


Bernard Betel Centre Online Program Calendar – May 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|---|--|---|--|--|--------------------------|
| 2 | 3 10:30 - 11:30 Sudoku 10:30 - 11:30 Watercolour Intermediate 12 - 1 Gentle Fitness (<i>Facebook Live</i>) 2 - 3 News, Views & Schmooze | 4 9:30 - 10 Chair Yoga 10:30 - 11:30 Workshop: Optimism and VCHC COVID-19 Services 1 - 2:15 Drawing & Acrylic 2:30 - 4:30 Art & Science 4 - 5 Workshop: Laughter Yoga | 5 10 - 11 Breathe Better Exercise 11 - 12 Cooking Club: Hearty Vegan Salads 1 - 2 Workshop: Brain Games Using Your Computer 2 - 4 Archaeology of Turkey 3:30 - 4 Mindful Meditation | 6 8:30 - 9 Fitness: Morning Energizer! 11 - 12 Memory Boosters 12 - 1 RGA English Conversation 12:30 - 1:30 French Conversation 1:30 - 3:30 Emerging Superpowers 2:30 - 3:30 Mother's Day Concert 3 - 4 Mandala Workshop | 7 10:30 - 11:30 Creative Writing 10:30 - 11:30 Watercolour Intermediate 12 - 1 Shizen Ha Class 1 - 2 Art Appreciation: Annie Pootoogook 2 - 3 Breathe Better Exercise 3 - 4 Victory Day Concert | 1 8 |
| 9 | 10 10:30 - 11:30 Sudoku 10:30 - 11:30 Watercolour Intermediate 12 - 1 Gentle Fitness (<i>Facebook Live</i>) 2 - 3 News, Views & Schmooze | 11 9:30 - 10 Chair Yoga 10:30 - 11:30 Workshop: Growing Up Jewish in Iran 1 - 2:15 Drawing & Acrylic 2:30 - 4:30 Art & Science | 12 10 - 11 Breathe Better Exercise 11 - 12 Cooking Club: Savoury & Sweet Cheese Pastries 1 - 2 Introduction to Portraiture 2 - 4 Archaeology of Turkey 3:30 - 4 Mindful Meditation | 13 8:30 - 9 Fitness: Morning Energizer! 11 - 12 Memory Boosters 12 - 1 RGA English Conversation 1:30 - 3:30 Emerging Superpowers 3 - 4 Mandala Workshop 5 - 6 Spanish Conversation | 14 10:30 - 11:30 Creative Writing 10:30 - 11:30 Watercolour Intermediate 12 - 1 Shizen Ha Class 1 - 2 Workshop: Shavuot 2 - 3 Breathe Better Exercise | 15 |
| 16 | 17 Shavuot | 18 Shavuot | 19 10 - 11 Breathe Better Exercise 11 - 12 Cooking Club: Spices and Indian Dal 1 - 2 Introduction to Portraiture 2 - 4 Archaeology of Turkey 3:30 - 4 Mindful Meditation | 20 8:30 - 9 Fitness: Morning Energizer! 11 - 12 Memory Boosters 12 - 1 RGA English Conversation 12:30 - 1:30 French Conversation 1:30 - 3:30 Emerging Superpowers 3 - 4 Mandala Workshop 5 - 6 Spanish Conversation | 21 10:30 - 11:30 Creative Writing 10:30 - 11:30 Watercolour Intermediate 12 - 1 Shizen Ha Class 1 - 2 Art Appreciation: Alfred Stieglitz 2 - 3 Breathe Better Exercise | 22 |
| 23 | 24 Victoria Day | 25 9:30 - 10 Chair Yoga 10:30 - 11:30 Workshop: Aspects of the Shtetl 1 - 2:15 Drawing & Acrylic 2:30 - 4:30 Art & Science | 26 10 - 11 Breathe Better Exercise 11 - 12 Cooking Club: TBD 1 - 2 Introduction to Portraiture 2 - 4 Archaeology of Turkey 3:30 - 4 Mindful Meditation | 27 8:30 - 9 Fitness: Morning Energizer! 11 - 12 Memory Boosters 12 - 1 RGA English Conversation 1:30 - 3:30 Emerging Superpowers 3 - 4 Mandala Workshop | 28 10:30 - 11:30 Creative Writing 10:30 - 11:30 Watercolour Intermediate 12 - 1 Shizen Ha Class 2 - 3 Breathe Better Exercise | 29 |
| 30 | 31 10:30 - 11:30 Sudoku 10:30 - 11:30 Watercolour Intermediate 12 - 1 Gentle Fitness (<i>Facebook Live</i>) 2 - 3 News, Views & Schmooze |  <p>All programs are hosted on Zoom, unless otherwise listed as Facebook Live. Please click HERE for specific program details and how to register for programs hosted on Zoom. All Facebook Live programs can be accessed on our Facebook page HERE.</p> | | | | |