

Connect!

Spring 2026

April, May & June



bernard betel centre
www.betelcentre.org

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



Warm greetings as we enter into a new season – Spring (at last!) This winter was a tough one, with the cold lasting weeks on end, and more snow than many of us can remember. I hope that everyone stayed healthy and warm. Despite the weather, we welcomed members, guests, and volunteers throughout the winter to keep them busy and give them an opportunity to see their friends. This no doubt gave everyone a sense of warmth and connection through the winter. And that is what the Bernard Betel Centre is all about – finding a ‘second home’, a place to spend time with friends and neighbours, under one roof and in a warm, welcoming environment.



This year we are looking to continue our vibrant and dynamic programming, which offers something for everyone. In the Centre, we continue to attract hundreds of people to our arts, fitness, and language programs. Our Lifelong Learning programs are very popular with presentations from experts and enthusiasts every single week and on a wide range of topics. If you’re looking for volunteer opportunities, look no further! Whether it’s in the garden, on the computer, or in the car delivering a meal, there is a place for you. This edition of our program booklet will give you a glimpse into what the Centre can do for you.

Happy Spring to all of our members, volunteers and guests. As the grass starts to grow and the flowers start to bloom, I hope the time you spend at the Bernard Betel Centre warms you up – from top to bottom - it’s about time! Wishing everyone a happy and healthy Passover and Easter, for those who celebrate.

Julie Gilbert
Chair, Board of Directors

Gail Gould
Executive Director

Приветствие Председателя Совета директоров и Исполнительного Директора

Тёплые приветствия в начале нового сезона — весны (наконец-то!). Эта зима выдалась непростой: холод держался неделями, а снега было больше, чем многие из нас могут вспомнить. Надеюсь, что все оставались здоровыми и в тепле. Несмотря на погоду, в течение всей зимы мы радушно принимали участников, гостей и волонтеров, чтобы они могли оставаться активными и иметь возможность встретиться с друзьями. Без сомнения, это помогло каждому почувствовать тепло и связь с окружающими в зимние месяцы. И именно в этом заключается смысл Bernard Betel Centre — найти «второй дом», место, где можно проводить время с друзьями и соседями под одной крышей, в тёплой и гостеприимной атмосфере.

В этом году мы стремимся продолжать нашу яркую и динамичную программу мероприятий, в которой каждый найдёт что-то для себя. В Центре мы по-прежнему привлекаем сотни людей на занятия по искусству, фитнесу и языкам. Наши программы обучения на протяжении всей жизни (Lifelong Learning) пользуются большой популярностью: каждую неделю проходят презентации от экспертов и увлечённых спикеров на самые разные темы. Если вы ищете возможности для волонтерства — вы попали по адресу! Будь то помощь в саду, работа за компьютером или доставка еды на автомобиле — для вас обязательно найдётся подходящее дело. Этот выпуск нашего программного буклета даст вам представление о том, что Центр может предложить именно вам.

Счастливой весны всем нашим участникам, волонтерам и гостям! Когда трава начнёт зеленеть, а цветы — распускаться, надеюсь, что время, проведённое в Bernard Betel Centre, согреет вас — с головы до ног — давно пора! Желаю всем счастливой и здоровой Пасхи и светлого праздника Пасхи (Easter) тем, кто отмечает.

Председатель Совета директоров
Джули Гилберт

Исполнительный директор
Гейл Гоулд

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Photo: Ella Langer Photography

CONTACT

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 gailg@betelcentre.org

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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

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. Our annual membership fee is inclusive and affordable. Your membership is valid for one full year, and renewable on your membership expiry date.

To learn more about membership, please visit www.betelcentre.org/membership, 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, April 15
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, April 29 • 1:00 pm
Wednesday, June 10 • 1:00 pm

Russian Language:
Monday, May 4 • 2:00 pm
Free – For Everyone

MEMBERS' COUNCIL INFORMATION SESSION

Learn about the role of Members' Council, how to get involved, and meet your current representatives.

Tuesday, April 7
2:00 pm – 3:00 pm
Free – For Everyone. Drop in. No registration needed.

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



Scan the QR code to visit the Bernard Betel Centre website!



facebook.com/betelcentre



instagram.com/betelcentre

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.

VISION

Enriching quality of life for all. For life!

MISSION

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

VALUES

Community, compassion, creativity, dignity, and respect.

UPCOMING CENTRE CLOSURES

Thursday, April 2 – Passover
Friday, April 3 – Passover/Good Friday
Wednesday, April 8 – Passover
Thursday, April 9 – Passover
Monday, May 18 – Victoria Day
Friday, May 22 – Shavuot

SIGN UP FOR OUR MONTHLY E-NEWSLETTER!

- Be the first to know about upcoming programs and events
- Get exclusive updates and stories
- Stay informed and engaged with our vibrant community!

To join our mailing list scan the QR code below or email katiem@betelcentre.org.



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.

Become a Monthly Donor!

