

# **Connect!**

**Spring 2025**

**April, May, June**



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

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



Who doesn't love Spring? The days get a little longer, the temperature starts to climb, and we all start to feel a little lighter (because we can finally go outside without a winter coat!). At Betel we have many reasons to be happy this Spring. We have a long list of day trips planned that feature local theatre, cruises, and lots of music. We are also excited about offering pickleball to the list of activities offered this Spring. And, of course there is the Centre's 60th anniversary, which is exciting. Mark your calendars because on Sunday June 22, we will be hosting a fabulous brunch celebrating our 60th anniversary. In recognition of their incredible generosity and commitment over the years, the event will include dedication



of our auditorium to the Lebovic family. The support of the Lebovic family has made a lasting impact on our mission and the community we serve. Details will be available soon!

There is so much to do at Betel, whether you're looking to brush up on your language or computer skills, get a bit of exercise with your friends, or find an opportunity to give back to the community through volunteer work. There is truly something for everyone! And there's no time like the present to come by and get involved!

Also, don't forget that the Bernard Betel Centre is on social media! Look for us on Facebook, Instagram, LinkedIn, Twitter (X), and YouTube...and once you're there, leave a comment, share a post, or a 'like' (👍). If you're not sure how, ask a staff member, a friend, or someone from your family for some help. Either way, we'd love to stay connected with you and you might even catch a glimpse of someone you know, online!

So, happy Spring to all - please enjoy the fresh air and we look forward to seeing you at one of our many programs or celebrations! L'Chaim, to life! And to 60 years of Betel!

Julie Gilbert  
*Chair, Board of Directors*

Gail Gould  
*Executive Director*

### Приветствие Председателя Совета директоров и Исполнительного Директора

Весна – прекрасное время года, неправда ли? Дни становятся длиннее, температура повышается, и все мы чувствуем себя немного легче (ведь наконец-то можно выйти на улицу не в зимней одежде). У нас в Бетель Центре этой весной множество поводов для радости. У нас запланирован целый ряд однодневных поездок, включающих посещение местного театра, круизы и много музыки. Мы также рады добавить пиклбол в список предлагаемых весной мероприятий. И, конечно же, волнующим событием является 60-летний юбилей Центра. Отметьте в своих календарях: в воскресенье, 22 июня, мы будем проводить великолепный бранч, посвященный нашему 60-летию. В знак признания их невероятной щедрости и преданности на протяжении многих лет, в рамках мероприятия состоится посвящение нашего зрительного зала семье Лебович. Поддержка семьи Лебович оказала огромное влияние на нашу миссию и сообщество, которому мы служим. Подробности будут доступны в ближайшее время!

В Бетель всегда найдется занятие по душе! Здесь можно усовершенствовать свои знания языка или компьютера, заняться спортом с друзьями, а также найти возможность внести свой вклад в жизнь общества, став волонтером. У нас действительно есть что-то интересное для каждого! Не откладывайте на потом – приходите и присоединяйтесь прямо сейчас!

Кроме того, не забывайте, что Бернард Бетель Центр есть в социальных сетях! Присоединяйтесь к нам в Facebook, Instagram, LinkedIn, Twitter (X) и YouTube! Подписывайтесь, ставьте лайки (👍), делитесь публикациями и оставляйте комментарии! Не стесняйтесь обратиться за помощью к сотруднику, другу или члену семьи, если у вас возникнут вопросы. Мы будем очень рады оставаться с вами на связи, и, возможно, вы даже увидите в интернете кого-то из знакомых!

Примите наши поздравления с наступлением весны! Наслаждайтесь свежим воздухом, и мы с нетерпением ждем встречи с вами на одной из наших многочисленных программ или праздников! Лехаим, за жизнь! И за 60-летие Бетель Центра!

**Председатель Совета директоров**  
Джули Гилберт

**Исполнительный директор**  
Гейл Гоулд

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**James Pasternak**  
 Councillor | York Centre - Downsview

**How Can We Help?**



For assistance with municipal matters, please contact me:  
 416-392-1371 | Councillor\_Pasternak@Toronto.ca  
 www.JamesPasternak.ca

# CONTACT

## EXECUTIVE DIRECTOR

*Gail Gould*  
 416.225.2112, ext.129  
 gailg@betelcentre.org

## FINANCE & HUMAN RESOURCES

*Abey Suwande*  
 416.225.2112, ext.125  
 abeys@betelcentre.org

## BUILDING MAINTENANCE & OPERATIONS

*Maxim Varshavsky*  
 416.225.2112, ext.120  
 maximv@betelcentre.org

## COMMUNICATIONS & FUNDRAISING

*Katie Mohr*  
 416.225.2112, ext.126  
 katiem@betelcentre.org

# PROGRAMS & SERVICES

## FOOD SERVICES, TRIPS & TRAVEL

*Irina Shulgin*  
 416.225.2112, ext.123  
 irinas@betelcentre.org

## PROGRAMS

*Maria Lindgren*  
 416.225.2112, ext.130  
 marial@betelcentre.org

## COMMUNITY SUPPORT SERVICES & OUTREACH

*Julia Migounova*  
 416.225.2112, ext.133  
 juliam@betelcentre.org

## VOLUNTEER OPPORTUNITIES

*Robin Rakowsky*  
 416.225.2112, ext.127  
 robinr@betelcentre.org

## MEMBERS' COUNCIL

memberscouncil@betelcentre.org

**FEEDBACK**

We want to hear from you! Please contact a staff member or email [feedback@betelcentre.org](mailto: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, April 16**

**Wednesday, June 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:**

**Wednesday, April 9** • 1:00 pm – 2:00 pm

**Thursday, June 12** • 11:00 am – 12:00 pm

**Russian Language:**

**Monday, May 5** • 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.

You can register for a course after the semester begins. 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 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



facebook.com/betelcentre



instagram.com/betelcentre



x.com/betelcentre



linkedin.com/company/bernard-betel-centre

### HOURS OF OPERATION

Sunday	10:00 am to 2:00 pm
Monday	8:30 am to 4:30 pm
Tuesday	8:30 am to 6:30 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

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.

## VISION

Enriching quality of life for all. For life!

## MISSION

Providing exemplary and multilingual educational, cultural and wellness programs in a safe and supportive environment to encourage health, active and creative living for individuals 55+.

## VALUES

Community, compassion, creativity, dignity, and respect.

