Connect!

Fall 2026

October, November, December

bernard betel centre



TABLE OF CONTENTS

PAGE 2 Table of Contents
Contact Information

PAGE 3 General Information

PROGRAMS & SERVICES

PAGE 4 Recreation

PAGE 6 Lifelong Learning and Intergenerational

PAGE 8 Arts

PAGE 9 Computers & Digital Media

PAGE 10 Russian Golden Age Cultural Program

PAGE 11 Russian Golden Age Computers

PAGE 12 Fitness & Dance

PAGE 13 Health Promotion & Wellness

PAGE 14 Special Events

PAGE 15 ETROG Hebrew Club



A PLACE TO *live well.*

INDEPENDENT & SUPPORTIVE LIVING, SHORT TERM STAYS

DELMANOR Northtown
Inspired Retirement Living™

416-225-9146
DelmanorNorthtown.com

CONTACT

EXECUTIVE DIRECTOR
Gail Gould
416.225.2112, ext.129
gailg@betelcentre.org

FINANCE & HUMAN RESOURCES
Abey Suwande
416.225.2112, ext.125
abeys@betelcentre.org

BUILDING MAINTENANCE & OPERATIONS
Maxim Varshavsky
416.225.2112, ext.120
maximv@betelcentre.org

PROGRAMS & SERVICES

FOOD SERVICES, TRIPS & TRAVEL
Irina Shulgin
416.225.2112, ext.123
irinas@betelcentre.org

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

COMMUNITY SUPPORT SERVICES & OUTREACH
Julia Migounova
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

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

Sunday, October 4 – Simchat Torah
Monday, October 12 – Thanksgiving
Friday, December 25 – Christmas Day
Monday, December 28 – Lieu of Boxing Day
Friday, January 1 – New Years Day

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:

Ontario
United Way Greater Toronto
Toronto
UJA Federation of Greater Toronto

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, October 20
Tuesday, November 17
Tuesday, December 15
1:30 - 2:30 pm
$2 members, $4 non-members

Beginners Bridge
This class is for absolute beginners. Learn to play in a small group! Registration required. Call 416-225-2112 ext. 1-5.
Instructor: Bill Chodirker
Wednesday, Oct. 7 – Dec. 16
2:00 – 4:00 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, Oct. 8 – Dec. 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!
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.
Instructor: Judy Ezrin
Monday, Oct 5 – Dec. 14
No class Oct. 12
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, Oct. 7 – Dec. 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, Oct. 9 – Dec. 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, Oct 5 – Dec. 14
No class Oct. 12
1:30 pm – 3:00 pm
Free – Members Only

MUSIC

Taste of Music
Each week a musician or band will be featured through a documentary or musical performance.
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, Oct. 5 – Dec. 21
No class October 12
2:00 pm – 3:00 pm
$77 members, $154 non-members

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

French Conversation
Facilitator: Alla Gertsenstein
Wednesday, Oct. 7, 21
Wednesday, Nov. 4, 18
Wednesday, Dec. 2, 16
10:00 am – 11:30 am
Free – Members Only

Hebrew Conversation
Facilitator: Israel David
Wednesday, Oct. 28
Wednesday, Nov. 11, 25
Wednesday, Dec. 9
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
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

WRITING & DISCUSSION

Creative Writing
Participants have the opportunity to read their work aloud and are given feedback in a supportive environment.
Facilitator: Sylvia Warsh
Tuesday, Oct. 6 – Dec. 15
1:00 pm – 3:00 pm
Free for Members
$77 members, $154 non-members

News, Views and Schmooze
Discussion of different subjects in a relaxed and friendly environment.
Facilitator: Murray Bloomfield
Every Monday
No class October. 12
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, Oct. 8, 22
Thursday, Nov. 5, 19
Thursday, Dec. 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

