

Connect!

Fall 2025

October, November, December



bernard betel centre
www.betelcentre.org

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



Happy Fall! As we welcome the new season and look ahead to a new year, we can all take the chance to pause, reflect, and connect, as we meet the new year with hope and optimism. It's a time to celebrate our shared history, while we remain strong as a community and support one another when needed.

This past summer, our 'Betel at 60' celebration reminded us of the remarkable journey our community has taken together over the decades. The stories, laughter, and shared memories from that event are a testament to the spirit, strength, and dedication that make Betel so unique. We also celebrated the



arts, through Betel's inaugural *Lifetime Achievement Award for Artistic Excellence*, presented to sculptor and printmaker B.R. Schwartz.

This coming season, we're excited to share a calendar full of engaging programs and unforgettable experiences. In addition to our in-centre programs, we're offering some exciting trips, including Slovenia and Croatia, and a Japan cruise. Whether near or far, these opportunities are a chance to explore, learn, and create new memories together.

We'd love to keep in touch with members beyond our walls! Join us on social media to see what's happening, enjoy photos from events, and stay connected with friends. And if technology still feels a bit tricky, you're not alone—Betel offers friendly, hands-on computer courses and phone skills workshops to help you feel confident, connected, and ready to explore the digital world at your own pace.

As always, we are deeply grateful for the warmth, care, and energy you bring to Betel, and we can't wait to see where this next chapter takes us. Shana Tova U'Metukah—Happy, Healthy and Sweet New Year!

Julie Gilbert
Chair, Board of Directors

Gail Gould
Executive Director

Сообщение от Исполнительного Директора и Председателя Правления

С наступлением осени! Наступил новый сезон, а впереди — и новый год. Это хорошее время, чтобы немного остановиться, оглянуться назад, вспомнить хорошее и почувствовать, как важно быть вместе. Мы встречаем год с надеждой и светлыми мыслями — поддерживая друг друга, как мы умеем.

Прошлым летом мы вместе отпраздновали 60-летие Бетеля — и это был по-настоящему тёплый и душевный праздник. Сколько было историй, смеха, воспоминаний! Всё это — живое подтверждение тому, насколько сильным, добрым и сплочённым стало наше сообщество за эти годы. А ещё мы гордились нашими талантами: первую Премию за вклад в искусство получил скульптор и художник Б.Р. Шварц — это было очень трогательно.

Осенью и зимой нас ждёт много интересного. Помимо занятий и встреч в центре, мы готовим путешествия — в Словению и Хорватию, а также круиз по Японии. Это отличная возможность увидеть мир, узнать что-то новое и, конечно, провести время в хорошей компании.

Мы хотим оставаться с вами на связи и за пределами стен Центра. Подписывайтесь на нас в социальных сетях — там можно увидеть фото с мероприятий, новости и, конечно, знакомые лица. А если с техникой пока не очень дружите — не переживайте! В Бетеле проходят курсы по компьютерам и телефонам, где всё объяснят просто, спокойно и с улыбкой.

Спасибо вам за тепло, заботу и энергию, которые вы приносите в Бетель Центр, Мы рады, что вы с нами, и с нетерпением ждём, что принесёт нам этот новый год. Шана това у'Метука! Счастливого, здорового и сладкого Нового года!

Джули Гилберт
Председатель Совета директоров

Гейл Гоулд
Исполнительный директор

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CONTACT

EXECUTIVE DIRECTOR

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 gailg@betelcentre.org

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FOOD SERVICES, TRIPS & TRAVEL

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 416.225.2112, ext.123
 irinas@betelcentre.org

PROGRAMS

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 416.225.2112, ext.130
 marial@betelcentre.org

COMMUNITY SUPPORT SERVICES & OUTREACH

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 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



Photo: Ella Langer Photography

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, October 29

Wednesday, November 19

1:00 pm – 2:00 pm

Free – For Everyone

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, October 22 • 1:00 pm

Wednesday, December 3 • 1:00 pm

Russian Language:

Monday, November 10 • 2:00 pm

Free – For Everyone

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 1:00 pm
Monday	8:30 am to 4:30 pm
Tuesday	8:30 am to 4:30 pm
Wednesday	8:30 am to 9:00 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 for a full list of upcoming programs

VISION

Enriching quality of life for all. For life!

