

Connect!

Summer 2025

July, August, September



bernard betel centre
www.betelcentre.org

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



As the warmth of summer returns, so too does the vibrant energy that fills the Bernard Betel Centre with life, laughter, and connection. This is a season of renewal—of longer days, blooming gardens, and cherished time at the Centre with friends, old and new. We are delighted to share this summer's programs with you, full of opportunities to learn, grow, travel, move, and enjoy. Whether you're joining us for a fitness class, a lecture, a day trip or pottery class, every moment you spend here strengthens the heart and connections of our community.



On June 22 and throughout this year, we are celebrating Betel at 60, a truly special occasion. Some of today's members and volunteers were probably still in school or just starting their own families when the Centre for Creative Living started serving the needs of our parents, grandparents or even great grandparents. Our founders could never have anticipated offering Zumba or yoga classes or teaching how to get the most out of your iPad or iPhone.

Please join us on September 16, for our Annual General Meeting, while we welcome new and returning Board members and say goodbye and thank you to those that are leaving the Board.

Thank you for making the Centre the inspiring place it is. Your stories, spirit, and presence remind us every day of the power of community at every stage of life. Here's to a joyful, active, and sun-filled summer ahead—we can't wait to spend it with you.

Julie Gilbert
Chair, Board of Directors

Gail Gould
Executive Director

Сообщение от Исполнительного Директора и Председателя Правления

С возвращением летнего тепла в Центр Бернарда Бетеля вновь приходит живительная энергия — он наполняется жизнью, смехом и ощущением единства. Лето — это время обновления: длинные дни, цветущие сады и дорогие встречи в Центре с друзьями, как старыми, так и новыми. Мы рады представить вам нашу летнюю программу, полную возможностей для обучения, личного роста, путешествий, активного отдыха и радости. Будь то занятие фитнесом, лекция, экскурсия или урок по керамике — каждое мгновение, проведённое здесь, укрепляет сердце и связи нашего сообщества.

22 июня и на протяжении всего года мы отмечаем 60-летие Центра Бетель — поистине знаменательное событие. Возможно, некоторые из наших нынешних участников и волонтеров ещё учились в школе или только создавали семьи, когда Центр творческой жизни начал служить нуждам наших родителей, бабушкам и дедушкам, а может, даже прабабушкам и прадедушкам. Вряд ли основатели Центра могли представить, что здесь однажды будут проходить занятия по зумбе, йоге или обучению пользованию iPad и iPhone.

Приглашаем вас 16 сентября на наше ежегодное общее собрание, где мы поприветствуем новых и возвращающихся членов Правления, а также попрощаемся и поблагодарим тех, кто завершает свою работу в нём.

Спасибо вам за то, что делаете наш Центр таким вдохновляющим местом. Ваши истории, энергия и просто присутствие ежедневно напоминают нам о силе сообщества на каждом этапе жизни. Желаем вам веселого, активного и солнечного лета — и с нетерпением ждём возможности провести его вместе с вами!

Джули Гилберт
Председатель Совета директоров

Гейл Гоулд
Исполнительный директор

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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

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

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 renewable on your membership expiry date.

To learn more about membership, please visit us in person or contact Reception at reception@betelcentre.org or 416-225-2112, ext. 0. We look forward to welcoming you to our Betel family.

NEW MEMBER MEET AND GREET

Are you a new member to the centre or haven't visited us in awhile? Join us to chat about programs happening in the centre, ask questions and meet other new members.

Wednesday, July 16

Wednesday, September 3

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, July 16 • 1:00 pm – 2:00 pm

Thursday, September 18 • 11:00 am – 12:00 pm

Russian Language:

Monday, August 11 • 2:00 pm – 3:00 pm

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

 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 9:00 pm
Wednesday	8:30 am to 4:30 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.

We gratefully acknowledge financial support from:



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 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 (for English language books) or Lily Boltianski at 416-225-2112, ext. 103 or 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 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

The Bernard Betel Centre for Creative Living was created by the National Council of Jewish Women to serve the needs of seniors in a way that honoured its Jewish heritage, beliefs, culture and principles. Our values continue to be guided by these principles. Community, Compassion, Creativity, Dignity and Respect.