Democracy Café
This safe forum allows participants to share their opinions respectfully on a variety of topics.
Facilitator: Barry Abramsky
Wednesday, Oct. 14, Nov. 11 & Dec. 9
12:00-1:30pm
Free – Members only

A Message from Gail Gould

As I prepare to retire from my role as Executive Director of the Bernard Betel Center in late October, I feel many emotions and reflect with tremendous gratitude and pride on the journey we have shared. Leading this organization for close to 12 years has been one of the greatest privileges of my 49-year professional life, and I am deeply proud of what we have accomplished together. As I look ahead to this new beginning and chapter of my life, the timing is befitting as we prepare to celebrate Rosh Hashanah, our New Year. I am filled with optimism, hope, and confidence in what lies ahead for the Betel Centre and me.

While my retirement marks a personal transition, business at the Center will continue as usual. The mission, vision, values, and commitment to providing incredible, high-quality programs and services remain as strong as ever. I have complete faith in our exceptional staff and dedicated Board of Directors, whose knowledge, passion, and commitment have always been at the heart of our success. I know they will continue to uphold the standards of excellence that the community has come to expect and deserve.

To all of you—our members, volunteers, donors, funders, partners, and friends—I offer my heartfelt thanks. Your encouragement, confidence, and belief in this organization have meant more than I can adequately express. Your support has helped us grow, adapt, and continue making a meaningful difference in the lives of the adults we serve.

As I say farewell to my role, I do so with enormous gratitude and equally strong confidence in the future. With the exemplary work of our staff and Board, and in the near future under new leadership, I know the Bernard Betel Centre will continue to thrive and build on the strong foundation we have created together. New beginnings bring opportunity, and I look forward to watching this remarkable organization embrace what comes next with the same dedication, heart, and excellence that have defined it for the past 61 years.

Wishing all of you many thanks and a heartfelt, sweet New Year!

Shana Tovah U" Metukah!

Gail Gould



Parsha Ha Shavuah: Weekly Torah Portion
Discuss messages in the parshiyot and stories in the Tanach.
Facilitator: Lillian Benlolo, Bible Study Teacher
Every Wednesday
11:30 am – 12:30 pm
Free – members only

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

DROP-IN PRESENTATIONS

Day: Tuesdays
Time: 10:30 am – 12:00 pm
Cost: $6 members and $12 non-members

Resilience in the Face of Antisemitism

Tuesday, Oct 6

Fern has been a registered nurse for 55 years. She brings her many years of clinical expertise to help support our community as we face widespread antisemitism and antizionism. In this valuable presentation, Fern will review modalities to help us better deal with the anxiety that confronts us all.

Fern Quint, Mental Health Nurse & Volunteer

Celebrating Notable Canadian Jewish Musicians – Special Selections

Tuesday, Oct 13

Discover the stories behind many of Canada's talented performers featured in David Eisenstadt's unique books! Author signed books will be available for sale.

David Eisenstadt, Author

The Yiddish Theatre-Part 1

Tuesday, Oct 20

Learn about the Yiddish Theatre's beginnings in the 1870's in Rumania to its "heyday" in America (including Montreal and Toronto) from the early 1900's until the 1940's. Faye will speak about the plays, actors, composers, singers and memorable songs as well as the contribution that The Yiddish Theatre had on The Broadway Stage.

Faye Kellerstein, Singer & Lecturer

The Yiddish Theatre-Part 2

Tuesday, Oct 27

A continuation of the Oct 20th presentation.

Faye Kellerstein, Singer & Lecturer

Who is the Person Behind the Portrait?

Tuesday, Nov 3

There are many great stories behind a portrait; an artistic representation of a person, in which the face and its expression are predominant. Some of these stories can have an impact on us, and though they end up engraved into the portrait, the viewer is not fully aware of it until the story of the person in the portrait is told.

Rachel Levin, Art Educator

From Fugitive to Freedom

Tuesday, Nov. 10

During Holocaust Education Week, join Jack Boeki, Holocaust survivor/ liberator, at 102 years old as he shares the story of his new book.