MISSION

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

VALUES

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

Thursday, October 2 – Yom Kippur
Tuesday, October 7 – Sukkot
Wednesday, October 8 – Sukkot
Monday, October 13 – Thanksgiving
Tuesday, October 14 – Shemini Atzeret
Wednesday, October 15 – Simchat Torah
Thursday, December 25 – Christmas Day
Friday, December 26 – Boxing Day

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.

We gratefully acknowledge financial support from:



Thank you for thinking of the Bernard Betel Centre, but we **DO NOT** accept clothing donations. If you are interested in donating books, please contact Sharon Chodirker at 416-225-2112, ext. 124 or sharonc@betelcentre.org (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.

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 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 and click the "Support Us" tab, email 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.

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

GET TO KNOW THE BERNARD BETEL CENTRE'S MEMBERS' COUNCIL!

Members' Council is a committee that acts as a liaison between the Executive Director (Management) and Bernard Betel Centre members, as well as seniors within the community. The Council serves to provide feedback and input on important membership issues, along with program and policy development. The Council is committed to participating in fundraising opportunities, to raise awareness, and bring the greater community together, remaining receptive to recommendations and suggestions that will improve the well-being of our members and the general environment within the Centre.

Our Members' Council consists of the following member-volunteers:

Hava Aharoni	Peter Frankel	Vivian Margulies
Susan Argintaru	Sharon Gotter	Jackie Rotem
Phyllis Caplan	Raia Ilina	Judith Tauby
Benny Domb	Zelina Iskanderova	

Thank you for all that you do for the Bernard Betel Centre! Members' Council would love to hear from you! To contact the Members' Council, please email memberscouncil@betelcentre.org.

THANK YOU TO OUR SUMMER 2025 GARDEN VOLUNTEERS

With the wonderful support of a PollinatorTO grant, this summer we had a beautiful garden in our north-facing patios and spaces. Alissa, a Betel Centre member and dedicated Meals on Wheels (MOW) volunteer, as well as a garden volunteer, along with Leona, one of our amazing summer student staff members, volunteered countless hours to make our spaces bright and cheerful for the Centre and its members, staff, and volunteers. They planted, weeded, and watered. They faced the hot sun every week. Their smiles and support were infectious!

Of the garden, and volunteering to maintain and care for it, Alissa says, "The Betel Centre has been so good for me, providing all kinds of fun and interesting lectures and classes. Volunteering with the PollinatorTO gardens allows me to show my appreciation for these opportunities and helps beautify the outdoor space for people, bees, and butterflies. It also



gives me a chance to do some outdoor gardening, which I have always enjoyed.”

Leona adds, "Connecting with the land and the environment around me has always been a priority in my life. Working with the garden and being involved in the Betel community as a summer student staff member has been a way to share that connection, and show how even small green spaces can make a big difference."

Thank you for your support, Alissa and Leona!



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.

HAPPY BIRTHDAY TO YOU!

Surprise! It's your birthday! We are sending our volunteers a monthly birthday email message for each month of the year. We started this new feature in July 2025. We'd like to add you! If you would like to receive your month's birthday message, but you don't know if we have your correct birth month or date on file, please email robinr@betelcentre.org!

THANK YOU FOR YOUR FEEDBACK!

Thank you for your participation in the volunteer feedback survey! The results are in, and we are using them to keep making changes for the better. Thank you to the volunteers who have helped shape this survey, and for their work and continued support in this effort. We are planning to host some focus groups for each department's volunteers in the upcoming months. We want more of your feedback! Look for the dates and information!

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, October 28
Sunday, November 2
Tuesday November 18
Tuesday, December 2 and 23
2:00 pm – 3:00 pm
Free – Members Only

BRIDGE
Learn to play bridge in a relaxed atmosphere.
Registration required. Call 416-225-2112 ext. 105.
Instructor: George Klein
Friday, October 17 – December 19
12:30 pm - 2:30 pm
Free – Members Only

CANASTA BEGINNERS
Learn to play in a welcoming environment! Each session runs for four weeks.
Registration required. Call 416-225-2112 ext. 105.
Instructor: Ricki Glickman
Thursday, October 16 – December 18
10:00 am – 12:00 pm
12:30 pm – 2:00 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!
Registration required. Call 416-225-2112, ext. 105.
Instructors: Judy Ezrin
Monday, October 20 – December 15
10:00 am – 12:00 pm
Free – Members Only