## UPCOMING CENTRE CLOSURES

Sunday, April 13 – Passover

Monday, April 14 – Passover

Sunday, April 20 – Passover

Monday, May 19 – Victoria Day

Monday, June 2 – Shavuot

Tuesday, June 3 – Shavuot

## 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:



## 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!

### LEGACY Giving

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.

What is a legacy gift? 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. 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 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 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

#### Life Insurance

You can designate the Bernard Betel Centre as a beneficiary on a new or existing life insurance policy, or transfer the ownership of your policy to the Bernard Betel Centre directly with a pledge to pay the premiums each year. It is an affordable way to make a significant donation while experiencing income tax savings during our lifetime or for your estate. When you designate the Bernard Betel Centre for Creative Living as beneficiary your estate benefits from a tax deduction in the year of death, and/or the year preceding. Alternatively, if you transfer your policy and name the Bernard Betel Centre for Creative Living as the policy holder, you may receive tax credits annually on the premiums paid. You can also change your current life insurance policy to allow for the Bernard Betel Centre to be a primary, jointly shared, or contingent beneficiary.

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).

## 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 2:00 pm
Tuesday	9:00 am to 2:00 pm
Wednesday	9:00 am to 2:00 pm
Thursday	9:00 am to 2:00 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 Thursday. We offer complete frozen meals including a soup, entrée, starch and vegetables. \$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 416-225-2112, доб. 134.

For more information about Meals on Wheels, visit [www.betelcentre.org/meals-on-wheels](http://www.betelcentre.org/meals-on-wheels)



# VOLUNTEER SERVICES

**CONTACT: Robin Rakowsky** 416-225-2112, ext. 127 [robinr@betelcentre.org](mailto:robinr@betelcentre.org)

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

## HAPPY 60TH BIRTHDAY BERNARD BETEL CENTRE!

2025 marks the 60th anniversary of the Bernard Betel Centre. What an amazing legacy to be part of as a volunteer! Whether you're celebrating with the Betel as a volunteer of many years, or you are brand new, your spirit, your commitment, and your voice are our most valued support.

Every day, all of our incredible volunteers help us reach our mission - to provide exemplary and multilingual educational, cultural and wellness programs in a safe and supportive environment to encourage healthy, active and creative living for individuals 55+.

Volunteers are the reason the Betel Centre exists. Volunteers are the reason that the Betel Centre continues on. Bernard Betel Centre is a place, but it is most certainly about the people! Wishing you all a Happy Birthday at Betel!

## VOLUNTEERS MAKE WAVES #NVW2025



National Volunteer Week is Sunday, April 27 to Saturday, May 3, 2025. This year's theme is *Volunteers Make Waves*. Together, we create ripples of change.

The sharing of time, skills, empathy, and creativity is vital to the inclusivity, strength, and well-being of our communities. By coming together, committing support, and increasing collective efforts and impact, our Betel Centre volunteers contribute exponentially to the quality of life we all strive for.

National Volunteer Week is a chance to highlight the value of our volunteers and your positive impacts on the Betel Centre, and on our society. Like a wave, volunteering is movement building. So, let's do something different! Let's make a wave and build that movement!

Betel Centre volunteers, tell us how you make waves and create ripples of change for or within the Centre, or how the Centre makes waves for you! Tell us which staff supports you to create those ripples of change!

Get your photo taken with Robin Rakowsky, Manager, Volunteer Services and the staff who helps you most!

Submit your entries to [robinr@betelcentre.org](mailto:robinr@betelcentre.org) for us to post it on our special *Wall of Waves* throughout the Betel Centre. All entries will be displayed during National Volunteer Week – April

27 to May 3, 2025. English and Russian entries are encouraged from all volunteers! Submission deadline is Friday, April 11, 2025.

During National Volunteer Week, we will be highlighting our volunteers and the waves that they make. We will also be honouring 2025's milestone volunteers and their continuous movement building through the decades!

Thank you to every volunteer for your unique waves that bring something vibrant and new to the Betel Centre each day!



## DROP-IN OFFICE HOURS FOR BETEL CENTRE VOLUNTEERS

Drop-in with Robin! Do you have questions, ideas, or feedback about your volunteer experience? Or, just want to say hello? I'm here for you!

Date: **Wednesday, May 14 and Wednesday, June 18**

Time: 2:00 pm – 3:00 pm

Room: Library

Why drop-in?

- Ask questions or get help with your role.
- Share your thoughts and feedback—your voice matters!
- Stay updated on upcoming events and opportunities.
- Meet and connect with fellow volunteers.

No appointments needed—just stop by whenever it works for you during the office hours! Whether you're new to volunteering, or you've been here for a while, I'm excited to connect and support you. I can't wait to see you there! Have questions before the office hours? Can't make it during those days and times? Email me at [robinr@betelcentre.org](mailto:robinr@betelcentre.org).



## JOIN OUR VOLUNTEER TEAM!

We are currently recruiting for Meals on Wheels Drivers, Healthy at Home Program Presenters, Shabbat Program Facilitators, and Russian-Speaking Computer Class Assistants. For more information and a full list of our current volunteer opportunities, visit [www.betelcentre.org/current-opportunities](http://www.betelcentre.org/current-opportunities).

If you have a special skill that would be of interest to our seniors, we would love to hear from you. Please contact Robin Rakowsky, Manager, Volunteer Services at [robinr@betelcentre.org](mailto:robinr@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, April 29**  
**Tuesday, May 27**  
**Tuesday, June 24**  
2:00 pm – 3:00 pm  
Free – Members Only

### CANASTA BEGINNERS

Learn to play Canasta in a friendly welcoming environment! Each session will run for four weeks. You must register in advance. Call 416-225-2112 ext. 105. Instructor: Ricki Glickman  
**Thursday, April 10 – June 19**  
10:00 am – 12:00 pm  
12:30 pm – 2:30 pm  
\$28 members  
\$56 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**  
*No class June 3*  
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  
**Monday, April 7 – June 16**  
*No class April 14, May 19, June 2*  
10:00 am – 12:00 pm  
Free – Members Only

### RUMMI-CUBE

Join us for drop-in Rummi-Cube! Games provided.  
**Every Friday**  
*No class April 18*  
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, April 7 – June 16**  
*No class April 14, May 19, June 2*  
1:30 pm – 3:00 pm  
Free – Members Only

## MUSIC

### TASTE OF MUSIC

Each week a musician or band will be featured, and a short sing-along will be included in this fun program, along with video clips of interviews, movies and musical performances. Facilitator: Harvey Skolnick  
**Every Thursday**  
2:00 pm – 3:30 pm  
Free – Members Only

### YIDDISH THROUGH SONG

Enjoy Yiddish songs, their translation and practise your Yiddish conversation. Facilitator: Janie Respitz  
**Monday, April 21 – June 23**  
*No class May 19, June 2*  
2:00 pm – 3:00 pm  
\$56 members  
\$112 non-members

## LANGUAGES

Join us for a guided, casual group discussion in the following languages!

