

What's On! December 2018

Centre is CLOSED:

December 24, 25, 26 and 31

Cafeteria is CLOSED:

December 24, 25, 26, 27, 28, 29 and 31

Special Events and Concerts

Tuesday, December 4	ETROG Chanukah Celebration	3:00 pm - 4:30 pm	Cost: \$10
Wednesday, December 5	Chanukah Lunch, Concert and Market!	10:00 am - 2:00 pm	Cost: \$20/\$25
Sunday, December 9	Concert: Klezconnection Klezmer Band	1:30 pm - 2:30 pm	Cost: \$8/\$10
Wednesday, December 12	Bingo!	1:00 pm - 2:30 pm	Cost: 2 cards for \$1
Wednesday, December 19	Day Tips Expo: Sign up for 2019 day trips!	10:00 am - 12:00 pm	Cost: Free
Sunday, December 23	Opera on the Screen: "Notre Dame de Paris"	1:00 pm - 2:45 pm	Cost: \$4/\$6
Monday, December 31	New Year's Party!	8:30 pm - 2:00 am	Cost: \$80/\$90



Chanukah Lunch, Concert & Market!

Wednesday, December 5 • 10:00 am - 2:00 pm

Delicious kosher lunch including challah, salad, relish plate, chicken, potato latkes, vegetables, sufganiyot, fruit and coffee or tea. Concert by Miriam Ross and Gilmaro. Vendors Market: 10:00 am - 2:00 pm. Please purchase tickets at Information Desk.

Cost: \$20 for members, \$25 for non-members

'Scams, Spams & Frauds'

Computer Safety Seminar

Tuesday, December 4 • 9:00 am • Free!

Call 416-225-2112, ext. 128 to register.

Hints, Tips & Tricks: iPad & iPhone

Learn how to get the most out of your device!

Wednesday, December 5, 12 and 19

9:30 am - 11:30 am • Cost: \$25/\$30

Call 416-225-2112, ext. 128 to register.



Let us cater your Chanukah!

Catering menus are available on our website at www.betelcentre.org, or in the Cafeteria.

Call 416-225-2112, ext. 123 for more information.



Tea with Gail

Meet Gail, ask questions and learn more about the Betel Centre!

Tuesday, December 18 • 11:00 am

Weather Related Centre Closures

In anticipation of the winter months and the snow and ice that comes with it, we would like to address the protocol for a centre closing. In the case of a last minute centre closing due to weather, the Bernard Betel Centre will post this closure on the centre website at www.betelcentre.org, on our Facebook page www.facebook.com/betelcentre, on our Twitter page at www.twitter.com/betelcentre and on the centre's phone system at 416-225-2112, ext. 0. We encourage all participants to check one or all of these options to determine if the Betel Centre will be open and programs will be running as scheduled. If you have any questions, please speak to a Betel staff member.

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 • Cost: Free

SciChat

December 6	Allergies Demystified	University of Toronto, Immunology Department
December 13	Cooking for One - Part 1	Leah Shainhouse Registered Dietitian
December 20	Cooking for One - Part 2	Leah Shainhouse Registered Dietitian
December 27	No Lecture	



Drop-in Social Work Clinic

A social worker from Circle of Care will provide assistance with applications, forms and referrals.

Thursday, December 20

9:30 am - 12:00 pm • Cost: Free

Lifelong Learning Lectures

In the Synagogue • Tuesday • 10:00 am- 11:30 am

Members: \$4.25 Non-Members: \$8.50

December 4	Personality Types - Part 1	Alistair Macrae Lecturer, Educator
December 11	Personality Types - Part 2	Alistair Macrae Lecturer, Educator
December 18	Personality Types - Part 3	Alistair Macrae Lecturer, Educator
December 25	No Lecture	

Service Navigation & Information Clinic

Assistance with applications and forms.

Thursday, December 6

9:00 am - 12:00 pm • Cost: Free

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

CONTACT INFORMATION

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www.betelcentre.org



www.facebook.com/betelcentre



www.twitter.com/betelcentre

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



Laughter Yoga!

Thursday, December 13 • 12:15 pm • Free!



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 recover properly, allowing your body the time and rest it needs, and to avoid spreading the illness and contributing to your friends, our volunteers and our staff becoming sick.

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 feeling 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.

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