

ONSITE PROGRAMS - July 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.

Call Reception at 416-225-2112 ext. 0 to register for all paid classes.

For question, contact Maria at marial@betelcentre.org or 416-225-2112 ext 130

Digital Literacy and Computer Learning:

Beginners Computer:

No experience necessary. Learn computer basics, including email and the internet!

Instructor: Dianne Erdos-Rush

Dates: Tuesday, June 28 – Aug. 9

Time: 1:00 am - 2:30 pm

Weeks: 7 weeks

Price: \$56

Games, special events, outdoor programs and more:

Mah Jong - Beginners:

Learn how to play Mah Jong with experienced instructors. Supplies included.

Instructor: Judy Ezrin

Date: Monday, July 4 – Sept 19

No class August 1 and September 5

Time: 10:00 am – 12:00 pm

Price: Free

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

Ageing Mindfully Support Group:

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

Instructor: Irine Dubinski, Social Service Worker

Dates: Tuesday, July 5 – August 23

Time: 11:30 am - 1:00 pm

Weeks: 8

Price: Free

Registration: Call Irine 416-225-2112 ext 122 or email irined@betelcentre.org

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

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

Time: 1:00 pm - 2:00 pm

Price: Free

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

Book Club

This month we're reading "Where the Crawdads Sing." Join us to discuss the book and chat about adapting it to a movie!

Date: Thursday, July 28

Time: 2:00 – 3:00 pm

Facilitator: Sharon Chodirker and Maria Lindgren

Cost: FREE

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

FITNESS AND DANCE:

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

Times: 10:00 – 11:00 am

Price: Free

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

Israeli Dancing:

Enjoy the music and learn the steps to dances associated with the folklore of Israel.

Instructor: Vivian Margulis and Mali Wasserman

Dates: Monday, July 4 – Sept. 19

No Class August 1 and Sept. 5

Times: 3:00 - 4:00 pm

Weeks: 10 weeks

Price: Free - Registration Required

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

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, July 5 – Sept 13

Times: 10:30 am - 11:30 am

Weeks: 11 weeks

Price: \$55

Yoga:

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

Instructor: Terri Dunnigan

Dates: Tuesday, July 5 – Sept 13

Times: 12:00 pm - 1:00 pm

Weeks: 11 weeks

Price: \$55

Body Works:

Energise yourself with aerobic, strength, stretching and dance for total body fitness.

Instructor; Margarita Vlasicheva

Dates: Wednesday, July 13 – Sept. 14

Times: 11:30 am - 12:30 pm

Weeks: 10 weeks

Price: \$50

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

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, July 8 – Sept 16

Times: 10:00 - 11:00 am

Weeks: 9 weeks

Price: \$45

ARTS:

Watercolour - Intermediate:

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

Instructor: Elaine Sugar

Dates: Monday, July 18 – Sept. 19

No classes August 1 or Sept. 5

Times: 9:30 am - 12:00 pm

Weeks: 8 weeks

Price: \$100

Drawing and Acrylic:

Develop your skills and express yourself. Beginner and Intermediate classes offered! No supplies included for classes.

Beginner:

Instructor: Maya Vinokurov

Dates: Monday, July 11 – Sept. 19

No class August 1 and Sept. 5

Times: 1:30 pm - 4:00 pm

Weeks: 9 weeks

Price: \$112.50

Intermediate:

Instructor: Maya Vinokurov

Dates: Tuesday, July 5 – Sept. 13

Times: 9:30 am - 12:00 pm

Weeks: 11 weeks

Price: \$137.50

Pottery - Mixed Levels:

Everyone is welcome. The instructors provide individualised teaching so each student receives the information they need, from beginners to experts. 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.

Instructor: Linda (Shayne) Berlin

Dates: Tuesday, June 21 – Sept. 20

No class Aug. 9 and 16

Times: 1:00 - 4:00 pm

Weeks: 12 weeks

Price: \$180

Instructor: Linda (Shayne) Berlin

Dates: Wednesday, June 22 – Sept. 21

No Class Aug. 10 and 17

Times: 9:30 am - 12:30 pm

Weeks: 12 weeks

Price: \$180

Instructor: Anisoara Kirschner-Kozai

Dates: Thursday, July 14 – Sept. 21

No class July 28

Times: 1:00 - 4:00 pm

Weeks: 10 weeks

Price: \$150

Instructor: Linda (Shayne) Berlin

Dates: Friday, July 8 – Sept. 23

No class August 5, 12 and 19

Times: 9:30 am - 12:30 pm

Weeks: 9 weeks

Price: \$135

Lifelong Learning

LIFE LONG LEARNING LECTURES

July 5

The Middle East on the Move: Forward or Backward?

The Middle East is entering a new and potentially dangerous phase. With the world's superpowers, China, Russia, and the United States preoccupied with much greater challenges, the Middle East is left to fend for itself. This lecture is a political review and analysis of the current Middle East dynamics and is designed to provide a deep understanding of the internal and external factors that will determine the future trajectory of the Middle East: Forward or Backward?

Facilitator: Amnon Zohar – International Relations Expert

July 12

China in 2022 - A Look Ahead

Summary: "China's plans to go to the Moon, Mars and beyond. It's in the early phase of its 5 year economic/political plan. The upcoming 20th National Congress (2022) will address the title and power of China's leader, US-China competition and many other issues facing this powerful country."

Facilitator: Arnold Gillis

July 19

Icons of Canadian Popular Music

Explore how popular music has been shaped by Canada. Hear the sounds of Leonard Cohen, Neil Young, Joni Mitchell and many more great Canadian musicians.

Facilitator: Daniel Aonso – Music Expert

July 26

Ten Most Famous Paintings in the World

Throughout the centuries, several paintings have achieved world recognition across all ages due to their unique display of talent and style. Most of the world's famous paintings are oil on canvas pieces that have stood the test of time and have had a lasting impression on those who have seen it.

Facilitator: Rachel Levine – Art Lecturer

Date: Tuesdays

Time: 10:30 am – 11:30 am

Cost: \$5 at the door

Registration: Call Sharon at 416-225-2112 ext. 124 or email at sharonc@betelcentre.org

LIFE LONG LEARNING COURSE

What is this thing called Classical Music – Part II

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 violin concertos, uncommon instruments and string ensembles. If you missed Part I in June, no worries, each lecture is on a separate topic.

Date: Thursdays, July 14, 21 and 28

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!