00 am – 12:00 pm

Free – Members Only

MAH JONG CARDS

Support the Bernard Betel Centre and order your 2024 Mah Jongg cards through us! Sales will run until January 31, 2024.

Regular sized cards are \$19 and large sized cards are \$20.

Email or call Charm John at charmj@betelcentre.org or 416-225-2112, ext. 105 to order your cards today!

RUMMI-CUBE

Learn to play Rummi Cube! Games provided.

Facilitator: Shiffie Tkatch Hoffman

Every Friday

12:00 pm – 2:00 pm

Free – Members Only

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, January 8 –

March 18

No class February 19

1:30 pm – 3:30 pm

Free – Members Only

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

Free – Members Only

LANGUAGES

FRENCH CONVERSATION

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

Facilitator: Alla Gertsenstein

Wednesday, January 10

and 24

Wednesday, February 7

and 21

Wednesday, March 6

and 20

10:00 am – 11:30 am

Free – Members Only

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, January 15 –

March 11

No class February 19

2:00 pm – 3:00 pm

\$40 members

\$80 non-members

WRITING & DISCUSSION

BOOK CLUB

Review and discussion of the book "Fleishman is in Trouble" by Taffy Brodesser-Akner. Contact your local library for a copy of the book.

Facilitator: Naomi Ohayon

Thursday, February 22

3:00 pm – 4:00 pm

Free – Members Only

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, January 16 –

March 26

1:00 pm – 3:00 pm

\$110 members

\$220 non-members

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

Free – Members Only

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

Facilitator: Judy Weinryb

Every Friday

10:30 am – 12:30 pm

Free – Members Only

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, January 9 – February 13

9:30 am – 12:00 pm •

6 weeks

\$81 members

\$162 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, January 10 – March 20

10:00 am – 12:00 pm •

11 weeks

Free – Members Only

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, January 11 – March 21

3:00 pm – 4:00 pm • 11 weeks

Free – Members Only

OIL PAINTING LAB

Work on personal projects under the guidance of a volunteer.

Facilitator: Miriam Reisher

Wednesday, January 10 – March 20

2:00 pm – 4:30 pm • 11 weeks

Free – Members Only

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, January 9 – March 19

1:00 pm – 4:00 pm • 11 weeks

\$176 members

\$352 non-members

Instructor: Linda (Shayne) Berlin

Wednesday, January 10 – March 20

9:30 am – 12:30 pm • 11 weeks

\$176 members

\$352 non-members

Instructor: Linda (Shayne) Berlin

Thursday, January 4 – March 21

No class February 15

1:00 pm – 4:00 pm • 11 weeks

\$176 members

\$352 non-members

Instructor: Anisoara Kirschner

Friday, January 12 – March 22

9:30 am – 12:30 pm • 11 weeks

\$176 members

\$352 non-members

Instructor: Linda (Shayne) Berlin

SPECIAL EVENT: PAINT & SIP

Join us for a special painting session while you sip some tea! This event includes all of the supplies to create a masterpiece. No experience necessary! You are taught step-by-step.

Instructor: Young at Heart Painting

Sunday, January 21

2:00 pm – 4:00 pm

Free – Members Only.

Registration required.

Space is limited.

Call 416-225-2112, ext. 105.

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 January 8 – March 18

No class February 19

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

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 17.

**Drama Group Студия
драматического
искусства**
Wednesday – По средам
Для членов клуба
бесплатно

**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
Thursdays – четвергам
**12 октября –
21 декабря**
сентября центр закрыт
11:30 pm – 1:00 pm
11 уроков
\$55 для членов
\$110 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 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**
10:00 am – 11:00 am

**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.

работает библиотека
**По понедельникам и
четвергам**
12:00 pm – 2:00 pm
Для членов клуба бесплатно.

Новая Презентация
Максима Кравчинского.
Легкое угощение.
Воскресенье, 11 февраля
12:00 pm
Для членов клуба бесплатно

**ВЕЧЕР ОТДЫХА « ДЕНЬ
ВЛЮБЛЕННЫХ»**
ПОЛНОЕ НАКРЫТИЕ,
ЖИВАЯ МУЗЫКА
15 февраля
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

LECTURES

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

Toronto: The Beginning

Tuesday, January 2

Toronto, Canada's largest city, emerged from sleepy beginnings. Much of its growth occurred during the late 19th Century when so much of the world underwent the Industrial Revolution. Speaker: Dr. Andrew Lindsay, Circles Enrichment