Every day at the Bernard Betel Centre, adults 55+ walk through our doors looking for more than a program or a meal. They're looking for connection, dignity, and belonging. For some, we are a place to stay active and engaged. For others, we are a lifeline. The difference between isolation and community.

Monthly donors make this possible.

When you give monthly, you create a reliable foundation of care that allows us to plan ahead, respond quickly, and ensure no senior is turned away when they need us most. Your ongoing support helps sustain vital programs and essential services that help adults 55+ live independently and with confidence.

Monthly giving isn't about a single moment. It's about being there, month after month, for the people who rely on us.

A gift of \$36, \$118, or \$180 a month may seem small, but together, monthly donors provide something powerful. They provide stability. Stability for programs. Stability for staff. Stability for seniors who count on the Bernard Betel Centre as a constant in their lives.

By becoming a monthly donor, you're not just supporting the Bernard Betel Centre, you're joining a community that believes every older adult deserves to feel valued, supported, and connected.

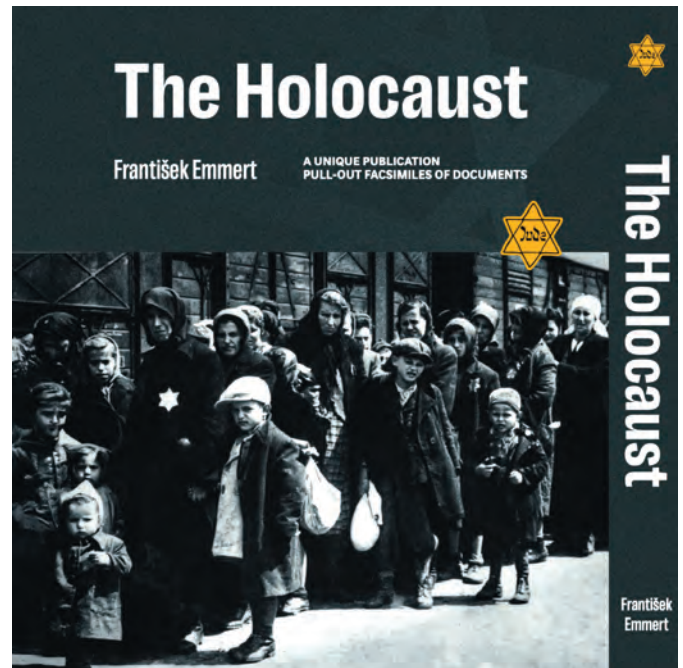
Your generosity shows up every day, in quiet but meaningful ways in conversations over coffee, in movement classes that build strength and confidence, and in moments where someone realizes they are not alone. Thank you for being part of what makes the Bernard Betel Centre a place of care, connection, and community today and for the long term.

To become a monthly donor, visit www.betelcentre.org/donate-now and click "Donate monthly", or by calling 416-225-2112, ext. 0.

The Holocaust Book

The Holocaust Book documents the mass murder of six million European Jews by the Nazi regime, an unprecedented crime driven by racial hatred and carried out through the "Final Solution," which sought the complete extermination of Jewish life. This powerful volume preserves the truth of this atrocity through detailed historical documentation. Perfect for private collections, schools, and any institution that is committed to preserving the truth about the Holocaust, so that it may never again be repeated.

Covering the years 1933–1945, the book is organized into 28 thematic chapters and features nearly 200 original period photographs, full-colour maps, and 36 rare archival facsimiles, some presented as removable pull-out inserts. Because of these unique elements, each copy is carefully hand-assembled in Prague, so you can be sure that the book you purchase will adhere to the highest quality standards.



The book is available for purchase at \$180. To purchase email shira@betelcentre.org. Sales of The Holocaust book is a fundraiser for the Bernard Betel Centre, with partial funds going to the Betel Centre.

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

2026 IS THE INTERNATIONAL YEAR OF THE VOLUNTEER



A once-in-a-generation opportunity to celebrate the power of civic participation and renew Canada's culture of volunteering. This campaign serves as a celebration of Canada's volunteers while inspiring a new generation of participation.

The theme is "Ignite Volunteerism". Betel volunteers are the best volunteers! Thank you! If you'd like to, please share your own volunteer story to inspire and ignite volunteerism in others. Find more information at <https://ivy26.ca/> or contact Robin at robinr@betelcentre.org.

NATIONAL VOLUNTEER WEEK IS APRIL 19-25, 2026!



Aligning with the International Year of the Volunteer, National Volunteer Week's theme is also "Ignite Volunteerism". This National Volunteer Week, we will celebrate how our volunteers have ignited volunteerism in this community and have deepened our collective impact. We will celebrate our milestone volunteers in early May and post stories on our social media during National Volunteer Week. Stay tuned for more information!

JOIN OUR VOLUNTEER TEAM!

We are currently recruiting for Meals on Wheels Drivers, 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.