UPCOMING CENTRE CLOSURES

Tuesday, July 1 – Canada Day
Monday, August 4 – Civic Holiday
Monday, September 1 – Labour Day
Tuesday, September 23 – Rosh Hashanah
Wednesday, September 24 – Rosh Hashanah

KEEP IN TOUCH!

Join our mailing list to receive a monthly copy of our E-Newsletter!

Please contact katiem@betelcentre.org to be added to our email list.

CELEBRATING 60 YEARS OF CREATIVE LIVING

The Bernard Betel Centre for Creative Living is celebrating our 60th anniversary in 2025, marking six decades of dedicated service to older adults in Toronto and York Region. Established in 1965 under the leadership of the National Council of Jewish Women, the centre has evolved from a modest half-day recreation program into a vibrant community hub offering over 90 weekly programs, including educational, cultural, health, and wellness activities.

Throughout its history, the Bernard Betel Centre has been instrumental in supporting older adults, particularly during challenging times. During the COVID-19 pandemic, the centre's kosher Meals on Wheels program delivered nearly 159,000 meals to vulnerable seniors, including Holocaust survivors, addressing critical food insecurity issues in the community. As the Centre looks to the future, it is engaging in strategic planning to continue meeting the evolving needs of its members. Join us this year as we celebrate 60 years of The Bernard Betel Centre for Creative Living with a variety of programs and events. For a full list of upcoming programs celebrating 60 years, visit www.betelcentre.org/betel-at-60-programs.



60th Anniversary Diamond Jubilee Lunch

A milestone event celebrating six decades of service to young-at-heart adults 55+ in the community! Enjoy a delicious sit down kosher lunch and music from KISHKE Klezmer band. 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 the dedication of our auditorium to the Lebovic family. The support of the Lebovic family has made a lasting impact on the community we serve. We look forward to seeing past, present and future members, volunteers, and staff at this very special event.

Sunday, June 22

11:30 am

Cost: \$60

To purchase a ticket, visit the Information Desk or call 416-225-2112, ext. 105.

Party: Summer Party

Celebrate 60 years of the Bernard Betel Centre with dinner and music!

Thursday, August 7

6:00 pm

\$45 members

\$60 non-members

Celebrating 60 Years of Betel Volunteers: Annual Volunteer Appreciation

Save the date! More details to come.

Thursday, September 4

5:30 pm

By invitation only

FOOD SERVICES

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

For more information visit www.betelcentre.org/food-services
or www.betelcentre.org/catering-and-rentals

CAFÉ

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.

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



VOLUNTEER SERVICES

CONTACT: Robin Rakowsky 416-225-2112, ext. 127 robinr@betelcentre.org

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

NATIONAL VOLUNTEER WEEK AND MILESTONE RECOGNITION RECAP!

National Volunteer Week ran from April 27 to May 3 this year. A wonderful time to celebrate our current 235 volunteers who have given us 19,775 hours of their time and dedication over 2024-2025! Building on the tides sent out before us, waves swell with each generation of volunteers. Here are powerful stories of generational volunteers making waves at the Bernard Betel Centre! These families of volunteers embody this year's National Volunteer Week theme of "Volunteers Make Waves. Together, we create ripples of change." They are also 2025 Milestone Recognition recipients!



Beginning their volunteer journey at the Betel Centre in 2020, the Satok family – Mark, Naomi, and their daughter, Jordana – are dedicated Meals on Wheels drivers (MOW). They have provided 5 years of powerful and continuous support, delivering meals to vulnerable seniors and Holocaust survivors in our community. They support seniors who might otherwise go hungry without them. This year, they became 5-year milestone recipients and received their pins and certificates at a recognition breakfast held on May 4 for all 2025 milestone volunteers! Thank you, Satok family, for your valued dedication!

