

Bernard Betel Centre – August 2026 Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00-11:00 Balance and Gentle Exercise 10:00-12:00 Open Lab	3 CIVIC HOLIDAY CENTRE CLOSED ROOM LOCATION: Synagogue Library Back Auditorium Culture Room Craft Room Front Auditorium Music Room Computer Lab	4 9:30-12:00 Drawing & Acrylic 10:30-12:30 Bridge 10:30-12:00 LLI Lecture 11:00-1:00 Library 11:30-12:30 Aging Mindfully 11:00-12:00 Chair Yoga 12:00-1:00 Stretch and Strength 12:30-2:00 ESL (Rus) 1:00-3:00 Creative Writing 1:00-3:30 Beginners Painting 1:15-4:00 Games Room 2:00-4:00 Talent Show (Rus) 3:00-5:00 Etrog	5 9:30-12:30 Pottery 10:00-11:00 Tai Chi 10:00-11:30 Hebrew Conversation 10:00-11:30 Health and Wellness in Mandala Club 10:00-12:00 Coloring and Knitting Club 10:00-12:00 Open Lab 11:00-1:00 Art Therapy (Rus) 11:30-12:30 Body Works 11:30-12:30 Weekly Torah Portion 1:00-2:30 Choir (Rus) 1:00-4:00 Mah Jongg Intermediate 1:30-3:00 Word Excel 2:00-3:00 Concert 2:00-5:00 Russian Painting Class 2:00-4:00 Drama Group (Rus) 3:30-5:00 Israeli Dancing 6:00-9:00 Pottery 6:30-10:15 Israeli Dancing	6 9:30-12:30 Pottery 10:00-12:00 ESL (Rus) 10:00-11:00 Walking Club 10:00-11:00 Latin Dance 10:00-11:30 Art Therapy (Rus) 10:00-12:00 Canasta 10:30-11:30 Women's Discussion Group 11:00-12:00 Body Fit 11:30-1:30 AI Beginners 12:00-1:45 Library (Rus) 12:30-2:30 Canasta 1:30-4:30 Pottery 2:00-3:30 Taste of Music 2:00-3:30 AI Beginners	7 9:30-12:30 Pottery 10:00-11:00 Gentle Fitness 10:30-12:30 Intermediate Mahjong 12:00-3:00 Rummikub 12:00-3:00 Talent Show (Rus)  bernard betel centre
9 10:00-11:00 Balance and Gentle Exercise 10:00-12:00 Open Lab	10 9:30-12:00 Watercolor 9:30-10:30 Falls Prevention 10:00-11:00 News, Views and Schmooze 10:00-12:00 Mah Jongg 10:30-11:30 Breathe Better 11:00-12:30 iPad Advanced 11:00-1:00 Wellness Lunch and Learn 12:00-1:45 Library (Rus) 1:00-4:00 Pottery 1:30-3:00 Adventures in Neuroscience 1:30-3:00 Sudoku 1:30-3:00 Youtube and facebook 2:00-3:00 Learning Yiddish Through Song 2:00-4:00 RGA 3:00-4:30 Israeli Dancing	11 9:30-12:00 Drawing & Acrylics 10:00-12:00 Bridge 10:30-12:00 LLI Lecture 11:00-1:00 Library 11:30-12:30 Aging Mindfully 11:00-12:00 Chair Yoga 11:30-1:00 IPHONE Made Easy 12:00-1:00 Stretch and Strength 12:30-2:00 ESL (Rus) 1:00-3:00 Creative Writing 1:00-3:30 Beginners Painting 1:15-4:00 Games Room 2:00-4:00 Talent (Rus) 2:00-3:30 Picture Perfect 3:00-5:00 Etrog	12 9:30-12:30 Pottery 10:00-11:00 Tai Chi 10:00-11:30 French Conversation 10:00-11:30 Health and Wellness in Mandala Club 10:00-12:00 Coloring and Knitting Club 10:00-12:00 Open Lab 10:30-12:00 Yiddish Literature 11:30-12:30 Body Works 11:30-12:30 Weekly Torah Portion 2:00-3:00 Lecture 1:00-2:30 Choir (Rus) 1:00-4:00 Mah Jongg Intermediate 1:30-3:00 Word and Excel 2:00-5:00 Russian Painting Class 2:00-4:00 Drama Group (Rus) 3:30-5:00 Israeli Dancing 6:00-9:00 Pottery 6:30-10:15 Israeli Dancing	13 9:30-12:30 Pottery 10:00-12:00 ESL (Rus) 10:00-11:00 Walking Club 10:00-11:00 Latin Dance 10:00-11:30 Art Therapy (Rus) 10:00-12:00 Canasta 11:00-12:00 Body Fit 11:30-1:00 AI-Beginners 12:00-1:45 Library (Rus) 1:00-2:00 Tea with Gail 12:30-2:30 Canasta 1:30-4:30 Pottery 2:00-3:30 AI Beginners 2:00-3:30 Taste of Music 2:00-4:00 RGA	14 9:30-12:30 Pottery 10:00-11:00 Gentle Fitness 10:30-12:30 Intermediate Mahjong 12:00-3:00 Rummikub 12:00-3:00 Talent Show (Rus)

