

Centre is CLOSED:

Monday, January 1 - New Year's Day

STAYING HOME WHEN YOU ARE SICK Flu season is upon us, and we want to remind all our members to stay home if you are feeling unwell. Staying home when you are sick is important to avoid spreading the illness and making your friends, our volunteers and staff sick, to recover properly, and allowing your body the time and rest it needs. Here are some tips to help strengthen your immune system and help prevent the spread of illness: (1) cover your cough with your sleeve, (2) stay at home if you are unwell, (3) wash your hands often, (4) get enough rest and regular exercise, (5) eat well and drink water regularly, (6) do not share dishes and utensils, (7) get the flu shot, (8) clean shared items and surfaces, and (9) avoid touching your face, especially your eyes, nose and mouth. For more information about the flu, visit Toronto Public Health at toronto.ca/health or call 311.

Special Events and Concerts

Sun., January 7	Concert: Pianist Samia Samadova	1:30 pm - 2:30 pm	Tickets: \$5/\$8
Wed., January 10	Bingo!	1:00 pm - 3:00 pm	2 cards for \$1
Fri., January 12	Shabbat Lunch	12:00 pm - 1:30 pm	Tickets: \$13/\$15
Wed., January 17	Film & Food: "Chocolat" and chocolate tasting	1:30 pm - 3:00 pm	Tickets: \$2/\$4
Thurs., January 18	Winter Dinner & Dance (RGA Club)	7:00 pm - 9:00 pm	Tickets: \$28/\$35
Sun., January 21	Concert: Resa's Pieces Band	1:30 pm - 2:30 pm	Tickets: \$5/\$8
Wed., January 24	Bingo!	1:00 pm - 3:00 pm	2 cards for \$1
Wed., January 31	Tu B'Shvat Intergenerational Program	1:30 pm - 3:00 pm	Cost: Free

Sunday at the Movies!

Sunday, January 14 - Musical: A Jewish Legacy
Sunday, January 28 - The Emperor's New Clothes
1:00 pm - 3:30 pm • Cost: Free

Chronic Pain Management Workshop

Learn new information, coping mechanisms and understanding of chronic pain.
Tuesday, January 23 • 10:00 am • Cost: Free
Call Maria at 416-225-2112 x130 to register.

Wellness Clinics

Monday, January 8	Blood Pressure Clinic	10:30 am - 11:30 am	Free admission
Wednesday, January 17	Hearing Aid Clinic	10:30 am - 12:30 pm	Free admission
Friday, January 26	Reiki	10:00 am - 1:00 pm	\$10/appointment
Monday, January 29	Nutrition & Diabetes Clinic	10:00 am - 12:00 pm	Free admission

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

55+ Improv Comedy Workshop

Sunday, January 7 - March 11
10:30 am - 11:30 am • Cost: \$42.50/\$85
 No acting or comedy experience is necessary, just a willingness to try!



Winter Computers & Digital Media!

Classes start the week of January 8.
 All levels, one-on-one classes, iPhone, Android and iPad classes, digital photography and more!
Call Dianne at 416-225-2112 x128 for more info.

Thursday Wellness Lectures

1:30 pm - 2:30 pm

Jan. 4	March of Dime	March of Dimes
Jan. 11	Balance and Dizziness	Alejandra Rodriguez Physiotherapist, Stay Active Rehabilitation
Jan. 18	Know Your Rights 101	The Open Door Project Canadian Mental Health Association
Jan. 25	Income Tax, Benefits and Credits	WoodGreen Community Services

In the Synagogue • Free Admission



CONTACT INFORMATION

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www.betelcentre.org



www.facebook.com/betelcentre



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



Drop-in Social Work Clinic

Thursday, January 4 and 25
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

Jan. 9	Photographing the Posthumous Landscape in Western Ukraine	David Kaufman Photographer, Independent Producer, Director and Writer
Jan. 16	A Collection of Narratives by Contemporary Canadian Jewish Women	Liz Pearl , Editor And a selection of writers from her book
Jan. 23	Sunken Treasure and Coloured Coins	Jerry Lasky Coin Enthusiast and Lecturer
Jan. 30	The Meaning & Absurdity of Human Life	Galina Fin B.A. Philosophy M.A. Music

Karate for Seniors!

Tuesday, January 23

2:00 pm - 3:00 pm

Join us for this free class!



Tea with Gail

Monday, January 15

10:00 am - 11:00 am



Service Navigation & Information Clinic

Thursday, January 11 and 18 • 9:30 am - 11:30 am

Call ext. 122 for an appointment.

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