The Baker-Grief family has a wonderful history of volunteerism at the Bernard Betel Centre. They are volunteers who make waves that swell with the generations! Bonnie Baker, a 15-year milestone recipient, began volunteering in 2010. She has served (and continues to serve!) on our Board and committees. You will also see Bonnie in Meals on Wheels (MOW) preparation and packing! Her husband, Eric Grief, is a 5-year milestone recipient. As a dedicated Meals on Wheels (MOW) driver, Eric has provided incredible support to vulnerable seniors and Holocaust survivors who might go hungry without him. Their daughter, Amy Grief, is also a 5-year milestone recipient. Like her mother, Amy serves on our Board and committees. Amy also volunteered at Betel as a young teen! The Baker-Grief family was unable to attend the recognition breakfast, but their pins and certificates are on the way! Thank you, Baker-Grief family, for your valued support!





Celebrating 60 Years of Betel Volunteers: Annual Volunteer Appreciation

Save the date! More details to come.

Thursday, September 4
5:30 pm
By invitation only.



JOIN OUR VOLUNTEER TEAM!

We are currently recruiting for Meals on Wheels Drivers, Healthy at Home Program Presenters, Shabbat Program Facilitators, and Russian and English-Speaking Computer Class Assistants. For more information and a full list of our current volunteer opportunities, visit 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 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

GAMES

BINGO

Drop-in for a game of bingo!
Facilitators: Phyllis Caplan and Jackie Rotem
Tuesday, July 29
Tuesday, August 26
Tuesday, September 16
2:00 pm – 3:00 pm
Free – Members Only

BRIDGE

Learn to play bridge in a relaxed atmosphere. You must register in advance. Call 416-225-2112 ext. 105.
Instructor: George Klein
Friday, July 11 – September 19
12:30 pm - 2:30 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, July 10 – September 18
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
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, July 7 – September 15
No class August 4, September 1
10:00 am – 12:00 pm
Free – Members Only

MAH JONG INTERMEDIATE

Drop in for a friendly game of mah jong!
Wednesday, July 9 – September 17
1:00 pm – 4:00 pm
Free – Members Only

RUMMI-CUBE

Join us for drop-in Rummi-Cube! Games provided.
Every Friday
12:00 pm – 3:00 pm
Free – Members Only

SUDOKU BEGINNERS

Learn the foundations of sudoku. Don't let the numbers fool you, you don't have to be a mathematician to enjoy this game. You must register in advance: 416-225-2112, ext. 105.
Instructors: Bob and Gail Berchuk
Monday, July 7 – September 15
No class August 4, September 1
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 practice your Yiddish conversation.
Facilitator: Janie Respitz
Monday, July 7 – September 15
No class August 4, September 1
2:00 pm – 3:00 pm
\$63 members
\$126 non-members

LANGUAGES

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

FRENCH CONVERSATION

Facilitator: Alla Gertsenstein
Wednesday, July 9, 23
Wednesday, August 6, 20
Wednesday, September 3, 17
10:00 am – 11:30 am
Free – Members Only

HEBREW CONVERSATION

Facilitator: Israel David
Wednesday, July 2, 16, 30
Wednesday, August 13, 27
Wednesday, September 10
10:00 am – 11:30 am
Free – Members Only



WRITING & DISCUSSION

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

Meet and discuss the challenges and opportunities of aging, ageism, finding meaning and purpose in this life stage, and living wisely and well.

Facilitator: Linda Lean

Thursday, July 3, 17, 31

Thursday, August 14, 28

Thursday, September 11

10:30 am – 11:30 am

WRITING DISCUSSION GROUP

This class is held on Zoom

Read your work aloud and receive feedback in a supportive, friendly and informal environment.

Register online:

www.betelcentre.org/online-programs

Facilitator: Judy Weinryb

Every Friday

10:30 am – 12:30 pm
Free – Members Only

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

Russian Library Hours: Monday and Thursday • 12:00 pm – 1:45 pm

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

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 9 –

September 17

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

DRAWING AND ACRYLIC - INTERMEDIATE

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

Instructor: Maya Vinokurov

Tuesday, July 8 –

September 16

9:30 am – 12:00 pm • 11 weeks
\$159.50 member
\$319 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

Instructor: Maya Vinokurov

Thursday, July 10 –

September 18

3:00 pm – 4:00 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 the trial class. Call Maria to try a class.

Instructor: Elaine Sugar

Monday, July 7 –

September 15

No class August 4, September 1

9:30 am – 12:00 pm • 9 weeks
\$135.50 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.