VOLUNTEER STORIES AND IMPACTS: IGNITING VOLUNTEERISM AT BETEL

Meet Barb, Stan, Shirley, Rena, Rhoda and Sam, who have taken on our brand-new Circle of Care Meals on Wheels program, which is a revenue-generating social enterprise for the Bernard Betel Centre. This group of dedicated volunteers pack and quality control between 300 and 600 meals each week, which helps feed hundreds of seniors in the community. It is a huge collective effort that we could not complete without the flawless work of this committed group! Thank you, Circle of Care team!



Meet Tarra, a dedicated Meals on Wheels prep volunteer and the igniter of our corporate volunteer program. Once this program is fully in motion, it will be another revenue-generating opportunity for the Bernard Betel Centre, creating outreach and good will to corporate organizations that will better align, understand, and support the Bernard Betel Centre's mission and purpose. This exciting work will bring volunteer experiences and energies to the Bernard Betel Centre from interested corporate partners. Thank you Tarra!

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, April 21
Tuesday, May 12
Tuesday, June 16
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, April 17 –
June 19
No class May 22
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, April 16–
June 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 jongg,
rummikub, 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 JONGG BEGINNERS
Learn to play mah jongg!
Registration required.
Call 416-225-2112, ext. 105.
Instructors: Judy Ezrin
Monday, April 13 –
June 15
No class May 18
10:00 am – 12:00 pm
Free – Members Only

MAH JONGG INTERMEDIATE:
DROP-IN
Join fellow players for a friendly,
social game of mah jongg in a
relaxed setting. Perfect for those
with some playing experience
who want to enjoy a casual
afternoon of play.
Wednesday, April 15 – June 17
1:00 pm – 4:00 pm
Free – Members Only

MAH JONGG INTERMEDIATE:
INSTRUCTOR-LED
Sharpen your mah jongg 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, April 17 – June 19
No class May 22
10:30 am – 12:30 pm
Free – Members Only

RUMMIKUB
Join us for drop-in Rummikub!
Games provided.
Every Friday
No class May 22
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, April 13 – June 15
No class May 18
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, April 13 – June 29
No class May 18
2:00 pm – 3:00 pm
\$63 members
\$126 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
12:30 pm – 2:00 pm
Every Thursday
10:00 am – 12:00 pm
Free – Members Only

FRENCH CONVERSATION
Facilitator: Alla Gertsenstein
Wednesday, April 1, 15, 29
Wednesday, May 13, 27
Wednesday, June 10, 24
10:00 am – 11:30 am
Free – Members Only

HEBREW CONVERSATION
Facilitator: Israel David
Wednesday, April 22
Wednesday, May 6, 20
Wednesday, June 3, 17
10:00 am – 11:30 am
Free – Members Only

LIBRARY

Come in and check out the
library! Mystery, romance,
biographies and so much
more!

ENGLISH LIBRARY
HOURS:

Tuesday:
11:00 am – 1:00 pm

RUSSIAN LIBRARY
HOURS:

Monday and Thursday:
12:00 pm – 1:45 pm

WRITING & DISCUSSION

Creative Writing
Participants read their work aloud and be critiqued in a supportive environment.

Facilitator: Sylvia Warsh

Tuesday, April 14 – June 30*

1:00 pm – 3:00 pm

* April 14: 12:00 pm –

2:00 pm

\$121 members

\$242 non-members

NEWS, VIEWS AND SCHMOOZE

Discussion of different subjects in a relaxed and friendly environment.

Facilitator: Harvey Skolnick

Every Monday

No class May 18

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, April 16, 30

Thursday, May 14, 28

Thursday, June 11, 25

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

No Class May 22

10:30 am – 12:30 pm

Free – Members Only

ARTS CONTACT: Maria Lindgren

416.225.2112, ext. 130 marial@betelcentre.org

COLOURING AND KNITTING CLUB

Join us to colour or knit together in an informal setting. Enjoy all the brain benefits of creative expression with a group!

Wednesday, April 15 – June 17

10:00 am – 12:00 pm • 10 weeks

Free – Members Only

DRAWING AND ACRYLIC

Develop your skills and express yourself. Some experience with drawing and/or painting is recommended.

Instructor: Maya Vinokurov

Tuesday, April 21 – June 16

9:30 am – 12:00 pm • 9 weeks

\$130.50 members

\$290 non-members

HEALTH & WELLNESS IN 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, April 23 – June 18

3:00 pm – 4:30 pm • 9 weeks

\$20 members

\$30 non-members

INTERMEDIATE WATERCOLOUR

This class is for those with some watercolour experience. Come learn new painting skills and express yourself through the art of Watercolour painting.

Instructor: Elaine Sugar

Monday, April 13 – June 15

No class May 18

9:30 am – 12:00 pm • 9 weeks

\$130.50 members

\$261 non-members

OIL PAINTING LAB

Work on personal projects under the guidance of a volunteer.

Facilitator: Valeria Kouznetsova

Wednesday, April 15 – June 17

2:00 pm – 4:30 pm • 10 weeks

\$ members

\$ non-members

POTTERY - MIXED LEVELS

Everyone is welcome! Classes are designed to bring people together, regardless of your experience. Instructors provide highly individualized teaching, so each student receives the information they need, from beginners to expert. Learn a variety of hand building techniques. Equipment, tools, and firing included. Additional cost for clay and glazes.

