

Connect!

Summer 2026

July, August, September



bernard betel centre



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CONTACT

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MEMBERS' COUNCIL

memberscouncil@betelcentre.org

FEEDBACK

We want to hear from you!
Please contact a staff member or email
feedback@betelcentre.org

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.

MEMBERSHIP

Adults aged 55 years to 100+ years may become members of the Bernard Betel Centre. A centre membership is \$70.80+HST per year. Your membership is valid for one full year, and renewable on your membership expiry date.

VISION

A community that enriches lives and connects adults 55+ to support healthy aging.

MISSION

We provide exemplary health, wellness, educational and cultural programs for adults 55+ in a safe and welcoming environment.

VALUES

We are driven by the Jewish values of community, compassion, creativity, dignity, responsibility and respect.

UPCOMING CENTRE CLOSURES

Wednesday, July 1 – Canada Day

Monday, August 3 – Civic Holiday

Monday, September 7 – Labour Day

Sunday, September 13 – Rosh Hashanah

Monday, September 21 – Yom Kippur

Sunday, September 27 - Sukkot

SIGN UP FOR OUR MONTHLY E-NEWSLETTER!

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



SUPPORT BETEL

The Bernard Betel Centre relies on the support and generosity of our community to continue to provide critical programs and services for seniors. Consider a one-time or monthly donation by visiting www.betelcentre.org/donate-now or call 416-225-2112 ext. 0.

VOLUNTEERING

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

We gratefully acknowledge financial support from:



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.

GAMES

Bingo

Drop-in for a game of bingo!

Facilitators: Phyllis Caplan and Jackie Rotem

Tuesday, July 21

Tuesday, August 18

Tuesday, September 22

1:30 - 2:30 pm

\$2 members, \$4 non-members

Bridge

Learn to play bridge in a relaxed atmosphere. Registration required.

Call 416-225-2112 ext. 105.

Instructor: Lenny Fagen

Friday, July 10 – Sept. 18

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, July 9 – Sept. 17

10:00 am – 12:00 pm

12:30 pm – 2:00 pm

\$28 members, \$56 non-members

Games Room

All games welcome! Supplies for mahjong, rummi-cube, cards and canasta provided. For all other games, please bring your own supplies. Drop in!

Facilitator: Paul Cohn

Every Tuesday

1:15 pm – 4:00 pm

Free – Members Only

Mah Jongg Beginners

Learn to play mah jong! Registration required. Call 416-225-2112, ext. 105.

Instructors: Judy Ezrin

Monday, July 6 – Sept. 14

No class Aug. 3, Sept. 7

10:00 am – 12:00 pm

Free – Members Only

Mah Jongg 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, July 8 – Sept. 16

1:00 pm – 4:00 pm

Free – Members Only

Mah Jongg 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, July 10 – Sept. 18

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, July 6 – Sept. 14

No class Aug. 3, Sept. 7

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 - 3:30 pm

Free – Members Only

Yiddish Through Song

Enjoy Yiddish songs, their translation and practice your Yiddish conversation.

Facilitator: Janie Respitz

Monday, July 6 – Sept. 28

No class Aug. 3, Sept. 7, 21

2:00 pm – 3:00 pm

\$70 members, \$140 non-members

LANGUAGES

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

French Conversation

Facilitator: Alla Gertsenstein

Wednesday, July 15, 29

Wednesday, August 12, 26

Wednesday, September 9, 23

10:00 am – 11:30 am

Free – Members Only

Hebrew Conversation

Facilitator: Israel David

Wednesday, July 8, 22

Wednesday, August 5, 19

Wednesday, September 2

10:00 am – 11:30 am

Free – Members Only

English Library Hours:

Tuesday • 11:00 am - 1:00 pm

Russian Library Hours:

Monday and Thursday

12:00 pm – 1:45 pm



CONTACT

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charmj@betelcentre.org

CONTACT

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sharonc@betelcentre.org

For more information about
Recreation programs, visit
www.betelcentre.org/recreation

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: Ruth Cohen

Tuesday, July 7 - Sept 22

1:00 pm – 3:00 pm

Free for Members

News, Views and Schmooze

Discussion of different subjects in a relaxed and friendly environment.

Facilitator: Murray Bloomfield

Every Monday

No class Aug. 3, Sept. 7, Sept. 21

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, July 9, 23

Thursday, August 6, 20

Thursday, September 3, 17

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

ETROG HEBREW CLUB

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.