Jack Boeki, Author

The Shalom Project

Tuesday, Nov 17

Please join us for an overview of Israel's history, the Jewish connection to the land, abandoned peace agreements, Arab rejectionism and defensive wars, the meaning of Zionism, and Antisemitism/ AntiZionism. This 60-minute presentation and discussion present facts, debunks lies, counters disinformation, and is intended to arm people with information so they can confidently recognize Jew hatred and speak up.

Andrea Spindel, Executive Director, Canadian Antisemitism Education Foundation (CAEF)

Not like in "War and Peace"- How Successful Peace Treaties Defined the World We Now Live In

Tuesday, November 24

Some treaties succeeded because they addressed root causes of conflict, involving broad diplomatic engagement. This created the basis for long-term stability—principles still relevant in modern peacemaking.

Arnold Gilis, Historical Lecturer

Fashion as Surrealist Art: The Legacy of Elsa Schiaparelli

Tuesday, Dec 1

Elsa Schiaparelli was an Italian fashion designer from an aristocratic background. Schiaparelli famously collaborated with Salvador Dalí & Jean Cocteau.

Rachel Levin, Art Educator

Between Two Worlds

Tuesday, Dec 8

Join us to hear an important and timely true story of a young woman trying to live her life despite the realities of the regime in Iran. Learn how the speaker lived between two worlds; inside her house in Iran living a normal life, and outside her home, where she had to dress, behave and obey according to the strict Islamic laws.

Ava Muchnik, Financial Planner

Bringing Jews and Muslims Together at York University

Tuesday, December 15

Learn how the speaker is committed to bringing Jews, Muslims and others together to foster mutual respect and understanding, and how he is putting this commitment to practice, through a course he teaches and a student dialogue group that he facilitates on campus.

Randall Schnoor, Koschitzky Centre for Jewish Studies / Humanities | York University

A Boy, His Dog and His Friends: Charlie Brown and the Peanuts' Gang

Tuesday, Dec 22

Learn more about Charles Schulz and his captivating work with cartoons, characters and over 50 years of stories.

Andrew Lindsay, Circles Enrichment

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

The History of Toronto's Jewish Community

Learn about the history, culture, politics, leadership, challenges and hear fascinating stories and interesting facts about one of the world's largest Jewish communities that spans over 175 years. Instructor: Rav Shaanan Scherer

Friday, Oct 9 – Oct 30
1:30 pm – 2:30 pm
4 weeks
$28 members ($10 drop-in per class)
$56 non-members ($20 drop-in per class)

1000 years of Israel's Jewish Kingdom in Ancient Times

Learn about the over 1000-year period from King Saul until the Second Temple Period in Jerusalem and Judea. The course includes Biblical Archaeology, virtually touring relevant sites in Israel, learning from ancient texts through various mediums of film, artifacts, and primary and secondary sources.

Instructor: Rav Shaanan Scherer
Friday, Nov 6 – Dec 11
12:30 pm – 1:30 pm
6 weeks
$42 members ($10 drop-in per class)
$84 non-members ($20 drop-in per class)

The Archaeology of Animals

This class will be held on Zoom

Humans and animals have forever been intertwined. In this class, participants will learn about the roles played in the development of complex societies by various animal species, the process of domestication, and the symbolic importance of animals in the ancient world.

Instructor: David R. Lipovitch, PhD
Wednesday, Oct. 21 – Dec 16 • 9 weeks
10:00 am – 12:00 pm
$99 members, $198 non-members

Fallen Empires – Lessons from history – Warnings for the future

This lecture series chronicles the rise and falls of historical empires juxtaposed on the state of the United States under the Trump administration. History Does Not Repeat but it rhymes. The future is not written but understanding the past may protect the future.