Monday, July 7 – September 15

No class August 4 and September 1

1:00 pm – 4:00 pm • 9 weeks
\$153 members
\$306 non-members

Instructor: Celia Ling

Tuesday, July 8 –

September 16

1:00 pm – 4:00 pm • 11 weeks
\$187 members
\$374 non-members

Instructor: Diane Thompson

Thursday, July 10 –

September 18

1:00 pm – 4:00 pm • 11 weeks
\$187 members
\$374 non-members

Instructor: Anisoara Kirschner

Wednesday, July 9 –

September 17

9:30 am – 12:30 pm • 11 weeks
\$187 members
\$374 non-members

Instructor: Diane Thompson

Friday, July 11 –

September 19

9:30 am – 12:30 pm • 11 weeks
\$187 members
\$374 non-members

Instructor: TBA



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
 Overnight Travel is for current Bernard Betel Centre members only.

CROATIA AND SLOVENIA September 5 – 18, 2025

Visit Dubrovnik, Split, Hvar, Plitvice Lakes, Ljubljana, Lake Bled, Terme Olimia, Zagreb and more!

Cost:

- Double Occupancy: \$6,300 per person
- Single Occupancy: \$8,300 per person

ISRAEL October 20 – November 3, 2025

Visit Jerusalem, Tel Aviv, Golan, Dead Sea, Eilat, Haifa and more!

Cost:

- Double Occupancy: \$7,000 per person
- Single Occupancy: \$9,500 per person

JAPAN CRUISE: DIAMOND PRINCESS

**October 25 –
 November 11, 2026**

Cost:

- Interior: \$7,500 double occupancy
- Exterior: \$8,000 double occupancy
- Balcony: \$10,000 double occupancy

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 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**

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

LANDMARK CRUISE FROM PENETANGUISHENE 30,000 ISLANDS

A tour of Georgian Bay, with iconic wind-swept pines, clear blue water, endless beaches and rocky grandeur.

Wednesday, July 2

Bus departs at 8:00 am

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

ST. JACOBS COUNTRY PLAYHOUSE PLAY "SOUND OF SOUL"

The Sound of Soul features the "Soul Man" himself – Broadway (and Drayton Entertainment) star Lee Siegel – and friends. Along with a stellar band, you'll be transported back in time as we pay tribute to 20 of the defining voices of the genre.

Thursday, August 28

Bus departs at 9:00 am

Cost: \$150 (includes bus and musical)

DRAYTON FESTIVAL THEATRE MUSICAL "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

Bus departs at 9:00 am

Cost: \$150 (includes bus and musical)

STRATFORD FESTIVAL PLAY "SENSE & SENSIBILITY"

Kate Hamill's adaptation of Jane Austen's beloved novel follows the travails of the Dashwood sisters after their father's passing leaves their family dependent on the whims of wealthy relations.

Tuesday, September 9

Bus departs at 9:00 am

Cost: \$150 (includes bus and 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.

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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

PRESENTATIONS

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

Home Safe

Tuesday, July 8

The author of the book "Home Safe" will discuss his powerful and personal book about a family helping a father die with dignity during the Covid pandemic, and his new role with the Canadian Jewish News, providing regular education/on-campus coverage that focuses on Jewish issues at post-secondary institutions. Books will be available for purchase. Mitch Consky, Author and CJN's Campus and Education Reporter

All you Want to Know About Body Language

Tuesday, July 15

What is often used instinctively, rather than consciously? What can be used to emphasize or alter the meaning of words? What can help pick up on unspoken issues or feelings? What can be used to add strength to your own verbal messages? Learn about body language! Rachel Levin, Art Educator

The Jewish Community of Kirkland Lake

Tuesday, July 22

Kirkland Lake is a town 600km north of Toronto. With the discovery of gold and the arrival of the railway in the early part of the 20th century, many Jews and other immigrants settled in the region. Jews made up only a tiny part of the population and yet managed to establish several thriving Jewish communities in the north. Irv will talk about the history of the Jews who settled in Kirkland Lake, his personal experience, and an interesting legacy. Irv Brown, Retired physician and Betel Member

