

Bernard Betel Centre – March 2026 Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 10:00-11:00 Balance and Gentle Exercise 10:00-12:00 Open Lab</p>	<p>2 9:30-12:00 Watercolor 9:30-10:30 Falls Prevention 10:00-11:00 News, Views & Schmooze 10:30-11:30 Breathe Better 12:00-1:45 Library (Rus) 1:00-4:00 Pottery 1:30-3:00 The Magnificent Machine: The Human Body 1:30-3:00 Sudoku 1:30-3:00 Boost your Memory With Computer 2:00-3:00 Learning Yiddish 2:00-4:00 RGA 3:00-4:30 Israeli Dancing</p>	<p>3 9:30-12:30 Pottery 10:30-12:00 LLI Lecture 11:00-12:30 Library 11:30-12:30 Aging Mindfully 11:00-12:00 Chair Yoga 12:30-2:00 ESL (Rus) 1:00-3:00 Creative Writing 1:15-4:00 Games Room 2:00-4:00 Talent Show (Rus) 6:30-9:00 Purim Party</p>	<p>4 9:30-12:30 Pottery 10:00-11:00 Tai Chi 10:00-11:30 French Conversation 10:00-12:00 Colouring Club 10:00-12:00 Open Lab 11:00-1:00 Art Therapy (Rus) 11:30-12:30 Body Works 1:00-2:30 Choir (Rus) 1:00-4:00 Mah Jongg Inter. 2:00-3:00 Concert 2:00-4:30 Oil Painting 2:00-4:00 Drama Group (Rus) 3:30-5:00 Israeli Dancing 6:00-9:00 Pottery 6:30-10:15 Israeli Dancing</p>	<p>5 9:30-12:30 Pottery 10:00-12:00 ESL (Rus) 10:00-11:00 Walking Club 10:00-11:00 Latin Dance 10:00-11:30 Art Therapy 10:30-11:30 Women's Discussion Group 11:00-12:00 Body Fit 11:30-1:30 iPad Tablet L3 (Rus) 12:00-1:45 Library (Rus) 12:30-2:30 Canasta 1:00-4:00 Pottery 2:00-3:30 Taste of Music 2:00-4:00 iPhone L3 (Rus) 2:00-4:00 RGA</p>	<p>6 9:30-12:30 Pottery 10:00-11:00 Gentle Fitness 11:30-1:30 Android L3 (Rus) 12:00-3:00 Rummikub 12:30-2:30 Bridge 2:00-4:00 iPhone L3</p>
<p>8 10:00-11:00 Balance and Gentle Exercise 10:00-12:00 Open Lab</p>	<p>9 9:30-12:00 Watercolor 9:30-10:30 Falls Prevention 10:00-11:00 News, Views & Schmooze 10:30-11:30 Breathe Better 12:00-1:45 Library (Rus) 1:00-4:00 Pottery 1:30-3:00 The Magnificent Machine: The Human Body 1:30-3:00 Sudoku 2:00-3:00 Learning Yiddish 2:00-4:00 RGA 3:00-4:30 Israeli Dancing</p>	<p>10 9:30-12:30 Pottery 10:30-12:00 LLI Lecture 11:00-12:30 Library 11:30-12:30 Aging Mindfully 11:00-12:00 Chair Yoga 12:30-2:00 ESL (Rus) 1:00-3:00 Creative Writing 1:15-4:00 Games Room 2:00-4:00 Talent Show (Rus) 3:00-5:00 Etrog</p>	<p>11 9:30-12:30 Pottery 10:00-11:30 Hebrew Conversation 10:00-12:00 Colouring Club 10:00-12:00 Open Lab 10:00-2:00 Seniors Active Living Fair 11:00-1:00 Art Therapy (Rus) 1:00-2:30 Choir (Rus) 1:00-4:00 Mah Jongg Inter. 2:00-4:30 Oil Painting 2:00-4:00 Drama Group (Rus) 3:30-5:00 Israeli Dancing 6:00-9:00 Pottery 6:30-10:15 Israeli Dancing</p>	<p>12 9:30-12:30 Pottery 10:00-12:00 ESL (Rus) 10:00-11:00 Walking Club 10:00-11:00 Latin Dance 10:00-11:30 Art Therapy 11:00-12:00 Body Fit 11:30-1:30 iPad Tablet L3 (Rus) 12:00-1:45 Library (Rus) 12:30-2:30 Canasta 1:00-4:00 Pottery 2:00-3:30 Taste of Music 2:00-4:00 iPhone L3 (Rus) 2:00-4:00 RGA</p>	<p>13 9:30-12:30 Pottery 10:00-11:00 Gentle Fitness 11:30-1:30 Android L3 (Rus) 12:00-3:00 Rummikub 12:30-2:30 Bridge 2:00-4:00 iPhone L3</p>



