

Bernard Betel Centre – July 2026 Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p>ROOM</p> <p>LOCATION:</p> <p>Synagogue</p> <p>Library</p> <p>Back</p> <p>Auditorium</p> <p>Culture Room</p> <p>Craft Room</p> <p>Front</p> <p>Auditorium</p> <p>Music Room</p> <p>Computer Lab</p> </div>			<p>1</p> <p>CENTRE CLOSED</p> <p>CANADA DAY</p>	<p>2</p> <p>10:00-12:00 Canasta</p> <p>12:00-1:45 Library (Rus)</p> <p>12:30-2:30 Canasta</p> <p>2:00-3:30 Taste of Music</p>	<p>3</p> <p>12:00-3:00 Rummikub</p>
<p>5</p> <p>10:00-11:00 Balance and Gentle Exercise</p>	<p>6</p> <p>9:30-12:00 Watercolor</p> <p>9:30-10:30 Falls Prevention</p> <p>10:00-11:00 News, Views & Schmooze</p> <p>10:00-12:00 Mah Jongg</p> <p>10:30-11:30 Breathe Better</p> <p>12:00-1:45 Library (Rus)</p> <p>1:00-4:00 Pottery</p> <p>1:30-3:00 Adventures in Neuroscience</p> <p>1:30-3:00 Sudoku</p> <p>2:00-3:00 Learning Yiddish Through Song</p> <p>2:00-4:00 RGA</p> <p>3:00-4:30 Israeli Dancing</p>	<p>7</p> <p>9:30-12:00 Drawing & Acrylic</p> <p>10:30-12:00 LLI Lecture</p> <p>11:00-12:30 Library</p> <p>11:30-12:30 Aging Mindfully</p> <p>11:00-12:00 Chair Yoga</p> <p>12:00-1:00 Stretch and Strength</p> <p>12:30-2:00 ESL (Rus)</p> <p>1:00-3:00 Creative Writing</p> <p>1:00-4:00 Pottery</p> <p>1:15-4:00 Games Room</p> <p>2:00-4:00 Talent Show (Rus)</p> <p>3:00-5:00 Etrog</p>	<p>8</p> <p>9:30-12:30 Pottery</p> <p>10:00-11:00 Tai Chi</p> <p>10:00-11:30 Hebrew Conversation</p> <p>10:00-11:30 Health and Wellness in Mandala Club</p> <p>10:00-12:00 Coloring and Knitting Club</p> <p>11:00-1:00 Art Therapy (Rus)</p> <p>11:30-12:30 Body Works</p> <p>11:30-12:30 Weekly Torah Portion</p> <p>1:00-2:30 Choir (Rus)</p> <p>1:00-4:00 Mah Jongg Intermediate</p> <p>2:00-3:00 Concert</p> <p>2:00-4:30 Oil Painting Lab</p> <p>2:00-4:00 Drama Group(Rus)</p> <p>3:30-5:00 Israeli Dancing</p> <p>6:00-9:00 Pottery</p> <p>6:30-10:15 Israeli Dancing</p>	<p>9</p> <p>9:30-12:30 Pottery</p> <p>10:00-12:00 ESL (Rus)</p> <p>10:00-11:00 Walking Club</p> <p>10:00-11:00 Latin Dance</p> <p>10:00-11:30 Art Therapy (Rus)</p> <p>10:00-12:00 Canasta</p> <p>10:30-11:30 Women's Discussion Group</p> <p>11:00-12:00 Body Fit</p> <p>12:00-1:45 Library (Rus)</p> <p>12:30-2:30 Canasta</p> <p>1:30-4:30 Pottery</p> <p>2:00-3:30 Taste of Music</p> <p>2:00-4:00 RGA</p> <p>6:00-9:00 Summer Party</p>	<p>10</p> <p>9:30 -12:30 Pottery</p> <p>10:00-11:00 Gentle Fitness</p> <p>10:30-12:30 Intermediate Mahjong</p> <p>12:00-3:00 Rummikub</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>12</p> <p>10:00-11:00 