Festival of Love

Enjoy light refreshments, love music and an evening of dancing.

Tuesday, July 28

7:00 pm

\$18 members, \$23 non-members

CONTACT

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francescad@betelcentre.org

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.

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 ובמסיבות.



CONTACT

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For more information about Recreation programs, visit www.betelcentre.org/recreation

PRESENTATIONS

Day: Tuesdays Time: 10:30 am – 12:00 pm

Cost: \$6 members and \$12 non-members

Jews and Physical Activity: A Long and Difficult Jog

Tuesday, July 7

History has placed many demands on the Jewish people, shaping their decisions, actions and preferences. For much of 2,000 years, a glaring truth about Jewish activity was an absence from physical pursuits like sports. Only in the 1890's did circumstances create the need and desire for Jews to take the field without feeling like they were betraying the tenets of their faith. Andrew Lindsay, Circles Enrichment

Leah—Uncovering a Family Secret

Tuesday, July 14

What happens when a family's secret reveals a broader story of Jewish survival and loss? Drawing on archival records, family testimony, and historically rooted storytelling, Leah explores the intersections of Jewish culture, Canadian immigration, and the misunderstood realities of mental illness in the early twentieth century. Books will be available for purchase.

Don Granatstein, Lawyer & Author

Stronger Together, The Son of an Extraordinary Woman

Tuesday, July 21

Tisha B'Av is on July 23 (the saddest day on the Jewish calendar) and a fitting day to tell Andy Reti's story. Andy was born in Budapest in 1942, where Jewish people were forced to wear yellow stars, forced out of their homes and businesses were destroyed. Andy and his mother were lucky survivors saved by Raoul Wallenberg. Hear about his book.

Andy Reti, Author, Holocaust Museum Volunteer, Betel Member

Last Known Address-An Interview with Kathy Kacer

Tuesday, July 28

Award-winning author Kathy Kacer discusses her latest book, Last Known Address, which uses European "stumbling stone" memorials to trace the lives of diverse Holocaust victims and survivors. Join us to discover how these brass plaques connect young readers to history and learn why Kacer remains dedicated to sharing these vital stories with students worldwide.

Kathy Kacer, Award-winning Canadian Author

Reimagining Comics

Tuesday, August 4

As the author of four books about Jewish and Israeli comics, Matt will speak about his comics story and experiences in general as well as look at some recent examples. Matt Reingold, Senior Project Lead, Rosov Consulting and Author

Armchair Traveler – Florence – Part 1

Tuesday, August 11

Florence is the capital of Tuscany and the birthplace of Renaissance. Florence is renowned for being an open-air museum of art, architecture, and history.

Rachel Levin, Art Educator

Empowering the Silent to Join In

Tuesday, August 18

As he reflects on rights-based social action and on freedom and equity, particularly for the marginalized in our society, join this special talk about the history of the Reena Foundation and learn some of the key efforts that Reena is working on.

Bryan Keshen, CEO Reena

Armchair Traveller – Florence – Part 2

Tuesday, August 25

Florence is the capital of Tuscany and the birthplace of Renaissance. Florence is renowned for being an open-air museum of art, architecture, and history.

Rachel Levin, Art Educator

Armchair Traveller – Florence – Part 3

Tuesday, September 1

Florence is the capital of Tuscany and the birthplace of Renaissance. Florence is renowned for being an open-air museum of art, architecture, and history.

Rachel Levin, Art Educator

The High Holidays—Light & Wise Insights

Tuesday, September 8

Join us for this FREE onscreen program about Rosh Hashanah and Yom Kippur, which will include some moments in film inspired by the high holidays and teachings inspired by Rabbi Lord Jonathan Sacks z"l, Rachel Goldberg-Polin and others.

Between the Crown and the Commons: A Thousand Years of British Jewry

Tuesday, September 15

Learn the history of the Jewish people in Britain which is a remarkable narrative of arrival, survival, expulsion, return and resurgence that spans nearly a millennium. Today, the British Jewish community stands as a testament to a complex journey from medieval exclusion to modern British identity.

Arnold Gilis, Presenter

CONTACT

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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: \$6 members and \$12 non-members

Hollywood Collects Art

Tuesday, September 22

Celebrities are known for their extravagant lifestyles and impressive collections; from luxury cars and designer clothing to lavish homes and exotic vacations. More recently, the collection of art has become obscenely popular.