Instructor: Amnon Zohar, Middle East & Global Affairs Specialist
Wednesday, Oct. 14 – Dec 9 • 8 weeks
3:00 – 4:30 pm
$80 members ($12 drop-in per class)
$160 non-members ($24 drop-in per class)

The Human Cell: Biochemistry for Fun and Fascination!

Welcome to the invisible world of the human cell. Did you know that we have 37 trillion cells? Come take a fascinating journey through the human body, seeing it for the first time, as if you were shrunk to the size of a single molecule!

Instructor: David Chandross
Monday, Oct. 19 - Dec 7 • 8 weeks
1:30 pm – 3:00 pm
$80 members ($12 drop-in per class)
$160 non-members ($24 drop-in per class)

SENIORS SAFETY LINE
a safe place to be heard.
Toll free 1-866-299-1011
TTY 1-866-299-0008
www.awhl.org/seniors

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, Oct. 7 – Dec. 16

10:00 am – 12:00 pm • 11 weeks

Cost: Free for members

Intermediate Drawing & Acrylic

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

Instructor: Maya Vinokurov

Tuesday, Oct. 13 – Dec. 8

9:30 am – 12:00 pm • 9 weeks

$130.50 members

$261 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

Thursday, Oct. 8 – Dec. 10

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, Oct. 5 – Dec. 14

No Class October 12

9:30 am-12:00 pm • 10 weeks

$145 members

$290 non-members

Beginners Painting

Are you new to painting and want to learn the basics? Join us to learn how to mix colours and create art!

Instructor: Maya Vinokurov

Tuesday, Oct. 13 – Dec. 8

1:00 – 3:30 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, Oct 26 – Dec. 14

1:00 – 4:00 pm • 8 weeks

$144 members

$288 non-members

Wednesday, Oct. 7 – Dec. 16

9:30 am – 12:30 pm • 11 weeks

$198 members

$374 non-members

Instructor: Diane Thompson

Wednesday, Oct 7 – Dec. 16

6:00 pm – 9:00 pm • 11 weeks

$198 members

$396 non-members

Instructor: Jenny Weisel

Thursday, Oct 8 – Dec. 17

9:30 am – 12:30 pm • 11 weeks

$198 members

$396 non-members

Instructor: Diane Thompson

Thursday, Oct. 8 – Dec.17

1:00 – 4:00 pm • 11 weeks

$198 members

$396 non-members

Instructor: Celia Ling and Joyce Leuchter

Friday, Oct. 9 – Dec. 18

9:30 am – 12:30 pm • 10 weeks

$180 members

$360 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/iPad – Basic

For iPhone and iPad users.
Learn to personalize your phone, use the keyboard, Safari, FaceTime, the camera and edit your photos, maps, the cloud and more.
Instructor: Dianne Erdos-Rush
Mondays, Oct. 19 – Nov. 23
1:30 pm - 3:00 pm • 6 weeks
$50 members
$60 non-members

Intermediate Computer

Learn to use Google, about viruses, attachments, downloading, cutting and pasting, and interesting websites. Get comfortable using a computer.
Instructor: Dianne Erdos-Rush
Mondays, Oct. 19 – Dec. 7
11:00 am - 12:30 pm • 8 weeks
$60 members
$70 non-members

Android Phones and Tablets

We will teach you how to use your Android phone and/or Tablet. (Samsung, Lenovo, Sony, LG, Motorola, Acer, Asus). How to take pictures, text, etc.
Instructor: Dianne Erdos-Rush
Wednesdays, Oct. 21 – Nov. 25
1:30 pm - 3:00 pm • 6 weeks
$50 members $60 non-members

AI: A Beginner

Curious about AI? This beginner-friendly course shows how AI can help with everyday tasks like writing messages, finding information, and staying organized. Students must be comfortable with a computer, and know their email password.
Instructor: Sienna Klein
Mondays: Nov. 30 – Dec. 21
1:00pm – 2:30pm · 4 weeks
$40 members, $50 non-members