Tim Horton: Hockey Star and Businessman

Tuesday, January 9

Hockey and donuts, two cherished Canadian symbols, intersected in 1974 when the life of hockey legend Tim Horton ended. Delve into the story of this man from a small Canadian town and discover how his off-the-ice business venture grew into a national phenomenon. Speaker: Dr. Andrew Lindsay, Circles Enrichment

The World of Sholem Aleichem

Tuesday, January 16

A look into the life and works of the greatest and most beloved Yiddish humorist and learn why he was one of the most important figures in modern Jewish culture. Speaker: Janie Respitz, Yiddish Scholar and Entertainer

Feelings and Emotional Awareness

Tuesday, January 23

Join this important discussion about recognizing and understanding the nature of feelings as a universal aspect of the human experience and exploring the distinction between the self and emotions; learn techniques for feeling, and processing emotions in a healthy manner. Speaker: Suzy Stern, Lawyer, Author, Life Coach

Traditional Chinese Culture and Its Modern Application

Tuesday, January 30

Zodiac signs play an important role in traditional Chinese culture. The year 2024 welcomes the Year of the Dragon, a Zodiac year which usually brings significant changes to Chinese history. Learn how such changes shed light on modern times and why the New York based Chinese culture show "Shen Yun" appeals to the hearts of over a million people in audiences all over North America each year. Speaker: Jane Pang, Shen Yun Volunteer

The 52: Stories of Women who Transformed Toronto

Tuesday, February 6

52% of Torontonians are women. Let's discover their impact on our city's past, present and future. In this talk, you'll learn about Myseum of Toronto's latest exhibition called The 52: Stories of Women Who Transformed Toronto. Speaker: Rosemary Snell, Myseum of Toronto

Life and Music of Frederic Chopin

Tuesday, February 13

Frederic Chopin is known as "the Piano Poet". We will hear some of his short pieces, try to understand the essence of the music of the romantic era, and get to know the man behind the music. Speaker: Joseph Sharon, Circles Enrichment

Love as Depicted in Art

Tuesday, February 20

Love can range from interpersonal affection to pleasure, attraction and personal attachment, and can represent kindness, compassion and affection. Speaker: Rachel Levin, Art History Lecturer

Nothing Could Stop Her:

The Courageous Life of Ruth Gruber

Tuesday, February 27

Author Rona Arato will discuss her book about journalist Ruth Gruber. Her career spanned seven decades, reporting on places like Nazi Germany and remote Arctic regions of the Soviet Union. Her reporting on the ship Exodus 1947 helped secure the UN vote to establish the State of Israel. Speaker: Rona Arato, Author

Brave Ladies and Resourceful Gentleman Imposters

Tuesday, March 5

This talk on the mysterious world of imposters include the borrowing of a person's origins, biography, achievements, titles, positions and sometimes even gender in everyday life. Speaker: Victor Rodos, History Buff and Author

Aretha Franklin, Queen of Soul

Tuesday, March 12

The 10 year old gospel singer from Detroit who became one of the best-selling musical artists of all time with career spanning over 60 years, 18 Grammy awards and hits like "Respect", "A Natural Woman" and "I Knew You Were Waiting". Speaker: Daniel Aonso, Circles Enrichment

Life as Depicted in Art: Part 2

Tuesday, March 19

Learn about the pictorial representation of life scenes such as domestic and family scenes, ordinary gatherings, milestone events in a person's life and more. Speaker: Rachel Levin, Art History Lecturer

The Romance of "Classical" Music

Tuesday, March 26

With some history and some piano playing, join Myriam in exploring real romance through different musical periods. Speaker: Myriam Shechter, Pianist and Music Lecturer

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 or 416-225-2112, ext. 124. For full Lifelong Learning Course descriptions, please visit www.betelcentre.org/lifelong-learning-discussion.

Aesthetics and Emotion: Creativity in Imagination, Design and Beauty

In this fascinating new course we will explore the idea of beauty in literature, music, art, architecture and sciences such as physics and mathematics. The central role of aesthetics, the study of art and beauty in making life worthwhile is discussed. What parts of our brain are activated when we encounter art? Are there "beauty", "play" or "pleasure" centers in the brain and how do they work and why are they there? When we design great buildings, what emotions do they trigger and how does the brain connect those to life? We now have incredible knowledge of how the brain interprets positive emotions, negative emotions, finds beauty, creates a social world, creates morality and fosters communication. Come explore the latest research on art and emotion from a scholar who works in this field daily.

Instructor: David Chandross

Monday, January 8 - March 4 • 8 weeks

No class on February 19

1:30 pm – 3:30 pm

\$80 members

\$160 non-members

Slavery in the Ancient World

This course will take place on Zoom.