Monday, April 13 – June 15

No class May 18

1:00 pm – 4:00 pm • 9 weeks

\$162 members

\$326 non-members

Instructor: Celia Ling

Tuesday, April 14 – June 16

1:00 pm – 4:00 pm • 10 weeks

\$180 members

\$360 non-members

Instructor: Talya Moshinsky

Wednesday, April 15 – June 17

9:30 am – 12:30 pm • 10 weeks

\$180 members

\$360 non-members

Instructor: Diane Thompson

Wednesday, April 15 – June 10

6:00 pm – 9:00 pm • 9 weeks

\$162 members

\$326 non-members

Instructor: Jenny Wiesel

Thursday, April 16 – June 18

9:30 am – 12:30 pm •

10 weeks

\$180 members

\$360 non-members

Instructor: Diane Thompson

Thursday, April 16 – June 18

1:30 pm – 4:30 pm •

10 weeks

\$180 members

\$360 non-members

Instructor: Anisoara Kirschner

Friday, April 24 – June 19

No class May 22

9:30 am – 12:30 pm •

8 weeks

\$144 members

\$288 non-members

Instructor: Celia Ling

TRIPS AND TRAVEL

OVERNIGHT TRAVEL

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

Trips and Travel registration information and policies can be found at www.betelcentre.org/trips-travel. Trips and Travel is for current Bernard Betel Centre members only. Deposit of \$1,000 required for all overnight trips.

TRAVEL EXPO 2026

Discover the world with us! Preview and register for 2027 and 2028 travel destinations.

Monday, March 23

1:00 pm

Western Canada & Alaska Cruise

Majestic mountains, crystal-clear lakes, and breathtaking glaciers.

August 2027

Israel

Sacred history, spiritual heritage, and timeless landscapes.

March 29 – April 12, 2027

Caribbean Getaway

Tropical islands, turquoise waters, and ultimate relaxation.

February 2027

Portugal Heritage & Scenic Journey

Historic towns, dramatic coastlines, and world-renowned wine regions.

September 2028

England, Scotland & Ireland

Historic castles, rolling green countryside, and timeless traditions.

May 2027

Scandinavia Cruise

Explore dramatic fjords and charming Nordic capitals.

May 2028

California & Nevada

Iconic cities, national parks, scenic coastlines, and the bright lights of Las Vegas.

October 27, 2027

South America Cruise

Vibrant cities, natural wonders, and diverse cultures.

February 2028

To learn of future trips, sign up for our Travel e-Newsletter. Sign up here: <http://bit.ly/35Ei60Y> or contact katiem@betelcentre.org to be added to our email list.

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.

Stratford Festival**Musical “Importance of Being Earnest”**

Two dashing men-about-town create false identities to escape social obligations and win the hearts of the women they love, only to find themselves entangled in a web of deceit and absurd expectations. Set in Victorian England, this sharp-witted and hilarious comedy skewers manners, marriage and the pursuit of sincerity in a world obsessed with appearances.

Wednesday, May 19

Bus departs at 9:00 am

Cost: \$150 (includes bus and musical)

Stratford Festival**Musical “Guys & Dolls”**

In the bustling streets of New York, a smooth-talking gambler wagers he can charm a pious missionary, while another high roller desperately fights to keep his game alive and his fiancée from walking away. In a city ruled by chance, love takes unexpected turns and both men soon discover they are risking far more than money.

Tuesday, June 9

Bus departs at 9:00 am

Cost: \$130 (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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Yom HaZikaron and Yom Ha'Atzmaut

We will commemorate 25,500 fallen in combat and victims of the hostile terror actions in a short solemn ceremony. Following we will celebrate Israel's 78th independence day with a full course dinner, songs and dancing.

Tuesday, April 21 • 6:00 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

Everything About Communication

Tuesday, April 7

Learn about the beginnings of communication. How language affected Ashkenazi vs. Sephardic, Hebrew vs. Yiddish, and how communication was changed by Pony Express, smoke signals, carrier pigeon, and the inventions of the telegraph, telephone and printing press. Jerry Willer, Betel Member and Lecturer

The Survival of Unknown Children: The Story of a Child Survivor

Tuesday, April 14

Yom Hashoah is Holocaust Remembrance Day. We will hear the personal story of Gershon Willinger, a hidden child during the Holocaust. Despite being betrayed and going through several concentration camps, Gershon survived and tells his story through the point of view of a very young child survivor speaking of the validation of his identity and who he is. Gershon Willinger, Child Holocaust Survivor

The Boy in the Back: A True Story of Survival in Auschwitz and Mauthausen

Tuesday, April 21

Local author Fern Lebo's latest memoir about Jan Blumenstein, a beloved Toronto family doctor who was torn from his home at 16. This unforgettable story of survival and inspiration recounts his harrowing experiences in Auschwitz and Mauthausen, and the miracle of survival he achieved by mastering the art of making himself invisible. Signed books will be available for purchase. Fern Lebo, Author

