


# Bernard Betel Centre Online Virtual Program Calendar – SEPTEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		<b>1</b> 11:30 - 12:30 RGA English Conversation Club 1 - 2:30 Drawing & Acrylic 2:30 - 4:30 Philosophy Course	<b>2</b> 11 - 12 Cooking Club: Lentil Soup 2 - 4 Archeology Course 2 - 4 Ask the Expert	<b>3</b> 8:30 - 9 Fitness: Morning Energizer! 11 - 12 Memory Boosters 1:30 - 2:30 Workshop: 'Computer Safety' 3 - 4 Improv Comedy	<b>4</b> 10:30 - 11:30 Creative Writing 12 - 1 Shizen Ha Class	<b>5</b>	
<b>6</b>	<b>7</b> <b>Labour Day (No Programs)</b>	<b>8</b> 10 - 11:30 Workshop: 'Antisemitism Then and Now' 11:30 - 12:30 RGA English Conversation Club 1 - 2:30 Drawing & Acrylic 3 - 3:30 Guided Mindful Meditation	<b>9</b> 11 - 12 Cooking Club: Korean Inspired Salads 2 - 4 Ask the Expert	<b>10</b> 8:30 - 9 Fitness: Morning Energizer! 11 - 12 Memory Boosters 12:30 - 1:30 French Conversation 1:30 - 2:30 Workshop: 'Effective Communication with Canadian Hearing Services' 3 - 4 Improv Comedy	<b>11</b> 10:30 - 11:30 Creative Writing 12 - 1 Shizen Ha Class 1 - 2 Art Appreciation: Maud Lewis	<b>12</b>	
<b>13</b>	<b>14</b> 12 - 1 Gentle Fitness ( <i>Facebook Live</i> ) 2 - 3 News, Views & Schmooze 2 - 4 Ask the Expert	<b>15</b> 10 - 11:30 Workshop: 'Escape to Southeast Asia' 11:30 - 12:30 RGA English Conversation Club 1 - 2:30 Drawing & Acrylic 3 - 3:30 Guided Mindful Meditation	<b>16</b> 11 - 12 Cooking Club: Vegan Chipotle Mac and Cheese 1:30 - 3 Memoir Writing: What's Your Story? 2 - 4 Ask the Expert	<b>17</b> 8:30 - 9 Fitness: Morning Energizer! 11 - 12 Memory Boosters 3 - 4 Improv Comedy	<b>18</b> 10:30 - 11:30 Creative Writing 12 - 1 Shizen Ha Class	<b>19</b> <b>Rosh Hashanah</b>	
<b>20</b> <b>Rosh Hashanah</b>	<b>21</b> 12 - 1 Gentle Fitness ( <i>Facebook Live</i> ) 2 - 3 News, Views & Schmooze 2 - 4 Ask the Expert	<b>22</b> 10:30 - 11:30 Workshop: 'Diabetes Management' 11:30 - 12:30 RGA English Conversation Club 1 - 2:30 Drawing & Acrylic 3 - 3:30 Guided Mindful Meditation	<b>23</b> 11 - 12 Cooking Club: Healthy Make Ahead Breakfasts and Snacks 1:30 - 3 Memoir Writing: What's Your Story? 2 - 4 Ask the Expert	<b>24</b> 8:30 - 9 Fitness: Morning Energizer! 11 - 12 Memory Boosters 12:30 - 1:30 French Conversation 1:30 - 2:30 Workshop: 'Book Club: Cleopatra: A Life' 3 - 4 Improv Comedy	<b>25</b> 10:30 - 11:30 Creative Writing 12 - 1 Shizen Ha Class 1 - 2 Art Appreciation: Mark Rothko	<b>26</b>	
<b>27</b> <b>Kol Nidre</b>	<b>28</b> <b>Yom Kippur (No Programs)</b>	<b>29</b> 11:30 - 12:30 RGA English Conversation Club 1 - 2:30 Drawing & Acrylic 3 - 3:30 Guided Mindful Meditation	<b>30</b> 11 - 12 Cooking Club: TBA 1:30 - 3 Memoir Writing: What's Your Story? 2 - 4 Ask the Expert	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