MAH JONG INTERMEDIATE: DROP-IN
Join fellow players for a friendly, social game of mahjong in a relaxed setting. Perfect for those with some playing experience who want to enjoy a casual afternoon of play.
Wednesday, October 22 – December 17
1:00 pm – 4:00 pm
Free – Members Only

MAH JONG INTERMEDIATE: INSTRUCTOR-LED
Sharpen your mahjong skills and learn new strategies. This class is ideal for players who know the basics and want to improve their game while playing with others.
Registration required. Call 416-225-2112, ext. 105.
Instructor: Shelia Ostrofsky
Friday, October 17 – December 19
10:30 am – 12:30 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, October 27 – December 15
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
No class October 2
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, October 6 – December 22
No class October 13, 20
2:00 pm – 3:00 pm
\$70 members
\$140 non-members

LANGUAGES

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

ENGLISH CONVERSATION
For Russian-speaking individuals.
Facilitator: Victor Genin
Every Tuesday and Thursday
12:00 pm – 1:30 pm
Free – Members Only

FRENCH CONVERSATION
Facilitator: Alla Gertsenstein
Wednesday, October 22
Wednesday, November 5, 19
Wednesday, December 3, 17
10:00 am – 11:30 am
Free – Members Only

SPANISH CONVERSATION
Facilitator: Shmlomo Conforti
Thursday, October 23
Thursday, November 6, 20
Thursday, December 4, 18
3:00 pm – 4:00 pm
Free – Members Only

HEBREW CONVERSATION
Facilitator: Israel David
Wednesday, November 12, 26
Wednesday, December 10
10:00 am – 11:30 am
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

WRITING & DISCUSSION

Creative Writing

Participants have the opportunity to read their work aloud and be critiqued by their peers and instructor in a supportive environment.

Facilitator: Sylvia Warsh

Tuesday, October 21 – December 16

No class November 4

1:00 pm – 3:00 pm

\$88 members

\$176 non-members

NEWS, VIEWS AND SCHMOOZE

Discussion of different subjects in a relaxed and friendly environment.

Facilitator: Harvey Skolnick

Every Monday

No class October 6, 13

10:00 am – 11:00 am

Free – Members Only

WOMEN'S DISCUSSION GROUP

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

Facilitator: Linda Lean

Thursday,

October 16, 30

Thursday,

November 13, 27

Thursday, December 11

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 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

ARTS

CONTACT: Maria Lindgren

416.225.2112, ext. 130 marial@betelcentre.org

ART JOURNALING

Join us in the creative process of pulling together colour, words and images on a page.

Instructor: Sheryl Shapiro

Thursday, November 6 – December 11

10:30 am – 11:30 am • 6 weeks

\$20 (for supplies) -

Members Only

COLOURING & KNITTING CLUB

Join us to colour or knit together in an informal setting.

Facilitator: Gigi Z. Davidson

Wednesday, October 22 – December 17

10:00 am – 12:00 pm • 9 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, October 21 – December 1

9:30 am – 12:00 pm • 9 weeks

\$130.50 members

\$261 non-members

PALETTE KNIFE WORKSHOP

Learn the basics behind this textured art technique.

Instructor: Maya Vinokurov

Sunday, October 19

9:30 am – 1:30 pm

\$40 members

\$60 non-members

HEALTH AND WELLNESS IN MANDALA ART

This class is held on Zoom

When working on our mandalas, in class and at home, we are learning to focus on the benefits this healing activity provides our physical health, our mental health and our spirituality. No experience necessary. You must have access to a printer.

Thursday, October 9 – December 18

3:00 pm – 4:00 pm

\$20 members

\$30 non-members

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, October 20 – December 15

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.

Monday, October 20 – December 15

1:00 pm – 4:00 pm • 9 weeks

\$153 members

\$306 non-members

Instructor: Celia Ling

Tuesday, October 21 – December 16

1:00 pm – 4:00 pm • 9 weeks

\$153 members

\$306 non-members

Instructor: Diane Thompson

Wednesday, October 22 – December 17

9:30 am – 12:30 pm • 9 weeks

\$153 members

\$306 non-members

Instructor: Diane Thompson

Thursday, October 16 – December 18

1:00 pm – 4:00 pm • 10 weeks

\$170 members

\$340 non-members

Instructor: TBA

Friday, October 17 – December 19

9:30 am – 12:30 pm • 10 weeks

\$170 members

\$340 non-members

Instructor: Jeannine Callan and Diane Thompson

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.

