


# Bernard Betel Centre Online Virtual Program Calendar – NOVEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b> 12 - 1 Gentle Fitness <i>(Facebook Live)</i> 12 - 2 Global Affairs: U.S. Election 2 - 3 News, Views & Schmooze	<b>3</b> 11:30 - 12:30 RGA English Conversation 1 - 2:30 Drawing & Acrylic 2:30 - 4:30 Power of Mythology 3 - 3:30 Guided Mindful Meditation	<b>4</b> 10 - 11 Breathe Better Exercise 11 - 12 Cooking Club: Cooking with Winter Squash 1:30 - 3 Memoir Writing: What's Your Story? 2 - 4 Religions of Ancient Near East	<b>5</b> 8:30 - 9 Fitness: Morning Energizer! 11 - 12 Memory Boosters 2-3 Workshop: 'Beginners Facebook' 3 - 4 Mandala Drawing & Colouring	<b>6</b> 10:30 - 11:30 Creative Writing 12 - 1 Shizen Ha Class 2 - 3 Breathe Better Exercise	<b>7</b>
<b>8</b>	<b>9</b> 10-12 Classical Music 12 - 1 Gentle Fitness <i>(Facebook Live)</i> 12 - 2 Global Affairs: U.S. Election 2 - 3 News, Views & Schmooze	<b>10</b> 10 - 10:30 Chair Yoga 10:30 - 11:30 Workshop: 'Fiddler on the Roof' 11:30 - 12:30 RGA English Conversation 1 - 2:30 Drawing & Acrylic 2:30 - 4:30 Power of Mythology 3 - 3:30 Guided Mindful Meditation	<b>11</b> 10 - 11 Breathe Better Exercise 11 - 12 Cooking Club: Asian Dumplings 1:30 - 3 Memoir Writing: What's Your Story? 3-4 A Trip Down Memory Lane 2 - 4 Religions of Ancient Near East	<b>12</b> 8:30 - 9 Fitness: Morning Energizer! 11 - 12 Memory Boosters 12:30 - 1:30 French Conversation 3 - 4 Mandala Drawing & Colouring 5 - 6 Spanish Conversation	<b>13</b> 10:30 - 11:30 Creative Writing 12 - 1 Shizen Ha Class 1 - 2 Art Appreciation: Judy Chicago 2 - 3 Breathe Better Exercise	<b>14</b>
<b>15</b>	<b>16</b> 12 - 1 Gentle Fitness <i>(Facebook Live)</i> 12 - 2 Global Affairs: U.S. Election 2 - 3 News, Views & Schmooze	<b>17</b> 10 - 10:30 Chair Yoga 10:30 - 11:30 Workshop: 'ROM: Judaica' 11:30 - 12:30 RGA English Conversation 1 - 2:30 Drawing & Acrylic 2:30 - 4:30 Power of Mythology 3 - 3:30 Guided Mindful Meditation	<b>18</b> 10 - 11 Breathe Better Exercise 11 - 12 Cooking Club: Pumpkin Cinnamon Buns 1:30 - 3 Memoir Writing: What's Your Story? 3-4 A Trip Down Memory Lane 2 - 4 Religions of Ancient Near East	<b>19</b> 8:30 - 9 Fitness: Morning Energizer! 11 - 12 Memory Boosters 1:30-2:30 Workshop: 'Diabetes Management' 3 - 4 Mandala Drawing & Colouring 5 - 6 Spanish Conversation	<b>20</b> 10:30 - 11:30 Creative Writing 12 - 1 Shizen Ha Class 2 - 3 Breathe Better Exercise	<b>21</b>
<b>22</b> 1 - 1:30 Concert with Jerry Rush <i>(Facebook Live)</i>	<b>23</b> 10-12 Classical Music 12 - 1 Gentle Fitness <i>(Facebook Live)</i> 12 - 2 Global Affairs: U.S. Election 2 - 3 News, Views & Schmooze	<b>24</b> 10 - 10:30 Chair Yoga 11:30 - 12:30 RGA English Conversation 1 - 2:30 Drawing & Acrylic 2:30 - 4:30 Power of Mythology 3 - 3:30 Guided Mindful Meditation	<b>25</b> 10 - 11 Breathe Better Exercise 11 - 12 Cooking Club: Pickled Salmon and Apps 1:30 - 3 Memoir Writing: What's Your Story? 3-4 A Trip Down Memory Lane 2 - 4 Religions of Ancient Near East	<b>26</b> 8:30 - 9 Fitness: Morning Energizer! 11 - 12 Memory Boosters 12:30 - 1:30 French Conversation 1:30-2:30 Workshop: 'Book Club: The Gown' 3 - 4 Mandala Drawing & Colouring 5 - 6 Spanish Conversation	<b>27</b> 10:30 - 11:30 Creative Writing 12 - 1 Shizen Ha Class 1 - 2 Art Appreciation: Gustav Klimt 2 - 3 Breathe Better Exercise	<b>28</b>
<b>29</b>	<b>30</b> 10-12 Classical Music 12 - 1 Gentle Fitness <i>(Facebook Live)</i> 12 - 2 Global Affairs: U.S. Election 2 - 3 News, Views & Schmooze	 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> . bernard betel centre				