Slavery was ubiquitous in the ancient world. While it was regarded as a necessary evil, a poor and landless existence was considered to be far worse. Under the Greeks, slavery became a phenomenon, never seen before or elsewhere, in which entire nations were reduced to bondage. At its height, the city of Rome may have had nearly equal numbers of free and enslaved people. Through a study of ancient archeological evidence, art, literature, and other documentary sources, we will survey the phenomenon of slavery in various ancient civilizations, examining who could be a slave and how one might become one, what the lives of slaves in antiquity were like, and how a slave might become free. Instructor: David Lipovitch

Wednesday, January 10 - March 6 •

9 weeks

10:00 am – 12:00 pm

\$90 members

\$180 non-members

The Russian Bear from Stalin to Putin and Beyond: Myths and Realities

In this course, we will explore what is going on right now, the complicated history, ideologies, and transformations of a resurgent Russia in the aftermath of World War II, and delve into the myths and realities surrounding the continuing evolution of this state both domestically and on the global stage. From the Yalta Conference and the beginning of the Cold War, through the reign of Stalin, the technological competition sparked by Sputnik, the brief cultural thaw, the collapse of the Soviet Union, and the ascendancy of Putin. Along the way, we'll debunk the misconceptions, examine the complexities of the new post-Communist empire in all but name, and consider the geopolitical implications of renewed Russian territorial aggression in Ukraine and beyond and its ambitions for a new world order, already in a state of flux. Speaker Amnon Zohar

Thursday, January 11 – February 29 • 8 weeks

12:00 pm – 2:00 pm

\$80 members

\$160 non-members

History of the Jews in Ukraine

This course will explore over a thousand years of Jewish life in Ukraine through periods of flourishing and creation of Jewish religious and cultural movements as well as times of great persecution and anti-Semitism. Instructor: Janie Respitz

Wednesday, January 17, 24 and 31 • 3 weeks

12:30 pm - 2:00 pm

\$23 members

\$46 non-members

INTERGENERATIONAL PROGRAMS

CONTACT: Sharon Chodirker 416.225.2112, ext. 124 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. For more information about Intergenerational Programs, please check for flyers at the centre and visit www.betelcentre.org/intergenerational.

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

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

Wednesday, January 17 – February 21

1:30 pm – 3:00 pm • 6 weeks
\$50 members
\$60 non-members

FUN WITH YOUTUBE

Anyone with access to a computer or mobile device and an internet connection can watch YouTube. Let me show you the fun, the educational, the entertainment that is YouTube.

Instructor: Dianne Erdos-Rush

Wednesday, March 13 and 20

1:30 pm - 3:00 pm • 2 weeks
\$20 members
\$25 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, January 10 – March 27

10:00 am - 12:00 pm
Cost: \$2.00 per hour

WORD & EXCEL

Basic use of Word and Excel, for new users and refresher course. Use Word to write your memoirs or stories and Excel to keep lists and more.

Instructor: Dianne Erdos-Rush

Monday, January 15 – March 11

No class February 19
11:00 am – 12:30 pm • 8 weeks
\$60 members
\$70 non-members

IPHONE ADVANCED

This is for those comfortable with their iPhones. Learn about cutting and pasting, creating photo albums, how to use your calendar, depositing cheques with your phone, weather app, and clock app, Waze, and more.

Instructor: Dianne Erdos-Rush

Wednesday, January 15 – February 26

No class February 19
1:30 pm - 3:00 pm • 6 weeks
\$50 members
\$60 non-members



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.

**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

Вторник с 16 января по 19 марта

11:30 am - 1:30 pm • 10 недель

\$85 для членов

\$100 для гостей

**Компьютер. Интернет и
электронная почта (Уровень 2)**

Желающие заниматься должны владеть основами работы на компьютере. Владения мышкой и клавиатурой обязательны. В данном курсе Вы познакомитесь с основами работы в Интернете и освоите принципы работы электронной почты.

Вторник с 16 января по 19 марта

2:00 pm - 4:00 pm • 10 недель

\$85 для членов

\$100 для гостей

Open Lab

Компьютерный класс, открытый для всех желающих. Принесите свой ноутбук, планшет, телефон или используйте наши компьютеры

чтобы:

- получить помощь
- задать вопросы

Волонтеры будут здесь, чтобы помочь вам. Приходите! Предварительная регистрация не требуется!

Среда с 10 января по 27 марта

10.00 am -12.00 pm

Оплата 2 доллара в час (или любую часть часа).

