



Bernard Betel Centre – May 2026 Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					<p>1</p> <p>9:30 -12:30 Pottery 10:00-11:00 Gentle Fitness 12:00-3:00 Rummikub 12:30-2:30 Bridge</p>
<p>3</p> <p>10:00-11:00 Balance and Gentle Exercise 10:00-12:00 Open Lab</p>	<p>4</p> <p>9:30-12:00 Watercolor 9:30-10:30 Falls Prevention 10:00-11:00 News & Views 10:00-12:00 Mah Jongg 10:30-11:30 Breathe Better 11:00-12:30 iPhone and iPad 11:30- 1:30 Antisemitism 12:00-1:45 Library (Rus) 1:00-4:00 Pottery 1:30-3:00 I'm right, You're and idiot! Social Life 1:30- 3:00 Inter. Computer 1:30-3:00 Sudoku 2:00-3:00 Learning Yiddish Through Song 2:00-4:00 RGA 2:00-4:00 Tea with Gail (Rus) 3:00-4:30 Israeli Dancing</p>	<p>5</p> <p>9:30-12:00 Drawing & Acrylic 10:30-12:00 LLI Lecture 11:00-12:30 Library 11:30-12:30 Aging Mindfully 11:00-12:00 Chair Yoga 11:30 1:30 Android 1 (Rus) 12:00-1:00 Stretch Strength 12:30-2:00 ESL (Rus) 1:00-3:00 Creative Writing 1:00-4:00 Pottery 1:15-4:00 Games Room 2:00-4:00Talent Show (Rus) 2:00-4:00 iPhone L1(Rus) 3:00-5:00 Etrog</p>	<p>6</p> <p>9:30-12:30 Pottery 10:00-11:00 Tai Chi 10:00-11:30 Hebrew Conver. 10:00-12:00 Coloring Club and Knitting 10:00-12:00 Open Lab 11:00-1:00 Art Therapy (Rus) 11:30-12:30 Body Works 11:30-12:30 Weekly Torah 1:00-2:30 Choir (Rus) 1:00-4:00 Mah Jongg Inter. 1:00-2:30 Lecture 1:30- 3:00 Android & Tablets 2:00-4:30 Oil Painting Lab 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>7</p> <p>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) 10:00-12:00 Canasta 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 1:30-4:30 Pottery 2:00-3:30 Taste of Music 2:00-4:00 iPhone L4 (Rus) 6:00-9:00 Victory Day Party</p>	<p>8</p> <p>9:30 -12:30 Pottery 10:00-11:00 Gentle Fitness 11:30-12:30 Grief and Bereavement 12:00-3:00 Rummikub 12:30-2:30 Bridge</p>
<p>10</p> <p>10:00-11:00 Balance and Gentle Exercise 10:00-12:00 Open Lab</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>ROOM LOCATION:</p> <p>Synagogue Library Back Auditorium Culture Room Craft Room Front Auditorium Music Room Computer Lab</p> </div>	<p>11</p> <p>9:30-12:00 Watercolor 9:30-10:30 Falls Prevention 10:00-11:00 News &Views 10:00-12:00 Mah Jongg 10:30-11:30 Breathe Better 11:00-12:30 iPhone and iPad 11:30- 1:30 Antisemitism 11:00-1:00 Café Europa 12:00-1:45 Library (Rus) 1:00-4:00 Pottery 1:30-3:00 I'm right, You're and idiot! Social Life 1:30- 3:00 Inter. Computer 1:30-3:00 Sudoku 2:00-3:00 Learning Yiddish 2:00-4:00 RGA 3:00-4:30 Israeli Dancing</p>	<p>12</p> <p>9:30-12:00 Drawing & Acry. 10:30-12:00 LLI Lecture 11:00-12:30 Library 11:30-12:30 Aging Mind. 11:00-12:00 Chair Yoga 11:30 1:30 Android1(Rus) 12:00-1:00 Stretch & Strength 12:30-2:00 ESL (Rus) 1:00-3:00 Creative Writing 1:00-4:00 Pottery 1:15-4:00 Games Room 2:00-3:00 Bingo 2:00-4:00 Talent (Rus) 2:00-4:00 iPhone L1(Rus) 3:00-5:00 Etrog</p>	<p>13</p> <p>9:30-12:30 Pottery 10:00-11:00 Tai Chi 10:00-11:30 French Conver. 