

# Bernard Betel Centre Online Program Calendar – January 2022

| Saturday | Sunday | Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |  |
|----------|--------|--|---|---|---|--|--|
| 1        | 2      | 3<br>CENTRE CLOSED IN LIEU OF<br>NEW YEAR'S DAY  | 4<br>9:30 - 10:00 am - Chair Yoga<br>10:30 - 11:30 am - Presentation:<br>Travel the World on the Internet   | 5<br>10:00 - 11:00 am - Breathe Better<br>Exercise  | 6<br>8:30 - 9:00 am - Fitness - Morning<br>Energizer<br>11:00 - 12:00 am - Memory<br>Boosters<br>12:00 - 1:00 pm - RGA English<br>Conversation Club<br>12:30 - 1:30 pm - French<br>Conversation           | 7<br>10:30 - 11:30 am - Creative<br>Writing<br>12:00 - 1:00 pm - Shizen Ha Class<br>2:00 -3:00 pm - Breathe Better<br>Exercise |  |
| 8        | 9      | 10<br>10:30 - 11:30 am - Sudoku<br>12:00 - 1:00 pm - Gentle Fitness<br>(Facebook Live)<br>2:00 - 2:30 pm - Mindfulness<br>Meditation   | 11<br>9:30 - 10:00 am - Chair Yoga<br>10:30 - 11:30 am - Presentation:<br>Capturing Life's Moments: CityScapes<br>1:00 - 2:15 pm - Drawing & Acrylic  | 12<br>10:00 - 11:00 am - Breathe Better<br>Exercise<br>11:00 - 12:00 am - Cooking Club:<br>Italian Chicken Skillet<br>3:30 - 5:00 pm - What's Your Story:<br>Memoir Writing   | 13<br>8:30 - 9:00 am - Fitness - Morning<br>Energizer<br>11:00 - 12:00 am - Memory<br>Boosters<br>12:00 - 1:00 pm - RGA English<br>Conversation Club<br>3:00 - 4:00 pm - Mandala<br>Workshop              | 14<br>10:30 - 11:30 am - Creative<br>Writing<br>12:00 - 1:00 pm Shizen Ha Class<br>2:00 -3:00 pm - Breathe Better<br>Exercise  |  |
| 15       | 16     | 17<br>10:00 - 12:00 am - Watercolour<br>Intermediate<br>10:30 - 11:30 am Sudoku<br>12:00 - 1:00 pm - Gentle Fitness<br>(Facebook Live)<br>2:00 - 2:30 pm - Mindfulness<br>Meditation | 18<br>9:30 - 10:00 am - Chair Yoga<br>10:30 - 11:30 am - Presentation:<br>Mental Health and Cognition<br>1:00 - 2:15 pm - Drawing & Acrylic   | 19<br>10:00 - 11:00 am - Breathe Better<br>Exercise<br>11:00 - 12:00 am - Cooking Club:<br>Healthy Spaghetti Squash Casserole<br>1:00 - 2:00 pm - Digital Literacy<br>3:30 - 5:00 pm - What's Your Story:<br>Memoir Writing | 20<br>8:30 - 9:00 Fitness am - Morning<br>Energizer<br>11:00 - 12:00 Memory Boosters<br>12:00 - 1:00 RGA English<br>Conversation Club<br>12:30 - 1:30 French conversation<br>3:00 - 4:00 Mandala Workshop | 21<br>10:30 - 11:30 am -Creative<br>Writing<br>12:00 - 1:00 pm Shizen Ha Class<br>2:00 -3:00 pm - Breathe Better<br>Exercise   |  |
| 22       | 23     | 24<br>10:00 - 12:00 am - Watercolour<br>Intermediate<br>10:30 - 11:30 am Sudoku<br>12:00 - 1:00 pm - Gentle Fitness<br>(Facebook Live)<br>2:00 - 2:30 pm - Mindfulness<br>Meditation | 25<br>9:30 - 10:00 am - Chair Yoga<br>10:30 - 11:30 am- Presentation: Nazi<br>Looted Art<br>1:00 - 2:15: pm - Drawing & Acrylic   | 26<br>10:00 - 11:00 am - Breathe Better<br>Exercise<br>11:00 - 12:00 am - Cooking Club:<br>Healthy Sweet Treats<br>1:00 - 2:00 pm - Digital Literacy<br>3:30 - 5:00 pm - What's Your Story:<br>Memoir Writing               | 27<br>8:30 - 9:00 Fitness am - Morning<br>Energizer<br>11:00 - 12:00 Memory Boosters<br>12:00 - 1:00 pm - RGA English<br>Conversation Club<br>2:00 - 3:00 pm - Book Club<br>3:00 - 4:00 Mandala Workshop  | 28<br>10:30 - 11:30 am - Creative<br>Writing<br>12:00 - 1:00 pm Shizen Ha Class<br>2:00 -3:00 pm - Breathe Better<br>Exercise  |  |
| 29       | 30     | 31<br>10:00 - 12:00 am Watercolour -<br>Intermediate<br>10:30 - 11:30 am Sudoku<br>12:00 - 1:00 pm Gentle Fitness<br>(Facebook Live)<br>2:00 - 2:30 pm Mindfulness Meditation        | <p>All programs are hosted on Zoom, unless otherwise listed as Facebook Live. Please click <a href="#">HERE</a> for specific program details and how to register for programs hosted on Zoom. All Facebook Live programs can be accessed on our Facebook page <a href="#">HERE</a>.</p> |   |   |  |  |

