

**Centre is CLOSED:**

**Friday, March 30 - Good Friday**

## Special Events and Concerts

Sunday, March 4	<b>Purim Concert &amp; Comedy Show</b>	12:30 pm - 2:30 pm	Cost: \$5/\$8
Wednesday, March 7	<b>Samovar: Festival of Russian Culture</b>	11:00 am - 3:00 pm	Cost: Free
Thursday, March 8	<b>Purim, Women's Day &amp; ICA Anniversary</b>	7:00 pm - 10:30 pm	Cost: \$28/\$35
Wednesday, March 14	<b>Bingo</b>	1:00 pm - 3:00 pm	2 cards for \$1
Sunday, March 18	<b>Concert: Well Group Players</b>	1:30 pm - 2:30 pm	Cost: \$5/\$8
Wednesday, March 21	<b>Lecture: Vikings: The ROM Exhibition</b>	1:30 pm - 3:00 pm	Cost: Free
Wednesday, March 28	<b>Art Exhibition of Russian Oil Painting</b>	1:30 pm - 3:00 pm	Cost: Free
Friday, March 30	<b>First Seder</b>	5:30 pm - 9:00 pm	Cost: \$25

### Purim Concert & Comedy Show!

Improv Comedy Show and Concert with Faye Kellerstein

Sunday, March 4 • Cost: \$5/\$8

Comedy Show: 12:30 pm - 1:30 pm Concert: 1:30 pm - 2:30 pm



### Sunday at the Movies!

Sunday, March 11 - "Love Field"

Sunday, March 25 - "The Lake House"

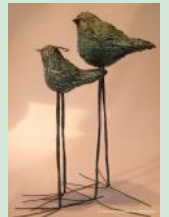
1:00 pm - 3:30 pm • Cost: Free

### Paverpol Sculpture Workshop

In this two-day workshop, make a trio of table-top birds that can be displayed outdoors or indoors.

Sunday, March 18 and 25 • 12:00 pm - 3:30 pm

Cost: \$120/\$240 • Please register in advance.



## Wellness Clinics

Monday, March 5	<b>Blood Pressure Clinic</b>	10:30 am - 11:30 am	Free admission
Wednesday, March 21	<b>Hearing Aid Clinic</b>	10:30 am - 12:30 pm	Free admission
Friday, March 23	<b>Reiki</b>	10:00 am - 1:00 pm	\$10/appointment
Monday, March 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.*

**Laughter Yoga!** Learn the health benefits of laughter. No exercise required!

Thursday, March 15 • 12:15 pm - 1:15 pm • Cost: Free

### New Rates for Membership Effective April 1, 2018.

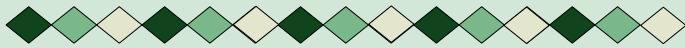
Starting April 1, 2018, the cost for an annual Bernard Betel Centre membership will be \$55 (+HST) per year. This equals to a little over \$1 a week! Due to the rising costs of food, consumable products and programs, we find ourselves needing to raise our rates. After much research and surveying similar centres, our rates are best practice. We thank you for your understanding and welcome any questions you may have.

## Thursday Wellness Lectures

1:30 pm - 2:30 pm

March 1	<b>Mindfulness</b>	<b>Iris Edelman</b> BodyTalk Thornhill
March 8	<b>Investment Options and Ideas</b>	<b>Bob Jet</b> Investment Advisor Manulife Securities
March 15	<b>Dementia and Supportive Communication</b>	<b>Alzheimer Society of Toronto</b>
March 22	<b>Building Better Bones Through Fitness</b>	<b>Bonny O'Hare</b> Pro Motion Physiotherapy
March 29	<b>Starting a Container Garden</b>	<b>Maria Lindgren</b> Bernard Betel Centre

In the Synagogue • Free Admission



## CONTACT INFORMATION

Bernard Betel Centre  
1003 Steeles Avenue West  
Toronto, ON M2R 3T6

Tel: 416-225-2112  
Fax: 416-225-2097

[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, March 8 and 29  
9:30 am - 12:00 pm



## Let us cater your Passover Seders!

Passover menus are available at the centre or on our website. Contact Olga at 416-225-2112, ext. 134 or [olgay@betelcentre.org](mailto:olgay@betelcentre.org) to order!  
Orders can be placed until Monday, March 26.

## Lifelong Learning Lectures

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

March 6	<b>About the Eyes in the Bible</b>	<b>Rouhama Danto</b> Jewish Studies and Art Lecturer
March 13	<b>Classical Music Series: Part 1 Frederic Chopin</b>	<b>Joseph Sharon</b> General Manager Circles Enrichment
March 20	<b>Classical Music Series: Part 2 Robert Schumann</b>	<b>Joseph Sharon</b> General Manager Circles Enrichment
March 27	<b>Classical Music Series: Part 3 Franz Schubert</b>	<b>Joseph Sharon</b> General Manager Circles Enrichment

## Purim, Women's Day and RGA Anniversary Party!

Come dressed up in costume for Purim!  
Thursday, March 8 • 7:00 pm - 10:30 pm  
Tickets: \$28 for member, \$35 for non-members  
Please purchase your ticket at the Information Desk.

**SOLD OUT!**

## Service Navigation & Information Clinic

Thursday, March 1 and 22 • 9:30 am - 11:30 am  
Call 416-225-2112, ext. 122 for an appointment.

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