

# **Connect!**

## **Summer 2024**

**July, August, September**



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

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



The nice summer weather has finally arrived after what felt like a long winter and spring. As we continue to send prayers for peace in Israel, Jewish law instructs us to continue to gather and come together and find strength as a community during these unprecedented times. We offer incredible programs and services, delicious kosher catering and take-out items, facility rentals, exciting trips and travel, fulfilling volunteer opportunities, and our essential Meals on Wheels program. Help us spread the word to the



community about our dynamic and caring organization. We have something for everyone! What makes the Bernard Betel Centre a special place are our fantastic volunteers and amazing staff. People who do whatever it takes to provide what our members need, always with compassion and a smile.

This summer we have some incredible programs and events taking place. Drop by one of our upcoming *Tea with Gail* sessions in English and Russian to learn more about exciting things coming to the Bernard Betel Centre. Dates and times for *Tea with Gail* can be found on page 4.

In late April we launched, *Supporting our Seniors (SOS): Meals Initiative*, a critical Meals on Wheels fundraising opportunity to support a senior or Holocaust survivor living in poverty. Help us feed the over 1,000 Jewish seniors and Holocaust survivors living in our geographic community requiring Meals on Wheels. For more information about SOS visit [www.betelcentre.org/sos](http://www.betelcentre.org/sos).

We look forward to seeing you at our Annual and Special Meeting of Members on Tuesday, September 17, 2024. Wishing all of you a healthy, safe, and wonderful summer!

Marcus Staviss  
*President, Board of Directors*

Gail Gould  
*Executive Director*

### Приветствие Президента, Совета директоров и Исполнительного директора

Наконец-то наступила хорошая летняя погода после долгой зимы и весны. С теплой погодой приходит множество праздников, мероприятий на свежем воздухе и событий в нашем Центре. Мы предлагаем разнообразные программы и услуги, вкусную кошерную еду в нашем кафетерии, которую можно съесть на месте или взять с собой, аренду помещений Центра, увлекательные поездки и путешествия, разнообразные возможности для волонтеров, а также нашу главную программу «Еда на колесах». Помогите нам донести до людей вокруг информацию о нашей динамичной и разносторонней организации. У нас есть что-то для всех! Что делает Центр Бернара Бетеля особенным? Это наши замечательные волонтеры и замечательный персонал!! Люди, которые делают все возможное, чтобы обеспечить все необходимое для членов нашего Центра и делают это всегда с заботой и улыбкой.

Этим летом нас ждут интересные и увлекательные программы и мероприятия. Приходите на одну из предстоящих встреч с директором Центра Гейл Гоулд («Чай с Гейл») на английском и русском языках, чтобы узнать подробнее о программах, которые появятся в Центре Бернарда Бетеля. Даты и время встреч вы можете найти на странице 4.

В конце апреля мы запустили инициативу «Поддержка пожилых людей (SOS)» — жизненно важную необходимость сбора средств для программы «Еда на колесах», для поддержки пожилых людей и людей, переживших Холокост и живущих, к сожалению, в бедности. Пожалуйста, помогите нам обеспечить питанием более 1000 пожилых евреев и людей, переживших Холокост, живущих, фактически, среди вас и нуждающихся в нашей программе «Еда на колесах». Для получения дополнительной информации о программе SOS посетите [www.betelcentre.org/sos](http://www.betelcentre.org/sos).

Мы с нетерпением ожидаем встречи с Вами на нашем ежегодном общем Специальном собрании членов Центра Бернарда Бетеля во вторник, 17 сентября 2024 г. Желаю всем здоровья, безопасности и чудесного лета!

Marcus Staviss  
Президент

Gail Gould  
Исполнительный директор



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## CONTACT

### EXECUTIVE DIRECTOR

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## PROGRAMS & SERVICES

### FOOD SERVICES, TRIPS & TRAVEL

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### COMMUNITY SUPPORT SERVICES & OUTREACH

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### VOLUNTEER OPPORTUNITIES

*Cheryl Besner*  
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cheryl@betelcentre.org

### MEMBERS' COUNCIL

memberscouncil@betelcentre.org

### FEEDBACK

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

## MEMBERSHIP

Adults aged 55 years to 100+ years may become members of the Bernard Betel Centre. A centre membership is \$66.37+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](mailto: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, July 10**

**Wednesday, September 4**

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 questions and get to know more about the centre.

**English Language:**

**Tuesday, July 16 • 12:00 pm – 1:00 pm**

**Thursday, September 19 • 12:30 pm – 1:30 pm**

**Russian Language:**

**Monday, August 12 • 1:00 pm – 2:00 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. 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 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](https://www.facebook.com/betelcentre)



[www.twitter.com/betelcentre](https://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 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

Monday, July 1 – Canada Day

Monday, August 5 – Civic Holiday

Monday, September 2 – Labour Day

### KEEP IN TOUCH!

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, but we **DO NOT** accept clothing donations.

If you are interested in donating books, please contact Sharon Chodirker at 416-225-2112, ext. 124 or [sharonc@betelcentre.org](mailto:sharonc@betelcentre.org) (for English language books) or Lily Boltianski at 416-225-2112, ext. 103 or [lilyb@betelcentre.org](mailto:lilyb@betelcentre.org) (for Russian language books).

The Bernard Betel Centre reserves the right to make changes to any information contained in this publication. Please call 416-225-2112 or visit [www.betelcentre.org](http://www.betelcentre.org) for any updated dates, times and prices.

