

ONSITE PROGRAMS - June 2022

FOR ONSITE PROGRAMS: Registration required for all in-person programs. Participants must be current members of the centre to participate. Registration is on a first-come-first-serve basis. For question, contact Maria at marial@betelcentre.org or 416-225-2112 ext 130

FITNESS AND DANCE:

Chair Yoga:

A gentle form of Yoga either sitting or standing using a chair for support. Involves stretching, deep breathing and strengthening the body.

Instructor: Terri Dunnigan

Dates: Tuesday, April 12 - June 21

Times: 10:30 am - 11:30 am

Weeks: 10 weeks

Price: \$50

Registration: Call Reception 416-225-2112 ext 0

Yoga:

Yoga designed for 55+. Must be comfortable with floor exercises using a mat.

Instructor: Terri Dunnigan

Dates: Tuesday, April 12 - June 21

Times: 12:00 pm - 1:00 pm

Weeks: 10 weeks

Price: \$50

Registration: Call Reception 416-225-2112 ext 0

Breathe Better Gentle Fitness:

This gentle fitness class will be seated and focus on your breathing and gentle strengthening and stretching techniques.

Instructor; Margarita Vlasicheva

Dates: Friday, April 29 - June 24

Times: 10:00 - 11:00 am

Weeks: 9 weeks

Price: \$45

Registration: Call Reception 416-225-2112 ext 0

Walking Club:

Join us for a 30 - 45 minute guided walk around the neighbourhood. Meet at the front door of the Bernard Betel Centre (Steeles and Carpenter).

Instructor: Maria Lindgren

Dates: Mondays, Begins May 2

Times: 10:00 – 11:00 am

Price: Free

Registration: Call Maria 416-225-2112 ext. 130 or email marial@betelcentre.org

****NEW****

Body Fit:

Challenges and incorporates all aspects of a healthy exercise routine.

Instructor: Karen Shuster

Dates: Thursday, June 9 – August 11

Times: 11:00 – 12:00 pm

Price: \$50

Registration: Call Reception 416-225-2112 ext 0

Digital Literacy and Computer Learning:

Android Tablet - Beginner :

This class will look at how to use an Android tablet. Tablets will be supplied by the Bernard Betel Centre and loaned to you to take home during the 5-week class period.

Instructor: Dianne Erdos-Rush

Dates: Tuesday, May 24 - June 21

Time: 10:30 am - 12:00 pm

Weeks: 5

Price: \$45

Registration: Call Reception 416-225-2112 ext 0

ARTS:

Watercolour - Intermediate:

Learn more advanced techniques. Individual expression is encouraged. No supplies included for classes.

Instructor: Elaine Sugar

Dates: Monday, April 25 – July 11

No classes May 23 and June 6

Times: 9:30 am - 12:00 pm

Weeks: 10 weeks

Price: \$125

Registration: Call Reception 416-225-2112 ext 0

Games, special events, outdoor programs and more:

Games Room:

Supplies for Mah Jong, Canasta, Rummi-Cube and scrabble provided or bring your own!

Date: Wednesdays, Begins June 1

Time: 1:00 – 4:00 pm

Price: Free

Registration: Call McKenzie 416-225-2112 ext 105 to register

Creative Writing:

Participants have the opportunity to read their work aloud and be critiqued by their peers and instructor in a supportive and friendly environment.

Instructor: Sylvia Warsh

Date: Thursdays, June 2 - 30

Time: 2:00 – 4:00 pm

Price: \$35

Registration: Call Reception 416-225-2112 ext 0

Outdoor Schmooze:

Have you ever been to our back patio? Come join us, read a book, talk to new and old friends and check out our garden
Weather permitting!

Date: Mondays, Begins June 13

Time: 12:00 pm - 2:00 pm

Price: Free

Registration: Drop-in!

Outdoor Container Gardening:

Want to garden but don't have any outdoor space? Come by our outdoor patio and join Maria in getting our container garden started and do some planting!

Facilitator: Maria Lindgren

Date: Mondays, Begins June 13

Time: 1:00 pm - 2:00 pm

Price: Free

Registration: Call Maria 416-225-2112 ext. 130 or email marial@betelcentre.org

Lifelong Learning

LIFE LONG LEARNING LECTURE

Art With Carmen

Learn about 20th Century art as we peek into the life of famous Chilean artist, Carmen Cereceda Bianchi, Professor of Art in Chile, Mexico and University of Toronto (17 years). We will visit with her colleagues, students and artists, as well as look at different Medias of art. Surprising famous people connected with Carmen will delight during this presentation

Date: Tuesday, June 7

Time: 10:30 am – 11:30 am

Speaker: Jerry Willer

Cost: \$5 at the door

Registration: Call Sharon at 416-225-2112 ext. 124

LIFE LONG LEARNING COURSE

What is this thing called Classical Music?

When people say they enjoy listening to classical music, what are they listening to? Classical music includes many different things, but what is it really? We will be reviewing styles and shed some light on what it is all about including symphonies, concertos and sonatas.

Date: Thursdays, June 2 - 16

Time: 1:30 – 3:00 pm

Speaker: Howard Mednick, Classical Music DJ

Cost: FREE

Registration: Call Sharon at 416-225-2112 ext. 124

Can't make it into the centre? Do you want to take part in our on-site Life Long Learning classes through Zoom? If there is an interesting lecture you would like to take part in, call Reception at 416-225-2112 ext. 0 to pay \$5 before the class and you will be emailed a link to the lecture to watch the live stream of the class!