Italian Hand Gestures

Tuesday, July 29

It has been said that a picture or gesture is worth a thousand words! When it comes to speaking with one's hands, the Italians speak volumes. Well known for being extremely expressive and creative in everything they do, this is especially true first and foremost in the way that Italians speak. This presentation includes still photographs and short videos. Rachel Levin, Art Educator

Tisha B'Av

Tuesday, August 5

Tisha B'Av, the Fast of the Ninth of Av is a day of mourning to commemorate the many tragedies that have befallen the Jewish people on this date. While it is essential to remember these tragic events, it is equally important to remember what was destroyed and look at the resilience of the Jewish people. Janie Respitz, Yiddish Scholar and Entertainer

La Bella Italia: Rome: Part 1

Tuesday, August 12

Avoid airport commotion, train stations, expensive hotels, rental cars, shoving, and noisy crowds by going on this 3-part stress-free travel experience! You will feel as if you are physically there while vicariously enjoying the sights of fascinating locations without leaving Betel! Experience the many sights of the Roman Forum, Arch of Titus, Colosseum, San Pietro in Vincoli (Moses of Michelangelo), Capitoline Hill & Museum, The Pantheon, Sanra Maria Sopra Minerva (Bernini), The Doria Pamphilj Gallery, Piazza Navona, and more! Rachel Levin, Art Educator

The Beatles and Classical Music

Tuesday, August 19
The Beatles were masters at working with music from a variety of sources. That is one of the reasons their music is so fresh, original, and long-lasting. Classical music is a key element to the success of many Beatles songs. In some Beatles tunes you will hear elements of familiar classical pieces. In others you will hear how the Beatles incorporated elements of classical orchestral instruments to make the music so much more appealing. Howard Mednick, Classical Music D.J.

La Bella Italia: Rome: Part 2

Tuesday, August 26

Experience the many sights of Trevi Fountain, Saint Andrea al Quirinale (Bernini), Basilica of Santa Maria Maggiore, Villa Borghese Gallery, Basilica di San Giovanni in Laterano, Castel Saint Angelo, Santa Maria della Vittoria (Ecstasy of St. Teresa), and more. Rachel Levin, Art Educator

The Relics of the Vatican - Dead and Eternal

Tuesday, September 2

The Vatican Necropolis and the Sistine Chapel are the most famous museums of the world's smallest country. Visitors from all over the globe stand in long lines to see and connect with the treasures of world culture. But do the guides really tell them what their eyes are actually seeing? Victor Rodos, History Buff and Author

Artificial Intelligence (AI): What Is It?

Tuesday, September 9

Let's explore together! What is AI and what is all the talk about it? Dianne Erdos-Rush, Coordinator, Computer Learning and Resource Centre, Bernard Betel Centre

The Life of Daniel Mendoza

Tuesday, September 16

Learn about this English prize fighter in the 1780s-90s, who was also an instructor of pugilism and was of Sephardic and Portuguese Jewish descent. Rabbi Sam Taylor, Senior Rabbi, Shaarei Shomayim Synagogue

La Bella Italia: Rome: Part 3

Tuesday, September 30

Experience the many sights of Saint Peter's Piazza (Bernini), Saint Peter's Basilica (Pieta, Baldachino, tombs), Picture Gallery, Raphael Rooms, Sistine Chapel, and more. Rachel Levin, Art Educator

COURSES

The Art of the Ancient Near East

This course is held on Zoom.

One of the most illuminating aspects of the archaeological record is the art left behind by ancient cultures. This course will introduce students to the art of the most important cultures of the ancient Near East including that of Egypt, Mesopotamia (Sumer, Assyria, and Babylon), Canaan, and Anatolia (Hittites and Syro-Hittites). Through its study, one can not only learn about their sense of esthetics, but also many other aspects of their culture and politics.

Instructor: David Lipovitch, PhD

Wednesday, July 2 – August 27

1:00 pm – 3:00 pm • 9 weeks

\$99 members

\$198 non-members

Human Potential and Meaning

In this course we explore the concept of human potential. How long can we go without oxygen, how long can we survive cold, how long can we regulate pain, despair and loss using powerful ancient Tibetan methods? In this exciting course we will travel the world to see humanity's greatest achievements. What woman first climbed the highest mountain? Who crossed the Atlantic in a canoe in this century? Who has lived the longest? What are the greatest athletic achievements? What is humanity capable of, physically, mentally and socially? Do we have hidden abilities that we can discover or cultivate that surpass what we are now? Instructor: David Chandross, PhD

Monday, July 7 – September 8

No class August 4, September 1

1:30 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

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. If you have any ideas for Intergenerational programs, please contact Sharon.



