Bernard Betel Centre – October 2024 Programs

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:30 – 12:00 LLI Lecture 11:00-12:30 Library 12:30-1:30 ESL 1:00-2:00 Latin Dance 2:00-4:00 Russian Talent Group 1:15 – 4:00 Games Room 3:00-5:00 Etrog	2 10:00-11:30 French Conversation 10:00-11:00 Walking Club 11:00-1:00 Russian Art Therapy 1:00-2:30 Russian Choir 1:00-4:00 Mahjong Intermediate	3 CENTRE CLOSED ROSH HASHANAH	4 CENTRE CLOSED ROSH HASHANAH
7 9:30-12:00 Watercolor 10:00 – 12:00 Mah Jong 10:00-11:00 News, Views & Schmooze 11:00-1:00 Lunch and Learn 12:00-1:00 Remembering Together 12:00 – 2:00 Russian Library 1:30-3:30 Sudoku 2:00-4:00 RGA 3:00 – 4:30 Israeli Dancing	8 9:30-12:00 Drawing & Acrylic 10:30 – 12:00 LLI Lecture 11:00-12:30 Library 11:30-1:00 Aging Mindfully 11:00 – 12:00 Chair Yoga 12:00-1:00 Stretch and Strength 12:30-1:30 ESL 1:00-2:00 Latin Dance 1:00-3:00 Creative Writing 1:00-4:00 Pottery 2:00-4:00 Russian Talent Group 1:15 – 4:00 Games Room 3:00-5:00 Etrog	9 9:30-12:30 Pottery 10:00-11:00 Walking Club 10:00-11:00 Tai Chi 10:00-12:00 Coloring Club 11:00-1:00 Russian Art Therapy 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 – 4:30 Painting Lab 2:00-3:00 Lecture 3:30-5:00 Israeli Dancing	10 10:00-11:30 Spanish Conversation 10:00-12:30 ESL 10:30 -12:00 Russian Art Therapy 10:30-11:30 Women's Discussion Group 12:00 – 2:00 Russian Library 2:00-3:00 Taste of Music 6:00-8:00 Rosh Hashanah Party	11 10:00-12:00 Chess Club 12:00-3:00 Rumi Cube
14 CENTRE CLOSED THANKSGIVING	15 9:30-12:00 Drawing & Acrylic 10:30 – 12:00 LLI Lecture 11:00-12:30 Library 11:30-1:00 Aging Mindfully 1130-1:30 Russian Android Phone 11:00 – 12:00 Chair Yoga 12:00-1:00 Stretch and Strength 12:30-1:30 ESL 1:00-2:00 Latin Dance 1:00-3:00 Creative Writing 1:00-4:00 Pottery 1:15 – 4:00 Games Room 2:00-4:00 Russian Talent Show Group 2:00-4:00 Russian Android Level 3 3:00-5:00 Etrog	16 9:30-12:30 Pottery ` 10:00-11:30 French Conversation 10:00-11:00 Walking Club 10:00-11:00 Tai Chi 10:00-12:00 Coloring Club 10:00-12:00 Open Lab 11:00-1:00 Russian Art Therapy 11:30-12:30 Body Works 1:00-2:30 Russian Choir 1:00-4:00 Mahjong Intermediate 2:00 – 4:30 Painting Lab 3:30-5:00 Israeli Dancing	17 CENTRE CLOSED SUKKOT	18 CENTRE CLOSED SUKKOT