## SUPPORTING OUR SENIORS (SOS): MEALS INITIATIVE

***Jewish seniors are going hungry. You can change that.***



An SOS is an urgent call for help. The time for us to send one is now. More than 1,000 vulnerable seniors, including Holocaust survivors, in the Toronto Jewish community are going hungry. For the past four years, we've been able to help feed them through our kosher Meals on Wheels program. But our funding is running out. We need you to respond to our SOS. Help us support our seniors.

Hunger and food insecurity is a crisis in Toronto, including in our Jewish community. Many of us face sticker shock at the price of food these days; imagine what it is like for seniors with little or no income.

In 2020, the Bernard Betel Centre began providing free, culturally appropriate kosher Meals on Wheels to 620 seniors and Holocaust survivors. There are an additional 450 seniors on our growing waitlist for this essential program. All of these seniors live in poverty. Without our Meals on Wheels program, they might go days without eating.

***The Bernard Betel Centre can't support these seniors alone. We need your help.***

You can make a difference in a senior's life by heeding our SOS and joining our fight against hunger. With your commitment, you can provide critical, lifesaving funds to help feed one, or more, seniors through our kosher Meals on Wheels program.

- \$1,100 will feed one senior three meals per week for six months.
- \$2,200 will feed one senior three meals per week for one year.
- \$4,400 will feed one senior couple three meals per week for one year.
- \$11,000 will feed five seniors three meals per week for one year.
- \$22,000 will feed ten seniors three meals per week for one year.
- \$44,000 will feed 20 seniors three meals per week for one year.
- \$110,000 will feed 50 seniors three meals per week for one year.
- Please donate to help ensure these Jewish seniors do not go hungry.

For more information about our SOS program, contact Gail Gould at [gailg@betelcentre.org](mailto:gailg@betelcentre.org), 416-225-2112, ext. 129 or Katie Mohr at [katiem@betelcentre.org](mailto:katiem@betelcentre.org), 416-225-2112, ext. 126, or visit [www.betelcentre.org/sos](http://www.betelcentre.org/sos). To donate, visit [www.betelcentre.org/donate-now](http://www.betelcentre.org/donate-now) or call 416-225-2112, ext. 0

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## 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!



## FOOD SERVICES

CONTACT: **Irina Shulgin** 416.225.2112, ext. 123 [irinas@betelcentre.org](mailto:irinas@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

#### Dine-In or Take-Out

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](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 кошерных обедов по приемлемым ценам, \$14.00. 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)



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

## Expanding Our Programs With Volunteer Support

Dr. Kendall Billick and his wife, Katia recently moved from Montreal and wanted to connect with the Toronto Jewish community. A dermatologist and senior doctor at Toronto Western Hospital, Dr. Billick was interested in offering his medical expertise and possibly assisting in the Meals on Wheels program. They initially met with Janice Benatar, VP, Philanthropic Leadership at UJA Federation of Greater Toronto who referred them to the Bernard Betel Centre. After learning about our programs and services and the needs of our seniors, Dr. Billick found his niche. He could use his experience in dermatology to offer a screening clinic, free of charge to our members. Access to a dermatologist is extremely important for older adults and prompt diagnosis and treatment is critical. Skin-related issues include dry skin, shingles, dermatitis, and skin cancer.

Dr. Billick toured our chiropody clinic space to determine if it was suitable and found it was ideal for meeting, screening patients, and answering questions. We promoted the clinic and immediately all appointments were filled and had a waiting list. On Sunday, March 3, the Bernard Betel Centre was pleased to offer its first Dermatology Clinic to its members. At that initial clinic, Dr. Billick was able to diagnose 18 skin cancers, with half of the patients needing immediate attention. At the end of the clinic, Dr. Kendall reflected on his experience. "This was a privilege. I actually felt this was the real medicine a doctor seeks." Thank you Dr. Kendall Billick for thinking outside the box and bringing important life-saving care to our Betel members! We are delighted there will be future clinics scheduled for the spring and summer.

Kendall was not the only member of the Billick family interested in volunteering their time. At our first meeting, he told us about his daughter, Noa who is an artist and designer. He thought she would be interested in facilitating an art program for our seniors. She could lead a program on the same day as the Dermatology Clinic and could assist with the clinic.



*Noa and the Bookmaking Workshop participants*

After speaking with her father, she immediately reached out to us to brainstorm ideas about a potential art program. As a first-year Ph.D. student at Toronto Metropolitan University, having a Master of Fine Arts from OCAD University and Bachelor of Fine Arts from the School of the Art Institute of Chicago, she not only had the skills and experience, but was very excited to join our volunteer team. It was difficult deciding on a program as she has many skills including printmaking, photography, digital illustration, and

graphic design. Her main art practice is bookmaking and she suggested this could be of interest to our members. On the same day her father held his first Dermatology clinic, Noa lead her first art program, a Bookmaking Workshop. Members learned how to create their own softcover notebook and brought books from home that were in need of repair. After the workshop, Noa assisted her father by inputting the names of the patients from the clinic into a spreadsheet for future reference and follow-up. She shared with us, "I like to call myself an artist of all kinds, and that's because I try everything at least once." Self-taught in almost all types of art she has a



curiosity and enjoys exploring things on her own. Her interests include sewing, embroidery, knitting, crocheting, screen-printing, and playing the ukulele.

"When my parents moved to Toronto from Montreal, I knew they would encourage me and help me join the Toronto's Jewish community, which, due to COVID, I hadn't had the chance to engage with as much as I would have liked. Then, after October 7th, I felt a call to give back, and it seems my dad did too - he wanted to start volunteering and found the Bernard Betel Centre." Noa has generously offered her artistic skills to provide our members with an opportunity to explore their creativity, learn a new skill and have fun.