AI: Advanced

Ready to take your AI skills to the next level? This advanced class is designed for those who are already comfortable with the basics of AI and want to explore more powerful tools, techniques, and real-world applications. Learn how to use AI more confidently, creatively, and securely. Students must be comfortable with a computer, and know their email password.
Instructor: Sienna Klein
Wednesdays: Dec. 2 – Dec. 23
1:00pm – 2:30pm · 4 weeks
$40 members, $50 non-members

FREE IN-PERSON CLASS

How I taught PowerPoint
to myself
AND
how my husband and I solved a 100 year old mystery…

Thursday, Nov. 26
12:30 – 1:30 pm

Presented by
Sarah Hartt-Snowbell

Register on line:
www.betelcentre.org/online-programs

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,
Oct. 14 – Dec. 23
10:00 am - 12:00 pm

Sundays, Oct. 18 – Dec. 20
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

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 2)

В данном курсе Вы продолжите осваивать возможности вашего телефона. Желающие заниматься на этом курсы должны владеть основами работы на телефоне. В данном курсе Вы изучите приложения WhatsApp, Viber, Camera, Photos.

Вторник с 20 октября по 22 декабря
11:30 am - 1:30 pm • 10 недель
85 для членов/ $100 для гостей

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 20 октября по 22 декабря
2:00 pm - 4:00 pm • 10 недель
85 для членов/ $100 для гостей

Телефон iPhone (Уровень 2)

В данном курсе Вы продолжите осваивать возможности телефона iPhone. Желающие заниматься на этом курсе должны владеть основами работы на телефоне. В данном курсе Вы изучите приложения WhatsApp, Viber, Camera и Photos.

Четверг с 22 октября по 24 декабря
2:00 pm - 4:00 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.

Четверг с 22 октября по 24 декабря
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 14 октября по 23 декабря
10.00 am -12.00 pm
Воскресенье с 18 октября по 20 декабря
10.00 am -12.00 pm
Оплата $2 в час (или любую часть часа).



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

Monday – Thursday
Понедельникам- Четвергам

2:00 - 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

Wednesdays/ По средам
2:00 – 5:00 pm
7 октября – 16 декабря 2026
11 уроков
$ 132 для челенов/ $264 для гостей
Есть не мало людей, всю жизнь мечтавших научиться владеть карандашом и кистью, создавать живописные полотна.
Для членов клуба бесплатно

Drama Group
Студия драматического искусства

Wednesdays /По средам
2 pm – 4 pm
Для членов клуба бесплатно

Music Talent Group
Музыкальная группа

«Поющие сердца».
TUESDAYS/ ПО ВТОРНИКАМ
1:00 – 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

7 октября – 16 декабря 2026
Wednesday's / средам
12.30 pm -2.00 pm
11 уроков
$88 для челенов/ $176 для гостей
Огромной популярностью в центре и в социальных домах, где проживают пожилые люди, пользуются выступления Интернационального хора
В его репертуаре народные песни, шлягеры, лучшие хиты мировой эстрады.

Library
библиотека

ПО ПОНЕДЕЛЬНИКАМ И ЧЕТВЕРГАМ
С 12 PM -2 PM
РАБОТАЕТ БИБЛИОТЕКА
ДЛЯ ЧЛЕНОВ КЛУБА БЕСПЛАТНО.

Chiropody Clinic
Хироподия – Уход за ногами

Бесплатно для членов клуба. Для предворительной записи звоните
Илона Родос
(416) 225-2112 # 131

ПО СРЕДАМ С 10.30 AM–12.15 PM
МЫ ПРОВОДИМ КУЛЬТУРНО-ДОСУГОВУЮ ПРОГРАММУ »ИДТИ В НОГУ СО ВРЕМЕНЕМ«. ПСИХИЧЕСКОЕ ЗДОРОВЬЕ И ЭМОЦИОНАЛЬНОЕ БЛАГОПОЛУЧИЕ ОЧЕНЬ ВА ЖНЫ ДЛЯ ЛЮДЕЙ СЕРЕБРЯНОГО ВОЗРАСТА.
ДЛЯ ЧЛЕНОВ КЛУБА БЕСПЛАТНО