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COMPUTERS & DIGITAL MEDIA

CONTACT: **Dianne Erdos-Rush** 416.225.2112, ext. 128 dianneer@betelcentre.org

For more information about Computers & Digital Media programs, visit www.betelcentre.org/computers-digital-media

ENGLISH LANGUAGE CLASSES

IPAD AND IPHONE BASIC

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

Instructor: Dianne Erdos-Rush

Monday, August 11 – September 15

No class September 1

11:00 am – 12:30 pm • 5 weeks

\$45 members

\$55 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 9 – September 17

10:00 am – 12:00 pm

Sunday, July 13 – September 14

11:00 am – 1:00 pm *new time*

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

PINTEREST AND FACEBOOK

In this fun and friendly course, we'll walk you through the basics, including how to set up your account, find interesting content, connect with friends and family, and share what you love. No experience needed! Just bring your curiosity!

Instructor: Dianne Erdos-Rush

Monday, August 11 – September 8

No class September 1

1:30 pm – 3:00 pm • 4 weeks

\$40 members

\$50 non-members

WORD AND EXCEL

A great class for beginners and those that need to refresh their knowledge! Learn to use Word to write your memoirs, stories, and more. Learn to use Excel to keep lists, keep budgets, and more.

Instructor: Dianne Erdos-Rush

Wednesday, August 6 – September 17

1:30 pm - 3:00 pm • 7 weeks

\$55 members

\$65 non-members



ONLINE COMPUTER CLASSES

Online classes are held on Zoom. Register online: www.betelcentre.org/online-programs

Computer Safety

An important class for everyone! Learn about scams and how to keep yourself safe and protected when using your computer and devices.

Monday, September 15

1:30 pm – 2:30 pm

Free – Members Only

Museum Tours and Historical Walks

Visit museums and historic sites from the comfort of your own home.

Tuesday, September 16

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.

Летние курсы русского языка не планируются.

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FITNESS & DANCE

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

LEVEL

♥ INTRODUCTORY ♥♥ BEGINNER
♥♥♥ INTERMEDIATE ♥♥♥♥ ADVANCED

For more information about Fitness & Dance programs, visit www.betelcentre.org/fitness-dance

BALANCE AND GENTLE EXERCISE ♥

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

Instructor: Terri Dunnigan

Sunday, July 6 – September 14

10:00 am – 11:00 am •

11 weeks

\$77 members

\$154 non-members

BODY FIT ♥♥♥

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

Instructor: Maria Lindgren

Thursday, July 10 – September 18

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, July 9 – September 17

11:30 am – 12:30 pm •

11 weeks

\$77 members

\$154 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, July 7 – September 15

No class August 4, September 1

10:30 am – 11:30 am • 9 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, July 8 – September 16

11:00 am – 12:00 pm • 11 weeks

\$77 members

\$154 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, July 7 – September 15

No class August 4, September 1

9:30 am – 10:30 am

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 11 – September 19

10:00 am – 11:00 am •

11 weeks

\$77 members

\$154 non-members

ISRAELI DANCING ♥♥

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

Monday, July 7 – September 15

No class August 4, September 1

3:00 pm – 4:30 pm • 9 weeks

\$45 members

\$90 non-members

Wednesday, July 9 – September 17

3:30 pm – 5:00 pm • 11 weeks

\$55 members

\$110 non-members

LATIN DANCE ♥♥♥

No partner required! Join us to learn a variety of Latin dance moves. Instructors: Elad and Michal Shtamer

Thursday, July 3 – September 18

10:00 am – 11:00 am • 12 weeks

\$84 members

\$168 non-members

SEATED DANCE ♥

Learn dance moves and get grooving all while seated! Instructors: Elad and Michal Shtamer

Friday, July 4 – September 19

11:00 am – 12:00 pm • 12 weeks

\$84 members

\$168 non-members

Stretch & Strength ♥♥♥

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

Instructor: Terri Dunnigan

Tuesday, July 8 – September 16

12:00 pm – 1:00 pm • 11 weeks

\$77 members

\$154 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, July 9 – September 17

10:00 am – 11:00 am • 11 weeks

\$77 members

\$154 non-members

Walking Club ♥♥♥♥

Join us for a gentle neighbourhood walk.