*Dr. Billick and Nataliia*

In addition to Dr. Billick's role, a new volunteer position was created for the Dermatology Clinic. We needed someone to greet the patients, assist them in completing the paperwork, and control the flow of patients. Nataliia Nikolaieva began volunteering with us in October 2023 assisting in the computer program and with Meals on Wheels. Two months later, she was hired for a full-time position with Toronto District School Board in the Newcomer Services department. She wanted to continue volunteering but was only available on weekends. When the clinic was in the planning stages, we knew she was the ideal candidate for the new Clinic Assistant volunteer role. Her ability to speak English, Russian and Ukrainian, her background in human resources and administration, and her excellent

customer service skills and ability to provide translation were key to the success of this volunteer role.

Nataliia came to Toronto from Ukraine in July 2022 with her 5-year-old daughter. She shares her story of migrating to Canada. "When the war started my life was destroyed in one moment. Here I had to begin my life from scratch. I wasn't prepared for migration. My English was poor. My husband, my parents, and all my relatives stayed in Ukraine." Her husband has now come to Canada and is self-employed. Her daughter, who two years ago did not know one word of English, is doing excellent in school. Nataliia is grateful for the Canadian government and the Canadian people. She adds, "I like to volunteer at the Bernard Betel Centre. I love people and like to help them with their needs. Helping elderly people makes me happier and helps me cope with homesickness. I would also really like to leave a positive impression on my country Ukraine through my activities."

We are so pleased that Nataliia is able to continue her volunteer work with us. She is warm, professional, and compassionate, and provides the perfect welcome to our Dermatology Clinic patients.

We are thankful to Dr. Kendall Billick, Noa and Nataliia, and to our volunteers who so generously share their experience, knowledge and expertise as Program Facilitators. Thanks to them, we are able to expand our programs and offer new, unique experiences to our members. If you have a special skill that would be of interest to our seniors, we would love to hear from you. Please contact Cheryl Besner, Manager, Volunteer Services at [cherylb@betelcentre.org](mailto:cherylb@betelcentre.org) or 416-225-2112, ext. 127.

## 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

Drop in for a game of bingo!  
Facilitators: Phyllis Caplan  
and Jackie Rotem  
**Tuesday, July 16**  
**Tuesday, August 13**  
**Tuesday, September 17**  
2:00 pm – 3:00 pm  
Free – Members Only

## CANASTA - BEGINNERS

Learn to play Canasta!  
Each session will run for 4  
weeks. You must register in  
advance. Call  
416-225-2112 ext. 105.  
Instructor: Ricki Glickman  
**Thursday, July 11 –**  
**September 19**  
10:00 am – 12:00 pm  
12:30 pm – 2:30 pm  
\$25 members  
\$50 non-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  
Free – Members Only

## MAH JONG BEGINNERS

Learn to play Mah Jong!  
You must register in  
advance. Call  
416-225-2112, ext. 105.  
Instructors: Judy Ezrin and  
Shelia Ostrofsky  
**Monday, July 8 –**  
**September 16**  
*No class August 5,*  
*September 2*  
10:00 am – 12:00 pm  
Free – Members Only

## RUMMI-CUBE

Learn to play Rummi Cube!  
Games provided.  
Facilitator: Shiffie Tkatch  
Hoffman  
**Every Friday**  
12:00 pm – 3:00 pm  
Free – Members Only

## SUDOKU – BEGINNERS

Learn the foundations of  
Sudoku. You must register in  
advance: 416-225-2112,  
ext. 105.  
Instructors: Bob and  
Gail Berchuk  
**Monday, July 8 –**  
**September 16**  
*No class August 5, September 2*  
1:30 pm – 3:30 pm  
Free – Members Only

## MUSIC

## TASTE OF MUSIC

Each week a musician will be  
featured, videos and interviews  
shown, and a short sing-along  
will be included in this fun  
program. No singing experience  
required! Facilitator: Harvey  
Skolnick  
**Every Thursday**  
2:00 pm – 3:30 pm  
Free – Members Only

## LANGUAGES

## ENGLISH CONVERSATION

For Russian-speaking  
individuals.  
Facilitator: Victor Genin  
**Every Tuesday and Thursday**  
**beginning July 11**  
12:00 pm – 1:30 pm  
Cost: Free for members

## FRENCH CONVERSATION

Parlez-vous francais? Come  
and discuss current events,  
poetry, music and more.  
Facilitator: Alla Gertsenstein  
**Wednesday, July 10, 24**  
**Wednesday, August 7, 21**  
**Wednesday, September 4, 18**  
10:00 am – 11:30 am  
Free – Members Only

## YIDDISH THROUGH SONG

Look at Yiddish songs, their  
translation and practice your  
Yiddish conversation.  
Facilitator: Janie Respitz  
**Monday, July 8 – September 2**  
*No class July 1, August 5,*  
*September 2*  
2:00 pm – 3:00 pm  
\$60 members  
\$120 non-members

## WRITING &amp; DISCUSSION

## BOOK CLUB

Review and discussion of the  
book. Contact your local library  
for a copy of the book.  
Facilitator: Sharon Chodirker  
**Thursday, July 25:**  
"The Personal Librarian" by  
Maria Benedict  
**Thursday, September 19:**  
"Ophelia" by Norman Bascal  
3:00 pm – 4:00 pm  
Free – Members Only

NEWS, VIEWS AND  
SCHMOOZE

Discussion of different subjects  
in a relaxed and friendly  
environment.  
Facilitator: Harvey Skolnick  
**Every Monday**  
10:00 am – 11:00 am  
Free – Members Only

## WOMEN'S DISCUSSION GROUP

This group will bring women together  
as we talk about the challenges and  
opportunities of aging. Discussion  
topics include ageism in our society,  
finding meaning and purpose in this  
life stage, and living wisely and well.  
Facilitator: Linda Lean  
**Thursday, July 4, 18**  
**Thursday, August 1, 15, 29**  
**September 12 and 26**  
10:30 am – 11:30 am  
Free – Members Only

## WRITING DISCUSSION GROUP

*\*This class is held on Zoom\**  
Read you work aloud and receive  
feedback in a 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  
Free – Members Only

## LIBRARY

Visit the library! Mystery, romance,  
biographies and so much more!