JAPAN CRUISE

October 8 – 24, 2026

Embark on the journey of a lifetime with a spectacular 13-day cruise through Japan aboard the elegant *Westerdam*. Your package includes return airfare from Toronto to Tokyo, 2 nights in Tokyo, all onboard meals, entertainment, and activities, plus taxes, gratuities, and transfers in Tokyo. Explore Japan's stunning ports of call, rich culture, and breathtaking scenery at your own pace—optional shore excursions available.

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- Interior: \$7,000
- Exterior: \$7,300
- Balcony: \$9,000

Single occupancy rates available upon request.

A \$1,000 deposit secures your spot. Spaces are limited, so book early for this unforgettable adventure!

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>



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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 בענייני 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

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

30 Years Since the Assassination of Rabin

The anniversary will be observed with reflection on Rabin's legacy. This program will be held in English and Hebrew

Monday, November 3

11:00 am – 12:00 pm

Free – For Everyone

Chanukah Party

Please join us to celebrate the festival of lights with the ETROG club! Dinner and dancing will be included in this event.

Tuesday, December 16

6:30 pm

\$45 members

\$60 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

PRESENTATIONS

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

From the Pale of Settlement to "The Creation of the Soviet Jew": Wanderings, Oppression, Language and Legends Tuesday, October 21

A story of the "social engineering" undertaken by Russian Tsars, Bolsheviks and communists that changed the lives of millions of Jews in Eastern Europe. Learn about the attempted creation of the new concept of a "Soviet Jew" that tried to blend Jewish heritage with Soviet ideals. Arnold Gillis, Lecturer

How Words Endure Across Generations

Tuesday, October 28

Think about Anne Frank's diary. Think about the words that have endured across generations, shaping how we remember, how we learn, how we vow, "never again." Sharon Zohar, publisher and editor of *The Proof of Life Anthology Series*, will share the story behind the creation of *Proof of Life and Never Again*—two powerful collections of poetry and essays that emerged in the aftermath of October 7, 2023. Books will be available for purchase. Sharon Zohar, Publisher and Editor

Identity, Belonging and Intersectional Jewish Expression

Tuesday, November 4

We will explore Judaism, Jewish identity, culture and ethnic diversity within the global Jewish diaspora through Periphery, an evocative photographic and film project that celebrates ethnic diversity in the Jewish community. Rotem Raz, Toronto-based storyteller, interdisciplinary artist, educator, and researcher

Visit to Paris and D-Day in Normandy

Tuesday, November 11

Join in Jerry's recent travel adventure to France. See the Victor Hugo house, Carnavalet and Cluny museums, as well as the Garnier Opera House in Paris, and learn the story of D-Day. Jerry Willer, Betel Member, Lecturer

My Journey as a Jew Ally November 18

Michael's journey is of someone whose heart was broken to see the tsunami of Jew-hatred and the gleeful celebration of the slaughter of innocents. A journey that began when he saw Palestinian flags being waved on highway overpasses on October 7, a journey that took him halfway around the world, a journey that continues. Michael Osborne, Lawyer

Eat Smart for a Healthy Brain

November 25

The brain changes with age, but dementia is not normal aging. Based on recent research, discover the best way to eat for a healthy brain, and to help prevent cognitive decline and dementia. Learn fun facts and practical tips for improving your brain health. Judy Chodirker, Registered Dietician

The Ketubah

December 2

Jewish marriage contracts have been in existence for over 2,000 years. We will look at some of the 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. Laya Crust, Artist

How to Share an Egg: A True Story of Hunger, Love and Plenty December 9

A moving culinary memoir about the relationship between food and family—and sustenance and survival—from a chef, award-winning Canadian journalist, and daughter of a Holocaust survivor. Books will be available for purchase and signed by the author. Bonnie Reichert, Author, Editor-in-Chief, Chef

The Mountain Jews, Georgian Jews and other Jews of Caucasus December 16

The Caucasus region is home to several distinct Jewish communities, each with unique histories and cultures. Despite living in close proximity, these and other Jewish groups developed distinct customs, cultures, and languages. Arnold Gillis, Lecturer

