Bernard Betel Centre – November 2026 Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00-11:00 Balance and Gentle Exercise 10:00-12:00 Open Lab	2 9:30-12:00 Watercolor 9:30-10:30 Falls Prevention 10:00-11:00 News, Views & Schmooze 10:00-12:00 Mah Jongg 10:30-11:30 Breathe Better 11:00-12:30 Intermediate Computer 12:00-1:45 Library (Rus) 1:00-4:00 Pottery 1:30-3:00 Sudoku 1:30-3:00 IPhone/IPad-Basic 1:30-3:00 The Human Cell 2:00-3:00 Learning Yiddish Through Song 2:00-4:00 RGA 3:00-4:30 Israeli Dancing	3 9:30-12:00 Drawing & Acrylics 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 Music talent Group (Rus) 3:00-5:00 Etrog	4 9:30-12:30 Pottery 10:00-11:00 Tai Chi 10:00-11:30 French Convo. 10:00-12:00 Open Lab 10:00-12:00 Coloring & Knitting 11:00-1:00 Art Therapy (Rus) 11:30-12:30 Body Works 11:30-12:30 Weekly Torah 12:30-2:00 Choir (Rus) 1:30-3:00 Android &Tablets 1:00-4:00 Mah Jongg Inter. 1:30-3:00 Presentation 2:00-4:00 Bridge 2:00- 5:00 Painting (Rus) 2:00-4:00 Drama Group(Rus) 3:00-4:30 Fallen Empires 3:30-5:00 Israeli Dancing 6:00-9:00 Pottery 6:30-10:15 Israeli Dancing	5 9:30-12:30 Pottery 10:00-12:00 ESL (Rus) 10:00-11:00 Walking Club 1o:00-11:00 Latin Dance 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	6 9:30 -12:30 Pottery 10:00-11:00 Gentle Fitness 10:30-12:30 Mah jongg Intermediate 11:30-12:30 Aging Mindfully 12:30-1:30 1000 years of Israel's Jewish Kingdom in Ancient Times 12:00-3:00 Rummikub
8 10:00-11:00 Balance and Gentle Exercise 10:00-12:00 Open Lab **ROOM LOIOCATN:** Synagogue Library Back Auditorium Culture Room Craft Room Front Auditorium Music Room Computer Lab	9 9:30-12:00 Watercolor 9:30-10:30 Falls Prevention 10:00-11:00 News, Views & Schmooze 10:00-12:00 Mah Jongg 10:30-11:30 Breathe Better 11:00-12:30 Intermediate Computer 11:00 -1:00 Lunch and Learn(Kehilla) 12:00-1:45 Library (Rus) 1:00-4:00 Pottery 1:30-3:00 Sudoku 1:30-3:00 IPhone/IPad-Basic 1:30-3:00 The Human Cell 2:00-3:00 Learning Yiddish Through Song 2:00-4:00 RGA 3:00-4:30 Israeli Dancing	10 9:30-12:00 Drawing & Acrylics 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 Music Talent Group (Rus) 3:00-5:00 Etrog	11 9:30-12:30 Pottery 10:00-11:00 Tai Chi 10:00-11:30 Hebrew Convo. 10:00-12:00 Open Lab 10:00-12:00 Coloring & Knitting 11:00-1:00 Art Therapy (Rus) 11:30-12:30 Body Works 11:30-12:30 Weekly Torah 12:00-1:30 Democracy Café 11:30-3:00 Android &Tablets 12:30-2:00 Choir (Rus) 1:00-4:00 Mah Jongg Inter. 2:00-3:00 Concert 2:00-4:00 Bridge 2:00- 5:00 Painting (Rus) 2:00-4:00 Drama Group(Rus) 3:00-4:30 Fallen Empires 3:30-5:00 Israeli Dancing 6:00-9:00 Pottery 6:30-10:15 Israeli Dancing	12 9:30-12:30 Pottery 10:00-12:00 ESL (Rus) 10:00-11:00 Walking Club 1o:00-11:00 Latin Dance 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	13 9:30 -12:30 Pottery 10:00-11:00 Gentle Fitness 10:30-12:30 Mah jongg Intermediate 11:30-12:30 Aging Mindfully 12:30-1:30 1000 years of Israel's Jewish Kingdom in Ancient Times 12:00-3:00 Rummikub bernard betel centre