### FRENCH CONVERSATION

Facilitator: Alla Gertsenstein  
**Wednesday, April 16, 30**  
**Wednesday, May 14, 28**  
**Wednesday, June 11, 25**  
10:00 am – 11:30 am  
Free – Members Only

### HEBREW CONVERSATION

Facilitator: Israel David  
**Wednesday, April 9, 23,**  
**Wednesday, May 7, 21**  
**Wednesday, June 4, 18**  
10:00 am – 11:30 am  
Free – Members Only

## WRITING & DISCUSSION

### CREATIVE WRITING

Do you have stories to tell? Learn how to tell your own stories or make-up new ones that will last a lifetime. Facilitator: Sylvia Warsh, Author  
**Tuesday, April 15 – June 24**  
1:00 pm – 3:00 pm  
\$132 members  
\$264 non-members

### 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

Bring women together and talk about the challenges and opportunities of aging, ageism, finding meaning and purpose in this life stage, and living wisely and well. Facilitator: Linda Lean  
**Thursday, April 3, 17**  
**Thursday, May 1, 15, 29**  
**Thursday, June 12, 26**  
10:30 am – 11:30 am  
Free – Members Only

### WRITING DISCUSSION GROUP

*\*This class is held on Zoom\**  
Read your 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 Arts programs, visit [www.betelcentre.org/arts](http://www.betelcentre.org/arts)

### CARD MAKING WORKSHOP

Join us to learn how to make fun cards for any occasion. All supplies included! Registration required. Call Charm at ext. 105. Instructor: Janet Chippin  
**Wednesday, May 7**  
10:00 am – 12:00 pm  
Free for 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, April 9 – June 18**  
10:00 am – 12:00 pm • 11 weeks  
Free – Members Only

### DRAWING & ACRYLIC - INTERMEDIATE

Continue to develop your skills and express yourself. Some experience with drawing and/or painting is recommended. Instructor: Maya Vinokurov  
**Tuesday, April 15 – June 17**  
*No class June 3*  
9:30 am – 12:00 pm • 9 weeks  
\$130.50 members  
\$261 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, April 8 – June 17**  
*No class June 3*  
1:00 pm – 4:00 pm • 10 weeks  
\$170 members  
\$340 non-members  
Instructor: Linda (Shayne) Berlin

**Thursday, April 10 – June 19**  
1:00 pm – 4:00 pm • 11 weeks  
\$187 members  
\$374 non-members  
Instructor: Anisoara Kirschner

### MANDALA CLUB

*\*This class is held on Zoom\**  
A mix of mindfulness and creativity. Learn about the history of these symbols and create your own 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, April 17 – June 19**  
3:00 pm – 4:00 pm • 10 weeks  
Free – Members Only

### OIL PAINTING LAB

Work on personal projects under the guidance of a volunteer. Facilitator: Miriam Reisher  
**Wednesday, April 9 – June 18**  
2:00 pm – 4:30 pm  
• 11 weeks  
Free – Members Only

### PLAYING WITH PENCIL

Join artist Sheryl Shapiro as we explore different still life drawing techniques using just a pencil and paper! Supplies included. Registration required. Call Charm at ext. 105. Instructor: Sheryl Shapiro  
**Thursday, May 1 - 29**  
10:30 am – 11:30 am • 5 weeks  
Free for Members

### WATERCOLOUR

Beginners and Intermediates welcome! Express yourself through the art of Watercolour painting. Beginners are welcome to try a class for free! Supplies included for trial class. Call Maria to try a class. Instructor: Elaine Sugar  
**Monday, April 7 – June 16**  
*No class April 14, May 19, June 2*  
9:30 am – 12:00 pm • 8 weeks  
\$116 members  
\$232 non-members



**Tuesday, April 8 – June 17**  
*No class June 3*  
6:00 pm – 9:00 pm • 10 weeks  
\$170 members  
\$340 non-members  
Instructor: Joyce Leuchter

**Friday April 11 – June 20**  
*No class April 18*  
9:30 am – 12:30 pm • 10 weeks  
\$170 members  
\$340 non-members  
Instructor: Linda (Shayne) Berlin

**Wednesday, April 9 – June 18**  
9:30 am – 12:30 pm • 11 weeks  
\$187 members  
\$374 non-members  
Instructor: Linda (Shayne) Berlin



## TRIPS AND TRAVEL

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

**Mark Adler 416.225.2112, ext. 185**  
**marka@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 is for current Bernard Betel Centre members only.

### MESSAGE FROM OVERNIGHT TRAVEL DEPARTMENT

We are delighted that the response to our February 2025 cruise on the Emerald Princess to the Caribbean was terrific! Unfortunately, due to the ongoing security situation in Israel, we are once again having to postpone our Spring 2025 planned trip to Israel. The safety and security of our members is paramount and we need to ensure a visit to Israel is not an encumbrance. We are currently in negotiations with our Israeli agents and we are now confident we will be able to offer a two week trip to Israel in October 2025. Details to come. To learn of future trips, sign up for our Travel e-Newsletter and continue to monitor our Trips & Travel page on our website to ensure you receive all travel updates. Please contact [katiem@betelcentre.org](mailto:katiem@betelcentre.org) to be added to our email list for our Travel E-Newsletter, or sign up here: <http://bit.ly/35Ei60Y>

## DAY TRIPS

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

**IMPORTANT:** Bus seats assigned at time of purchase, seats cannot be changed. Lunch is **NOT** included in ticket price unless stated. For lunch cruises, vegetarian options available upon request at time of ticket purchase.

### UPCOMING DAY TRIPS

#### HAMILTON FAMILY THEATRE: "CRAZY FOR YOU"

The multiple Tony Award winning, romantic musical comedy.