JNF Canada: Its History and Today

Tuesday, April 28

Learn about the origins of Jewish National Fund (JNF) Canada since its inception, the Current court case with its Revocation by Canada Revenue Agency (CRA) in August 2024 and what JNF Canada is doing today. Nathan Diefenhouse, President, JNF Canada

Frida Kahlo: Part 1 Painted Biography

Tuesday, May 5

An artistic voyage of Frida Kahlo's life highlighted by her most important works. Kahlo's life story includes depictions of her shattered body as a result of a horrific accident, her stormy relationship with husband, artist Diego Rivera, and her quest for motherhood. Rachel Levin, Art Educator

Frida Kahlo: Part 2 Painted Biography

Tuesday, May 12

An artistic voyage of Frida Kahlo's life highlighted by her most important works. Kahlo's life story includes depictions of her shattered body as a result of a horrific accident, her stormy relationship with husband, artist Diego Rivera, and her quest for motherhood. Rachel Levin, Art Educator

The Covenants We Keep

Tuesday, May 19

In keeping with the spirit of the upcoming holiday of Shavuot, come explore the idea of covenant as a central pillar of Jewish life: not only as a moment at Sinai, but as an ongoing relationship shaped by commitment, responsibility, and choice. Together we'll reflect on what it means to live a covenantal life today and why covenant continues to matter so deeply in Judaism. Rabbi Jarrod R. Grover, Senior Rabbi, Beth Tikvah Synagogue

Behind the Scenes of Artificial Intelligence

Tuesday, May 26

In this interactive session, we will explore what artificial intelligence really is, without technical jargon. Where AI already shows up in our everyday lives (phones, the internet, healthcare). Images and videos created by AI and how to tell what's real and what's not. Open discussion, questions, and audience participation with fun and interactive activities. Julia Kindler, Student, Master of Social Work, University of Toronto

The Posthumous Landscape: Remnants of Jewish Life in Eastern Europe

Tuesday, June 2

David Kaufman discusses *The Posthumous Landscape: Remnants of Jewish Life in Eastern Europe*. Learn about the stories of former Jewish neighbourhoods, synagogues and cemeteries. Following the presentation there will be book sales and signings. David Kaufman, Author

Free Will

Tuesday, June 9

Are we free agents or is free will an illusion? As I write these words, am I exercising my faculties or am I subject to earlier causes because everything about us has been predetermined? This is a tricky, infuriating and fascinating topic which will fascinate you. Nick Maes, Former High School Teacher and Instructor of Classics

How I Learned to Pee in the Forest and Other Light-Hearted Stories with Life-Changing Lessons

Tuesday, June 16

This book turns everyday chaos into clarity with a few laughs along the way. It invites readers to laugh, reflect, and grow on the quirks of everyday life. Equal parts memoir, mentorship, and mindfulness guide, this book meets readers where they are: in the middle of their messy, beautiful, ordinary life. Book will be available for purchase. Sharon Neiss Arbess, Author

Frida Kahlo: Part 3 Painted Biography: Portraits

Tuesday, June 23

An artistic voyage of Frida Kahlo's life highlighted by her most important works. Kahlo's life story includes depictions of her shattered body as a result of a horrific accident, her stormy relationship with husband, artist Diego Rivera, and her quest for motherhood. Rachel Levin, Art Educator

Preparing for Memory Changes: With Strength, Creativity, and Heart

Tuesday, June 30

In this engaging and uplifting talk, we explore a refreshing way to think about memory changes and aging. How we can plan to live well, for longer. Through real-life stories and practical ideas, you'll discover how creative hobbies, gentle movement, and kindness of character can support dignity, independence, and joy at every stage of life. Julia Kindler, Student, Master of Social Work, University of Toronto

COURSES AND OTHER PROGRAMS

I'm Right, You're an Idiot! Social Life in Digital Age

This new course will discuss hyperpolarization research. People are becoming more aligned with causes and often ignore facts. This is going on everywhere with millions of voices talking over each other rather than to each other, leading to a breakdown of civil society and advancement of anger, isolation, sadness, and loss of faith and meaning. But wait! There are ways to combat this wave of internet rage, yelling, and propaganda. In this course we use scientific research to take emotion out and put logic back to work. Instructor: David Chandross, PhD

Monday, April 13 – June 8

No class May 18

1:30 pm – 3:00 pm • 8 weeks

\$80 members (\$12 drop-in per class)

\$160 non-members (\$24 drop-in per class)

Parsha Ha Shavuah: Weekly Torah Portion - New!

Discuss messages in the parshiyot and stories in the Tanach. Facilitator: Lillian Benlolo, Bible Study Teacher

Wednesday, April 15 – June 10

11:30 am – 12:30 pm • 9 weeks

Free – members only

Antisemitism: The World's Oldest Hatred

Antisemitism has recently surged to levels not seen since the rise of Nazi Germany. Since October 7th, there has been an increase in public demonstrations, polarized discourse, and spikes in antisemitism, harassment, vandalism, and assaults worldwide. Reports show substantial percentage increases in antisemitism since 2022. This course highlights the global state of antisemitism and aims to engage and educate about the sources of modern-day antisemitism.