Rachel Levin, Art Educator

100+ Years of Toronto

Tuesday, September 29

Discover the City of Toronto as we see how Toronto underwent massive, transformative improvements since the 1920's.

Jerry Willer, Betel Member and Presenter

COURSES AND OTHER PROGRAMS

Adventures in Neuroscience

In this exciting new course we learn about the human brain and nervous system and how to optimize mental health. Did you know that social media of all types can cause changes in brain function? Did you know that we have a second "brain" in the digestive system with over 50 transmitters? Did you know that when we distrust others, our brain changes its shape and wiring on a microscopic level? What is the cause of addiction? Can you improve memory or prevent Alzheimers? We will spend 2 months together this Summer learning all about the human nervous system and ultimately, ourselves.

Instructor: David Chandross, PhD

Monday, July 7 - August 31

No class on Aug. 3

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

Discuss messages in the parshiyot and stories in the Tanach.

Facilitator: Lillian Benlolo, Bible Study Teacher

Wednesday, July 8 – September 30

11:30 am – 12:30 pm

Free – members only



INTERGENERATIONAL PROGRAMS

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 ideas for Intergenerational programs, please contact Sharon.

CONTACT

Sharon Chodirker 416.225.2112, ext. 124
sharonc@betelcentre.org

Colouring & Knitting Club

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

Facilitator: Gigi Z. Davidson

Wednesday, July 8 – September 16

10:00 am – 12:00 pm • 11 weeks

Cost: Free for members

Drawing & Acrylic

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

Instructor: Maya Vinokurov

Tuesday, July 7 – September 15

9:30 am – 12:00 pm • 11 weeks

\$159.50 members

\$319 non-members

Health and Wellness in Mandala Club

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.

Instructor: Maya Vinokurov

Wednesday, July 8 – September 16

In person

10:00 -11:30 am • 11 weeks

Free for members

Thursday, July 9 – September 17

On Zoom

3:00 – 4:30 pm • 11 weeks

\$20 members

\$30 non-members

INTERMEDIATE Watercolor

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

Instructor: Elaine Sugar

Monday, July 6 – September 14

No Class August 3, Sept. 7

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, July 6 – September 14

No Class August 3, September 7

1:00 pm – 4:00 pm • 9 weeks

\$153 members

\$306 non-members

Instructor: Celia Ling

Tuesday, July 7 – September 15

1:00 pm – 4:00 pm • 11 weeks

\$187 members

\$374 non-members

Instructor: Talya Moshinsky

Wednesday, July 8 – September 16

9:30 am – 12:30 pm • 11 weeks

\$187 members

\$374 non-members

Instructor: Diane Thompson

Wednesday, July 8 – September 16

6:00 pm – 9:00 pm • 11 weeks

\$187 members

\$374 non-members

Instructor: Jenny Weisel

Thursday, July 9 – September 17

9:30 am – 12:30 pm • 11 weeks

\$187 members

\$374 non-members

Instructor: Diane Thompson

Thursday, July 2 - September 10

1:30 pm - 4:30 pm • 11 weeks

\$187 members

\$374 non-members

Instructor: Anisoara Kirschner

Friday, July 10 – September 18

9:30 am – 12:30 pm • 11 weeks

\$187 members

\$374 non-members

Instructor: Celia Ling



CONTACT

Maria Lindgren 416.225.2112, ext. 130
marial@betelcentre.org

***No supplies included for classes unless otherwise specified.**

Please contact Maria Lindgren at 416-225-2112 x130 or marial@betelcentre.org for a supply list prior to your first class.*

ENGLISH LANGUAGE COMPUTER COURSES

iPhone ADVANCED

You MUST be comfortable with your iPhone.

Learn about: cutting and pasting, Creating Albums, Calendar, Banking, weather, clock, Waze and more.

Instructor: Dianne Erdos-Rush

Mondays, July 13 – Aug. 24

No Class on August 3

11:00 am - 12:30 pm • 6 weeks

\$50 members, \$60 non-members

YouTube & FACEBOOK

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

Instructor: Dianne Erdos-Rush

Mondays, July 20 – Aug. 24

No Class on August 3

1:30 pm - 3:00 pm • 5 weeks

\$45 members, \$55 non-members

WORD & EXCEL

Basic use of Word and Excel, for new users and a refresher course. Use Word to write your memoirs or stories and Excel to keep lists and more...