**Wednesday, April 23**

Cost: \$150 (includes bus & musical)

#### SHAW FESTIVAL – NIAGA- RA-ON-THE-LAKE: "ANYTHING GOES"

The story concerns madcap antics aboard an ocean liner bound from New York to London.

**Thursday, May 8**

Cost: \$150 (includes bus & musical)

#### STRATFORD FESTIVAL: "ANNIE"

Based on the 1924 comic strip Little Orphan Annie by Harold Gray

**Tuesday, May 13**

Cost: \$150 (includes bus & musical)

#### GRAND RIVER LUNCH CRUISE & BLAZING FIDDLES SHOW

This tour features live music by the Blazing Fiddles, spectacular sightseeing, and a three-course meal.

**Tuesday, June 17**

Cost: \$175 (includes bus, boat cruise with lunch & guided trip)

#### LANDMARK CRUISE FROM PENETANGUISHENE 30,000 ISLANDS

A tour of Georgian Bay and its many inlets and islands is the perfect getaway.

**Wednesday, July 2**

Cost: \$175 (includes bus, boat cruise with lunch & guided trip)

#### DRAYTON FESTIVAL THEATRE: "GREASE"

Grease is the word as the Broadway phenomenon that inspired one of the most successful movie musicals of all time hits the stage.

**Wednesday, July 16**

Cost: \$150 (includes bus & musical)

#### ST. JACOBS COUNTRY PLAYHOUSE: "SOUND OF SOUL"

You'll be transported back in time as we pay tribute to 20 of the defining voices of the genre.

**Thursday, August 28**

Cost: \$150 (includes bus & musical)

#### STRATFORD FESTIVAL: "SENSE & SENSIBILITY"

Follows the travails of the Dashwood sisters after their father's passing.

**Tuesday, September 9**

Cost: \$150 (includes bus & musical)

## 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 ישראלים, מוסיקה, שירים עבריים ועוד.*

*המפגשים מתקיימים בכל יום שלישי בשעה שלוש אחר הצהריים.*

*מסיבות ואירועים מיוחדים נערכים, לעיתים, בשעות הערב בצמידות למועדי ישראל*

*במפגשים משתתפים מכם רבים ולראות המוצעות התכניות לגבי והארות הערות, הצעות לקבל נשמח מתשלום חופשיים המפגשים רוב*

### Israel's 77th Independence Day Party

The state of Israel's 77th independence day party preceded by a short memorial ceremony for the Israeli fallen.

**Wednesday, April 30**

6:00 pm – 9:00 pm

\$45 members

\$60 non-members

### Jerusalem Day

Join us for a presentation on Jerusalem and the 6 day war. Light refreshments will be served

**Tuesday, May 27**

5:00 pm

\$7 members

\$10 non-members



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## LIFELONG LEARNING

CONTACT: **Sharon Chodirker** 416.225.2112, ext. 124 sharonc@betelcentre.org

For more information about Lifelong Learning programs,  
visit [www.betelcentre.org/lifelong-learning-discussion](http://www.betelcentre.org/lifelong-learning-discussion)

### PRESENTATIONS

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

[Israel Revisited: My Observations and Impressions of Israel Post October 7, 2023](#)

**Tuesday, April 1**

Betel's Mark Adler travelled twice to Israel in 2024. Join us as he presents his observations and impressions of an Israel in the midst of war, entirely accompanied by photographs. There is a strong desire and need of many to go to Israel, to demonstrate support, and in many cases meet up with loved ones. It was for those reasons that Mark made those two trips. Speaker: Mark Adler, Coordinator, Trips and Travel, Bernard Betel Centre

[Fashion inspired by Art](#)

**Tuesday, April 8**

Works of art of famous artists such as: Van Gogh, Klimt, Picasso, Dali, Monet, Mondrian, Lichtenstein, Kahlo and others, inspired world known fashion designers to create their unique collections. Speaker: Rachel Levin, Art Educator

[William Shakespeare and Mark Twain](#)

**Tuesday, April 15**

A comparison of perhaps the two greatest writers of all time. We will delve into the lives of William Shakespeare and Mark Twain, their successes and failures, their loves and families, and their legacies. They lived 300 years apart, separated by an ocean, and their works are completely different from each other, yet both are everlasting. Speaker: Jerry Willer, Betel Member and Lecturer

[Songs for Yom Hashoah and Yom Hazikaron](#)

**Tuesday, April 22**

In Honour of Yom Hashoah on April 24, and Yom Hazikaron on April 30, Faye will introduce songs by speaking about the composers of the music and the lyrics, as well as the circumstances which led to the song or poem. This program will include a piano accompanist. Speaker: Faye Kellerstein, Betel Member, Singer and Jewish Music Educator

[The Emerging New Middle East](#)

**Tuesday, April 29**

October 7, 2023, changed the Middle East forever. We'll explore all the vexing questions it raises. The future of Gaza governance and reconstruction? A horizon for ending the Israeli Palestinian conflict. Will progress toward the formation of a Middle East union, pending Saudi normalization with Israel, happen or will it become a desert mirage? Speaker: Amnon Zohar, Global Affairs Specialist

[Till The Soul Survives: A Journey of Compassion, Memory and Self-Discovery](#)

**Tuesday, May 6**

*This presentation will be available in-person and on Zoom.* Join us for this important talk by award winning author Pamela Goldstein on how her life was changed forever by a series of encounters with Holocaust survivors. These patients profoundly affected her and impacted her view on the world and how it treats Jews. Books can be purchase on Amazon. Speaker: Pam Goldstein, Author, Retired Nurse

[The Ketubah](#)

**Tuesday, May 13**

Jewish marriage contracts have been in existence for over 2,000 years. We will look at some of the interesting and beautiful ketubah from throughout Jewish history and the stories behind them. Laya has a deep knowledge of Jewish marriage contracts, having created over 600 original ketubah.