Meet at Reception!

Instructor: Charm John

Wednesday, July 9 – September 17

10:00 am – 11:00 am • 11 weeks

Free – Members Only

ONLINE FITNESS CLASSES

Online classes are held on Zoom. Register online: 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, July 11 – September 19

9:00 am – 10:00 am • 11 weeks

HEALTH PROMOTION & WELLNESS

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

For more information about our Health Promotion and Wellness Programs, visit www.betelcentre.org/health-promotion-wellness

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.

Every Thursday

11:00 am - 12:00 pm

Free - Members Only

GARDENING CLUB

Do you have a green thumb and want to help out in our patio container garden? Join our Gardening Club!

Learn more by contacting Maria at 416-225-2112, ext. 130 or marial@betelcentre.org.

INTRO TO PICKLEBALL

Join Maria Lindgren as we learn the basics of how to play pickleball and give the game a try!

July 3

1:00 pm – 2:00 pm

Free – Members Only

SEATING BOXING DEMO

Try something new while getting active! All equipment provided. Instructor: Functional Mind and Body

Wednesday, July 30

2:00 pm – 3:00 pm

Cost: Free for members. Registration required.

Contact Charm at 416-225-2112 ext. 105 or charmj@betelcentre.org

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

HEARING AID CLINIC

Learn about the latest hearing technology, get your hearing aid cleaned, and more.

Brought to you by Hearing Life.

Monday, July 21

Monday, August 25

Monday, September 15

11:00 am – 1:00 pm

Free – Members Only

Drop in. No registration required.

HEARING SCREENING CLINIC

Canadian Hearing Services is here to support those with hearing loss. Services include screening for hearing loss, checking for ear wax, and providing information.

Wednesday, July 16

12:00 pm – 3:00 pm

Free – Members Only

Appointment required. Contact Charm at

416-225-2112 ext. 105 or charmj@betelcentre.org

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

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

For more information about Special Events, visit www.betelcentre.org/special-events

Lecture: Entertainers and The Human Condition

Entertainers, musicians, comedians, actors, and writers have long held a mirror to the human condition. This presentation will explore themes like love, good advice, frustration, identity, suffering, joy, loneliness, absurdity, and human transformation. Familiar entertainers will express the human condition through song. Speaker: Norm Zinman, Entertainment Presenter

Wednesday, July 2

1:00 pm
\$5 members
\$10 non-members

Movie: Maria

A 2024 biographical film on opera singer Maria Callas starring Angelina Jolie.

Wednesday, July 23

1:00 pm
Free for members
\$5 non-members

Concert: Jeff King

Variety of songs from the 1920s to the 1980s with some classical music mixed in!

Wednesday, August 6

2:00 pm
\$5 members
\$8 non-members

Party: Summer Party

Celebrate 60 years of the Bernard Betel Centre with dinner and music!

Thursday, August 7

6:00 pm
\$45 members
\$60 non-members

Lecture: The Night of the Murdered Poets

On August 12, 1952, 13 Jewish intellectuals were murdered by Stalin. Janie will discuss their biographies and sing poetry of these great artists. Speaker: Janie Respitz, Yiddish Scholar and Entertainer

Wednesday, August 13

1:30 pm
\$5 members
\$10 non-members

Lecture: The Story of the Noble Jew Who Killed Sherlock Holmes

Speaker: Victor Rodos

Wednesday, August 20

2:00 pm
Free for members
\$5 non-members



Concert: Ernest Itzkovich

Enjoy an accordionist playing English, Russian, Hebrew and Hungarian music.

Wednesday, July 9

2:00 pm
\$5 members
\$8 non-members

Lecture: Plant-Based Eating

Learn more about eating plant-based without becoming a vegetarian. Speaker: Judy Chodirker, Dietitian

Wednesday, July 16

2:00 pm – 3:00 pm
Free – Members Only

Concert: Soprano Alia Rosenstock and Pianist Stephen Errington

An afternoon of Yiddish, jazz, and musical theatre songs.

