

Bernard Betel Centre Virtual Programming Calendar – August 2022

| Mon | Tues | Wed | Thurs | Fri |
|--|-------------------------------------|---|--|---|
| 1 CIVIC HOLIDAY | 2 9:00 - 9:30 Chair Yoga | 3 | 4 11:00 - 12:00 Memory Boosters 3:00 - 4:00 Mandala Club | 5 10:00 -10:45 - Gentle Fitness 10:30 - 11:30 Creative Writing |
| 8 10:30 - 11:30 am Sudoku 2:00 - 2:30 pm Mindfulness Meditation | 8 9:00 - 9:30 Chair Yoga | 10 | 11 11:00 - 12:00 Memory Boosters 3:00 - 4:00 Mandala Club | 12 10:00 -10:45 - Gentle Fitness 10:30 - 11:30 Creative Writing |
| 15 10:30 am – 11:30 am Sudoku 2:00 – 2:30 pm Mindfulness Meditation | 16 9:00 - 9:30 Chair Yoga | 17 2:00 – 3:00 Yiddish Conversation | 18 11:00 - 12:00 Memory Boosters 3:00 - 4:00 Mandala Club | 19 10:00 - 10:45 - Gentle Fitness 10:30 - 11:30 Creative Writing |
| 22 10:30 - 11:30 am Sudoku 2:00 - 2:30 pm Mindfulness Meditation | 23 9:00 - 9:30 Chair Yoga | 24 | 25 11:00 - 12:00 Memory Boosters 3:00 - 4:00 Mandala Club | 26 |
| 29 10:30 - 11:30 am Sudoku 2:00 - 2:30 pm Mindfulness Meditation | 30 9:00 - 9:30 Chair Yoga | 31 | | |