Планшет iPad (Уровень 1)

В данном курсе мы познакомимся с основами работы на планшете iPad. Как настроить планшет, подключиться к Wi-Fi, установить новые приложения и многое другое.

Четверг с 18 января по 21 марта

11:30 am - 1:30 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

Четверг с 18 января по 21 марта

2:00 pm - 4:00 pm • 10 недель

\$85 для членов

\$100 для гостей



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 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
ישראליים, 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 נשמח לקבל הצעו
ובמסיבות

Purim Party

Join the ETROG Hebrew Club and celebrate with dinner, dancing, music and Purim songs!

Tuesday, March 26

6:00 pm – 9:00 pm

Cost: TBD



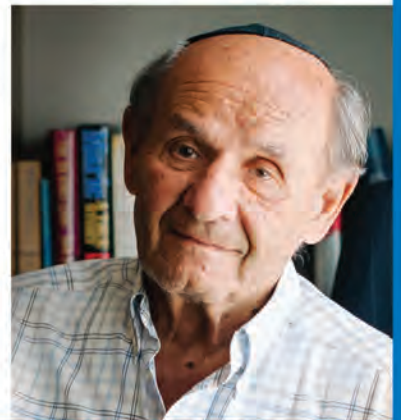
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9700 Bathurst St., Vaughan, ON
Across from the
Schwartz/Reisman Centre
(905) 417-8585 | vivalife.ca



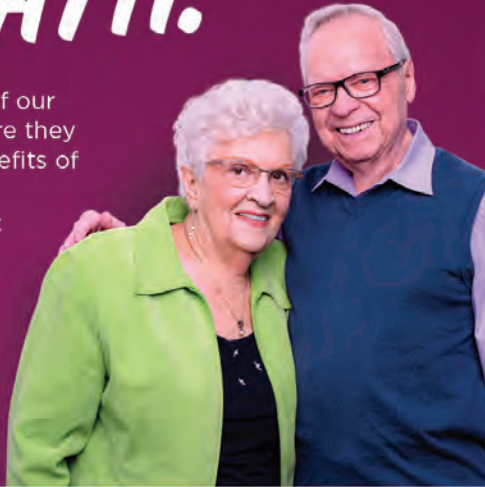
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**Yasher Koach to Elen and the entire
committee.**

Feigelson Kellar is pleased to be able to
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ULLMAN

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Ullman Wealth Management is proud to
support the Meals on Wheels initiative led
by the Bernard Betel Centre.

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special evening with you to honour
Dr. Anna Shternshis.

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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
Free – Members Only

SENIORS ACTIVE LIVING FAIR

Connect with local agencies, health practitioners, senior service providers, and community services! Includes a trade show, information seminars, demos, refreshments and more! This event is hosted by the Bernard Betel Centre in partnership with the Older Adult Centres' Association of Ontario and sponsored by the Ministry for Seniors and Accessibility.

Wednesday, March 13

10:00 am – 2:00 pm
Free

COMMUNITY CONVERSATIONS

Join David Kaufman, Director of Group Counselling at JACS Toronto for an informal discussion group to discuss what matters to you.

Monday, January 8 – March 18

3:00 pm – 4:00 pm
Free – Members Only

NO IS A COMPLETE SENTENCE – EMPOWERING SENIORS IN DIFFICULT SITUATIONS

Through a combination of educational programming and support groups, participants will learn how to cope with difficult people in their lives through knowledge, tools and emotional support. Instructor: David Kaufman, Director of Group Counselling, JACS Toronto

Thursday, February 8 – 22

3:00 pm – 4:00 pm
Free – Members Only

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, or visit www.betelcentre.org/clinics

HEARING AID CLINIC

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

Monday, January 22, February 26, and March 18

11:00 am – 1:00 pm
Free – Members Only

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

BODY FIT ♥♥♥

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

Instructor: Karen Shuster
Thursday, January 11 – March 21

11:00 am – 12:00 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, January 10 – March 20

11:30 am – 12:30 pm • 11 weeks
\$66 members
\$132 non-members

BREATHE BETTER ♥

For individuals who have experienced limited activities due to shortness of breath.

Instructor: Better Living Health and Community Services
Monday, January 8 – March 18
No class February 19

10:30 am – 11:30 am • 11 weeks
Free – Members Only

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, January 9 – March 19

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

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
Monday, January 8 – March 18
No class February 19
9:30 am – 10:30 am • 11 weeks
Free – Members Only

GENTLE FITNESS ♥

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

Instructor: Margarita Vlasicheva
Friday, January 12 – March 22

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

ISRAELI DANCING ♥♥

Enjoy music and learn Israeli dancing. For beginners and intermediate levels.