Wednesday, September 3

2:00 pm
\$8 members
\$12 non-members

**Celebrating 60 Years of Betel Volunteers:
Annual Volunteer Appreciation Event**
Save the date! More details to come.
Thursday, September 4
5:30 pm
By invitation only

**Lecture: The Talented Katz family and
Victor Borge**
A delightful romp of an American musician and
comedian renowned for his unique blend of klezmer
music and humour. The Danish American pianist
and comedian Victor Borge will also be highlighted.
Speaker: Norm Zinman, Entertainment Lecturer
Wednesday, September 10
1:00 pm
\$5 members
\$10 non-members

Annual and Special Meeting of Members
Save the date. More details to come.
Tuesday, September 16

Concert: Aleks Berk
“Everything in Yiddish” songs
and stories.
Wednesday, September 17
2:00 pm
\$5 members
\$8 non-members

Party: Rosh Hashanah Party
Celebrate the High Holidays with dinner and
music.
Thursday, September 18
6:00 pm
\$45 members
\$60 non-members

Shabbat Shalom at Betel!
Join us for a musical Shabbat with Janie
Respitz. We will celebrate the upcoming High
Holidays with songs and stories. Light
refreshments to follow.
Saturday, September 20
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: Coro San Marco (St. Mark's
Choir)**
Classical and folk music by a Toronto-based
multi-ethnic choir with choristers from different
nationalities and backgrounds who enjoy
singing and share a love for choral music.
Sunday, September 21
2:00 pm
\$5 members
\$8 non-members



RUSSIAN GOLDEN AGE CULTURAL PROGRAM

CONTACT: **Lily Boltianski** 416.225.2112, ext. 103, lilyb@betelcentre.org

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

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

WEEKLY PROGRAM

ЕЖЕНЕДЕЛЬНЫЕ МЕРОПРИЯТИЯ

MONDAYS / ПОНЕДЕЛЬНИКАМ

2:00 pm – 4:00 pm

Thursdays / четвергам

2:00 pm – 4:00 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.

ART PROGRAM

УРОКИ РИСОВАНИЯ

Wednesday / Среда

7 июля- 17 сентября (11 уроков)

2:00 pm – 4:30 pm

\$77 для членов клуба

\$154 для гостей

Есть немало людей, всю жизнь мечтающих 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

Wednesday / Среда

7 ИЮЛЯ – 17 СЕНТЯБРЯ (11 УРОКОВ)

1:00 pm - 2:30 pm

\$66 для членов клуба

\$132 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 ВРЕМЕНЕМ

Wednesday / По средам

11:00 am – 1:00 pm

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

Для членов клуба бесплатно

«ЛЕТНИЙ БАЛ»

вечер отдыха

7 августа

6:00 pm

\$45 для членов

\$60 для гостей

«ЕВРЕЙСКИЙ НОВЫЙ ГОД»

вечер отдыха

18 Сентября

6:00 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

Service Navigation & Information Clinic
Clinic will provide assistance with applications, 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.

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



bernard betel centre

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

MEMBER BILL OF RIGHTS

Every member participating in programs or services provided by the Bernard Betel Centre has the right:

1. To be treated in a courteous and respectful manner and to be free from mental, physical and financial abuse and all forms of harassment and discrimination.
2. To be dealt with in a manner that respects the person's dignity and privacy while promoting the person's autonomy and independence.
3. To be treated in a manner that recognizes the person's individuality and that is sensitive to and responds to the person's needs and preferences.
4. To access information about the services provided to them and to be told who will be providing the services.
5. To participate with staff in the assessment of their own personal needs.
6. To raise concerns about, or recommend changes to, services provided to him or her without fear of interference, coercion, discrimination or reprisal.
7. To be informed of the procedures for initiating complaints about the Bernard Betel Centre.
8. To have the right to refuse the provision of any information of a personal nature in accordance with Privacy Legislation.
9. To have their personal information and records kept confidential in accordance with the law.

We gratefully acknowledge financial support from:



United Way
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