Balance and Gentle Exercise</p> <p>10:00-12:00 Open Lab</p>	<p>13</p> <p>9:30-12:00 Watercolor</p> <p>9:30-10:30 Falls Prevention</p> <p>10:00-11:00 News, Views and Schmooze</p> <p>10:00-12:00 Mah Jongg</p> <p>10:30-11:30 Breathe Better</p> <p>11:00-12:30 iPhone Advanced</p> <p>11:00-1:00 Wellness Lunch and Learn</p> <p>12:00-1:45 Library (Rus)</p> <p>1:00-4:00 Pottery</p> <p>1:30-3:00 Adventures in Neuroscience</p> <p>1:30-3:00 Sudoku</p> <p>2:00-3:00 Learning Yiddish Through Song</p> <p>2:00-4:00 RGA</p> <p>3:00-4:30 Israeli Dancing</p>	<p>14</p> <p>9:30-12:00 Drawing & Acrylics</p> <p>10:30-12:00 LLI Lecture</p> <p>11:00-12:30 Library</p> <p>11:30-12:30 Aging Mindfully</p> <p>11:00-12:00 Chair Yoga</p> <p>12:00-1:00 Stretch and Strength</p> <p>12:30-2:00 ESL (Rus)</p> <p>1:00-3:00 Creative Writing</p> <p>1:00-4:00 Pottery</p> <p>1:15-4:00 Games Room</p> <p>2:00-4:00 Talent (Rus)</p> <p>3:00-5:00 Etrog</p>	<p>15</p> <p>9:30-12:30 Pottery</p> <p>10:00-11:00 Tai Chi</p> <p>10:00-11:30 French Conversation</p> <p>10:00-11:30 Health and Wellness in Mandala Club</p> <p>10:00-12:00 Coloring and Knitting Club</p> <p>10:00-12:00 Open Lab</p> <p>11:00-1:00 Art Therapy (Rus)</p> <p>11:30-12:30 Body Works</p> <p>11:30-12:30 Weekly Torah Portion</p> <p>1:00-3:00 Lecture</p> <p>1:00-2:30 Choir (Rus)</p> <p>1:00-4:00 Mah Jongg Intermediate</p> <p>2:00-4:30 Oil Painting Lab</p> <p>2:00-4:00 Drama Group (Rus)</p> <p>3:30-5:00 Israeli Dancing</p> <p>6:00-9:00 Pottery</p> <p>6:30-10:15 Israeli Dancing</p>	<p>16</p> <p>9:30-12:30 Pottery</p> <p>10:00-12:00 ESL (Rus)</p> <p>10:00-11:00 Walking Club</p> <p>10:00-11:00 Latin Dance</p> <p>10:00-11:30 Art Therapy (Rus)</p> <p>10:00-12:00 Canasta</p> <p>11:00-12:00 Body Fit</p> <p>12:00-1:45 Library (Rus)</p> <p>1:00-2:00 Tea with Gail</p> <p>12:30-2:30 Canasta</p> <p>1:30-4:30 Pottery</p> <p>2:00-3:30 Taste of Music</p> <p>2:00-4:00 RGA</p>	<p>17</p> <p>9:30-12:30 Pottery</p> <p>10:00-11:00 Gentle Fitness</p> <p>10:30-12:30 Intermediate Mahjong</p> <p>12:00-3:00 Rummikub</p>
<p>19</p> <p>10:00-11:00 Balance and Gentle Exercise</p> <p>10:00-12:00 Open Lab</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>ROOM LOCATION:</p> <p>Synagogue</p> <p>Library</p> <p>Back</p> <p>Auditorium</p> <p>Culture Room</p> <p>Craft Room</p> <p>Front</p> <p>Auditorium</p> <p>Music Room</p> <p>Computer Lab</p> </div>	<p>20</p> <p>9:30-12:00 Watercolor</p> <p>9:30-10:30 Falls Prevention</p> <p>10:00-11:00 News, Views and Schmooze</p> <p>10:00-12:00 Mah