21 9:30-12:00 Watercolor 9:30-10:30 Falls Prevention 10:00 – 12:00 Mah Jong 10:00-11:00 News ,Views & Schmooze 10:30-1130 Breathe Better 11:00-12:30 IPhone 12:00 – 2:00 Russian Library 1:30-3:30 Sudoku 1:30-3:30 History of Fashion 1:00-3:30 Painting Techniques for Beginners 1:30 -3:00 Intermediate Computer 2:00-4:00 RGA 2:00-3:00 Learning Yiddish 3:00 – 4:30 Israeli Dancing	22 9:30-12:00 Drawing & Acrylic 10:30 – 12:00 LLI Lecture 11:30-12:30 Library 11:30-1:00 Aging Mindfully 1130-1:30 Russian Android Phone 11:00 – 12:00 Chair Yoga 12:00-1:00 Stretch and Strength 12:30-1:30 ESL 1:00-2:00 Latin Dance 1:00-3:00 Creative Writing 1:00-4:00 Pottery 1:15 – 4:00 Games Room 2:00-4:00 Russian Talent Show Group 2:00-4:00 Russian Android Level 3 3:00-5:00 Etrog	23 9:30-12:30 Pottery 10:00-11:00 Walking Club 10:00-11:00 Tai Chi 10:00-12:00 Coloring Club 10:00-12:00 Open Lab 11:00-1:00 Russian Art Therapy 11:30-12:30 Body Works 1:00-2:30 Russian Choir 1:00-4:00 Mahjong Intermediate 2:00 – 4:30 Painting Lab 2:00-3:30 Lecture 3:30-5:00 Israeli Dancing	24 CENTRE CLOSED SHEMINI ATZERET	25 CENTRE CLOSED SIMCHAT TORAH
28 9:30-12:00 Watercolor 9:30-10:30 Falls Prevention 10:00 – 12:00 Mah Jong 10:00-11:00 News, Views & Schmooze 10:30-1130 Breathe Better 11:00-12:30 IPhone 12:00 – 2:00 Russian Library 1:30-3:30 Sudoku 1:30-3:30 History of Fashion 1:00-3:30 Painting Techniques for Beginners 1:30 -3:00 Intermediate Computer 2:00-3:30 RGA 2:00-3:00 Learning Yiddish Through Song 3:00 – 4:30 Israeli Dancing	29 9:30-12:00 Drawing & Acrylic 10:30 – 12:00 LLI Lecture 11:00-12:30 Library 11:30-1:00 Aging Mindfully 1130-1:30 Russian Android Phone 11:00 – 12:00 Chair Yoga 12:00-1:00 Stretch and Strength 12:30-1:30 ESL 1:00-2:00 Latin Dance 1:00-3:00 Creative Writing 1:00-4:00 Pottery 1:15 – 4:00 Games Room 200-3:00 Bingo 2:00-4:00 Russian Talent Show Group 2:00-4:00 Russian Android Level 3 3:00-5:00 Etrog	30 9:30-12:30 Pottery 10:00-11:30 French Conversation 10:00-11:00 Walking Club 10:00-11:00 Tai Chi 10:00-12:00 Coloring Club 10:00-12:00 Open Lab 11:00-1:00 Russian Art Therapy 11:30-12:30 Body Works 1:00-2:30 Russian Choir 1:00-4:00 Mahjong Intermediate 1:30-3:00 Android Phone 2:00-3:00 Concert 2:00-4:00 Art Therapy 2:00 – 4:30 Painting Lab 2:30-4:00 Wise Aging 3:30-5:00 Israeli Dancing	31 10:00-11:30 Spanish Conversation 10:00-12:30 ESL 10:30 -12:00 Russian Art Therapy 10:30-11:30 Women's Discussion 11:00-12:00 Body Fit 11:30 -1:30 Russian IPhone 12:00 – 2:00 Russian Library 1:00-3:00 This Week in Global Affairs 1:00-4:00 Pottery 2:00-3:00 Taste of Music 2:00-4:00 Russian iPhone Level 1 2:00 – 4:00 RGA 3:30-5:-00 Understanding Contemporary Israeli Society	ROOM LOCATION: Synagogue Culture Room Library Front Auditorium Back Auditorium Computer Lab Craft Room Music Room

**All classes are subject to change **

Bernard Betel Centre 1003 Steeles Ave. West, Toronto, ON M2R 3T6

416-225-2112 www.betelcentre.org

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