Instructor: Amnon Zohar, Middle East and Global Affairs Specialist

Monday, May 4- June 29

No class May 18

11:30 am – 1:30 pm • 8 weeks

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

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

Socrate's Café (Democracy Café) - New!

This safe forum allows participants to share their opinions respectfully on a variety of topics. Facilitator: Barry Abramsky

Wednesday, April 15, May 13, and June 10

11:00 am – 1:00 pm • 3 weeks

Free – members only

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.

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 PHONES AND TABLETS

In this class, we will teach you how to use your Android phone and/or tablet. (Samsung, Lenovo, Sony, LG, Motorola, Acer, Asus). You'll learn how to take pictures, text, and more! Instructor: Dianne Erdos-Rush

Wednesday, April 29 – June 3

1:30 pm - 3:00 pm • 6 weeks

\$50 members

\$60 non-members

INTERMEDIATE COMPUTER

In this class, we'll learn to use Google, Microsoft Word, learn about viruses and malware, attachments, how to download, cutting and pasting, and how to find and navigate interesting websites. Get comfortable using the computer! Instructor: Dianne Erdos-Rush

Monday, April 20 – June 15

No class May 18

1:30 pm – 3:00 pm • 8 weeks

\$60 members

\$70 non-members

IPHONE AND IPAD: BASIC

For iPhone and iPad users. Learn to personalize your phone, use the keyboard, Safari, FaceTime, the camera, learn to edit your photos, use the maps, the cloud, and more. Instructor: Dianne Erdos-Rush

Monday, April 20 – June 1

No class May 18

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, April 15 – June 24

10:00 am – 12:00 pm

Sunday, April 12 – June 21

11:00 am – 1:00 pm

Cost: \$2.00 per hour

(or any part of an hour)

ONLINE COMPUTER CLASSES

Unlock new skills, stay connected, and embrace the digital world with our complimentary online computer programs just for you! Stay connected with us! Online classes are held on Zoom. To register, visit www.betelcentre.org/online-programs

This History of Technology

A lecture on how we came to the information age, the evolution of technology, and where this may lead to in the future.

Tuesday, May 12

1:30 pm – 2:30 pm

Free – Members Only

Microsoft PowerPoint

Creating a simple PowerPoint slide show is easy and quick. For family, school, or work, you can make clear and simple presentations!

Tuesday, June 9

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.

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.

Вторник с 14 апреля по 16 июня

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 14 апреля по 16 июня

2:00 pm - 4:00 pm • 10 недель

\$85 для членов

\$100 для гостей

ПЛАНШЕТ IPAD (УРОВЕНЬ 3)

Желающие заниматься должны владеть основами работы на планшете. В данном курсе Вы освоите приложение Clock, Calendar, Maps.

Четверг с 16 апреля по 18 июня

11:30 am - 1:30 pm • 10 недель

\$85 для членов

\$100 для гостей

ТЕЛЕФОН IPHONE ПРАКТИКА (УРОВЕНЬ 4)

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, Clock, Calendar, Maps.

Четверг с 16 апреля по 18 июня

2:00 pm - 4:00 pm • 10 недель

\$85 для членов

\$100 для гостей

OPEN LAB

Компьютерный класс, открытый для всех желающих. Принесите свой ноутбук, планшет, телефон или используйте наши компьютеры. Вы спрашиваете – мы отвечаем. Предварительная регистрация не требуется!

Среда с 15 апреля по 24 июня

10.00 am - 12.00 pm

Воскресенье с 19 апреля по 21 июня

10.00 pm - 12.00 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

♥ 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, April 12 – June 14
10:00 am – 11:00 am • 10 weeks
\$70 members
\$140 non-members

Body Fit ♥♥♥♥

Challenges and incorporates all aspects of a healthy exercise routine: strength, endurance and flexibility.
Instructor: Maria Lindgren
Thursday, April 16 – June 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, April 15 – June 17
11:30 am – 12:30 pm • 10 weeks
\$70 members
\$140 non-members

Breathe Better ♥

For individuals who have experienced limited activities due to shortness of breath.
Registration required. Call 416-225-2112, ext. 105 to register.
Instructor: Better Living Health and Community Services.
Monday, April 13 – June 15
No class May 18
10:30 am – 11:30 am • 10 weeks
Free - members only

Chair Yoga ♥

A gentle form of yoga either sitting or standing using a chair for support. Involves stretching, deep breathing and strengthening. Instructor: Terri Dunnigan
Tuesday, April 14 – June 16
11:00 am – 12:00 pm • 10 weeks
\$70 members
\$140 non-members

Exercise & Falls Prevention ♥

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

Registration required. Call 416-225-2112, ext. 105 to register
Instructor: Better Living Health and Community Services
Monday, April 13 – June 15
No class May 18
9:30 am – 10:30 am • 10 weeks
Free – Members Only