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15 10:00-11:00 Balance and Gentle Exercise 10:00-12:00 Open Lab	16 9:30-12:00 Watercolor 9:30-10:30 Falls Prevention 10:00-11:00 News, Views & Schmooze 10:00-12:00 Mah Jongg 10:30-11:30 Breathe Better 11:00-12:30 Intermediate Computer 11:00-1:00 Café Europa 12:00-1:45 Library (Rus) 1:00-4:00 Pottery 1:30-3:00 Sudoku 1:30-3:00 IPhone/IPad-Basic 1:30-3:00 The Human Cell 2:00-3:00 Learning Yiddish Through Song 2:00-4:00 RGA 3:00-4:30 Israeli Dancing	17 9:30-12:00 Drawing & Acrylics 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 1:30-2:30 Bingo 2:00-4:00 Music Talent Group (Rus) 3:00-5:00 Etrog	18 9:30-12:30 Pottery 10:00-11:00 Tai Chi 10:00-12:00 Coloring & Knitting 10:00-11:30 French Conversation 10:00-12:00 Open Lab 11:00-1:00 Art (Rus) 11:30-12:30 Body Works 11:30-12:30 Weekly Torah 12:00-1:30 Democracy Café 12:30-2:00 Choir (Rus) 1:30-3:00 Android Phones and Tablets 1:00-4:00 Mah Jongg Inter. 2:00-3:00 Concert 2:00- 5:00 Painting (Rus) 2:00-4:00 Drama Group (Rus) 2:00-4:00 Bridge 3:00-4:30 Fallen Empires 3:30-5:00 Israeli Dancing 6:00-9:00 Pottery 6:00-10:15 Israeli Dancing	19 9:30-12:30 Pottery 10:00-12:00 ESL (Rus) 10:00-11:00 Walking Club 1o:00-11:00 Latin Dance 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	20 9:30 -12:30 Pottery 10:00-11:00 Gentle Fitness 10:30-12:30 Mah Jongg Intermediate 11:30-12:30 Aging Mindfully 12:30-1:30 1000 years of Israel's Jewish Kingdom in Ancient Times 12:00-3:00 Rummikub
22 10:00-11:00 Balance and Gentle Exercise 10:00-12:00 Open Lab **ROOM LOCATION:** Synagogue Library Back Auditorium Culture Room Craft Room Front Auditorium Music Room Computer Lab	23 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 Intermediate Computer 11:00-1:00 Café Europa 11:00-1:00 Hearing Aid Clinic 12:00-1:45 Library (Rus) 1:00-4:00 Pottery 1:30-3:00 Sudoku 1:30-3:00 IPhone/IPad-Basic 1:30-3:00 The Human Cell 2:00-3:00 Learning Yiddish Through Song 2:00-4:00 RGA 3:00-4:30 Israeli Dancing	24 9:30-12:00 Drawing & Acrylics 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 1:30-2:30 Bingo 2:00-4:00 Music Talent Group (Rus) 3:00-5:00 Etrog	25 9:30-12:30 Pottery 10:00-11:00 Tai Chi 10:00-11:30 Hebrew Convo. 10:00-12:00 Coloring & Knitting 10:00-12:00 Open Lab 11:00-1:00Art Therapy (Rus) 11:30-12:30 Body Works 11:30-12:30 Weekly Torah 2:00-3:00 Concert 12:30-2:00 Choir (Rus) 1:30-3:00 Android &Tablets 1:00-4:00 Mah Jongg Inter. 2:00- 5:00 Painting (Rus) 2:00-4:00 Drama Group (Rus) 2:00-4:00 Bridge 3:00-4:30 Fallen Empires 3:30-5:00 Israeli Dancing 6:00-9:00 Pottery 6:00-10:15 Israeli Dancing	26 9:30-12:30 Pottery 10:00-12:00 ESL (Rus) 10:00-11:00 Walking Club 1o:00-11:00 Latin Dance 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) 12:30-1:30 Presentation on PowerPoint 12:30-2:30 Canasta 1:30-4:30 Pottery 2:00-3:30 Taste of Music 2:00-4:00 RGA	27 9:30 -12:30 Pottery 10:00-11:00 Gentle Fitness 10:30-12:30 Mah Jongg Intermediate 11:30-12:30 Aging Mindfully 12:30-1:30 1000 years of Israel's Jewish Kingdom in Ancient Times 12:00-3:00 Rummikub bernard betel centre

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29 10:00-11:00 Balance and Gentle Exercise 10:00-12:00 Open Lab	30 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 Intermediate Computer 12:00-1:45 Library (Rus 1:00-4:00 Pottery 1:30-3:00 Sudoku 1:00-2:30 AI: Beginner 1:30-3:00 The Human Cell 2:00-3:00 Learning Yiddish Through Song 2:00-4:00 RGA 3:00-4:30 Israeli Dancing				

**All programs are subject to change **

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

ROOM LOCATION:

Synagogue
Library
Back Auditorium
Culture Room
Craft Room
Front Auditorium
Music Room
Computer Lab