Instructor: Dianne Erdos-Rush

Wednesdays, July 22 – Sept. 9

1:30 pm - 3:00 pm • 8 weeks

\$60 members, \$70 non-members

For our summer semester, we are pleased to welcome a terrific young teacher who offers a fresh perspective. Welcome, Sienna Klein.

iPhone Made Easy

Feel comfortable and in control of your iPhone. This friendly, step-by-step course will show you how to make calls, send messages, use apps, and navigate your device with ease. No stress, just practical skills you can use every day.

Tuesdays: July 21 – Aug. 25

11:30am – 1:00pm • 6 weeks

\$50 members, \$60 non-members

Instructor: Sienna Klein

Picture Perfect

Organize, Save, and Share Your Memories

Learn how to keep your photos organized and share them with the people you love. This course will walk you through how to find, sort, and send pictures on your phone or tablet, either Apple or Android. Turn memories into moments you can revisit and share.

Tuesdays: July 21 – Aug. 25

2:00pm – 3:30pm • 6 weeks

\$50 members, \$60 non-members

Instructor: Sienna Klein

AI: A Beginner's Guide

Curious about AI? This beginner-friendly course shows how AI can help with everyday tasks like writing messages, finding information, and staying organized. Discover on the computer how this powerful tool can make daily life easier and more convenient.

Thursdays: July 23 – Aug. 13

11:30am – 1:00pm • 4 weeks

\$40 members, \$50 non-members

Instructor: Sienna Klein

Stay Safe Online: Smart & Secure Internet Skills

Learn how to protect yourself while using the internet on your computer. This course covers how to spot scams, create strong passwords, and browse safely with confidence. Gain the knowledge you need to stay secure and enjoy the online world without worry.

Thursdays: July 23 – Aug. 13

2:00pm – 3:30pm • 4 weeks

\$40 members, \$50 non-members

Instructor: Sienna Klein



OPEN LAB

DROP IN! No registration.

Bring your own laptop or tablet or phone or use our computers. Volunteers will be here to assist you. Get help, ask questions.

**Wednesdays,
July 15 – Sep. 16**

10:00 am - 12:00 pm

Sundays, July 12 – Sep. 6

10:00 am – 12:00 pm

Cost: \$2.00 per hour

(or any part of an hour)

CONTACT

Dianne Erdos-Rush 416.225.2112, ext. 128

dianneer@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 / средам
8 июля – 16 сентября (11 уроков)
2:00 pm – 4:30 pm
\$132 для членов
\$264 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
1:00 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
5 августа – 16 сентября (7 уроков)
12:30 pm - 2:00 pm
\$56 для членов
\$112 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

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

Special Events

9 июля в 6 pm
вечер отдыха «Летний Бал»
Мет \$ 50 Non – Members \$60
17 сентября в 6 pm
Внчнр отдыха посвященный Еврейскому Новому Году
\$50 для членов
\$60 для гостей



CONTACT

Lily Boltianski 416.225.2112, ext. 103
lilyb@betelcentre.org

КУРСЫ НА РУССКОМ ЯЗЫКЕ ПО КОМПЬЮТЕРАМ, ТЕЛЕФОНАМ И ПЛАНШЕТАМ

Уважаемые мои студенты и будущие потенциальные студенты!
Это объявление для вас.

Летом занятий по освоению компьютера, телефона и планшета на русском языке не будет. Давайте все хорошо отдохнём, наберёмся сил и здоровья для будущих свершений!

Осенние курсы возобновятся в середине октября. Список осенних курсов будет объявлен в конце июня.

Если кому понадобится помощь с компьютером, телефоном или планшетом — приходите в наш компьютерный класс во время Open Lab. Наши всезнайки русскоязычные волонтеры с удовольствием помогут вам.



Часы работы Open Lab:
среда и воскресенье
с 10:00 до 12:00

С уважением,
Ваш преподаватель Светлан

TRIPS AND TRAVEL

Caribbean Getaway

Tropical islands, turquoise waters, and ultimate relaxation
February 2027

England, Scotland and Ireland

Historic castles, rolling green countryside, and timeless traditions
May 2027

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

DAY TRIPS

Muskoka Cruise on Steamship

Wednesday, August 12
Cost: \$185

Shaw Festival Theatre Musical “Funny Girl”