Speaker: Laya Crust, Artist

[Bukharan Jews: The History, People and Cuisine](#)

**Tuesday, May 20**

Bukharan Jews are one of the oldest groups of Jewish diaspora, dating back to the Babylonian exile, and are a branch of Persian Jewry. They are also one of the oldest ethno-religious groups in Central Asia. We will look at their history in Central Asia from 4th century CE to their lives in Soviet Union (USSR) republics in 20th century and beyond. Speaker: Arnold Gillis, History Lecturer

[Countering Anti-Israel Lies: From Genocide to Apartheid](#)

**Tuesday, May 27**

Since Hamas' barbaric October 7 attack, and Israel's subsequent invasion of Gaza, the Jewish state has faced an international onslaught aimed at painting it as the real villain in this conflict. An unprecedented wave of anti-Semitism was unleashed worldwide, along with efforts to demonize Israel. This presentation provides the essential knowledge to separate fact from fiction, dismantle the lies and proudly stand up for the truth. Speaker: Rabbi Michael Skobac, Jews for Judaism

### Becoming the Jewish Farmers Tuesday, June 10

Celebrating over 75 Years of the Loewith family Dairy Farm in Copetown, Ontario. Learn about the Loewith family's life in Czechoslovakia, how they were able to immigrate to Canada at a time when Canada was not admitting Jews, the steps taken in order to immigrate and subsequently their lives and successes in Canada. Speaker: Dave Loewith, Dairy Farmer

### Massachusetts 1692: The Salem Tuesday, June 17

For centuries, humans in almost every society have believed in witches. This belief caused a horrific, tragic episode that still scars the country's memory. The Salem Witch Trials of 1692 have been recorded by novels, stage plays, television and movies. Speaker: Dr. Andrew Lindsay, Circles Enrichment

### All About Gustav Klimt Tuesday, June 24

The Austrian symbolist painter, Gustav Klimt (1862-1918), one of the most prominent members of the Vienna Secession movement, is known for his paintings, murals and graphic designs as well as landscapes, and his primary subjects were female portraits. Speaker: Rachel Levin, Art Educator

## COURSES

### The Land Between the Two Rivers: A History of Ancient Mesopotamia *This course is held on Zoom.*

Mesopotamia, lying between the Tigris and the Euphrates rivers, was home to the Sumerians, Akkadians, Assyrians, and Babylonians. This region, often called the cradle of civilization, is where agriculture and writing arose and the first cities were founded. Today the term refers mostly to Iraq and Syria, a region marked by conflict and the rampant destruction of cultural heritage. Much the same can be said for it in antiquity. This course will cover the history from the first farmers to the conquest of the Persian Empire by Alexander the Great. Instructor: David Lipovitch, PhD

#### Monday, April 21 – July 7

No class May 19, June 2, June 9

1:00 pm – 3:00 pm • 9 weeks

\$99 members

\$198 non-members

### Girl Power! Women of Science and History

This new fascinating course looks at the great female scientists throughout history. From Hypatia of Alexandria, to astronaut and astrophysicist Tierra Guen, to Ada Lovelace and many others, come see how women sped up our history of science. We never hear about any of them in school but they changed and continue to change the world. There were great female generals and leaders. The first great trading empire of all time was started by a 25-year-old woman from Lebanon, and the great general Amina lead the Nigerian army in the 17th century. Instructor: David Chandross, PhD

#### Monday, April 21 – June 23

No class May 19, June 2

1:30 pm – 3:00 pm • 8 weeks

\$68 members (\$12 members drop in per class)

\$136 non-members (\$24 non-members drop in per class)

### 2025: A New World Order

In 2024, 49% of the world population went to the polls to vote in national elections. As a result, world leadership, except for Russia, China, Iran and Israel, changed both individually and politically. In 2025, this shift in power may drastically alter the world order that we have known. A multi-power world looks certain to emerge with the continued rise of the middle powers and a growing trend to join forces through existing and new alliances to address such global challenges as climate change, human displacement, and natural disasters. We will explore the evolving global landscape, analyzing the factors shaping international relations, economic systems, and cultural interactions. We will examine key trends, challenges, and opportunities that define the new world order.

Instructor: Amnon Zohar, Middle East and Global Affairs Specialist

#### Thursday, April 24 – June 12

1:00 pm – 3:00 pm • 8 weeks

\$88 members (\$14 members drop in per class)

\$176 non-members (\$28 non-members drop in per class)

## INTERGENERATIONAL PROGRAMS

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

Intergenerational programs promote understanding and dispel stereotypes between the generations. Join in discussions, learning, holiday celebrations and crafts together. Share your life experiences and talents with children of all ages/young adults from schools and organizations in our community. For more information about Intergenerational programs, please check for flyers at the centre and visit [www.betelcentre.org/intergenerational](http://www.betelcentre.org/intergenerational). If you have any ideas for Intergenerational programs, please contact Sharon.

## 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)

### ANDROID PHONE

We will teach you how to use your Android phone and a variety of features of your Android, (Samsung, Lenovo, Sony, LG, Motorola, Acer, Asus). How to take pictures, text, etc.

Instructor: Dianne Erdos-Rush

**Wednesday, April 23 – May 28**

1:30 pm - 3:00 pm • 6 weeks

\$50 members

\$60 non-members

### INTERMEDIATE COMPUTER

Learn to use Google, Microsoft Word, learn about viruses, attachments, downloading, cutting, pasting, and we'll show you a variety of interesting websites. Get comfortable using the computer!

Instructor: Dianne Erdos-Rush

**Monday, April 21 – June 23**

*No class May 19, June 2*

1:30 pm - 3:00 pm • 8 weeks

\$60 members

\$70 non-members

### IPHONE BASIC

For iPhone users. Learn to personalize your phone, use the keyboard, Safari, FaceTime, the camera and edit your photos, maps, the cloud and more.

Instructor: Dianne Erdos-Rush

**Monday, April 21 – June 9**

*No class May 19, June 2*

11:00 am - 12:30 pm • 6 weeks

\$50 members

\$60 non-members



### MEMORIES USING **STORIEDLIFE**

Use this revolutionary app that is designed to allow you share your memories to your phone or tablet without typing. Amazing free app that's easy to use, with astounding results. You must have cell phone or tablet to take the class.

**Wednesdays, June 11 and 18**

1:30 pm - 3:00 pm • 2 weeks

\$20 members

\$25 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, April 9 – June 25**

10:00 am - 12:00 pm

**Sunday, April 27 – June 22**

11:00 am – 1:00 pm

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



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### ONLINE COMPUTER CLASSES

Online classes are held on Zoom. Register online: [www.betelcentre.org/online-programs](http://www.betelcentre.org/online-programs)

#### YouTube

Fun and learning! Learn how to use YouTube and all the fun you can have with it.

**Wednesday, June 25**

1:30 pm – 2:30 pm

Free – Members Only

# RUSSIAN LANGUAGE CLASSES

## 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.

### ПЛАНШЕТ АНДРОИД. (УРОВЕНЬ 1)

В данном курсе мы познакомимся с основами работы на планшете Андроид (Sony, Samsung и другие). Как настроить планшет, установить новые приложения, использовать браузер Chrome для работы в интернете, приложение Gmail для работы с электронной почтой и многое другое.