History of the Plagues December 23

Art inspired by the plagues, from the Black Death to the COVID-19 epidemic, reflects themes of mortality, societal upheaval, and despair. Rachel Levin, Art Educator

The Five Statues of David December 30

Learn about the five Statues of David including those by Michelangelo, Andrea del Verrocchio and Donatello. Rachel Levin, Art Educator

COURSES

Israel Advocacy: How to Understand and Combat the Madness of Anti Zionism

This Israel advocacy course taught will offer a basic historical overview of some of the misconceptions and false information being spread online and in major media outlets about Israel. The course will teach crucial facts about Israel and the Middle East that are often not shared in the media. In addition to learning advocacy tools, each class will review and discuss Israel current events followed by an in-depth explanation of the complicated political situation Israel finds itself among its hostile neighbors and internal residents. Instructor: Rabbi Shaanan Scherer, Israel Tour Guide and CHAT Teacher of Tanach and Jewish History

Thursday, October 16 – December 4

No class November 20

12:00 pm – 1:30 pm • 8 weeks

\$59.50 members (\$10 members drop-in per class)

\$119 non-members (\$12 non-member drop-in per class)

The Life and Times of Julius Caesar

The course is held on Zoom.

Who was Julius Caesar? A hero? A villain? A lover? A fighter? The people's champion? A dictator? This course examines the history and myth of Caesar, his life and times, and his profound impact not just on the Roman Republic, but on the Mediterranean world and Western Europe.

Instructor: David Lipovitch, PhD

Friday, October 10 – December 5

1:00 pm – 3:00 pm • 9 weeks

\$99 members (\$14 members drop-in per class)

\$198 non-members (\$28 non-members drop-in per class)

The Varieties of Spiritual Experience

Recent research on the nature of happiness, meaning and extraordinary experiences has led to a revolution in medicine, psychology, education and philosophy. What does the term "spiritual" mean? Learn how religion, spirituality, and the quest for meaning are expressed around the world. In this course we will discuss the neuroscience of spiritual experience, its role in illness, in making life choices, and enhancing health. From the Hopi natives of New Mexico to the shamans of Nigeria, to the mystics in Judaism and other Abrahamic faiths, to the labs of Johns Hopkins university, and to the research on this subject at every university in Toronto, join us on this endless journey. Did you know that the "new age" movement really began in Alexandria in 100 AD? Did you know that the first alchemist was a Jew from Egypt? Did you know that we now have mapped "God regions" of the human brain that seem to be active during prayer, meditation and contemplation? The more we know about human spiritual experience the more we can understand how to find inner peace and meaning in a time that seems to offer anything but that.

Instructor: David Chandross, PhD

Mondays, October 27 – December 15

1:30 pm – 3:00 pm • 8 weeks

\$88 members

(\$10 members drop-in per class)

\$176 non-members

(\$12 non-member 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.

Intergenerational Art Workshop

Parents and grandparents bring your children and grandchildren for a free intergenerational art workshop.

No experience necessary.

Supplies provided.

Instructor: Maya Vinokurov

Sunday, November 9

10:30 am – 1:00 pm

Free for Bernard Betel Centre members and families.

Intergenerational Bingo

Drop in for a game of bingo!

Bring your grandkids!

Facilitators: Phyllis Caplan

and Jackie Rotem

Sunday, November 2

2:00 pm – 3:00 pm

Free – Members Only

Teen Talks & Pre-Chanukah Bash!

Enjoy inspiring TED-style talks, fun activities, and a festive pre-Chanukah celebration with treats, music, and great company led by Beth Tzedec teens. Join us to connect, learn, and kick off the holiday season together!

Sunday, December 7

5:00 pm – 7:00 pm

Free – Members Only

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

ANDROID PHONE

We will teach you how to use your Android phone, Samsung, Lenovo, Sony, LG, Motorola, Acer, or Asus. In this course you will learn to take pictures, text and more.

Instructor: Dianne Erdos-Rush

Wednesday, October 22 – November 26

1:30 pm - 3:00 pm • 6 weeks

\$50 members

\$60 non-members

INTERMEDIATE COMPUTER

Learn to use Google, Microsoft Word, learn about computer viruses, attachments, downloading, cutting and pasting, explore interesting websites, and more. Get comfortable using the computer!

Instructor: Dianne Erdos-Rush

Monday, October 20 – December 8

1:30 pm - 3:00 pm • 8 weeks

\$60 members

\$70 non-members

IPHONE ADVANCED

This is for those comfortable with their iPhones. In this course you will learn cutting and pasting, creating albums, how to use the calendar app, how to deposit cheques with your phone, how to use the weather app, how to use the clock app, Waze and more!

Instructor: Dianne Erdos-Rush

Monday, October 20 – November 24

11:00 am – 12:30 pm • 6 weeks

\$50 members

\$60 non-members

OPEN LAB

DROP IN! Volunteers are available to help and answer your tech questions. Bring your own laptop, tablet or phone or use our computers. No registration required.

Wednesday, October 22 – December 24

10:00 am – 12:00 pm

Sunday, October 19 – December 21

11:00 am – 1:00 pm

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

ONLINE COMPUTER CLASSES

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

Grocery Shopping Online

Learn to do your grocery shopping online! You will learn how to use various apps and programs to do your grocery shopping from home and have it delivered.

Wednesday, December 10

1:30pm – 2:30 pm

Free – Members Only

TED Talks

TED Talks are short lectures by experts on a variety of topics including science, technology, education, personal growth, social issues, art, and more. Join us to learn more about TED talks and what you can learn from them.

Wednesday, December 17

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 2)

Желающие заниматься должны владеть основами работы на планшете. В данном курсе Вы освоите приложение Chrome, Gmail, Files, Calendar.

Вторник с 21 октября по 23 декабря

11:30 am - 1:30 pm • 10 недель

\$85 для членов

\$100 для гостей

ТЕЛЕФОН IPHONE (УРОВЕНЬ 1)

В данном курсе Вы изучите основы работы телефона iPhone. Как делать звонки, управлять контактами, посылать и получать сообщения. Как настроить телефон, подключиться к Wi-Fi, установить новые приложения и многое другое.

Вторник с 21 октября по 23 декабря

2:00 pm - 4:00 pm • 10 недель

\$85 для членов

\$100 для гостей

ПЛАНШЕТ IPAD (УРОВЕНЬ 2)

Желающие заниматься должны владеть основами работы на планшете. В данном курсе Вы освоите приложение Safari, Mail, Files, Calendar.

Четверг с 16 октября по 18 декабря

11:30 am - 1:30 pm • 10 недель

\$85 для членов

\$100 для гостей

ТЕЛЕФОН IPHONE. ПРАКТИКА (УРОВЕНЬ 3)

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

Четверг с 16 октября по 18 декабря

2:00 pm - 4:00 pm • 10 недель

\$85 для членов

\$100 для гостей

ТЕЛЕФОН АНДРОИД (УРОВЕНЬ 2)

Желающие заниматься должны владеть основами работы на телефоне. В данном курсе Вы изучите приложения WhatsApp, Viber, Camera, Photos.

Пятница с 17 октября по 19 декабря

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 17 октября по 19 декабря

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 22 октября по 24 декабря

10:00 am – 12:00 pm

Воскресенье с 19 октября по 21 декабря

11:00 pm – 1:00 pm

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



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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

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, October 19 – December 14

10:00 am – 11:00 am • 9 weeks
\$63 members
\$126 non-members

BODY FIT ♥♥♥

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

Instructor: Maria Lindgren

Thursday, October 16 – December 18

11:00 am – 12:00 pm • 10 weeks
\$70 members
\$140 non-members

BODY WORKS ♥♥♥♥

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

Instructor: Margarita Vlasicheva

Wednesday, October 22 – December 17

11:30 am – 12:30 pm • 9 weeks
\$63 members
\$126 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, October 20 – December 15

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, October 21 – December 16

11:00 am – 12:00 pm • 9 weeks
\$63 members
\$126 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, October 20 – December 15

9:30 am – 10:30 am • 9 weeks
Free – Members Only

GENTLE FITNESS ♥

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

Margarita Vlasicheva

Friday, October 17 – December 19

10:00 am – 11:00 am • 10 weeks
\$70 members
\$140 non-members

ISRAELI DANCING ♥♥

Enjoy music and learn Israeli dancing.

Monday, October 20 – December 15

3:00 pm – 4:30 pm • 9 weeks
\$45 members
\$90 non-members

Instructors: Vivian Margulis and Mali Wasserman

Wednesday, October 22 – December 17

3:30 pm – 5:00 pm • 9 weeks
\$45 members
\$90 non-members

Instructors: Vivian Margulis and Mali Wasserman

Wednesday, October 22 – December 17

6:30 pm – 10:15 pm • 9 weeks
6:30 pm Beginners

7:15 pm Intermediate

8:00 pm Open Dance

\$80 members

\$100 non-members

Instructors: Elad Shtamer and Michal Miller

LATIN DANCE ♥♥♥

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

Thursday, October 16 – December 18

10:00 am – 11:00 am • 10 weeks
\$70 members
\$140 non-members

Stretch & Strength ♥♥♥

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

Instructor: Terri Dunnigan

Tuesday, October 21 – December 16

12:00 pm – 1:00 pm • 9 weeks
\$63 members
\$126 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, October 22 – December 17

10:00 am – 11:00 am • 9 weeks
\$63 members
\$126 non-members

Zumba Gold ♥♥♥♥

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

Sunday, October 19 – December 14

11:30 am – 12:30 pm • 9 weeks
\$63 members
\$126 non-members

ONLINE FITNESS CLASSES

Online classes are held on Zoom.

Register online:

www.betelcentre.org/online-programs

Gentle Fitness ♥

Instructor: Maria Lindgren

Friday, October 17 – December 19

9:00 am – 10:00 am • 11 weeks
Free – Members Only

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

LECTURE: HEALTHY EATING

In partnership with Kehilla and the Association of Jewish Seniors, join us for an informative lecture on healthy eating. Refreshments included.

Facilitator: Unison Health and Community Services

Friday, October 27

1:30 pm – 2:30 pm

Free for Everyone

Registration required. Register with Kehilla at programs@kehilla.ca or 647-484-4446, ext. 4.

VIBRANT LIVING SERIES

This monthly series brings participants together for lively, engaging presentations focused on financial literacy, health and wellness and social wellbeing.

Monday, October 6 – Becoming a Super Senior and Make Your Money Last as Long as You Do

Monday, November 3 – Why We Need Travel and Vacations – Unlocking the Benefits of Time Away

Monday, December 1 – Health Anxiety After 60: When Worry Becomes a Habit (Not a Diagnosis)

1:00 pm – 3:00 pm

Free for Everyone

Registration required. Register with Charm at charmj@betelcentre.org or 415-225-2112 ext. 105.

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. Drop-in. No registration required.

Monday, November 17

Monday, December 15

11:00 am – 1:00 pm

Free – Members Only

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

Concert

Join us for a performance from Daniel Temnik, Israeli Canadian violinist, and Maria Orlenko, Canadian pianist.

Sunday, October 5

2:00 pm

\$15 members

\$20 non-members

Concert

Join us for a concert with Zelda Fonariov, violinist, and Regina Fridman pianist. Performance will include light classic, klezmer, popular melodies from Broadway shows, retro, light jazz and more.

Wednesday, October 22

2:00 pm

\$8 members

\$12 non-members

Shabbat Shalom at Betel Unplug, Connect and Reflect!

Join us for a Shabbat Schmooze led by Judy and Harvey Skolnick. Topics will include: “Did G-d write the Torah?”, “Must a Jew believe in G-d?” and “Four reasons to Observe Shabbat”.

Join the conversation! Light refreshments to follow. Registration required. Register with Shira at shira@betelcentre.org or 416-225-2112 ext. 301.

Saturday, October 25

10:00 am – 11:30 am

Free For Everyone

Lecture: Musicians Under the Radar

Canada has an enormous pool of talented Jewish musicians. Learn the stories of these Canadian musicians whose names might not be known as widely as they should.

David will also present the music of many of the 108 Jewish Canadian musicians he writes about in his *Under the Radar* book series. You’ll be surprised by some musicians, and you may be related to others! Speaker: David Eisenstadt, Author

Sunday, October 26

1:00 pm

\$5 members

\$10 non-members

Lecture: Charlie Chaplin: The Timeless Tramp of Cinema

This presentation celebrates the genius of Charlie Chaplin, the legendary comedian and filmmaker who turned silent film into a universal language of laughter and emotion. Best known for his iconic character The Tramp, Chaplin gave us unforgettable scenes—from roller-skating blindfolded in *Modern Times*, to tenderly rescuing a child in *The Kid*, to bravely mocking tyranny in his stirring speech from *The Great Dictator*. With his bowler hat, cane, and unmistakable moustache, Chaplin brought humour, heart, and humanity to the screen, crafting moments that still enchant audiences nearly a century later.

Speaker: Norm Zinman, Entertainment and Historical Lecturer

Wednesday, October 29

1:00 pm

\$5 members

\$10 non-members

Concert

Enjoy a performance with famous pianist, Ida Pelliccioli. Ida Pelliccioli was born in Bergamo, Italy. She studied at the Nice Conservatoire de Région and at the L'École Normale de Musique de Paris.

Thursday, October 30

2:00 pm

\$10 members

\$15 non-members

Concert

“The Most Beautiful Music Around the World” performed by Andrea Pines, violinist and Myriam Shechter, pianist.

Wednesday, November 5

2:00 pm

Free for Members

\$5 Non-Members

Concert

“Iconic Songs by Women Artists” performed by singer Igor Portnoy.

Sunday, November 9

2:00 pm

\$15 members

\$20 non-members



Photo: Ella Langer Photography

Strength Training to Ward off Dementia

Aerobic exercise and strength training has been shown to reduce the risk of Alzheimer's. In this presentation, we will be examining why we need to do both regularly, what the research says about exercise and dementia, which exercises are best, and how often and how long should we train for. This presentation will end with a short group strength training demonstration of easy and effective body weight exercises that can be done at home without equipment.

Presenter: Lorne Opler, M.Ed.

Wednesday, November 26

1:00pm

\$8 members

\$10 non-members

Concert

"Lomir Fraylekh Zayn - לויז רעלייך זאין
Original Yiddish song performed by Yosl Landay.

Wednesday, December 3

2:00 pm

\$8 members

\$12 non-members

Concert

Celebrate Chanukah with a festive concert performed by Shir Harmony Choir.

Sunday, December 7

2:00 pm

\$5 members

\$8 non-members

Shabbat Shalom at Betel Celebrate both Shabbat and Chanukah!

Join us as Elad Shtamer leads us in music and song accompanied by guitar! Light refreshments to follow. Registration required. Register with Shira at shira@betelcentre.org or 416 225-2112 ext. 301.

Saturday, December 13

10:00 am – 11:30 am

Free For Everyone

Movie

The Last Showgirl is a 2024 drama starring Pamela Anderson and Jamie Lee Curtis.

Wednesday, December 17

1:00 pm

Free for Members

\$5 Non-Members

Chanukah Party

Celebrate Chanukah with the Bernard Betel Centre. Enjoy dinner and dancing!

Thursday, December 18

6:00 pm

\$45 members

\$60 non-members

Book Talk: Zaidy's Band

Join us as the author looks at his decades long quest to uncover his grandfather's wartime past, uncovering a colorful cast of Jewish Canadian WWII veterans and their stories. Books will be available to purchase.

Speaker: Aron Heller, Author

Wednesday, November 12

1:00 pm

Free for members

\$5 non-members

Concert

Enjoy classic hits with Kyrlo Tkachenko with songs by Elvis Presley, Elton John, The Beatles, and more!

Wednesday, November 19

2:00 pm

\$5 members

\$8 non-members

Shabbat Shalom at Betel Living Jewish Today!

Learning together about Jewish heroes through the ages with Rabbi Judy Katz Howard. Light refreshments to follow. Registration required. Register with Shira at shira@betelcentre.org or 416 225-2112 ext. 301.

Saturday, November 22

10:00 am – 11:30 am

Free For Everyone

Concert: Celebrating Yiddish Music In Memory of Lou and Edith Sillman

Performance by Gabi Epstein, actor, musician, and cabaret artist, and Mark Camilleri, music director, pianist, conductor, composer, and arranger, from the Harold Green Jewish Theatre Company.

Sunday, November 23

2:00 pm

\$15 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

22 октября - 17 декабря (11 уроков)

2:00 pm – 4:30 pm

\$100 для членов

\$200 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

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

CHOIR

ХОР

Thursday / четвергам

22 ОКТЯБРЯ – 17 ДЕКАБРЯ (11 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.

LIBRARY

БИБЛИОТЕКА

Thursday / четвергам

Monday / понедельникам

12:00 pm – 2:00 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

ХАНУКА

вечер отдыха

18 Декабря

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

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

Tuesday, October 21 – December 16

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
Greater Toronto



TORONTO



UJA FEDERATION
of Greater Toronto