Special Events

ПО СРЕДАМ С 10.30 AM–12.15 PM
МЫ ПРОВОДИМ КУЛЬТУРНО-ДОСУГОВУЮ ПРОГРАММУ »ИДТИ В НОГУ СО ВРЕМЕНЕМ«. ПСИХИЧЕСКОЕ ЗДОРОВЬЕ И ЭМОЦИОНАЛЬНОЕ БЛАГОПОЛУЧИЕ ОЧЕНЬ ВА ЖНЫ ДЛЯ ЛЮДЕЙ СЕРЕБРЯНОГО ВОЗРАСТА.
ДЛЯ ЧЛЕНОВ КЛУБА БЕСПЛАТНО

10 ДЕКАБРЯ В 6 PM
ВЕЧЕР ОТДЫХА
« ХАНУКА -2026 «
MEM $50 NON–MEMBERS $65

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

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

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, Oct. 11 – Dec. 13
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, Oct. 8 – Dec. 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, Oct 7 – Dec 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, Oct. 5 – Dec 14
No class October 12
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, Oct. 6 – Dec. 15
11:00 am – 12:00 pm • 11 weeks
$77 members, $154 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, Oct. 5 – Dec. 14
No class October 12
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, Oct 9 – Dec. 18
10:00 am – 11:00 am • 11 weeks
$77 members, $154 non-members

Israeli Dancing ♥♥
Enjoy music and learn Israeli dancing.
Monday, Oct.5 – Dec. 14
No class October 12
3:00 pm – 4:30 pm • 10 weeks
$50 members
$100 non-members
Instructors: Vivian Margulis and Mali Wasserman

Wednesday, Oct. 7 – Dec. 16
3:30 pm – 5:00 pm • 11 weeks
$55 members
$110 non-members
Instructors: Vivian Margulis and Mali Wasserman

Wednesday, Oct. 7 – Dec. 16
6:00 pm – 10:15pm
6:00 pm Beginners
7:00 pm Intermediate
8:00 pm Open Dance
9:45 pm Partners
$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 and Michal Shtamer
Thursday, Oct. 8 – Dec. 17
10:00 am – 11:00 am • 11 weeks
$77 members, $154 non- members

Stretch and Strength ♥♥♥
A class to increase strength, muscle endurance, balance with weight training and stretches.
Instructor: Terri Dunnigan
Tuesday, Oct. 6 – Dec. 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, Oct. 7 – Dec. 16
11:30 am – 12:30 pm • 11 weeks
$77 members, $154 non-members

Walking Club ♥
Join us for a gentle neighborhood walk. Meet at reception!
Instructor: Charm John
Thursday Oct. 8 – Dec. 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 will take place.
Instructor: Maria Lindgren
Friday, Oct. 9 – Dec. 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, Nov 18

1:00 – 3:00 pm

$25 – includes bowling and shoe rental

Wellness Lunch and Learn

In partnership with Kehilla Affordable Housing

Monday, November 9: Understanding Mental Health and Emotional Well-Being with Arnold Foss- Kehilla

11:00 – 1:00 pm

Free – Registration required. Call 647-484-4446 ext. 4 or email programs@kehilla.ca



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, October 19
Monday, November 23
Monday, December 7

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

October 7: Not All People Are Civilised

After meeting people from the kibbutzim at Hostages Square in Tel Aviv, Eric Brazau reflects on what October 7—and the responses to it—reveal about civilisation, antisemitism, propaganda and moral ambiguity.

1:30 pm

Presentation

Norm Zinman discusses "King David: From Shepherd to King." King David was the second king of Israel and ruled around 1000 BCE. Join us to learn more about his life.