Jongg</p> <p>10:30-11:30 Breathe Better</p> <p>11:00-12:30 iPhone Advanced</p> <p>11:00-1:00 Café Europa</p> <p>11:00-1:00 Hearing Aid Clinic</p> <p>12:00-1:45 Library (Rus)</p> <p>12:30-1:30 Lecture</p> <p>1:00-4:00 Pottery</p> <p>1:30-3:00 YouTube and Facebook</p> <p>1:30-3:00 Adventures in Neuroscience</p> <p>1:30-3:00 Sudoku</p> <p>2:00-3:00 Learning Yiddish Through Song</p> <p>2:00-4:00 RGA</p> <p>3:00-4:30 Israeli Dancing</p>	<p>21</p> <p>9:30-12:00 Drawing & Acrylics</p> <p>10:30-12:00 LLI Lecture</p> <p>11:00-12:30 Library</p> <p>11:30-12:30 Aging Mindfully</p> <p>11:00-12:00 Chair Yoga</p> <p>11:30-1:00 iPhone Made Easy</p> <p>12:00-1:00 Stretch and Strength</p> <p>12:30-2:00 ESL (Rus)</p> <p>1:00-3:00 Creative Writing</p> <p>1:00-4:00 Pottery</p> <p>1:15-4:00 Games Room</p> <p>1:30-2:30 Bingo</p> <p>2:00-3:30 Picture Perfect</p> <p>2:00-4:00 Talent (Rus)</p> <p>3:00-5:00 Etrog</p>	<p>22</p> <p>9:30-12:30 Pottery</p> <p>10:00-11:00 Tai Chi</p> <p>10:00-11:30 Hebrew Conversation</p> <p>10:00-11:30 Health and Wellness in Mandala Club</p> <p>10:00-12:00 Coloring and Knitting Club</p> <p>10:00-12:00 Open Lab</p> <p>11:00-1:00 Art Therapy (Rus)</p> <p>11:30-12:30 Body Works</p> <p>11:30-12:30 Weekly Torah</p> <p>1:30-3:00 Film</p> <p>1:00-2:30 Choir (Rus)</p> <p>1:30-3:00 Word & Excel</p> <p>1:00-4:00 Mah Jongg Intermediate</p> <p>2:00-4:30 Oil Painting Lab</p> <p>2:00-4:00 Drama Group (Rus)</p> <p>3:30-5:00 Israeli Dancing</p> <p>6:00-9:00 Pottery</p> <p>6:30-10:15 Israeli Dancing</p>	<p>23</p> <p>9:30-12:30 Pottery</p> <p>10:00-12:00 ESL (Rus)</p> <p>10:00-11:00 Walking Club</p> <p>10:00-11:00 Latin Dance</p> <p>10:00-11:30 Art Therapy (Rus)</p> <p>10:00-12:00 Canasta</p> <p>10:30-11:30 Women's Discussion Group</p> <p>11:00-12:00 Body Fit</p> <p>11:30-1:00 AI: A Beginner's Guide</p> <p>12:00-1:45 Library (Rus)</p> <p>12:30-2:30 Canasta</p> <p>1:30-4:30 Pottery</p> <p>2:00-3:30 Taste of Music</p> <p>2:00-3:30 Stay Safe Online: Smart & Secure Internet Skills</p> <p>2:00-4:00 RGA</p>	<p>24</p> <p>9:30-12:30 Pottery</p> <p>10:00-11:00 Gentle Fitness</p> <p>10:30-12:30 Intermediate Mahjong</p> <p>12:00-3:00 Rummikub</p> <div style="text-align: right; margin-top: 20px;">  <p>bernard betel centre</p> </div>