ROOM LOCATION:
 Synagogue Library Back Auditorium
 Culture Room Craft Room Front Auditorium
 Music Room Computer Lab

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>15 10:00-11:00 Balance and Gentle Exercise 10:00-12:00 Open Lab 2:30- 4:00 Concert</p>	<p>16 9:30-12:00 Watercolor 9:30-10:30 Falls Prevention 10:00-11:00 News & Views 10:30-11:30 Breathe Better 12:00-1:45 Library (Rus) 1:00-4:00 Pottery 1:30- 3:00 Sudoku 2:00-3:00 Learning Yiddish 2:00-4:00 RGA 3:00-4:30 Israeli Dancing</p>	<p>17 9:30-12:30 Pottery 10:30-12:00 LLI Lecture 11:00-12:30 Library 11:30-12:30 Aging Mindfully 11:00-12:00 Chair Yoga 12:30-2:00 ESL (Rus) 1:00-3:00 Creative Writing 1:15-4:00 Games Room 2:00-3:00 Bingo 2:00-4:00 Talent Show (Rus) 3:00-5:00 Etrog</p>	<p>18 9:30-12:30 Pottery 10:00-11:00 Tai Chi 10:00-11:30 French Conversation 10:00-12:00 Colouring Club 10:00-12:00 Open Lab 11:00-1:00 Art Therapy (Rus) 11:30-12:30 Body Works 1:00-2:30 Choir (Rus) 1:00-4:00 Mah Jongg Inter. 2:00 -3:30 Lecture 2:00-4:30 Oil Painting 2:00-4:00 Drama Group (Rus) 3:30-5:00 Israeli Dancing 6:00-9:00 Pottery 6:30-10:15 Israeli Dancing</p>	<p>19 9:30-12:30 Pottery 10:00-12:00 ESL (Rus) 10:00-11:00 Walking Club 10:00-11:00 Latin Dance 10:00-11:30 Art Therapy (Rus) 10:30-11:30 Women's Discussion Group 11:00-12:00 Body Fit 11:30-1:30 iPad Tablet L3 (Rus) 12:00-1:45 Library (Rus) 12:30-2:30 Canasta 1:00-4:00 Pottery 2:00-3:30 Taste of Music 2:00-4:00 iPhone L3 (Rus)</p>	<p>20 9:30-12:30 Pottery 10:00-11:00 Gentle Fitness 11:30-1:30 Android L3 (Rus) 12:00-3:00 Rummikub 12:30-2:30 Bridge 2:00-4:00 iPhone L3</p>
<p>22 10:00-11:00 Balance and Gentle Exercise 10:00-12:00 Open Lab</p>	<p>23 9:30-12:00 Watercolor 9:30-10:30 Falls Prevention 10:00-11:00 News & Views 10:30-11:30 Breathe Better 12:00-1:45 Library (Rus) 2:00-3:00 Learning Yiddish 2:00-4:00 RGA</p>	<p>24 10:30-12:00 LLI Lecture 11:00-12:30 Library 12:30-2:00 ESL (Rus) 1:00-3:00 Creative Writing 1:15-4:00 Games Room 2:00-3:00 Members' Council Information Session 2:00-4:00 Talent Show (Rus) 3:00-5:00 Etrog</p>	<p>25 10:00-11:30 Hebrew Conversation 10:00-12:00 Open Lab 11:00-1:00 Art Therapy (Rus) 1:00-2:00 Tea with Gail 1:00-2:30 Choir (Rus) 1:00-4:00 Mah Jongg Inter. 2:00-4:00 Drama Group (Rus)</p>	<p>26 10:00-12:00 ESL (Rus) 10:00-11:00 Walking Club 10:00-11:30 Art Therapy (Rus) 12:00-1:45 Library (Rus) 12:30-2:30 Canasta 2:00-3:30 Taste of Music</p>	<p>27 12:00-3:00 Rummikub</p>
<p>29</p>	<p>30 9:30-10:30 Falls Prevention 10:00-11:00 News & Views 10:30-11:30 Breathe Better 12:00-1:45 Library (Rus) 2:00-3:00 Learning Yiddish 2:00-4:00 RGA</p>	<p>31 10:30-12:00 LLI Lecture 11:00-12:30 Library 1:15-4:00 Games Room 2:00-4:00 Talent Show (Rus) 3:00-5:00 Etrog</p>	<div style="display: flex; align-items: center; justify-content: center;">  <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>ROOM LOCATION:</p> <p>Synagogue Library Back Auditorium Culture Room Craft Room Front Auditorium Music Room Computer Lab</p> </div> </div>		

****All programs are subject to change ****