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16 10:00-11:00 Balance and Gentle Exercise 10:00-12:00 Open Lab	17 9:30-12:00 Watercolor 9:30-10:30 Falls Prevention 10:00-11:00 News & Views 10:00-12:00 Mah Jongg 10:30-11:30 Breathe Better 11:00-12:30 iPad Advanced 11:00-1:00 Café Europa 11:00-1:00 Hearing Aid Clinic 12:00-1:45 Library (Rus) 12:30-1:30 Lecture 1:00-4:00 Pottery 1:30-3:00 YouTube and Facebook 1:30-3:00 Adventures in Neuroscience 1:30-3:00 Sudoku 2:00-3:00 Learning Yiddish Through Song 2:00-4:00 RGA 3:00-4:30 Israeli Dancing	18 9:30-12:00 Drawing & Acrylics 10:00-12:00 Bridge 10:30-12:00 LLI Lecture 11:00-1:00 Library 11:30-12:30 Aging Mindfully 11:00-12:00 Chair Yoga 11:30-1:00 iPhone Made Easy 12:00-1:00 Stretch and Strength 12:30-2:00 ESL (Rus) 1:00-3:00 Creative Writing 1:00-3:30 Beginners Painting 1:15-4:00 Games Room 1:30-2:30 Bingo 2:00-3:30 Picture Perfect 2:00-4:00 Talent (Rus) 3:00-5:00 Etrog	19 9:30-12:30 Pottery 10:00-11:00 Tai Chi 10:00-11:30 Hebrew Conversation 10:00-11:30 Health and Wellness in Mandala Club 10:00-12:00 Coloring Club 10:00-12:00 Open Lab 10:30 – 12:00 Yiddish Literature 11:30-12:30 Body Works 11:30-12:30 Weekly Torah 2:00 – 3:00 Concert 1:00-2:30 Choir (Rus) 1:30-3:00 Word & Excel 1:00-4:00 Mah Jongg Intermediate 2:00-5:00 Russian Painting 2:00-4:00 Drama Group (Rus) 3:30-5:00 Israeli Dancing 6:00-9:00 Pottery 6:30-10:15 Israeli Dancing	20 9:30-12:30 Pottery 10:00-12:00 ESL (Rus) 10:00-11:00 Walking Club 10:00-11:00 Latin Dance 10:00-11:30 Art Therapy (Rus) 10:00-12:00 Canasta 10:30-11:30 Women's Discussion Group 11:00-12:00 Body Fit 12:00-1:45 Library (Rus) 12:30-2:30 Canasta 1:30-4:30 Pottery 2:00-3:30 Taste of Music 2:00-4:00 RGA	21 9:30 -12:30 Pottery 10:00-11:00 Gentle Fitness 10:30-12:30 Intermediate Mahjong 12:00-3:00 Rummikub 12:00-3:00 Talent Show (Rus)
ROOM LOCATION: Synagogue Library Back Auditorium Culture Room Craft Room Front Auditorium Music Room Computer					 bernard betel centre
23 10:00-11:00 Balance and Gentle Exercise 10:00-12:00 Open Lab	24 9:30-12:00 Watercolor 9:30-10:30 Falls Prevention 10:00-11:00 News, Views and Schmooze 10:00-12:00 Mah Jongg 10:30-11:30 Breathe Better 11:00-12:30 iPad Advanced 11:00-1:00 Café Europa 12:00-1:45 Library (Rus) 1:00-4:00 Pottery 1:30-3:00 YouTube and Facebook 1:30-3:00 Adventures in Neuroscience 1:30-3:00 Sudoku 2:00-3:00 Learning Yiddish Through Song 2:00-4:00 RGA 3:00-4:30 Israeli Dancing	25 9:30-12:00 Drawing & Acrylics 10:00-12:00 Bridge 10:30-12:00 LLI Lecture 11:00-1:00 Library 11:30-12:30 Aging Mindfully 11:00-12:00 Chair Yoga 11:30-1:00 iPhone Made Easy 12:00-1:00 Stretch and Strength 12:30-2:00 ESL (Rus) 1:00-3:00 Creative Writing 1:00-3:30 Beginners Painting 1:15-4:00 Games Room 2:00-3:30 Picture Perfect 2:00-4:00 Talent (Rus) 3:00-5:00 Party	26 9:30-12:30 Pottery 10:00-11:00 Tai Chi 10:00-11:30 French Conversation 10:00-11:30 Health and Wellness in Mandala Club 10:00-12:00 Coloring and Knitting Club 10:00-12:00 Open Lab 10:30 – 12:00 Yiddish Literature 11:30-12:30 Body Works 11:30-12:30 Weekly Torah Portion 1:00 – 2:30 Lecture 1:00-2:30 Choir (Rus) 1:30-3:00 Word & Excel 1:00-4:00 Mah Jongg Intermediate 2:00-5:00 Russian Painting Class 2:00-4:00 Drama Group (Rus) 3:30-5:00 Israeli Dancing 6:00-9:00 Pottery 6:30-10:15 Israeli Dancing	27 9:30-12:30 Pottery 10:00-12:00 ESL (Rus) 10:00-11:00 Walking Club 10:00-11:00 Latin Dance 10:00-11:30 Art Therapy (Rus) 10:00-12:00 Canasta 11:00-12:00 Body Fit 12:00-1:45 Library (Rus) 12:30-2:30 Canasta 1:30-4:30 Pottery 2:00-3:30 Taste of Music 2:00-4:00 RGA	28 9:30 -12:30 Pottery 10:00-11:00 Gentle Fitness 10:30-12:30 Intermediate Mahjong 12:00-3:00 Rummikub 12:00-3:00 Talent Show (Rus)

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

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