Thursday, August 20
Cost: \$150

Peterborough Liftlock Cruises

Wednesday, September 9
Cost: \$185



CONTACT

Lily Boltianski 416.225.2112, ext. 103
lilyb@betelcentre.org

Balance and Gentle Exercise ♥

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

Instructor: Terri Dunnigan

Sunday, July 5 – Sept. 6

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, July 9 – Sept. 17

11:00 am – 12:00 pm • 11 weeks

\$77 members, \$154 non-members

Body Works ♥♥♥♥

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

Instructor: Margarita Vlasicheva

Wednesday, July 8 – Sept. 16

11:30 am – 12:30 pm • 11 weeks

\$77 members, \$154 non-members

Breathe Better ♥

For individuals who have experienced limited activities due to shortness of breath. Registration required. Call 416-225-2112, ext. 105 to register. Instructor: Better Living Health and Community Services.

Monday, July 6 – Sept. 14

No class Aug. 3, Sept. 7

10:30 am – 11:30 am • 9 weeks

Free – members only

Chair Yoga ♥

A gentle form of yoga either sitting or standing using a chair for support. Involves stretching, deep breathing and strengthening.

Instructor: Terri Dunnigan

Tuesday, July 7 – Sept. 15

11:00 am – 12:00 pm • 11 weeks

\$77 members, \$154 non-members

Level	♥ Introductory	♥♥ Beginner
	♥♥♥ Intermediate	♥♥♥♥ Advanced

Exercise & Falls Prevention ♥

These classes are for those 65+ and help individuals cope with potential falls by including balance and strength exercises. Registration required. Call 416-225-2112, ext. 105 to register. Instructor: Better Living Health and Community Services

Monday, July 6 – Sept. 14

No class Aug. 3, Sept. 7

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, July 10 – Sept. 18

10:00 am – 11:00 am • 11 weeks

\$77 members, \$154 non-members

Israeli Dancing ♥♥

Enjoy music and learn Israeli dancing.

Monday, July 6 – Sept. 14

No class Aug. 3, Sept. 7

3:00 pm – 4:30 pm • 9 weeks

\$45 members, \$90 non-members

Instructors: Vivian Margulis and

Mali Wasserman

Wednesday, July 8 – Sept. 16

3:30 pm – 5:00 pm • 11 weeks

\$55 members, \$110 non-members

Instructors: Vivian Margulis and

Mali Wasserman

Wednesday, July 8 – Sept. 30

6:15 pm - 10:15 pm

6:15 pm New Beginners

7:00 pm Intermediate

8:00 pm Open Dancing

9:45 pm Partner Dances

Instructors: Elad Shtamer

and Michal Miller

Latin Dance ♥♥♥

No partner required! Join us to learn a variety of Latin dance moves.

Instructors: Elad Shtamer & Michal Miller

Thursday, July 2 – Sept. 24

10:00 am – 11:00 am • 13 weeks

\$91 members, \$182 non-members

Stretch and Strength ♥♥♥

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

Instructor: Terri Dunnigan

Tuesday, July 7 – Sept. 15

12:00 am – 1:00 pm • 11 weeks

\$77 members, \$154 non-members

Tai Chi ♥

This class focuses on slow and controlled movements. Improve your health, promote relaxation and work on your concentration.

Instructor: Eva Nilsson

Wednesday, July 8 – Sept. 16

10:00 am - 11:00 am • 11 weeks

\$77 members, \$154 non-members

Walking Club ♥

Join us for a gentle neighborhood walk. Meet at reception!

Instructor: Charm John

Thursday July 9 – Sept. 17

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 ♥

Low-impact and gentle for all abilities. Seated and standing exercises.

Instructor: Maria Lindgren

Friday, July 10 – Sept. 18

10:00 am – 10:30 am • 10 weeks

Free – members only

CONTACT

Maria Lindgren 416.225.2112, ext. 130
marial@betelcentre.org

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

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

Bowling at Bowls & Blasters

Join us for 2 hours of bowling at Bowls and Blasters at Promenade Mall! Meet us there. Registration required.

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

Wednesday, July 29

1:00 – 3:00 pm

\$18 – includes bowling and shoe rental



Wellness Lunch and Learn

In partnership with Kehilla Affordable Housing and the Association of Jewish Seniors

Monday, July 13: Blue Zones: Eating and Living with the World's Healthiest People – with Irine Dubinski, Bernard Betel Centre

Monday, August 10: Making Lasting Connections – with Dena Silverberg, OACAO

11:00 – 1:00 pm

Free – Registration required.

