

**SENIORS' MONTH:** Each year in June, Ontarians celebrate seniors and recognize their contributions to our communities. June 2018 will mark the 34<sup>th</sup> annual *Seniors' Month*. This year's theme is **Now's the time to start something new**. During the month of June, various community organizations will hold Seniors' Month events to celebrate seniors. To learn more about Seniors' Month and about upcoming events, please call 1-888-910-1999 or visit [www.seniors.gov.on.ca/en/calendar](http://www.seniors.gov.on.ca/en/calendar).

## Special Events and Concerts

Friday, June 1	<b>Shabbat Lunch</b>	12:00 pm - 1:00 pm	Cost: \$10/\$13
Sunday, June 3	<b>Concert:</b> Silverthorn Symphonic Winds	1:30 pm - 2:30 pm	Cost: \$5/\$8
Wednesday, June 6	<b>Metropolitan Opera on Screen at Betel</b>	1:30 pm - 3:00 pm	Cost: \$4/\$6
Sunday, June 10	<b>Concert:</b> Choralairs of North York	1:30 pm - 2:30 pm	Cost: \$5/\$8 or \$10 at the door
Thursday, June 14	<b>Summer Dance Party</b> (RGAC Program)	7:00 pm - 10:00 pm	Cost: \$31/\$39
Sunday, June 17	<b>Concert:</b> Coro San Marco (Italian Choir)	1:30 pm - 3:00 pm	Cost: \$8/\$10
Wednesday, June 20	<b>Garden Club</b>	1:00 pm - 2:30 pm	Cost: Free
Wednesday, June 27	<b>Bingo</b>	1:00 pm - 3:00 pm	2 cards for \$1
Wednesday, June 27	<b>Canada Day Event</b>	1:30 pm - 3:00 pm	Cost: Free

### Sunday at the Movies!

"Searching for Sugar Man"

Sunday, June 24

1:00 pm - 3:00 pm • Cost: Free



### Laughter Yoga!

Learn the health benefits of laughter!

Monday, June 14

12:15 pm - 1:15 pm • Cost: Free

## Wellness Clinics

Friday, June 15	<b>Reiki</b>	10:00 am - 1:00 pm	\$10/appointment
Monday, June 18	<b>Blood Pressure Clinic</b>	10:30 am - 11:30 am	Free admission
Wednesday, June 20	<b>Hearing Aid Clinic</b>	10:30 am - 12:30 pm	Free admission
Monday, June 25	<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.*

## Support the Bernard Betel Centre at the Toronto Challenge!

On Sunday, June 10, a group of Bernard Betel Centre staff, volunteers and seniors will be participating in the Toronto Challenge, a 1km walk, 5km walk or 5km run. 100% of the funds raised go directly into the Bernard Betel Centre programs and services. Please support the Bernard Betel

Centre by joining us in the walk or donating! For more information, please contact Maria Lindgren at 416-225-2112, ext. 130 or [marial@betelcentre.org](mailto:marial@betelcentre.org).



Programs, dates and times may be subject to change. Please call 416-225-2112 for the most up-to-date information.

## Thursday Wellness Lectures

1:30 pm - 2:30 pm

June 7	<b>Accident Awareness</b>	<b>Bob Annan</b> Accident Awareness Inc.
June 14	<b>Banking and Financial Services</b>	<b>WoodGreen Financial Empowerment Services</b>
June 21	<b>Genome Editing</b>	<b>SciChat</b> Immunology Department, University of Toronto
June 28	<b>Wealth Transfer</b>	<b>Dror David</b> Financial Advisory

**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

A social worker from Circle of Care will provide assistance with applications, forms and referrals.  
Thursday, June 14 and 28 • 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

June 5	<b>Escape to China Part 2</b>	<b>Susan Brown</b> Travel Lecturer, ROM
June 12	<b>Nazi Looted Art</b>	<b>Rachel Levin</b> Art Lecturer
June 19	<b>The Tumultuous Life of Stalin's Daughter</b>	<b>Gerald Ziedenberg, MA</b> Historical Lecturer
June 26	<b>What Happened to Customer Service?</b>	<b>Harvey Skolnick</b> Current Events Volunteer, Professor Emeritus, Sheridan College

## Lunch and Learn Program with BAYT

This great afternoon program includes lunch and is followed by a presentation. Cost: \$6

**Thursday, June 7**

**BAYT (613 Clark Ave. West, Thornhill, ON)**

**Concert: Isaak Muzikansky**  
**Singer and Pianist**

**Lunch:** 11:30 am - 12:00 pm **Presentation:** 12:00 pm - 1:00 pm  
**RSVP:** 905-886-3810, ext. 119 or 416-225-2112, ext. 130

## Tea with Gail!

Monday, June 18 • 10:00 am - 11:00 am



## Garden Club!

Join us and help plant our container gardens.

Wednesday, June 20 • 1:00 pm - 2:30 pm

Cost: Free

## Service Navigation & Information Clinic

Thursday, June 7 and 21 • 9:30 am - 11:30 am

Call 416-225-2112, ext. 122 for an appointment.

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