


# Bernard Betel Centre Online Program Calendar – July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>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>.</p>				1 Centre Closed	2 Centre Closed	3
4	<b>5</b> 10:30 - 11:30 Sudoku 10:30 - 11:30 Watercolour Intermediate 12 - 1 Gentle Fitness ( <i>Facebook Live</i> ) 2 - 3 News, Views & Schmooze	<b>6</b> 9:30 - 10 Chair Yoga 10:30 - 11:30 Presentation: Epidemics in Jewish History 2 - 2:30 Walking Club	<b>7</b> 10 - 11 Breathe Better Exercise 11 - 12 Cooking Club: Chicken Afritada 1 - 2 Presentation: The Temple in Your Heart	<b>8</b> 8:30 - 9 Fitness: Morning Energizer! 11 - 12 Memory Boosters 12 - 1 RGA English Conversation 12:30 - 1:30 French Conversation 2 - 2:45 Laughter Yoga 3 - 4 Mandala Workshop	<b>9</b> 10:30 - 11:30 Creative Writing 10:30 - 11:30 Watercolour Intermediate 12 - 1 Shizen Ha Class 2 - 3 Breathe Better Exercise	10
11	<b>12</b> 10:30 - 11:30 Sudoku 10:30 - 11:30 Watercolour Intermediate 2 - 3 News, Views & Schmooze	<b>13</b> 9:30 - 10 Chair Yoga 10:30 - 11:30 Presentation: Important CRA Information about Taxes, Benefits and Credits 1 - 2:15 Drawing & Acrylic 1 - 2 Beginner Tablet	<b>14</b> 10 - 11 Breathe Better Exercise 11 - 12 Cooking Club: Vegan Sandwiches 1 - 2:30 Presentation: How to Organize Your Photos 2 - 4 Archaeology of Animals	<b>15</b> 8:30 - 9 Fitness: Morning Energizer! 11 - 12 Memory Boosters 12 - 1 RGA English Conversation 2 - 3 Presentation: The Pedestrian Impact 3 - 4 Mandala Workshop	<b>16</b> 10:30 - 11:30 Creative Writing 10:30 - 11:30 Watercolour Intermediate 12 - 1 Shizen Ha Class 2 - 3 Breathe Better Exercise	17
18	<b>19</b> 10:30 - 11:30 Sudoku 10:30 - 11:30 Watercolour Intermediate 12 - 1 Gentle Fitness ( <i>Facebook Live</i> ) 2 - 3 News, Views & Schmooze	<b>20</b> 9:30 - 10 Chair Yoga 10:30 - 11:30 Presentation: Bibi Netanyahu - Part 1 1 - 2:15 Drawing & Acrylic 1 - 2 Beginner Tablet 2 - 2:30 Walking Club	<b>21</b> 10 - 11 Breathe Better Exercise 11 - 12 Cooking Club: Pad Thai 2 - 4 Archaeology of Animals	<b>22</b> 8:30 - 9 Fitness: Morning Energizer! 11 - 12 Memory Boosters 12 - 1 RGA English Conversation 12:30 - 1:30 French Conversation 3 - 4 Mandala Workshop	<b>23</b> 10:30 - 11:30 Creative Writing 10:30 - 11:30 Watercolour Intermediate 12 - 1 Shizen Ha Class 2 - 3 Breathe Better Exercise	24
25	<b>26</b> 10:30 - 11:30 Sudoku 10:30 - 11:30 Watercolour Intermediate 12 - 1 Gentle Fitness ( <i>Facebook Live</i> ) 2 - 3 News, Views & Schmooze	<b>27</b> 9:30 - 10 Chair Yoga 10:30 - 11:30 Presentation: Bibi Netanyahu - Part 2 1 - 2:15 Drawing & Acrylic 1 - 2 Beginner Tablet 2 - 2:30 Walking Club	<b>28</b> 10 - 11 Breathe Better Exercise 11 - 12 Cooking Club: TBD 2 - 4 Archaeology of Animals	<b>29</b> 8:30 - 9 Fitness: Morning Energizer! 11 - 12 Memory Boosters 12 - 1 RGA English Conversation 3 - 4 Mandala Workshop	<b>30</b> 10:30 - 11:30 Creative Writing 10:30 - 11:30 Watercolour Intermediate 12 - 1 Shizen Ha Class 2 - 3 Breathe Better Exercise	31