Instructor: Vivian Margulis and Mali Wasserman
Monday, January 8 – March 18

No class February 19
3:00 pm – 4:30 pm • 11 weeks
\$55 members
\$110 non-members

Wednesday, January 10 – March 20

3:45 pm – 5:15 pm •
11 weeks
\$55 members
\$110 non-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, January 10 – March 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, January 9 – March 16

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

ZUMBA GOLD ♥♥♥♥

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

Wednesday, January 10 – March 20

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

Friday, January 12 – March 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, January 9 – March 19

9:00 am – 9:30 am •
11 weeks
Free – Members Only

GENTLE FITNESS ♥

Instructor: Karen Shuster
Friday, January 12 – March 22

10:00 am – 10:45 am •
11 weeks
Free – Members Only

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

Movie: *Golda*

Golda is a 2023 biographical drama film directed by Guy Nattiv and written by Nicholas Martin. The film depicts the life of Golda Meir, the 4th Prime Minister of Israel, particularly during the Yom Kippur War. It stars Helen Mirren, Camille Cottin and Liev Schreiber.

Wednesday, January 10

2:00 pm – 4:00 pm

Free for members

\$5 non-members

Yiddish "Salon"

This program is held on Zoom.

Learn interesting details about their kinder yorn, acting career, activism, and enjoy video clips of their memorable performances. To register, email llabatf@outlook.com.

The Barry Sisters: Wednesday, January 17

Theodore Bikel: Wednesday, February 21

Danny Kaye: Wednesday, March 21

2:30 pm – 3:30 pm

Free for members

Paint & Sip

Join us for a special painting session while you sip some tea! This event includes all of the supplies to create a masterpiece. No experience necessary! You are taught step-by-step. Instructor: Young at Heart Painting. **Registration required.** Space is limited. Call 416-225-2112, ext. 105 to register.

Sunday, January 21

2:00 pm – 4:00 pm

Free – Members Only



Lecture: *Buenos Aires*

Speaker Aleks Benico will present on the city, the people, and the lives of the Jewish community in Buenos Aires.

Wednesday, January 24

2:00 pm – 3:00 pm

Free for members

\$5 non-members

Valentine's Day Concert

Celebrate Valentine's Day with "The Most Beautiful Music from the Movies"! Enjoy love songs by violinist Andrea Pines and pianist Myriam Shechter.

Wednesday, February 14

2:00 pm – 3:00 pm

Free for members

\$5 non-members

Valentine's Day Party

Celebrate Valentine's Day with dinner and dancing!

Thursday, February 15

6:00 pm – 8:00 pm

\$40 members

\$45 non-members

Movie: *Barbie*

Barbie and Ken are having the time of their lives in Barbie Land. However, when they get a chance to go to the real world, they soon discover the joys and perils of living among humans. The cast includes Margot Robbie, Ryan Gosling, America Ferrera, and Will Ferrell.

Wednesday, February 28

2:00 pm – 4:00 pm

Free for members

\$5 non-members

Concert

"The Exalted Sadness of Argentine Tango" with Serrgey Stilmashenko. Songs in Spanish, French, Yiddish.

Wednesday, March 6

2:00 pm – 3:00 pm

\$8 member

\$12 non-members

Seniors Active Living Fair

The event includes a trade show, information seminars, demos, refreshments and more!

Wednesday, March 13

10:00 am – 2:00 pm

Free

"Purimalot"

A joyful romp celebrating Purim. To augment the joy we feel on this holiday Monty Python's flying circus will be invited to this presentation. Presented and narrated by Norm Zinman.

Sunday, March 24

10:30 am – 12:00 pm

Free for members

Lecture

"Overview of Key Paintings by Master Artist" with speaker Aleks Benico.

Wednesday, March 27

2:00 pm – 3:00 pm

\$8 member

\$12 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

The Bernard Betel Centre recognizes that not all seniors can visit us at the centre, yet they would enjoy phone or in-person visits with volunteers, or a delicious kosher meal delivered right to their door. All community support services are available free of charge for current members.

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.

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

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

Free – Members Only

Registration required. To register, contact Irine Dubinski at 416-225-2112, ext. 122 or irined@betelcentre.org.



bernard betel centre

1003 Steeles Ave. West, Toronto, ON M2R 3T6
416-225-2112 www.betelcentre.org

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.

We gratefully acknowledge financial support from:



United Way
Greater Toronto



TORONTO



UJA FEDERATION
of Greater Toronto