

ONSITE PROGRAMS – August 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

Open Lab:

Volunteers are available to help and answer your tech questions. Bring your own laptop, tablet or phone or use our computers.

Date: Wednesdays, beginning July 20

Time: 10:00 am – 12:00 pm

Price: \$2 per hour

Drop in for a visit! No registration required.

Beginner Plus – iPhone/iPad Classes

Learn the basics of your iPhone or iPad plus more skills!

Instructor: Dianne Erdos-Rush

Date: Thursdays September 8 – October 20

Time: 10:00 – 11:30 am

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 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

Etrog Hebrew Club

Offering a variety of activities in Hebrew such as lectures, discussions, current events, socials, music and more.

Date; Tuesdays

Time: 3:00 – 5:00 pm

Price: Free

Registration; Call Francesca 416-225-2112 ext 110 or francescad@betelcentre.org

French Conversation Group

Parlez-vous français? Come and discuss current events, poetry, music and more.

Facilitator: Alla Gertsenstein

Date: Wednesday, August 3, 17 and 31

Time: 10:30 -11:30 am

Price: Free

Registration: Call Maria 416-225-2112 ext 130

Or email marial@betelcentre.org

News, Views and Schmooze

Discussion of different subjects of interest in a relaxed and friendly environment.

Facilitator: Harvey Skolnick

Date: Mondays, begins August 8

Time: 10:00 – 11:30 am

Price: Free

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

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.

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

Tuesday, August 16

10:30 am

The Middle East on the Move: Forward or Backward?

A continuation of July's talk on the same subject with an emphasis on the Biden visit to the Middle East, Israeli Elections and Saudi-Israel relations.

Facilitator: Amnon Zohar – International Relations Expert

Thursday, August 18

2:00 pm

Classical Music from Spain

Spain has produced interesting music for the classical music world. The different regions of Spain itself each have distinctive musical characteristics. This program will include exciting examples of guitar and piano works, as well as full orchestral pieces to go along with some ballet and opera from Spain.

Facilitator: Howard Mednick, Classical Music DJ

Tuesday, August 23

10:30 am

China in 2022: A Look Ahead, Part 2

Discover China's plans for this year and beyond; A short time travel into the preceding decades will give us the background for understanding China's priorities, its leaders and engagement with the rest of the world

Facilitator: Arnold Gillis

Tuesday, August 30

10:30 am

The Kiss as Depicted in Art

Lovers' kiss, a kiss between parents, children and other family members, an affectionate kiss, a religious ritual, a kiss of friendship, hand-kissing, first kiss, stolen kiss, forbidden kiss, farewell kiss and historic kiss. This presentation will explore how art depicts a variety of gestures used as forms of greetings that express respect and/or affection.

Facilitator: Rachel Levine – Art Educator

Cost: \$5 at the door
Registration: Call Sharon at 416-225-2112 ext. 124 or email at sharonc@betelcentre.org

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 virtually, contact Sharon at sharonc@betelcentre.org