

**Centre CLOSED: May 22 (Victoria Day) and May 31 (Shavout).**

## Special Events and Concerts

Tues., May 2	<b>Yom Ha'atzmaut Party</b>	7:00 pm - 9:00 pm	Tickets: \$25/\$30
Tues., May 9	<b>Victory in Europe Party</b>	7:00 pm - 9:00 pm	Tickets: \$25/\$30
Wed., May 10	<b>Bingo!</b>	1:00 pm - 3:00 pm	2 cards for \$1
Sun., May 14	<b>Concert: Arny Galoyo</b>	1:30 pm - 2:30 pm	Tickets: \$5/\$8
Wed., May 17	<b>Spring Fling Tea &amp; Concert: Rhonda Silver</b>	1:30 pm - 3:00 pm	Tickets: \$8/\$10
Wed., May 24	<b>Bingo!</b>	1:00 pm - 3:00 pm	2 cards for \$1
Tues., May 23	<b>Jewish Music Week Concert:</b>	12:0 pm - 1:00 pm	Free Admission
Tues., May 23	<b>Jerusalem Day Yom Yerushalayim</b>	3:00 pm - 5:00 pm	Tickets: \$8/\$10
Sun., May 28	<b>Concert: WEL Group Players</b>	1:30 pm - 2:30 pm	Tickets: \$5/\$8

### Service Navigation & Information

**Thursday, May 4 and 18**

**9:30 am - 11:30 am**

**Call ext. 122 for an appointment.**

### Drop-in Social Work Clinic

**Thursday, May 11 and 25**

**9:30 am - 12:00 pm**

**Library**



### Wellness Clinics

Mon., May 1	<b>Eye Clinic</b>	11:30 am - 12:30 pm	Free admission
Mon., May 15	<b>Diabetes Education</b>	10:00 am - 12:00 pm	Free admission
Mon., May 15	<b>Nutrition Clinic</b>	10:00 am - 12:00 pm	Free admission
Wed., May 17	<b>Hearing Screening</b>	10:30 am - 12:30 pm	Free admission
Fri., May 19	<b>Reiki</b>	10:30 am - 1:30 pm	\$10/appointment
Mon., May 29	<b>Blood Pressure Clinic</b>	10:30 am - 11:30 am	Free admission

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

### Computer Security

New 2-week course, learn how to protect yourself against computer viruses, scams and more!

**Tues., May 16 and 23 • 11:30 - 1:30 pm • \$40**

**Call 416-225-2112, ext. 128 to register now!**

### Foot Health Day!

Come to learn and connect with local practitioners, shoe companies, foot care products, health care agencies and more! Speak to the Betel Chiropodists!

**Wed., May 10 • 10:00 - 12:00 pm • Free Admission!**

**CANCELLED!**

## Thursday Wellness Lectures

1:30 pm - 2:30 pm

May 4	General Foot Care & Product Review	Christina & Theeba Chiroprodists Bernard Betel Centre
May 11	Eating for Aging	Yossi Strauch Wellness Specialist
May 18	Food Exploration: Try Something New	Leah Shainhouse Register Dietician
May 25	Speaking of Bones	Elizabeth Stanton Osteoporosis Canada

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 various programs at Bernard Betel Centre from:



## Laughter Yoga!

Thursday, May 4 and 25 • 12:15 pm - 1:15 pm  
Free Admission!

## Lifelong Learning Lectures

In the Synagogue 10:00 - 11:30 am  
Members: \$4 Non-Members: \$7

May 2	Growing Up From Mandatory Palestine to the State of Israel	Yosi Margolit Former Israeli Intelligence Officer
May 9	The Life and Times of Davy Bossin	Ralph Wintrob
May 16	Jewish Women Who Left Their Mark on the Art World	Rachel Levin Art Lecturer
May 23	Growing Up Jewish in China	Dolly Beil Writer, Author
May 30	Ship to Nowhere	Rona Arato Writer, Author

## Tea with Gail

English Language  
Thursday, May 18  
10:00 am - 11:00 am

## Lunch and Learn Program with BAYT

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

Thursday, May 11, 2017  
BAYT (613 Clark Ave. W., Vaughan)

“Forgotten Jewish Stars”  
presented by Rosalin Krieger

Lunch: 11:30-12:00 pm Presentation: 12:00-1:00 pm  
RSVP: 905-886-3810 x119 or 416-225-2112 x105

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