


Bernard Betel Centre Online Program Calendar – October 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|--|--|-----------|
|  <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> | | | | | 1 10:30 - 11:30 Creative Writing 12 - 1 Shizen Ha Class 2 - 3 Breathe Better Exercise | 2 |
| 3 | 4 10:30 - 11:30 Sudoku 12 - 1 Gentle Fitness (<i>Facebook Live</i>) 1 - 2:30 Beginner Tablet 2 - 3 News, Views and Schmooze | 5 9:30 - 10 Chair Yoga 10:30 - 11:30 Presentation: The Wisdom of Cravings 1 - 2:15 Drawing & Acrylic 2 - 2:30 Walking Club | 6 10 - 11 Breathe Better Exercise 11 - 12 Cooking Club: White Chicken Chili and Cornbread | 7 8:30 - 9 Fitness: Morning Energizer! 11 - 12 Memory Boosters 12 - 1 RGA English Conversation 12:30 - 1:30 French Conversation 1 - 2:30 Beginner Tablet 1:30 - 3 The History of Antisemitism 3 - 4 Mandala Workshop | 8 9:30 - 10:30 Mindfully Managing Stress 10:30 - 11:30 Creative Writing 12 - 1 Shizen Ha Class 2 - 3 Breathe Better Exercise | 9 |
| 10 | 11 Closed: Thanksgiving | 12 9:30 - 10 Chair Yoga 10:30 - 11:30 Presentation: The Memorable Music of Rodgers and Hammerstein 1 - 2:15 Drawing & Acrylic 2 - 2:30 Walking Club | 13 10 - 11 Breathe Better Exercise 11 - 12 Cooking Club: Birthday Treats 12 - 1 Tech Training: Microsoft Word 2 - 4 Archaeology | 14 8:30 - 9 Fitness: Morning Energizer! 11 - 12 Memory Boosters 12 - 1 RGA English Conversation 1:30 - 3 The History of Antisemitism 3 - 4 Mandala Workshop | 15 9:30 - 10:30 Mindfully Managing Stress 10:30 - 11:30 Creative Writing 12 - 1 Shizen Ha Class 2 - 3 Breathe Better Exercise | 16 |
| 17 | 18 10:30 - 11:30 Sudoku 10 - 12 Watercolour Intermediate 12 - 1 Gentle Fitness (<i>Facebook Live</i>) 2 - 3 News, Views and Schmooze | 19 9:30 - 10 Chair Yoga 10:30 - 11:30 Presentation: From Reality to Fiction and Back Again 10:30 - 11:30 Presentation: Digital Fashion, Beauty Reinvented 1 - 2:15 Drawing & Acrylic 2 - 2:30 Walking Club | 20 10 - 11 Breathe Better Exercise 11 - 12 Cooking Club: Vegan Nachos 2 - 4 Archaeology | 21 8:30 - 9 Fitness: Morning Energizer! 11 - 12 Memory Boosters 12 - 1 RGA English Conversation 12:30 - 1:30 French Conversation 1:30 - 3 The History of Antisemitism 3 - 4 Mandala Workshop | 22 9:30 - 10:30 Mindfully Managing Stress 10:30 - 11:30 Creative Writing 12 - 1 Shizen Ha Class 2 - 3 Breathe Better Exercise | 23 |
| 24 1 - 1:30 Concert: Jerry Rush (<i>Facebook Live</i>) | 25 10:30 - 11:30 Sudoku 10 - 12 Watercolour Intermediate 12 - 1 Gentle Fitness (<i>Facebook Live</i>) 2 - 3 News, Views and Schmooze | 26 9:30 - 10 Chair Yoga 10:30 - 11:30 Presentation: Capturing Life's Moments "Nature's Wonder" 1 - 2:15 Drawing & Acrylic 2 - 2:30 Walking Club | 27 10 - 11 Breathe Better Exercise 11 - 12 Cooking Club: TBD 2 - 4 Archaeology | 28 8:30 - 9 Fitness: Morning Energizer! 11 - 12 Memory Boosters 12 - 1 RGA English Conversation 3 - 4 Mandala Workshop | 29 9:30 - 10:30 Mindfully Managing Stress 10:30 - 11:30 Creative Writing 12 - 1 Shizen Ha Class 2 - 3 Breathe Better Exercise | 30 |
| 31 | | | | | | |