

**Centre is CLOSED:** October 5, 6, 9, 12 and 13  
**Centre is closing EARLY, no programs:** October 4 and 11  
**Cafeteria is CLOSED:** October 4, 5, 6, 9, 11, 12, and 13

**Fall courses start October 15. Sign up now!**



## New Programs for the Fall!



### Decoupage Workshops

Sunday, October 15 -  
November 19  
10:00 am - 11:30 am  
\$94/\$180

### 1-on-1 with Frank

Wednesday, October 18 -  
December 20  
9:00 am - 11:00 am  
\$40 for one hour session

### A Taste of Music

Wednesday, October 11,  
November 8, December 6  
10:00 am - 11:30 am  
Cost: Free

## Special Events and Concerts

Wed., October 4	Trip to Montessori Jewish Day School	Bus leaves at 9:30 am	Cost: Free
Wed., October 4	Movie	1:30 pm - 3:00 pm	Cost: Free
Wed., October 18	Concert: Ashira Duo	1:30 pm - 2:30 pm	Tickets: \$5/\$8
Thurs., October 19	Coro San Marco: Italian Choir (RGA Club)	7:00 pm - 9:00 pm	Tickets: \$25/\$30
Sun., October 22	Concert: Silverthorn Symphonic Winds	1:30 pm - 2:30 pm	Tickets: \$5/\$8
Wed., October 25	Fall Hike	Bus leaves at 10:00 am	Cost: Free
Wed., October 25	Travel Expo	3:00 pm - 6:00 pm	Cost: Free

### Sunday at the Movies!

October 1 - *The Second Best Exotic Marigold Hotel*  
 October 15 - *Women in Gold*  
 1:00 pm - 3:30 pm • Cost: Free

### Meditation Circle

Join Iris for a guided meditation.  
 Mondays starting October 16  
 12:00 pm - 12:45 pm • Cost: Free

## Wellness Clinics

Wed., October 18	Hearing Aid Clinic	10:00 am - 12:00 pm	Free admission
Mon., October 23	Blood Pressure Clinic	10:30 am - 11:30 am	Free admission
Mon., October 23	Unison Diabetes Clinic	10:00 am - 12:00 pm	Free admission
Fri., October 27	Reiki	10:00 am - 1:00 pm	\$10/appointment

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

## Thursday Wellness Lectures

1:30 pm - 2:30 pm

Oct. 5 No Lecture: Centre Closed

Oct. 12 No Lecture: Centre Closed

Oct. 19 Organizing,  
Downsizing &  
Aging in Place Kim Fleming &  
Sandra White  
Organizing Lives

Oct. 26 Seniors  
Offering Support  
Program Memory Loss  
Foundation

In the Synagogue  
Free Admission



## CONTACT INFORMATION

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



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



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



## Travel Expo!

Launch of the 2018 Travel Brochure and sneak peak of 2018-2019 trips!

Wednesday, October 25

3:00 pm - 6:00 pm • Free Admission!



## Drop-in Social Work Clinic

Thursday, October 19  
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

Oct. 3	Medicine in Art	Rachel Levin Art Lecturer
Oct. 10	Shakespeare & Gounod: Romeo & Juliet	Myriam Shechter Pianist, Music Lecturer
Oct. 17	Pushkin & Tchaikovsky: Eugene Onegin	Myriam Shechter Pianist, Music Lecturer
Oct. 24	Hugo & Verdi: Rigoletto	Myriam Shechter Pianist, Music Lecturer
Oct. 31	Patricia Hearst	Gerald Zindenberg Historical Lecturer

## Service Navigation & Information Clinic

Thursday, October 26 • 9:30 am - 11:30 am

Call ext. 122 for an appointment.

## Tea with Gail

English Language  
Wednesday, October 18  
10:00 am - 11:00 am

Russian Language  
Monday, October 16  
3:00 pm - 4:00 pm

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