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<p>26</p> <p>10:00-11:00 Balance and Gentle Exercise</p> <p>10:00-12:00 Open Lab</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>ROOM LOCATION:</p> <p>Synagogue</p> <p>Library</p> <p>Back</p> <p>Auditorium</p> <p>Culture Room</p> <p>Craft Room</p> <p>Front</p> <p>Auditorium</p> <p>Music Room</p> <p>Computer Lab</p> </div>	<p>27</p> <p>9:30-12:00 Watercolor</p> <p>9:30-10:30 Falls Prevention</p> <p>10:00-11:00 News, Views and Schmooze</p> <p>10:00-12:00 Mah Jongg</p> <p>10:30-11:30 Breathe Better</p> <p>11:00-12:30 iPhone Advanced</p> <p>11:00-1:00 Café Europa</p> <p>12:00-1:45 Library (Rus)</p> <p>1:00-4:00 Pottery</p> <p>1:30-3:00 YouTube and Facebook</p> <p>1:30-3:00 Adventures in Neuroscience</p> <p>1:30-3:00 Sudoku</p> <p>2:00-3:00 Learning Yiddish Through Song</p> <p>2:00-4:00 RGA</p> <p>3:00-4:30 Israeli Dancing</p>	<p>28</p> <p>9:30-12:00 Drawing & Acrylics</p> <p>10:30-12:00 LLI Lecture</p> <p>11:00-12:30 Library</p> <p>11:30-12:30 Aging Mindfully</p> <p>11:00-12:00 Chair Yoga</p> <p>11:30-1:00 iPhone Made Easy</p> <p>12:00-1:00 Stretch and Strength</p> <p>12:30-2:00 ESL (Rus)</p> <p>1:00-3:00 Creative Writing</p> <p>1:00-4:00 Pottery</p> <p>1:15-4:00 Games Room</p> <p>2:00-3:30 Picture Perfect</p> <p>2:00-4:00 Talent (Rus)</p> <p>3:00-5:00 Etrog</p>	<p>29</p> <p>9:30-12:30 Pottery</p> <p>10:00-11:00 Tai Chi</p> <p>10:00-11:30 French Conversation</p> <p>10:00-11:30 Health and Wellness in Mandala Club</p> <p>10:00-12:00 Coloring and Knitting Club</p> <p>10:00-12:00 Open Lab</p> <p>11:00-1:00 Art Therapy (Rus)</p> <p>11:30-12:30 Body Works</p> <p>11:30-12:30 Weekly Torah Portion</p> <p>2:00-3:00 Concert</p> <p>1:00-2:30 Choir (Rus)</p> <p>1:30-3:00 Word & Excel</p> <p>1:00-4:00 Mah Jongg Intermediate</p> <p>2:00-4:30 Oil Painting Lab</p> <p>2:00-4:00 Drama Group (Rus)</p> <p>3:30-5:00 Israeli Dancing</p> <p>6:00-9:00 Pottery</p> <p>6:30-10:15 Israeli Dancing</p>	<p>30</p> <p>9:30-12:30 Pottery</p> <p>10:00-12:00 ESL (Rus)</p> <p>10:00-11:00 Walking Club</p> <p>10:00-11:00 Latin Dance</p> <p>10:00-11:30 Art Therapy (Rus)</p> <p>10:00-12:00 Canasta</p> <p>11:00-12:00 Body Fit</p> <p>11:30-1:00 AI: A Beginner's Guide</p> <p>12:00-1:45 Library (Rus)</p> <p>12:30-2:30 Canasta</p> <p>1:30-4:30 Pottery</p> <p>2:00-3:30 Taste of Music</p> <p>2:00-3:30 Stay Safe Online: Smart & Secure Internet Skills</p> <p>2:00-4:00 RGA</p>	<p>31</p> <p>9:30-12:30 Pottery</p> <p>10:00-11:00 Gentle Fitness</p> <p>10:30-12:30 Intermediate Mahjong</p> <p>12:00-3:00 Rummikub</p> <div style="text-align: right; margin-top: 20px;">  <p>bernard betel centre</p> </div>

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

Bernard Betel Centre | 1003 Steeles Ave. West, Toronto, ON M2R 3T6 | 416-225-2112 | www.betelcentre.org