Wednesday, October 14

1:30 pm, $8 Members, $12 non-members

Concert

"Songs from the Heart" with Michael Khinkis

Wednesday, October 21

2:00 pm, $8 Members, $12 non-members

Concert

"Latin Vibes" with Janna Boshoer (voice), Nancy Adejor (voice), Maya Vasserman (piano), Michelle Vasserman (alto sax), Sophie Wang (piano), Catherine Stefanov, and Kristian Bogodelny (latin dance).

Sunday, October 25

2:00 pm, $15 members, $25 non-members

Concert

"The Sound Wave" with Wilfred Lindo.

Wednesday, October 28

2:00 pm, $5 members, $8 non-members

Shabbat Shalom at Betel

Join us for a talk with Fern Lebo on her latest book "The Boy in the Back: A True Story of Survival in Auschwitz and Mauthausen". Light refreshments will be served. Registration required. Register with Shira at shira@betelcentre.org or 416-225-2112 ext. 301.

Saturday, October 31

10:00 – 11:30 am, Free for everyone

Presentation

"Winter Light: The Memoir of a Child of Holocaust Survivors" Join Grace Feuerverger, Professor Emerita at U of T as she shares her story of hope and gratitude during Holocaust Education Week..

Wednesday, November 4

1:30 pm, $8 members, $12 non-members

Concert

"Lomir Ale Zingen!" with Janie Respitz

Wednesday, November 11

2:00 pm, $5 members, $8 non-members

Concert

"Your Favourite Music" with piano player, Noam Hoze.

Wednesday, November 18

2:00 pm, Free for members, $5 non-members

Concert

"Love in Music" with Neshama (Duet).

Wednesday, November 25

2:00 pm

$8 Members, $12 non-members

Presentation

"Patricia Routledge – A Woman of Many Talents"
Join Norm Zinman as we look at Patricia's remarkable career as an actress, singer and comedienne.

Wednesday, December 2

1:30 pm

$8 Members, $12 non-members

Shabbat Shalom at Betel - PLEASE NOTE THAT THIS EVENT HAS BEENC CANCELLED

Celebrate Chanukah with a musical performance by Noam Hoze. Light refreshemnts will be served. Registration required. Register with Shira at shira@betelcentre.org or 416-225-2112 ext. 301.

Saturday, December 5

10:00am – 11:30am

Free for everyone

Musical Artistic Presentation

"French Chanson with Jewish Accent" with presenter and piano player Michail Ovsichtcher.

Wednesday, December 9

2:00 pm

$5 members, $10 non-members

Hannukah Party

Celebrate the holiday with dinner, music and wine.

Thursday, December 10

6:00 pm

$50 members, $65 non-members

Presentation

"Crimean Jews (Karaites and Krymchaks) and other religious groups connected to Judaism" with Arnold Gilis.

Wednesday, December 16

2:00 pm

Free for members, $5 non-members

Movie "Fackham" screening. A comedy

Wednesday, December 23, 1:00 pm

Free for members, $5 non-members

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

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

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 they would enjoy phone or in-person visits with volunteers, or a delicious kosher meal delivered to their door. 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

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.

Aging Mindfully

Join us for a support group as we reconnect, share, learn and experience new ways to live a more peaceful, happier and empowered life.

Facilitator: Irine Dubinski, Social Service Worker

Every Tuesday
11:30 am – 12:30 pm (limited spots available)

Friday, November 6 – December 18

No class Nov. 20
11:30 am – 12:30 pm

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.

Hannukah Candle Lighting

Celebrate the holidays with music and light refreshments.
Tuesday, December 8, 5:00 pm
$22 members, $28 non-members

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.

רוב המפגשים חופשיים מתשלום.



CONTACT

Francesca David 416.225.2112, ext. 110
francescad@betelcentre.org

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:

Ontario United Way Greater Toronto TORONTO UJA FEDERATION of Greater Toronto

Charitable Number 11921 5697 RR0001