

# What's On! February 2018

**Centre is CLOSED:**

**Monday, February 19 - Family Day**

## Special Events and Concerts

Wed., February 7	<b>Bingo!</b>	1:00 pm - 3:00 pm	2 cards for \$1
Sun., February 11	<b>Concert:</b> Resa's Pieces Singers	1:30 pm - 2:30 pm	Tickets: \$5/\$8
Wed., February 14	<b>Love is in the Air! Lunch &amp; Concert</b>	1:00 pm - 3:00 pm	Tickets: \$18/\$22
Thurs., February 15	<b>Valentine's Day Party</b> (RGA Club)	7:00 pm - 10:30 pm	Tickets: \$28/\$35
Sun., February 18	<b>Intergenerational Program</b>	1:30 pm - 3:00 pm	Cost: Free
Wed., February 21	<b>Wellness Lecture:</b> Eating for Your Heart	1:00 pm - 2:30 pm	Cost: Free
Sun., February 25	<b>Concert:</b> Strings Attached Orchestra	1:30 pm - 2:30 pm	Tickets: \$5/\$8
Wed., February 28	<b>Bingo!</b>	1:00 pm - 3:00 pm	2 cards for \$1



## Love is in the Air! Lunch & Concert

Singer Marion Ross will perform with saxophone player Alex Chekalev  
"Las Vegas Style" dance show by "Elite"

**Wednesday, February 14 • 1:00 pm - 3:00 pm • Tickets: \$18/\$22**

## Sunday at the Movies!

**Sunday, February 4**

**"Love and Pain and the Whole Damn Thing"**

**1:00 pm - 3:30 pm • Cost: Free**

## Chronic Pain Management Workshop

Learn new information, coping mechanisms and understanding of chronic pain.

**Tuesday, February 13 • 10:00 am • Cost: Free**

**Call Maria at 416-225-2112 x130 to register.**

## Wellness Clinics

Monday, February 5	<b>Hearing Screening Clinic</b>	11:00 am - 1:00 pm	Free admission
Monday, February 12	<b>Blood Pressure Clinic</b>	10:30 am - 11:30 am	Free admission
Wednesday, February 21	<b>Hearing Aid Clinic</b>	10:30 am - 12:30 pm	Free admission
Friday, February 23	<b>Reiki</b>	10:00 am - 1:00 pm	\$10/appointment
Monday, February 26	<b>Nutrition &amp; Diabetes Clinic</b>	10:00 am - 12:00 pm	Free admission

*Please call 416-225-2112, ext. 130 to book an appointment.*



## Android Tablet or Cell Phone Class

Learn the basics of operating your Android phone or tablet.

**Friday, February 16 - March 16 • 12:00 - 2:00 pm**

**\$42 for members, \$57 for non-members**

## Laughter Yoga

Learn the health benefits of laughter.

No exercise required.

**Thursday, February 1 and 22**

**12:15 pm - 1:15 pm • Cost: Free**

## Thursday Wellness Lectures

1:30 pm - 2:30 pm

Feb. 1	<b>Exercise with Care</b>	<b>Anne Klauser</b> Exercise with Care
Feb. 8	<b>Lower Back Pain</b>	<b>Alejandra Rodriguez</b> Physiotherapist, Stay Active Rehabilitation
Feb. 15	<b>Book Talk: "The Aftermath of Loss: A Guidebook for Widows"</b>	<b>Sharon Lennox &amp; Deborah Marsh</b> Authors
Feb. 22	<b>Financial Abuse for Older Adults</b>	<b>Ambrose Recoskie</b> Edward Jones Financial

In the Synagogue • Free Admission



## CONTACT INFORMATION

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[www.betelcentre.org](http://www.betelcentre.org)



[www.facebook.com/betelcentre](http://www.facebook.com/betelcentre)



[www.twitter.com/betelcentre](http://www.twitter.com/betelcentre)

We gratefully acknowledge financial support for the Bernard Betel Centre from:



## Drop-in Social Work Clinic

Thursday, February 8 and 22  
9:30 am - 12:00 pm



## Lifelong Learning Lectures

In the Synagogue • Tuesday • 10:00 - 11:30 am  
Members: \$4.25 Non-Members: \$8.50

Feb. 6	<b>Comics of Jewish Descent: Part 1</b> Don Rickles	<b>Rosalin Krieger</b> Artist, Editor, Writer and Lecturer
Feb. 13	<b>Comics of Jewish Descent: Part 2</b> Jerry Lewis	<b>Rosalin Krieger</b> Artist, Editor, Writer and Lecturer
Feb. 20	<b>Comics of Jewish Descent: Part 3</b> Shelley Berman	<b>Rosalin Krieger</b> Artist, Editor, Writer and Lecturer
Feb. 27	<b>Jewish Influence in Jazz &amp; the Israeli Jazz Scene</b>	<b>Reuvan Grajner</b> Pianist, Composer, Singer and Arranger

## Wellness Lecture: Eating for Your Heart

Wednesday, February 21 • 1:00 pm - 2:30 pm  
Leah Shainhouse, RD will discuss healthy eating for your heart followed by a food demo.  
Free admission!

## New Member Meet & Greet

Monday, February 26 • 9:30 am - 10:30 am  
Take a centre tour, meet other members and learn about the programs and services that we offer.

## Tea with Gail

Wednesday, February 14  
10:00 am - 11:00 am



**Service Navigation & Information Clinic**  
Thursday, February 1 and 15 • 9:30 am - 11:30 am  
Call ext. 122 for an appointment.

Stay tuned for *What's On!* in March!