**Вторник с 15 апреля по 24 июня**

3 июня занятия нет

11:30 am - 1:30 pm • 10 недель

\$85 для членов

\$100 для гостей

### АНГЛИЙСКИЙ НА ТЕЛЕФОНЕ. (УРОВЕНЬ 4)

В данном курсе мы рассмотрим возможности освоения английского языка на телефоне. Для данного курса обязательны практические навыки работы на телефоне и компьютере.

**Вторник с 15 апреля по 24 июня**

3 июня занятия нет

2:00 pm - 4:00 pm • 10 недель

\$85 для членов

\$100 для гостей

### ПЛАНШЕТ IPAD (УРОВЕНЬ 1)

В данном курсе мы познакомимся с основами работы на планшете iPad. Как настроить планшет, установить новые приложения, использовать браузер Safari для работы в интернете, приложение Mail для работы с электронной почтой и многое другое.

**Четверг с 17 апреля по 19 июня**

11:30 am - 1:30 pm • 10 недель

\$85 для членов

\$100 для гостей

### ТЕЛЕФОН IPHONE (УРОВЕНЬ 2)

В данном курсе Вы продолжите осваивать возможности телефона iPhone. Желающие заниматься должны владеть основами работы на телефоне. В данном курсе Вы изучите приложения WhatsApp, Viber, Camera и Photos.

**Четверг с 17 апреля по 19 июня**

2:00 pm - 4:00 pm • 10 недель

\$85 для членов

\$100 для гостей

### ТЕЛЕФОН АНДРОИД. ПРАКТИКА (УРОВЕНЬ 3)

Желающие заниматься должны владеть основами работы на телефоне. Данный курс предлагает практическое закрепление ранее изученных приложений таких как Play Store, Phone, Messages, WhatsApp, Viber, Camera.

**Пятница с 25 апреля по 27 июня**

11:30 am - 1:30 pm • 10 недель

\$85 для членов

\$100 для гостей

### ТЕЛЕФОН АНДРОИД (УРОВЕНЬ 1)

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

**Пятница с 25 апреля по 27 июня**

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. Вы спрашиваете – мы отвечаем. Предварительная регистрация не требуется!

**Среда с 16 апреля по 25 июня**

10:00 am – 12:00 pm

**Воскресенье с 27 апреля по 29 июня**

11:00 am - 1:00 pm

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



## FITNESS & DANCE

CONTACT: **Maria Lindgren** 416.225.2112, ext. 130  
marial@betelcentre.org

## LEVEL

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♥♥♥ INTERMEDIATE    ♥♥♥♥ ADVANCED

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

### BALANCE AND GENTLE EXERCISE – NEW CLASS! ♥

This class will focus on balance and strength using a chair. Both seated and standing exercises will be included.

Instructor: Terri Dunnigan

**Sunday, April 27 – June 15**

10:00 am – 11:00 am • 8 weeks

\$56 members

\$112 non-members

### BODY FIT ♥♥♥

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

Instructor: Maria Lindgren

**Thursday, April 10 – June 19**

11:00 am – 12:00 pm • 11 weeks

\$77 members

\$154 non-members

### BODY WORKS ♥♥♥♥

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

Instructor: Margarita Vlasicheva

**Wednesday, April 9 – June 18**

*No class May 21*

11:30 am – 12:30 pm • 10 weeks

\$70 members

\$140 non-members

### BREATHE BETTER ♥

For individuals who have experienced limited activities due to shortness of breath. Registration required. Call 416-225-2112, ext. 105 to register.

Instructor: Better Living Health and Community Services.

**Monday, April 7 – June 16**

*No class April 14, May 19, June 2*

10:30 am – 11:30 am • 8 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, April 8 – June 17**

*No class June 3*

11:00 am – 12:00 pm • 10 weeks

\$70 members

\$140 non-members

### Exercise & Falls Prevention ♥

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

Registration required.

Call 416-225-2112,

ext. 105 to register

Instructor: Better Living Health and Community Services

**Monday, April 7 – June 16**

*No class April 14, May 19, June 2*

9:30 am – 10:30 am • 8 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, April 11 – June 20**

*No class April 18*

10:00 am – 11:00 am •

10 weeks

\$70 members

\$140 non-members

### ISRAELI DANCING ♥♥

Enjoy music and learn Israeli dancing. Instructors: Vivian Margulis and Mali Wasserman

**Monday, April 7 – June 16**

*No class April 14, May 19, June 2*

3:00 pm – 4:30 pm • 8 weeks

\$40 members

\$80 non-members

**Wednesday, April 9 –**

**June 18**

4:00 pm – 5:30 pm • 11 weeks

\$55 members

\$110 non-members

### STRETCH & STRENGTH ♥♥♥♥

A class to increase strength, muscle endurance, balance with weight training and stretches.

Instructor: Terri Dunnigan

**Tuesday, April 8 – June 17**

12:00 pm – 1:00 pm • 10 weeks

\$70 members

\$140 non-members

### TAI CHI ♥

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

Instructor: Eva Nilsson

**Wednesday, April 9 – June 18**

*No class May 21*

10:00 am – 11:00 am •

10 weeks

\$70 members

\$140 non-members

### Walking Club ♥♥♥♥

Join us for a gentle neighbourhood walk.

Meet at Reception!

Instructor: Charm John

**Wednesday, April 9 –**

**June 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.

Instructor: Barbara Motta

**Sunday, April 27 – June 15**

11:00 am – 12:00 pm •

8 weeks

\$56 members

\$112 non-members

## ONLINE FITNESS CLASSES

Online classes are held on Zoom. Register online: [www.betelcentre.org/online-programs](http://www.betelcentre.org/online-programs)

### GENTLE FITNESS ♥

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

Instructor: Maria Lindgren

**Friday, April 11 – June 20**

*No class April 18*

10:00 am – 10:45 am •

10 weeks

Free – Members Only

## HEALTH PROMOTION & WELLNESS

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

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

## PROGRAMS AND EVENTS

### 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

### TRY PICKLEBALL!

Pickleball which is a combination of ping-pong, tennis and badminton! Join Maria as she teaches you the rules of the game and you can give this popular game a try! Instructor: Maria Lindgren

**Wednesday, April 2**

10:00 am – 12:00 pm

Free – Members Only

### SENATOR DAVID A. CROLL MEMORIAL WELLNESS LECTURE

**“Maintaining Cognitive Health and Managing Stress with Aging”**

Speaker: Danielle D'Amico, PhD

Postdoctoral Fellow, Rotman Research Institute, Kimel Family Centre for Brain Health & Wellness, Baycrest Academy for Research and Education

**Wednesday, May 7**

1:30 pm – 3:00 pm

Free – For Everyone. Drop-in. No registration required.