**English Library Hours:** Tuesday •  
11:00 am – 12:30 pm

**Russian Library Hours:** Monday  
and Thursday • 12:00 pm – 2:00 pm

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)

## COLOURING & KNITTING CLUB

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

**Facilitator:** Gigi Z. Davidson

**Wednesday, July 10 – September 18**

10:00 am – 12:00 pm • 11 weeks  
Free – Members Only

## DRAWING & ACRYLIC

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

**Instructor:** Maya Vinokurov

**Tuesday, July 9 – September 17**

9:30 am – 12:00 pm • 11 weeks  
\$148.50 members  
\$297 non-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, July 11 – September 19**

3:00 pm – 4:00 pm • 11 weeks  
Free – Members Only

## PAINTING TECHNIQUES

Learn new painting and drawing techniques every week. We will learn new styles of art and how to put them into practice. Beginners welcome!

**Instructor:** Maya Vinokurov

**Monday, July 8 – September 16**

No class August 5, September 2  
1:00 pm – 3:30 pm • 9 weeks  
\$121.50 members  
\$243 non-members

## POTTERY – MIXED LEVELS

Everyone is welcome! Our pottery classes are designed to bring people together, regardless of your experience with ceramics. The instructors provide highly individualized teaching so each student receives the information they need, from beginners to expert potters. You will learn a variety of hand building techniques to create functional items or sculptures. Equipment, tools, and firing included. Additional cost for clay and glazes.

**Tuesday, July 9 – September 17**

1:00 pm – 4:00 pm • 11 weeks

\$176 members

\$352 non-members

**Instructor:** Linda (Shayne) Berlin

**Thursday, July 11 – September 19**

1:00 pm – 4:00 pm • 11 weeks

\$176 members

\$352 non-members

**Instructor:** Anisoara Kirschner

**Wednesday, July 10 – September 18**

9:30 am – 12:30 pm • 11 weeks

\$176 members

\$352 non-members

**Instructor:** Linda (Shayne) Berlin

**Friday, July 12 – September 20**

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, July 10 – September 18**

2:00 pm – 4:30 pm • 11 weeks  
Free – Members Only

## WATERCOLOUR

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

**Instructor:** Elaine Sugar

**Monday, July 8 – September 16**

No class August 5, September 2

9:30 am – 12:00 pm • 9 weeks  
\$121.50 members  
\$243 non-members





## OVERNIGHT TRAVEL

CONTACT:

**Irina Shulgin**

**416.225.2112, ext. 123**

**irinas@betelcentre.org**

**Mark Adler**

**416.225.2112, ext. 185**

**marka@betelcentre.org**

## DAY TRIPS

CONTACT:

**Lily Boltianski**

**416.225.2112, ext. 103**

**lilyb@betelcentre.org**

Trips and Travel registration information and policies can be found at [www.betelcentre.org/trips-travel](http://www.betelcentre.org/trips-travel)

Overnight Travel and Day Trips are for current Bernard Betel Centre members only.

To purchase a ticket for a Day Trip, visit the Information Desk at the Bernard Betel Centre.

### UPCOMING OVERNIGHT TRAVEL

**Israel**

**April 21 – May 5, 2025**

Visit Jerusalem, Tel Aviv, Eilat and more.

**Cost: TBD**

**Croatia**

**Fall 2025**

Visit Zagreb, Split, Dubrovnik and more.

**Cost: TBD**



### TRAVEL E-NEWSLETTER

Are you interested in travelling?  
Join our Travel E-Newsletter mailing list! Be the first to know about travel related news and programming at the Bernard Betel Centre.

We will be sharing upcoming travel opportunities, programs and services that are of interest to our travellers, photos and write ups about past trips, and more.

Please contact [katiem@betelcentre.org](mailto:katiem@betelcentre.org) to be added to our email list, or sign up here: <http://bit.ly/35Ei60Y>

### DAY TRIPS FOR ENGLISH-SPEAKERS

**Shaw Festival Theatre: "One Man, Two Guvnors"**

**Tuesday, August 6**

2:00 pm show time. Bus departs at 9:00 am from the Bernard Betel Centre. Tickets can be purchased until July 20

**Cost: \$140.** Includes bus transportation and orchestra level tickets.

**Stratford Festival: "La Cage aux Folles"**

**Thursday, September 12**

2:00 pm show time. Bus departs at 9:00 am from the Bernard Betel Centre. Tickets can be purchased until August 15

**Cost: \$140.** Includes bus transportation and orchestra level tickets.

### DAY TRIPS FOR RUSSIAN-SPEAKERS

**Круиз по озеру Мускока на историческом теплоходе с обедом. Город Грейвенхерст**

**17 июля 2024 автобус отходит в 8 ам**

\$165 долларов (комфортабельный автобус, гид, круиз, обед и входной билет в Центр открытий Мускока) Discovery Centre.

**Сейшевый прилив на реке Напани**

**30 июля 2024 автобус отходит в 8 ам**

\$165 (комфортабельный автобус, гид, входные билеты, круиз и обед)

**Красивый и познавательный Регион Пил**

**14 августа 2024 автобус отходит в 9 ам**

\$140 (комфортабельный автобус, гид, входные билеты во все галереи, обед)

**Графство Веллингтон, Кафедральный собор, Элора и Фергус**

**27 августа 2024 автобус отходит в 9 ам**

\$140 (комфортабельный автобус, гид, входные билеты, обед)

**Ущелье Спенсер, Водопады и**

**Вестфилская Историческая деревня**

**17 сентября 2024 автобус отходит в 9 ам**

\$140 (комфортабельный автобус, гид, входные билеты, обед)

*join us!*

## THE TORONTO BOOK OF LOVE – ADAM BUNCH

**Thursday, July 18<sup>th</sup> at 2:30 pm**

Join author Adam Bunch, as he creatively shares the stories of those that have fallen in love among our ravines, church spires and skyscrapers. Toronto's past is filled with many true love stories, passion, romance and heartache!

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## LIFELONG LEARNING

CONTACT: **Sharon Chodirker** 416.225.2112, ext. 124 [sharonc@betelcentre.org](mailto: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 Dark Side of Art: Art Theft Tuesday, July 2

The stealing of paintings, sculptures, or other forms of visual art from galleries, museums or other public or private locations often results in stolen art being resold or used by criminals as collateral to secure loans. Only a small percentage of stolen art is recovered. Famous art theft cases include the 1911 robbery of The Mona Lisa from the Louvre in Paris, and the theft of The Scream stolen from the Munich Museum in Oslo in 2004, and recovered in 2006. The largest value art theft which occurred at the Isabella Stewart Gardner Museum in Boston, when 13 works, worth a combined \$500 million were stolen in 1990, remains unsolved. Speaker: Rachel Levin, Art History Lecturer

### Communication Strategies: "Don't Listen with Your Mouth"

**Tuesday, July 9**

Be an effective listener. Don't just hear words. Actually strive to understand what is meant, by the words spoken. Consider the history of the relationship between the speakers in a dialogue, context and vested interests; to clearly elucidate true intentions of conversations. Speaker: Zack Steel, Author and Activist

### Herman Göring's Personal Art Collection

**Tuesday, July 16**

Herman Göring was an extensive art collector. His collection was formed mostly by looting art from Jewish dealers and art collectors in Nazi-occupied areas between 1936 and 1945, resulting in having the largest private art collection in Europe during WWII with over 4,200 items by the end of the war. Speaker: Rachel Levin, Art History Lecturer

### The 35th Anniversary of the Fall of the Berlin Wall and its Impact on the World

**Tuesday, July 23**

On the global level, the fall of the Berlin Wall marked the symbolic end of the Cold War and the "end of history". Today we are still examining "lessons learned" from this important event and its impacts on Germany, Europe and the world. Speaker: Arnold Gillis, History Lecturer

### Jews and Morocco

**Tuesday, July 30**

Learn the history, different types of foods, types of clothing people wear, the weather, religions, and types of organized trips to Morocco. Speaker: Max Benaim, Travel Agent and Leader of Toronto's Sephardic Jewish Community

### Who is the Person Behind the Portrait?

**Tuesday, August 6**

Learn the history and personal stories behind the person in a painting, photograph or sculpture; a portrait is an artistic representation of a person in which the face and its expression is predominant. Speaker: Rachel Levin, Art History Lecturer

### Book Talk: "Ophelia"

**Tuesday, August 13**

In Nazi-occupied Denmark, a fisherman and his son risk their lives to transport the family of a Jewish merchant to safety. When the fisherman refuses any reward, the merchant makes a vow that will transcend generations. We recommend reading "Ophelia" ahead of the presentation. Contact Sharon for a free copy of the book. Speaker: Norman Bacal, Author

### Famous Canadian and American Painters Series: Edgar Hopper- The Sounds of Silence

**Tuesday, August 20**

The American painter, Edgar Hopper, 1882-1967, was a realist painter and printmaker who depicted the loneliness of the modern man perhaps better than any other artist has captured the sense of loneliness and isolation only to be experienced in the midst of a crowd in the modern city.

Speaker: Rachel Levin, Art History Lecturer

### Documentary Film Screening: "The Grandchildren of Survivors: Anything Can Happen Again"

**Tuesday, August 27**

In this documentary film, the grandchildren of Holocaust survivors are interviewed over zoom during COVID. They discuss the influence their grandparent(s) had on them and the impact of these relationships on their lives. Many interviewees reflect upon the rise of antisemitism and what this means for the future of the Jewish community.

Filmmakers will introduce the film and the screening will be followed by Q & A. Speakers: Deena Dlusy-Apel and Max Beer, Filmmakers



**Famous Canadian and American Painters Series: William Kurelek (1927 – 1977)**

**Tuesday, September 3**

William Kurelek, a Canadian painter who created 2,000 to 4,000 works of art in less than 30 years, was one of the most commercially successful artists in Canada. His art remains popular and in high demand by art collectors, depicting the reality of depression-era farm life in rural Canada and the sources of the artist's debilitating mental suffering; his art represents an unconventional, unsettling and controversial record of his anxiety while also combining the nostalgic with the apocalyptic like no other artist. Speaker: Rachel Levin, Art History Lecturer

**European Union in 2024**

**Tuesday, September 10**

With the aim of ending the frequent and bloody conflicts that culminated in the WWII, European politicians continued the process of building what we know today as the European Union. Speaker: Arnold Gillis, History Lecturer

**Weddings in Art**

**Tuesday, September 17**

Weddings symbolize the union of families in a cherished celebration of love and commitment. Paintings depict various scenarios including the loss of independence and thrilling stories of drama and love. Speaker: Rachel Levin, Art History Lecturer

**Book Talk: "The Orphan"**

**Tuesday, September 24**

Set in pre-Civil War Washington DC against the backdrop of slavery, this historical, mystery novel starts in 1844, when 15-year-old Samuel loses the will to live and falls gravely ill after his mother mysteriously drowns. He is saved by an experimental drug that makes him so sensitive to his environment that he can communicate with animals. He sets out to prove his mother didn't take her own life, helped by encounters with numerous animals. Contact Sharon to purchase a the book beforehand. Speaker: Sylvia Warsh, Author, Creative Writing Instructor

## COURSES

**Connection Community Conversation Course**

This course is designed exclusively for seniors seeking to embark on a profound inner exploration, leading to enhanced self-awareness, self-compassion, and a deeper connection with themselves and others. Through engaging conversations, creative experiences, and self-reflection practice, participants will delve into their thoughts and feelings. This course offers a safe and supportive space to learn and grow. Instructor: Suzie Stern, Life Coach

**Wednesday, July 3 – 31**

*No class July 17*

12:30 pm – 1:30 pm • 4 weeks

\$50 members

\$100 non-members

**Influential Jewish Women from Biblical, Medieval and Contemporary Times**

We will learn about fascinating women who helped shape Jewish history.

Instructor: Janie Respitz, Yiddish Scholar and Entertainer

**Wednesday, August 14 – 28**

12:30 pm – 2:00 pm • 3 weeks

\$25 members (\$10 members drop in per class)

\$50 non-members (\$20 non-members drop in per class)

**Super Nature! Oceans and Skies**

**Astrophysics, Oceanography, Connectedness**

In this course we will look at the world under the greatest oceans and upward to outer space. Travel 9 miles deep in the Pacific or under the ice flows 2 billion years ago. Witness a volcano exploding underwater for thousands of years to create the southern islands. Let us go back in time to the largest animals that ever lived!

Instructor: David Chandross, PhD

**Monday, July 15 – September 16**

*No class August 5, September 2*

1:30 pm – 3:30 pm • 8 weeks

\$80 members (\$12 members drop in per class)

\$160 non-members (\$24 non-members drop in per class)

**The History of Jewish Political and Intellectual Movements**

We will examine how ideologies which emerged during the modernization of 19th century Europe greatly changed and influenced Jewish life.

Instructor: Janie Respitz, Yiddish Scholar and Entertainer

**Wednesday, July 17 – 31**

12:30 pm – 2:00 pm • 3 weeks

\$25 members (\$10 members drop in per class)

\$50 non-members (\$20 non-members drop in per class)

**The Ancient Near East – A Brief History: 8,000 Years in 8 Weeks**

*This course is held on Zoom.*

Learn about the complex political histories of the ancient Egyptians, Sumerians, Assyrians, Babylonians, and their myriad neighbours over the 8,000+ years from the development of the first villages to the conquest of the Near East by Alexander the Great. Instructor: David Lipovitch, PhD

**Tuesday, July 16 – September 10**

1:00 pm – 3:00 pm • 8 weeks

\$80 members (\$12 members drop in per class)

\$160 non-members (\$24 non-members drop in per class)

## 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)

### IPHONE - Advanced

This class is for those that are comfortable with their iPhones. In this class you will learn how to cut and paste, create photo albums, how to use your calendar, learn how to deposit cheques with your phone, and learn how to use a number of different apps including Waze, calendar, and clock.

Instructor: Dianne Erdos-Rush

**Tuesday, August 6 – September 10**

2:00 pm - 3:30 pm • 6 weeks

\$50 members

\$60 non-members

### OPEN LAB

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

No registration required.

**Wednesday, July 10 – September 25**

10:00 am - 12:00 pm

Cost: \$2.00 per hour (or any part of an hour)

### OPEN LAB

Компьютерный класс, открытый для всех желающих. Принесите свой ноутбук, планшет, телефон или используйте наши компьютеры. Вы спрашиваете – мы отвечаем. Предварительная регистрация не требуется!

**Среда с 10 июля по 25 сентября**

10.00 am - 12.00 pm

Оплата \$2 в час (или любую часть часа).

### PHOTOS

In this class you will learn how to organize and edit your photos on your computer, how to create files for your photos, how to import photos from your phone or other devices, and how to share your photos with your loved ones.

Instructor: Dianne Erdos-Rush

**Thursday, August 8 – September 12**

11:30 am - 1:00 pm • 6 weeks

\$50 members

\$60 non-members

### WORD & EXCEL

In this class we will discuss the use of Microsoft Word and Excel for new users and for those that need a refresher. We will teach you how to use Word to write your memoirs or stories and Excel to keep lists and more.

Instructor: Dianne Erdos-Rush

**Thursday, August 8 –**

**September 26**

2:00 pm - 3:30 pm • 8 weeks

\$60 members

\$70 non-members

### YOUTUBE AND SHOPPING ONLINE

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

Learn to shop safely on Amazon, EBay, Walmart, Instacart, Best Buy, Pizza Hut, The Shopping Channel, and more. You are welcome to bring in your own laptop or use one of our computers.

Instructor: Dianne Erdos-Rush

**Tuesday, August 6 – August 27**

11:30 pm - 1:00 pm • 4 weeks

\$30 members

\$40 non-members

### RUSSIAN LANGUAGE COMPUTER, PHONE AND TABLET COURSES КУРСЫ НА РУССКОМ ЯЗЫКЕ ПО КОМПЬЮТЕРАМ, ТЕЛЕФОНАМ И ПЛАНШЕТАМ

РУССКОЯЗЫЧНЫЕ КУРСЫ ПО КОМПЬЮТЕРАМ, ТЕЛЕФОНАМ И ПЛАНШЕТАМ ВОЗОБНОВЯТ СВОЮ РАБОТУ В СЕРЕДИНЕ ОКТЯБРЯ. ХОРОШЕГО ВАМ ЛЕТА.

## 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.  
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מסיבות ואירועים מיוחדים נערכים, לעיתים, בשעות הערב בצמידות למועדי ישראל.  
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ובמסיבות

### Tu B'Av Jewish Love Party

Join us for light refreshments and music!

**Tuesday, August 20**

7:30 pm – 9:30 pm

Cost: TBD



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## HEALTH PROMOTION &amp; 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)

**ART THERAPY**

Join Art Therapy student, Rachel Karantayer, as we look at self-expression through painting, drawing and other forms of art to guide us to interpret and express our emotions and thoughts. Rachel will guide us through what Art Therapy is as well as go through exercises each week. No art experience necessary! Registration required.

Contact Charm at ext. 105

**Wednesday, July 10 – August 14**

2:00 pm – 4:00 pm

Free – Members Only

**COOKING WITH HERBS ON THE BACK PATIO**

Come outside on the newly renovated back patio, as Maria Lindgren takes a look at some herb filled, budget-friendly recipes! Samples included.

**Wednesday, July 24**

2:00 pm – 3:00 pm

Free – Members Only

**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

Free – Members Only

**PERSONAL ENRICHMENT BOOK CLUB**

Join Eva Tickin, a former law professor and current personal and spiritual growth guide, as we dive into personal development, transformation and happiness through the book “The Four Agreements: A Practical Guide to Personal Freedom” by Don Miguel Ruiz. We will go through each chapter and discuss key concepts. Buy or loan the book in advance of the course. Registration required. Contact Sharon to register and/or If you need assistance in acquiring the book, contact Sharon at ext. 124.

**Tuesdays, July 9 – August 6**

1:00 pm - 2:30 pm

Free – Members Only

## CLINICS

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

**Dermatology Clinic**

Visit Dr. Kendall Billick, Dermatologist, by appointment for skin screening and questions! Appointment required.

Contact Charm at 416-225-2112 ext. 105

**Sunday, July 28**

12:00 pm – 4:00 pm

Free – Members Only

**Hearing Aid Clinic**

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

**Monday, July 22, August 26, September 23**

11:00 am – 1:00 pm

Free – Members Only

**Hearing Screening Clinic**

Services include screening for hearing loss, checking for ear wax and providing information. Brought to you by Canadian Hearing Services. Appointment required. Contact Charm at 416-225-2112 ext. 105

**Wednesday, July 17**

12:00 pm – 3:00 pm

Free – Members Only

**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.

**Chiroprody Clinic Hours of Operations:**

Monday – Thursday • 8:00 am – 3:00 pm

Free – Members Only

## FITNESS & DANCE

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

For more information about Fitness & Dance programs, visit [www.betelcentre.org/fitness-dance](http://www.betelcentre.org/fitness-dance)

### BODY WORKS

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

**Instructor:** Margarita Vlasicheva

**Wednesday, July 10 –**

**September 18**

11:30 am – 12:30 pm • 11 weeks

\$66 members

\$132 non-members

### BODY FIT

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

**Instructor:** Karen Shuster

**Thursday, July 11 – September 19**

11:00 am – 12:00 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, July 8 – September 16**

*No class August 5, September 2*

10:30 am – 11:30 am • 9 weeks

Free – Members Only.

Registration required. Call

416-225-2112, ext. 130 to register.

### CHAIR YOGA

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

**Instructor:** Terri Dunnigan

**Tuesday, July 9 – September 17**

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.

Registration required. Call

416-225-2112, ext. 130.

**Monday, July 8 – September 16**

*No class August 5, September 2*

9:30 am – 10:30 am • 9 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, July 12 – September 20**

10:00 – 11:00 am • 11 weeks

\$66 members

\$132 non-members

### ISRAELI DANCING

Enjoy music and learn Israeli Dancing. Registration required.

**Instructor:** Vivian Margulis

and Mali Wasserman

**Monday, July 8 –**

**September 16**

*No class August 5,*

*September 2*

3:00 pm – 4:30 pm • 9 weeks

\$45 members

\$90 non-members

**Wednesday, July 10 –**

**September 18**

4:00 pm – 5:30 pm • 11 weeks

\$55 members

\$110 non-members

### LATIN DANCE

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

**Tuesday, July 9 –**

**September 17**

1:00 pm – 2:00 pm • 11

weeks

\$66 members

\$132 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, July 10 –**

**September 18**

10:00 am – 11:00 am • 11

weeks

\$66 members

\$132 non-members

### YOGA

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

**Instructor:** Terri Dunnigan

**Tuesday, July 8 –**

**September 17**

12:00 – 1:00 pm • 11 weeks

\$66 members

\$132 non-members

### WALKING CLUB

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

**Instructor:** Charm John

**Wednesday, July 10 –**

**September 18**

10:00 am – 11:00 am • 11

weeks

Free – Members Only

### ZUMBA GOLD

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

**Friday, July 12 –**

**September 20**

**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, July 9 –**

**September 17**

9:00 – 9:30 am • 11 weeks

Free - members only

### GENTLE FITNESS

**Instructor:** Karen Shuster

**Friday, July 12 –**

**September 20**

10:00 am – 10:45 am • 11 weeks

Free – Members Only



## SPECIAL EVENTS

CONTACT: **Lily Boltianski** 416.225.2112, ext. 103 [lilyb@betelcentre.org](mailto:lilyb@betelcentre.org)For more information about Special Events, visit [www.betelcentre.org/special-events](http://www.betelcentre.org/special-events)**Lecture: The Creation of Israel**

This lecture will cover the history of Israel.

Speaker: Arnold Gillis

**Wednesday, July 3**

2:00 pm – 3:00 pm

Free for members

\$5 non-members

**Concert**

John Pebble is a fun and authentic performer of Caribbean music! This concert will get you dancing and smiling!

**Wednesday, July 10**

2:00 pm – 3:00 pm

\$5 members

\$8 non-members

**Classic Cinema**

Relive and reminisce with the classic cinema greats. Holiday to Rome, get lost in a smoky bar in Casablanca, and stroll down memory lane with some familiar tunes.

**Wednesday, July 24** – Roman Holiday**Wednesday, August 14** – The Music Man**Wednesday, September 18** – Casablanca

1:00 pm – 3:30 pm

Free for members

\$5 non-members

**Lecture: The History of the Jews in Poland****Wednesday, July 17**

2:00 pm – 3:00 pm

Free for members

\$5 non-members

**Summer Party**

Join us for a fun evening to celebrate summer! Includes dinner and dancing.

**Thursday, July 18**

6:00 pm – 8:00 pm

\$40 members

\$55 non-members

**Movie**

Join us for the screening of the 2023 documentary

*To End All War: Oppenheimer & the Atomic Bomb.***Wednesday, July 31**

2:00 pm – 3:30 pm

Free for members

\$5 non-members

**Movie**Join us for the screening of the 2023 biographical thriller drama *Oppenheimer*.**Wednesday, August 7**

2:00 pm – 5:00 pm

Free for members

\$5 non-members

**Concert**

Enjoy Jewish and international musical selections with a talented violin and accordion duo.

**Wednesday, August 21**

2:00 pm – 3:00 pm

\$5 members

\$8 non-members

**Concert**

Musician Jeff King will perform a variety of songs from the 1920's to the 1980's including a selection of classical music.

**Wednesday, September 4**

2:00 pm – 3:00 pm

\$5 members

\$8 non-members

**Lecture: Canadian Jews versus U.S. Jews**

Canadian and American Jews seem similar and different at the same time. What is the source of these differences and what are their respective futures? Are they headed down the same track or will their prospects vary? Speaker: Nick Maes

**Wednesday, September 11**

2:00 pm – 3:00 pm

Free for members

\$5 non-members

**Yiddish "Salon": Chava Alberstein***This program is held on Zoom.*

Her life, career, poignant Yiddish folk songs, social activism, and awards. Lyrics and translations will be provided.

To register, email [llabattf@outlook.com](mailto:llabattf@outlook.com).**Wednesday, September 18**

2:00 pm – 3:00 pm

Free for members

**High Holiday Concert**

Performance by Isaac Muzikansky and Aleks Veprinski.

**Wednesday, September 25**

2:00 pm – 3:00 pm

\$8 members

\$12 non-members

## ANNUAL GENERAL MEETING - SAVE THE DATE!

Please join us on Tuesday, September 17 at 6:30 pm for our 2024 Annual and Special Meeting of Members. Details to follow in the July and August 2024 E-Newsletters and postings on our website and in the Centre. For more information please contact [feedback@betelcentre.org](mailto:feedback@betelcentre.org).

## TRIBUTE EVENT - SAVE THE DATE!

Save the date for our 3rd annual Tribute Event supporting the Bernard Betel Centre's Meals on Wheels program for vulnerable seniors and Holocaust survivors.

**Thursday, December 12**

7:00 pm – 9:00 pm

More information to come! Sign up for our monthly e-newsletter to be kept up-to-date on this event and others. Please contact [katiem@betelcentre.org](mailto:katiem@betelcentre.org) to be added to our email list.

## LEGACY GIVING

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

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

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

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

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

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

**Interested in Leaving a Gift to the Bernard Betel Centre?** There are a number of affordable and beneficial planned giving opportunities. If you would like to discuss making a planned gift to the Bernard Betel Centre, please contact Gail Gould, Executive Director at 416-225-2112 ext. 129 or email [gailg@betelcentre.org](mailto:gailg@betelcentre.org).



## 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)

### Еженедельные мероприятия

#### По понедельникам

2:00 pm - 4:00 pm

#### 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.

### Компьютерные классы

Следите за программой. Информация на страницах 16.

### Студия драматического искусства

#### ПО СРЕДАМ

Для членов клуба бесплатно

### Уроки рисования

#### 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

### Культурно-досуговую программу «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

### Музыкальная группа

#### «Поющие сердца»

#### По вторникам

1:00 pm – 4:00 pm

Для членов Центра бесплатно

### Хироподия – Уход за ногами

Бесплатно для членов Центра. Для предварительной записи звоните 416-225-2112 доб.131

### Хор

10 июля – 18 сентября

9 уроков (4 сентября центр закрыт)

12:00 pm – 2:00 pm

\$45 для членов

\$90 для гостей

Огромной популярностью в центре и в социальных домах, где проживают пожилые люди, пользуются выступления

Интернационального хора В его репертуаре народные песни, шлягеры, лучшие хиты мировой эстрады.

### Бесплатные курсы английского языка для членов Центра

#### по вторникам:

12:30 pm – 1:30 pm

#### по четвергам:

3:00 pm – 4:00 pm



## 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 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](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 Irine Dubinski at ext. 122.

### FRIENDLY VISITING

Trained volunteers visit seniors living alone or feeling isolated, offering companionship, support, and reassurance. For more information, please call Irine Dubinski at ext. 122.

### THE SAFE OPTION PROGRAM

Crisis intervention, safety planning, information and referrals for abused and at-risk seniors. For more information, please call Irine Dubinski at 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 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

Cost: Free for members

Registration required. To register, contact Irine Dubinski at 416-225-2112, ext. 122 or [irined@betelcentre.org](mailto:irined@betelcentre.org).





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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## 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:**