Gentle Fitness ♥

This class will be mostly seated and focus on breathing, gentle strengthening and stretching techniques. Instructor: Margarita Vlasicheva
Friday, April 17 – June 19
No class May 22
10:00 am – 11:00 am • 9 weeks
\$63 members
\$126 non-members

Israeli Dancing ♥♥

Enjoy music and learn Israeli dancing.
Monday, April 13 – June 15
No class May 18
3:00 pm – 4:30 pm • 9 weeks
\$45 members
\$90 non-members
Instructors: Vivian Margulis and Mali Wasserman
Wednesday, April 15 – June 17
3:30 pm – 5:00 pm • 10 weeks
\$50 members
\$100 non-members
Instructors: Vivian Margulis and Mali Wasserman

Wednesday, April 15 – June 17

6:30 pm – 10:15pm • 10 weeks
6:30 pm Beginners
7:15 pm Intermediate
8:00 pm Open Dance
\$10 members drop-in per class
\$12 non-members drop-in per class
Instructors: Elad and Michal Shtamer

Latin Dance ♥♥♥

No partner required! Join us to learn a variety of Latin dance moves. Instructors: Elad Shtamer and Michal Miller
Thursday April 16 – June 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, April 14 – June 16
12:00 pm – 1:00 pm • 10 weeks
\$70 members
\$140 non-members

Tai Chi ♥

This class focuses on slow and controlled movements. Improve your health, promote relaxation and work on your concentration.
Instructor: Eva Nilsson
Wednesday, April 15 – June 17
10:00 am – 11:00 am • 10 weeks
\$70 members
\$140 non-members

Walking Club ♥

Join us for a gentle neighborhood walk. Meet at reception!
Instructor: Charm John
Thursday April 16 – June 18
10:00 am – 11:00 am • 10 weeks
Free – Members Only

ONLINE FITNESS CLASSES

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

Gentle Fitness ♥

Instructor: Maria Lindgren
Friday, April 17 – June 19
No Class on MAY 22 (Shavuot)
10:00 am – 10:30 am • 10 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! Facilitators: Charm John and Mike Kinrys.

Registration required. To register visit: www.betelcentre.org/online-programs.

Every Thursday

11:00 am – 12:00 pm

Free – members only

World Cup Viewing Party

Join us as we cheer on Canada at the first World Cup hosted by North America! Come watch Canada vs. Switzerland as they play in Vancouver. Drop-in. No registration required.

Wednesday, June 24

3:00 pm – 5:00 pm

Free – members only

Senator David A. Croll Memorial Wellness Lecture “Maintaining Cognitive Health and Managing Stress with Aging”

Speaker: Danielle D'Amico, PhD, Postdoctoral Fellow, Rotman Research Institute, Kimel Family Centre for Brain Health and Wellness, Baycrest Academy for Research and Education. Drop-in. No registration required.

Wednesday, May 13

1:30 pm – 3:00 pm

Free – for everyone

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

CLINICS

All of our screening clinics are free of charge and for members only unless otherwise stated. For more information about our Clinics, visit www.betelcentre.org/clinics

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, April 20

Monday, May 25

Monday, June 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

Community Seder

Celebrate Passover at the Bernard Betel Centre at the 53rd Annual Community Seder! Join us for the First Seder. Doors open at 4:30 pm. Seder starts at 5:00 pm.

Wednesday, April 1

5:00 pm – 8:00 pm

Cost: \$35

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

Yom HaShoah Program: Songs of the Holocaust

Join Janie Respitz as she explains and performs songs written and sung in the Lodz, Vilna, Krakow, and Warsaw ghettos, and by partisans in the forests. The program will include a short ceremony and video presentation.

Tuesday, April 14

2:00 pm

Free for everyone

Concert

Join pianist Naum Hore who will play some classic favourites!

Wednesday, April 15

2:00 pm

Free for members

\$5 non-members

Shabbat Shalom at Betel From Canada to Israel: The Remarkable Contributions of Ordinary Canadians to the State of Israel

Rabbi Judy Katz Howard will lead us in a wonderful discussion on remarkable Canadians and their stories of commitment and support for the State of Israel, from its early days until today. Light refreshments will be served. Registration required. Register with Shira at shira@betelcentre.org or 416-225-2112 ext. 301.

Saturday, April 18

10:00 am – 11:30 am

Movie: The Little Traitor

The 2007 movie The Little Traitor will be shown in honour of Yom Ha'Atzmaut, Israel's Independence Day.

Wednesday, April 22

1:00 pm

Free for everyone

Concert

Join the Kishke Klezmers Band for an afternoon of Yiddish, jazz and musical theatre with soprano Alia Rosenstock and pianist Stephen Errington.

Sunday, April 26

2:00 pm

\$10 members

\$15 non-members

Lecture: Transportation: Key Factor in History of Human Existence

Transportation has been a fundamental component in world history, facilitating population expansion, cultural developments, and socioeconomic progress.

Speaker: Arnold Gilis

Wednesday, April 29

1:00 pm

Free for members

\$5 non-members

Victory Day in Europe Party

Join the Russian Golden Age Cultural Program to celebrate Victory Day in Europe with dinner and dancing!