This event is sponsored by Senator David A. Croll Memorial Fund at the Jewish Foundation of Greater Toronto UJA Federation of Greater Toronto

## CLINICS

All of our screening clinics are free of charge and for members only unless otherwise stated.

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

### BLOOD PRESSURE AND BLOOD GLUCOSE CLINIC

On World Health Day, drop in to get your blood pressure and blood glucose checked with North York Toronto Health Partners.

**Monday, April 7**

9:00 am – 1:00 pm

Drop in. No registration required.

### CHRONIC DISEASE MANAGEMENT COMMUNITY HUB

Learn if you are at risk for chronic disease, talk to a nurse practitioner about prevention, receive medical guidance, and get help in navigating the health care system.

**Friday, May 23**

9:00 am – 2:00 pm

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

### HEARING AID CLINIC

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

**Monday, May 12**

**Monday, June 23**

11:00 am – 1:00 pm

Drop in. No registration required.

### 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. Due to high demand, our chiropody department is currently at capacity. We are accepting new patients onto a waiting list. For more information, visit [www.betelcentre.org/clinics](http://www.betelcentre.org/clinics)

**Chiropody Clinic Hours of Operations:**

Monday – Thursday • 8:00 am – 3:00 pm

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)

### Celebrate the 60th Anniversary of the Bernard Betel Centre for Creative Living on Sunday, June 22!

Celebrate 60 years of creative living! We will be hosting a delicious kosher brunch with special entertainment to celebrate this incredible milestone. Enjoy a trip down memory lane as we look back on the past 60 years! In recognition of their incredible generosity and commitment over the years, the event will include dedication of our auditorium to the Lebovic family. The support of the Lebovic family has made a lasting impact on the community we serve.

More details to follow on our website, Information Desk, social media, and in upcoming E-Newsletters. We look forward to seeing past, present and future members, volunteers, and staff at this very special event.



#### Folk Singers Around the World

Join us for this uplifting presentation with the songs of many of your favourite folk singers singing their folk songs that made them household names, in English, Hebrew and Yiddish.

Speaker: Norm Zinman Educator

**Wednesday, April 2**

1:00 pm

\$5 members

\$10 non-members

#### Shabbat Shalom at Betel!

Join us for a musical Shabbat "Navigating Tough Times with Heart, Humanity, and Music" with renowned musician and CBC radio broadcaster, Talia Schlanger. There will be musical accompaniment. Light refreshments to follow.

**Saturday, April 5**

10:00 am – 11:30 am

Free – For Everyone

Registration required. Register with Shira at [shira@betelcentre.org](mailto:shira@betelcentre.org) or 416 225-2112 ext. 301.

#### Concert: Isaak Muzicansky and Arkadiy Balanovski

A dedication to Passover and the miraculous exodus of Jews from Egypt.

**Wednesday, April 9**

2:00 pm

\$8 members

\$12 non-members

#### Community Seder

Celebrate Passover with us! Join us for the 52nd Annual Community Seder.

**Sunday, April 13** (Second Seder)

5:30 pm – 9:00 pm

\$35 per person

This event is sponsored by the Anne Tanenbaum z'l Passover Seder Fund at the Jewish Foundation of Greater Toronto.

#### The MIND Diet: Reduce the Risk of Alzheimer's Disease and Build Cognitive Health

There's a new tool out there to help us boost our brain health and lessen the risk of cognitive decline as we age. MIND (Mediterranean Intervention for Neurodegenerative Delay) is the first healthy eating plan that has been shown through research to reduce the risk of Alzheimer's.

Speaker: Lorne Opler, M.Ed.

**Wednesday, April 16**

1:00 pm

\$5 members

\$10 non-members

#### Escape and Espionage

In Honour of Yom Hashoah (Holocaust Remembrance Day), hear the inspiring life journey of Jack Boeki. We'll hear his personal account of his ten miraculous escapes from the Nazis, his involvement with espionage in France, landing in America, and returning to Europe as a U.S. Counter Intelligence agent bringing his enemies to justice. Join us for this inspiring presentation! Speaker: Jack Boeki, WWII Veteran, Holocaust Survivor and Retired Businessman

**Wednesday, April 23**

1:00 pm

Free for members

\$5 non-members

Concert: Sunday Singers  
Women's Choir  
Harmonies of the World  
**Sunday, April 27**  
2:00 pm  
\$10 members  
\$15 non-members

Victory in Europe Party  
Join us for dinner and dancing!  
**Thursday, May 8**  
6:00 pm – 8:30 pm  
\$45 members  
\$60 non-members

Concert: John Pebble  
Fun, happy, live authentic Caribbean music.  
**Wednesday, May 14**  
2:00 pm  
\$5 members  
\$8 non-members

Jewish Music Week  
Presentations and concerts will take place at 10:00 am, 12:00 pm and 2:00 pm. Please check our website and watch for flyers for more information, or contact Sharon Chodirker at 416-225-2112, ext. 124 or sharonc@betelcentre.org.  
**Wednesday, May 21**  
10:00 am – 3:00 pm  
Free – For Everyone

Shabbat Shalom at Betel!  
Join us for an engaging lecture about Israel and Innovation. Speaker: Yifat Bear Miller, Special Education Emissary, Jewish National Fund Canada. Light refreshments to follow.  
**Saturday, May 24**  
10:00 am – 11:30 am  
Free – For Everyone  
Registration required. Register with Shira at shira@betelcentre.org or 416 225-2112 ext. 301.