Call 647-484-4446 ext. 4 or email programs@kehilla.ca

Presentation: Advanced Care Planning

Learn about identifying a substitute decision maker, what is the process of choosing a Power of Attorney and how to think of values and share advanced care planning with your family.

Dr. Daphna Grossman and Shannon Poyntz, Nurse Practitioner - North York General Hospital

August 12

2:00 pm

Free

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, July 20

Monday, August 24

11:00 am – 1:00 pm

Free – Members Only

Chiropody Clinic

Chiropodists 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

CONTACT

Maria Lindgren 416.225.2112, ext. 130
marial@betelcentre.org

Concert

"Love in Music" with Neshama (duet).

Wednesday, July 8

2:00 pm – 3:00 pm

\$8 Members, \$12 non-members

Summer Party

Join us to celebrate the start of Summer with dinner and dancing!

Thursday, July 9

6:00 pm

\$50 members, \$60 non-members

Presentation: Tickle My Funny Bone Again

Join Norm Zinman as we look at celebrities who make us laugh, open our hearts and sharpen our minds.

Wednesday, July 15

1:00 pm

\$8 members, \$12 non-members

Presentation: Stories from the Soul

Ricki Glickman, Betel Canasta Instructor, shares stories about mothers, lives and the past from her classes. It's not just canasta, it's therapy.

Monday, July 20

12:30 – 1:30 pm

Free

Film: Will the Second Generation Please Rise? The Children of Holocaust Survivors

A documentary by Deena Dlusy-Apel and Max Beer about how the children of Holocaust survivors address what happened to their parents through their own poetry, prose, film and artwork.

Wednesday, July 22

1:30 pm

Free for members, \$5 non-members

Shabbat Shalom at Betel

A powerful presentation by Jacob Steinberg on the Dutch treatment of Jews both during and post World War Two. Light refreshments will be served. Registration required. Register with Shira at shira@betelcentre.org or 416-225-2112 ext. 301.

Saturday, July 25

10:00 – 11:30 am

Free for everyone

Concert

Lomir Fraylekh Zayn. Original Yiddish songs with Yosl Landay.

Wednesday, July 29

2:00 pm

\$5 members, \$10 non-members

Concert

"Yves Montand: Susperstar of the Sixties" with presenter and piano player, Michail Ovsichtcher

Wednesday, August 5

2:00 pm

\$5 members, \$10 non-members

Concert

Variety of songs from the 1920's – 1980's with Jeff King – with some classical music as well!

Wednesday, August 19

2:00 pm

\$5 members, \$8 non-members

Presentation: Andre Bocelli

Norm Zinman speaks on Andre Bocelli's power to move audiences, blending classical opera with popular music.

Wednesday, August 26

1:00 pm

\$8 members, \$12 non-members

Presentation

Vita Stimelman will tell you about Nechama, a legendary Yiddish singer, one of the most prominent figures in 20th century Jewish culture.

Wednesday, September 2

2:00 pm

Free for members, \$5 non-members

**CONTACT**

Lily Boltianski 416.225.2112, ext. 103
lilyb@betelcentre.org

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

Shalom, Salam & A Canadian Story

First generation Canadian Iranian Jew Jian Magen’s story is one of resilience, depth and excitement. He will be speaking about his journey growing up in Toronto along with his family’s rich history and everything in between.

Wednesday, September 9

1:30 pm

Free for members, \$5 non-members

Concert

“Your Favourite Music” by piano player, Naum Hore.

Wednesday, September 16

2:00 pm

Free for members, \$5 for non-members

Rosh Hashanah Party

Celebrate the High Holidays with dinner and dancing at the Bernard Betel Centre.

Thursday, September 17

6:00 pm

\$50 members, \$60 non-members

Presentation: Fred Astaire

Norm Zinman discusses one of the most influential dancers in the history of film.

Wednesday, September 23

1:00 pm

\$8 members, \$12 non-members

Movie: Ballet Tevye

Ballet Tevye refers to a specific, successful modern narrative ballet by Switzerland’s Basel Ballet, choreographed by Richard Wherlock with music by Olivier Truan.

Wednesday, September 30

1:00 pm

Free for members, \$5 for non-members

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:

Thursday, July 16 at 1:00pm

Wednesday, September 30 at 1:00pm

Russian Language:

Monday, August 17 at 2:00pm



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CONTACT

Lily Boltianski 416.225.2112, ext. 103
lilyb@betelcentre.org

For more information about Special Events,
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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:



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