Program will be in Russian.

Thursday, May 7

6:00 pm

\$45 members

\$60 non-members



Photo: Ella Langer Photography

Shabbat Shalom at Betel What's Her Name?: Legends of Unknown Jewish Women

Join us as Rabbi Judy Katz Howard leads us in an engaging discussion examining influential Jewish women who have given meaning and strength to the Jewish people. Light refreshments will be served.

Registration required. Register with Shira at shira@betelcentre.org or 416-225-2112 ext. 301.

Saturday, May 9

10:00 am – 11:30 am

Free for everyone

Concert: Celebrating Yiddish Music

Join us for Celebrating Yiddish Music in memory of Lou and Edith Stillman, featuring Schmaltz & Pepper. This ensemble is redefining the traditional boundaries of Yiddish music, blending classical mastery with innovative compositions and soulful arrangements.

Sunday, May 17

2:00 pm

\$15 members

\$25 non-members



Photo: Ella Langer Photography

Lecture: John Williams: Music's Mr. Everything

Starting out as a jazz pianist in New York, John Williams went to Los Angeles where he made his mark writing and arranging music in the booming TV industry and then on to movies. Along the way he was a noted composer of some interesting orchestral music and conducted many of the top orchestras in the United States and around the world.

Speaker: Howard Mednick, Classical Music DJ

Wednesday, May 20

1:00 pm

\$8 members

\$12 non-members

The event below titled **Movie: Ballet Tevya** has been

CANCELLED

Movie Ballet Tevye is a successful modern narrative ballet by Switzerland's Basel Ballet, choreographed by Richard Wherlock with music by Olivier Truan, adapting the beloved stories of Tevye the Milkman from Sholem Aleichem, famously known through Fiddler on the Roof.

Wednesday, May 27

1:30 pm

Free for members

\$5 non-members

Lecture: The History of the Jews in Latin America and the Caribbean Join speaker Arnold Gilis for this fascinating presentation.

Wednesday, June 10

1:00 pm

Free for members

\$5 non-members

Concert: Geula Women's Choir A Rosh Chodesh Celebration of Women, by Women, for Women!

Rosh Chodesh, the Jewish new moon, is traditionally a special holiday for women, stemming from a Talmudic reward for refusing to contribute jewelry to the Golden Calf, linking them to the moon's renewal cycle. *Please note: This program is for women only.*

Sunday, June 14

1:30 pm – 2:30 pm

\$8 members

\$10 non-members

Lecture: Contesting Zion: The Vatican, American Catholics and the Partition of Palestine

Learn about the long history of hostility between the Popes, the Vatican, Roman Catholicism, and Judaism. Join us for a very interesting history lesson. His new book on the subject will be available to purchase. Speaker: Adrian Ciani, Author, Faculty Member at St. Augustine's Seminary, Toronto School of Theology, Professor of English and Liberal Studies, Seneca Polytechnic Institute

Wednesday, June 17

1:00 pm

Free – members only

Concert: Canada Day

Celebrate Canada Day at the Bernard Betel Centre with the movie Being Canadian, concert with Jenny Aisenshteyn, and a festive Canada Day cake!

Wednesday, June 24

1:00 pm FREE FOR EVERYONE

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

15 апреля – 17 июня (10 уроков)

2:00 pm – 4:30 pm

\$120 для членов

\$240 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

Wednesday / средам

15 АПРЕЛЬ – 17 ИЮНЬ (10 УРОКОВ)

1:00 pm - 2:30 pm

\$68 для членов

\$136 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

ДЕНЬ ПОБЕДЫ

7 Мая

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 need access to support and resources or would enjoy phone or in-person visits with volunteers. 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 and forms, and access to services and resources. By appointment only. For more information, please call Irine Dubinski at ext. 122.

At-Home Respite Care
A program offering caregivers (age 55+) volunteer relief from looking after a loved one at home. No nursing or physical care is provided. For more information, please call Irine Dubinski at ext. 122.

Friendly Visiting
Trained volunteers visit seniors living alone or feeling isolated, offering companionship, support, and reassurance. For more information, please call Irine Dubinski at ext. 122.

The Safe Option Program
Crisis intervention, safety planning, information and referrals for abused and at-risk seniors. For more information, please call Irine Dubinski at ext. 122.

Консультации координатора

Bernard Betel Centre

- Помощь при заполнении форм и анкет
 - Предоставление информации
- Только по предварительной записи по телефону 416-225-2112, доб. 122.

Забота на Дому и Дружеский Визит

Для дополнительной информации звоните Ларисе: 416-225-2112, доб. 119.

Программа помощи пожилым людям, подвергшимся жестокому обращению

За информацией и для записи на прием обращайтесь по телефону 416-225-2112, доб. 122.

SUPPORT GROUPS

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

Grief and Bereavement

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

Friday, April 17 – June 5

No class May 1 and May 22

11:30 am – 12:30 pm

Free – members only



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:

