Bernard Betel Centre – September 2024 Programs

Monday	Tuesday	Wednesday	Thursday	Friday
2 CENTRE CLOSED LABOR DAY ROOM LOCATION: Synagogue Culture Room Library Front Auditorium Back Auditorium Computer Lab Craft Room Music Room	3 9:30-12:00 Drawing & Acrylic 11:00 – 12:00 Chair Yoga 10:30 – 12:00 LLI Lecture 11:00-12:30 Library 11:30-1:00 Aging Mindfully 12:00-1:00 Yoga 1:00-2:00 Latin Dance 1:00-4:00 Pottery 1:30-3:30 Russian Talent Show Group 1:15 – 4:00 Games Room 2:00-3:00 IPhone Advanced 3:00-5:00 Etrog	4 9:30-12:30 Pottery 10:00-11:30 French Conversation 10:00-12:00 Open Lab 10:00-11:00 Walking Club 10:00-11:00 Tai Chi 10:00-12:00 Coloring Club 11:30-12:30 Body Works 1:00-2:30 Russian Choir 1:00-2:00 New Member Meet & Greet 1:00-4:00 Mahjong Intermediate 2:00-4:00 Art Therapy 2:00-4:00 Drama (Russian) 2:00 – 4:30 Painting Lab 2:00-3:00 Concert 3:45-5:15 Israeli Dancing	5 10:00-12:00 Canasta 10:30 – 12:00 Russian Art Therapy 11:00-12:00 Body Fit 12:00 – 2:00 Russian Library 12:30-2:30 Canasta 1:00-4:00 Pottery 2:00-3:00 Taste of Music 2:00 – 4:00 RGA	6 9:30-12:30 Pottery 10:00 – 11:00 Gentle Fitness 10:00-12:00 Chess Club 11:15-12:15 Zumba 12:00-3:00 Rumi Cube
9 9:30-12:00 Watercolor 9:30-10:30 Falls Prevention 10:00 – 12:00 Mah Jong 10:00-11:00 News & Views 10:30-1130 Breathe Better 12:00 – 2:00 Russian Library 1:00-2:00 Russian Tea with Gail 1:30-3:30 Sudoku 1:30-3:30 Super Nature Course! 1:00-3:30 Painting Techniques 2:00-3:30 RGA 2:00-3:00 Learning Yiddish 3:00 – 4:30 Israeli Dancing	10 9:30-12:00 Drawing & Acrylic 11:00 – 12:00 Chair Yoga 10:30 – 12:00 LLI Lecture 11:00-12:30 Library 11:30-1:00 Aging Mindfully 12:00-1:00 Yoga 1:00-2:00 Latin Dance 1:00-4:00 Pottery 1:30-3:30 Russian Talent Show Group 1:15 – 4:00 Games Room 2:00-3:00 IPhone Advanced 3:00-5:00 Etrog	11 9:30-12:30 Pottery 10:00-12:00 Open Lab 10:00-11:00 Walking Club 10:00-11:00 Tai Chi 10:00-12:00 Coloring Club 11:30-12:30 Body Works 1:00-2:30 Russian Choir 1:00-4:00 Mahjong Intermediate 2:00-4:00 Art Therapy 2:00-4:00 Drama (Russian) 2:00 – 4:30 Painting Lab 2:00-3:00 Lecture 3:45-5:15 Israeli Dancing	12 10:00-12:00 Canasta 10:30-11:30 Women's Discussion Group 10:30 – 12:00 Russian Art Therapy 11:00-12:00 Body Fit 11:30-1:00 Photos 12:00 – 2:00 Russian Library 12:30-2:30 Canasta 1:00-4:00 Pottery 2:00-3:00 Taste of Music 2:00 – 4:00 RGA 2:00-3:30 Word and Excel	13 9:30-12:30 Pottery 10:00 – 11:00 Gentle Fitness 10:00-12:00 Chess Club 11:15-12:15 Zumba 12:00-3:00 Rumi Cube

16 9:30-12:00 Watercolor 9:30-10:30 Falls Prevention 10:00 – 12:00 Mah Jong 10:00-11:00 News & Views 10:30-1130 Breathe Better 12:00 – 2:00 Russian Library 1:30-3:30 Sudoku 1:30-3:30 Super Nature Course! 1:00-3:30 Painting Techniques 2:00-3:30 RGA 2:00-3:00 Learning Yiddish 3:00 – 4:30 Israeli Dancing	**17** 9:30-12:00 Drawing & Acrylic 11:00 – 12:00 Chair Yoga 10:30 – 12:00 LLI Lecture 11:00-12:30 Library 11:30-1:00 Aging Mindfully 12:00-1:00 Yoga 1:00-2:00 Latin Dance 1:00-4:00 Pottery 2:00-3:00 Bingo 1:30-3:30 Russian Talent Show Group 1:15 – 4:00 Games Room 3:00-5:00 Etrog	**18** 9:30-12:30 Pottery 10:00-11:30 French Conversation 10:00-12:00 Open Lab 10:00-11:00 Walking Club 10:00-11:00 Tai Chi 10:00-12:00 Coloring Club 11:30-12:30 Body Works 1:00-2:30 Russian Choir 1:00-4:00 Mahjong Intermediate 2:00-4:00 Art Therapy 2:00-4:00 Drama (Russian) 2:00 – 4:30 Painting Lab 3:45-5:15 Israeli Dancing	**19** 10:00-12:00 Canasta 10:30 – 12:00 Russian Art Therapy 11:00-12:00 Body Fit 12:00 – 2:00 Russian Library 12:30-2:30 Canasta 12:30-1:30 Tea with Gail 1:00-4:00 Pottery 2:00-3:00 Taste of Music 2:00 – 4:00 RGA 2:00-3:30 Word and Excel 3:00-4:00 Book Club	**20** 9:30-12:30 Pottery 10:00 – 11:00 Gentle Fitness 10:00-12:00 Chess Club 11:15-12:15 Zumba 12:00-3:00 Rumi Cube
23 10:00-11:00 News & Views 11:00-1:00 Café Europa 11:00-1:00 Hearing Aid Clinic 12:00 – 2:00 Russian Library 2:00-3:30 RGA 2:00-3:00 Learning Yiddish **30** 10:00-11:00 News & Views 11:00-1:00 Café Europa 2:00-3:30 RGA 2:00-3:00 Learning Yiddish	**24** 10:30 – 12:00 LLI Lecture 11:00-12:30 Library 12:00-1:00 Yoga 1:00-2:00 Latin Dance 1:30-3:30 Russian Talent Show Group 1:15 – 4:00 Games Room	**25** 10:00-12:00 Open Lab 10:00-11:00 Walking Club 1:00-4:00 Mahjong Intermediate 2:00-4:00 Drama (Russian) 2:00-3:0 High Holiday Concert	**26** 10:00-12:00 Canasta 10:30-11:30 Women's Discussion Group 10:30 – 12:00 Russian Art Therapy 12:00 – 2:00 Russian Library 12:30-2:30 Canasta 2:00-3:00 Taste of Music 2:00 – 4:00 RGA 2:00-3:30 Word and Excel	**27** 10:00-12:00 Chess Club 12:00-3:00 Rumi Cube

****All classes are subject to change ****

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