Concert: Igor Portnoy  
Broadway meets Hollywood with singer Igor Portnoy from the National Canadian Opera and Toronto Operetta.  
**Sunday, May 25**  
2:00 pm  
\$15 for members  
\$20 non-members

Concert: Camila Vaudogna  
Argentinian singer, guitarist, trumpeter and composer. Tributes to Sinatra, Cindy Lauder, Phil Collins, the Beatles and more.  
**Wednesday, May 28**  
2:00 pm  
\$8 members  
\$12 non-members

Lecture: History and Culture of Jews of Caucasus and Georgia  
Speaker: Arnold Gilis  
**Wednesday, June 4**  
2:00 pm  
Free for members  
\$5 non-members

Movie: Kinky Boots  
Celebrate Step into a world of acceptance and fabulous footwear this Pride Month with a showing of Kinky Boots!  
**Sunday, June 8**  
1:00 pm – 3:00 pm  
Free for members  
\$5 non-members

Concert: Seu  
Jorge Luis Moran Estrada (Seu) is a Mexican singer, performing the “bolero” genre with contemporary arrangements.  
**Wednesday, June 11**  
2:00 pm  
\$5 members  
\$8 non-members

Shabbat Shalom at Betel!  
Join us for our Community Shabbat Program Topic is TBD. Light refreshments to follow.  
**Saturday, June 14**  
10:00 am – 11:30 am  
Free – For Everyone  
Registration required. Register with Shira at shira@betelcentre.org or 416 225-2112 ext. 301.

Concert: Daniel Temnik  
He is an Israeli-born Canadian award-winning violinist and educator.  
**Sunday, June 15**  
2:00 pm  
\$10 members  
\$15 non-members

Lecture: Famous Women Painters in World History  
With speaker, Arnold Gilis.  
**Wednesday, June 18**  
2:00 pm  
Free for members  
\$5 non-members

Concert: Morris Kast  
Celebrate Canada Day with a free concert!  
**Wednesday, June 25**  
2:00 pm  
Free – For Everyone

# RUSSIAN GOLDEN AGE CULTURAL PROGRAM

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

The Russian Golden Age Cultural Program offers comprehensive recreational and educational opportunities, community support and wellness activities to Russian-speaking seniors. [www.betelcentre.org/russian-golden-age-cultural-program/](http://www.betelcentre.org/russian-golden-age-cultural-program/).

Russian Golden Age Cultural Program предлагает большой выбор развлекательных и образовательных программ, программ социальной поддержки и оздоровительные мероприятия для русскоязычных пожилых людей. Добро пожаловать! [www.betelcentre.org/программы-и-услуги-на-русском-языке](http://www.betelcentre.org/программы-и-услуги-на-русском-языке).

## WEEKLY PROGRAM

### ЕЖЕНЕДЕЛЬНЫЕ МЕРОПРИЯТИЯ

#### MONDAYS / ПОНЕДЕЛЬНИКАМ

2:00 pm – 4:00 pm

#### Thursdays / четвергам

2:00 pm – 4:00 pm

6:00 pm – 8:00 pm

Концерты «Погружение в классику» и «Вечера еврейской культуры», «Мир джаза» и «Песни вашей молодости». Проводятся вечера с танцами и ужином, спектакли студии «Вдохновения», лекции и фильмы. Мероприятия на любой вкус. Мероприятия на любой вкус.

## ART PROGRAM

### УРОКИ РИСОВАНИЯ

Wednesday / средам

**2 апреля – 25 июня** (13 уроков)

2:00 pm – 4:30 pm

\$70 для членов

\$140 для гостей

Есть не мало людей, всю жизнь мечтавших научиться владеть карандашом и кистью, создавать живописные полотна.

## DRAMA GROUP

### СТУДИЯ ДРАМАТИЧЕСКОГО ИСКУССТВА

Wednesday / средам

2:00 pm – 4:00 pm

Для членов клуба бесплатно

## MUSIC TALENT GROUP

Музыкальная группа

«Поющие сердца».

Tuesday / вторникам

2:00 pm – 4:00 pm

Для членов клуба бесплатно

## LIBRARY

### БИБЛИОТЕКА

Thursday / четвергам

Monday / понедельникам

12:00 pm – 2:00 pm

Для членов клуба бесплатно

## CHOIR

### ХОР

Thursday / четвергам

**9 АПРЕЛЯ – 25 ИЮНЯ** (12 уроков)

1:00 pm - 2:30 pm

\$60 для членов

\$120 для гостей

Огромной популярностью в центре и в социальных домах, где проживают пожилые люди, пользуются выступления Интернационального хора. В его репертуаре — народные песни, шлягеры и лучшие хиты мировой эстрады.

## ENGLISH LANGUAGE CLASSES

### КУРСЫ АНГЛИЙСКОГО

Tuesday / вторникам

12:30 pm – 2:00 pm

Thursday / четвергам

10:00 am – 12:00 pm

Для членов клуба бесплатно

## COMPUTER CLASSES

### КОМПЬЮТЕРНЫЕ КЛАССЫ

Следите за программой.

Информация на страницах 17.

## CHIROPODY CLINIC

### ХИРОПОДИЯ – УХОД ЗА НОГАМИ

Бесплатно для членов клуба. Для

предварительной записи звоните

Илона Родос. 416-225-2112, x131

## ИДТИ В НОГУ СО ВРЕМЕНЕМ13

Wednesday / По средам

**11:00 am – 1:00 pm**

Психическое здоровье и эмоциональное благополучие очень важны для людей Серебряного возраста.

Для членов клуба бесплатно

## VICTORY DAY PARTY

### ДНЮ ПОБЕДЫ

**8 мая**

6:00 pm – 9:00 pm

\$45 для членов

\$60 для гостей

## 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](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

Support groups are free of charge and for members only. Registration required. To register, contact Irine Dubinski at 416-225-2112, ext. 122 or [irined@betelcentre.org](mailto:irined@betelcentre.org).

**Aging Mindfully**  
Join us for a support group as we reconnect, share, learn and experience new ways to live a more peaceful, happier and empowered life. Facilitator: Irine Dubinski, Social Service Worker

#### **Every Tuesday**

11:30 am – 12:30 pm

**Friday, March 28 – May 9**

11:30 am – 12:30 pm

**Grief and Bereavement**

This supportive group offers a safe and compassionate space for individuals to process grief and loss. Share your experiences, connect with others who understand, and find healing and support as you navigate this challenging journey. Facilitator: Irine Dubinski, Social Service Worker

**Friday, June 6 – 27**

11:30 am – 12:30 pm



bernard betel centre

1003 Steeles Ave. West, Toronto, ON M2R 3T6  
416-225-2112 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:**



United Way  
Greater Toronto



TORONTO



UJA FEDERATION  
of Greater Toronto