10:00-12:00 Coloring Club 10:00-12:00 Open Lab 11:00-1:00 Art Therapy (Rus) 11:00-1:00 Socrates Café 11:30-12:30 Body Works 1:30-3:00 Croll Lecture 11:30-12:30 Weekly Torah 1:00-2:30 Choir (Rus) 1:00-4:00 Mah Jongg Inter. 1:30- 3:00 Android & Tablets 2:00-4:30 Oil Painting Lab 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>14</p> <p>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) 10:00-12:00 Canasta 10:30-11:30 Women's Discussion Group 11:00-12:00 Body Fit 11:30-1:30 iPad L3 (Rus) 12:00-1:45 Library (Rus) 12:30-2:30 Canasta 1:30-4:30 Pottery 2:00-3:30 Taste of Music 2:00-4:00 iPhone L4 (Rus)</p>	<p>15</p> <p>9:30 -12:30 Pottery 10:00-11:00 Gentle Fitness 11:30-12:30 Grief and Bereavement 12:00-3:00 Rummikub 12:30-2:30 Bridge</p> <div style="text-align: right; margin-top: 20px;">  <p>bernard betel centre</p> </div>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>17</p> <p>10:00-11:00 Balance and Gentle Exercise</p> <p>10:00-12:00 Open Lab</p> <p>2:00- 4:00 Concert</p>	<p>18</p> <p>CENTRE CLOSED</p> <p>VICTORIA DAY</p>	<p>19</p> <p>9:30-12:00 Drawing and Acrylics</p> <p>10:30-12:00 LLI Lecture</p> <p>11:00-12:30 Library</p> <p>11:30-12:30 Aging Mindfully</p> <p>11:00-12:00 Chair Yoga</p> <p>11:30 1:30 Android L 1(Rus)</p> <p>12:00-1:00 Stretch and Strength</p> <p>12:30-2:00 ESL (Rus)</p> <p>1:00-3:00 Creative Writing</p> <p>1:00-4:00 Pottery</p> <p>1:15-4:00 Games Room</p> <p>2:00-4:00 Talent Show (Rus)</p> <p>2:00-4:00 iPhone L1 (Rus)</p> <p>3:00-5:00 Etrog</p>	<p>20</p> <p>9:30-12:30 Pottery</p> <p>10:00-11:00 Tai Chi</p> <p>10:00-11:30 Hebrew Conversation</p> <p>10:00-12:00 Coloring Club and Knitting</p> <p>10:00-12:00 Open Lab</p> <p>11:00-1:00 Art Therapy (Rus)</p> <p>11:30-12:30 Body Works</p> <p>11:30-12:30 Weekly Torah Portion</p> <p>1:00-2:30 Choir (Rus)</p> <p>1:00-4:00 Mah Jongg Inter.</p> <p>1:00 -3:00 Lecture</p> <p>1:30- 3:00 Android & Tablets</p> <p>2:00-4:30 Oil Painting Lab</p> <p>2:00-4:00 Drama Group (Rus)</p> <p>3:30-5:00 Israeli Dancing</p> <p>6:00-9:00 Pottery</p> <p>6:30-10:15 Israeli Dancing</p>	<p>21</p> <p>9:30-12:30 Pottery</p> <p>10:00-12:00 ESL (Rus)</p> <p>10:00-11:00 Walking Club</p> <p>10:00-11:00 Latin Dance</p> <p>10:00-11:30 Art Therapy (Rus)</p> <p>10:00-12:00 Canasta</p> <p>11:00-12:00 Body Fit</p> <p>11:30-1:30 iPad Tablet L3 (Rus)</p> <p>12:00-1:45 Library (Rus)</p> <p>12:30-2:30 Canasta</p> <p>1:30-4:30 Pottery</p> <p>2:00-3:30 Taste of Music</p> <p>2:00-4:00 iPhone L4 (Rus)</p>	<p>22</p> <p>CENTRE CLOSED</p> <p>SHAVUOT</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>ROOM LOCATION:</p> <p>Synagogue</p> <p>Library</p> <p>Back</p> <p>Auditorium</p> <p>Culture Room</p> <p>Craft Room</p> <p>Front</p> <p>Auditorium</p> <p>Music Room</p> <p>Computer Lab</p> </div>
<p>24</p> <p>10:00-11:00 Balance and Gentle Exercise</p> <p>10:00-12:00 Open Lab</p> <hr/> <p>31</p> <p>10:00-11:00 Balance and Gentle Exercise</p> <p>10:00-12:00 Open Lab</p>  <p>bernard betel centre</p>	<p>25</p> <p>9:30-12:00 Watercolor</p> <p>9:30-10:30 Falls Prevention</p> <p>10:00-11:00 News, Views & Schmooze</p> <p>10:00-12:00 Mah Jongg</p> <p>10:30-11:30 Breathe Better</p> <p>11:00-12:30 iPhone and iPad Basic</p> <p>11:30- 1:30 Antisemitism: The World's Oldest hatred</p> <p>11:00-1:00 Café Europa</p> <p>11:00-1:00 Hearing Aid Clinic</p> <p>12:00-1:45 Library (Rus)</p> <p>1:00-4:00 Pottery</p> <p>1:30-3:00 I'm right, You're and idiot! Social Life</p> <p>1:30- 3:00 Intermediate Computer</p> <p>1:30-3:00 Sudoku</p> <p>2:00-3:00 Learning Yiddish Through Song</p> <p>2:00-4:00 RGA</p> <p>3:00-4:30 Israeli Dancing</p>	<p>26</p> <p>9:30-12:00 Drawing and Acrylics</p> <p>10:30-12:00 LLI Lecture</p> <p>11:00-12:30 Library</p> <p>11:30-12:30 Aging Mindfully</p> <p>11:00-12:00 Chair Yoga</p> <p>11:30 1:30 Android1(Rus)</p> <p>12:00-1:00 Stretch and Strength</p> <p>12:30-2:00 ESL (Rus)</p> <p>1:00-3:00 Creative Writing</p> <p>1:00-4:00 Pottery</p> <p>1:15-4:00 Games Room</p> <p>2:00-4:00 Talent Show (Rus)</p> <p>2:00-4:00 iPhone L1 (Rus)</p> <p>3:00-5:00 Etrog</p>	<p>27</p> <p>9:30-12:30 Pottery</p> <p>10:00-11:00 Tai Chi</p> <p>10:00-11:30 French Conversation</p> <p>10:00-12:00 Coloring Club and Knitting</p> <p>10:00-12:00 Open Lab</p> <p>11:00-1:00 Art Therapy (Rus)</p> <p>11:30-12:30 Body Works</p> <p>11:30-12:30 Weekly Torah Portion</p> <p>1:00-2:30 Choir (Rus)</p> <p>1:00-2:00 Tea with Gail</p> <p>1:30 -3:00 Android & Tablets</p> <p>1:30-3:00 Movie</p> <p>1:00-4:00 Mah Jongg Inter.</p> <p>2:00-4:30 Oil Painting Lab</p> <p>2:00-4:00 Drama Group(Rus)</p> <p>3:30-5:00 Israeli Dancing</p> <p>6:00-9:00 Pottery</p> <p>6:30-10:15 Israeli Dancing</p>	<p>28</p> <p>9:30-12:30 Pottery</p> <p>10:00-12:00 ESL (Rus)</p> <p>10:00-11:00 Walking Club</p> <p>10:00-11:00 Latin Dance</p> <p>10:00-11:30 Art Therapy (Rus)</p> <p>10:00-12:00 Canasta</p> <p>10:30-11:30 Women's Discussion Group</p> <p>11:00-12:00 Body Fit</p> <p>11:30-1:30 iPad Tablet L3 (Rus)</p> <p>12:00-1:45 Library (Rus)</p> <p>12:30-2:30 Canasta</p> <p>1:30-4:30 Pottery</p> <p>2:00-3:30 Taste of Music</p> <p>2:00-4:00 iPhone L4 (Rus)</p>	<p>29</p> <p>9:30 -12:30 Pottery</p> <p>10:00-11:00 Gentle Fitness</p> <p>11:30-12:30 Grief and Bereavement</p> <p>12:00-3:00 Rummikub</p> <p>12:30-2:30 Bridge</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>**All programs are subject to change**</p> <p>Bernard Betel Centre 1003 Steeles Ave. West, Toronto, ON M2R 3T6 416-225-2112 www.betelcentre.org</p> </div>