

# ***The Joseph E. and Minnie Wagman Centre Newsletter***

**Issue #207**

**March 2016**

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## **Please join us for our Wellness Lecture Series**

### **“I NAVIGAIT”**

#### **Pedestrian Safety Tips**

**Presenter:** Glennis Jones, RN  
Toronto Public Health

**Date:** Wednesday, March 9, 2016  
1:30 pm to 2:30 pm

**Location:** Wagman Centre Assembly Room

#### **Please register at the service desk**

For further information please phone 416-785-2500, ext. 2267

**Admission:** Free of charge for Members and Terrace Residents  
\$3.00 charge for guests (to be paid at the door)

**NEW: Fusion Exercise Class**, Thursday afternoon from 2:30 to 3:15pm in the Common Room. The class is a mix of different exercise types designed to build strength, flexibility, endurance, balance, focus and energy. Contact one of the fitness staff if you are interested in trying the class.

# PROGRAM DESCRIPTIONS

## *Creative Arts Programs*

### *Craft of the Month – Silk Painting*

In the month of March we will learn the art of Silk Painting. Make beautiful silk scarves, Matzah or Challah covers, using special techniques and colours. Every Wednesday, 10:00am-12:00pm & 1:00pm-3:00pm in the Creative Arts Studio. Please register by calling Meital at 416-785-2500 ext. 2939.

### *Drawing Class*

All are welcome, no experience necessary. The drawing class is scheduled every **Monday** from **1:00 p.m. - 2:30 p.m.**, in Classrooms A & B. Please register by calling Meital at 416-785-2500 ext. 2939

### *Painting Class*

The painting class is back! All are welcome, no experience necessary. Every **Tuesday**, **1:00 p.m. - 2:30p.m.** in the former Convenience Store. Please register by calling Meital at 416-785-2500 ext. 2939.

### *Flower Pressing*

Learn how to use pressed flowers to make beautiful cards, bookmarks and more! On **Tuesday, March 15 and 29**, from **1:00 p.m. - 3:00 p.m.** in the Creative Arts Studio.

### *Wood Burning Class for Beginners*

Learn the art of decorating wood with beautiful patterns using a wood burner. All tools and materials supplied. Every **Thursday, 10:00 a.m. - 12:00 p.m. and 1:00 p.m. - 3:00 p.m.** in the Creative Arts Studio. Please register by calling Meital at 416-785-2500 ext. 2939.

## Therapeutic Recreation Programs

### Computer Discovery Sessions

Would you like to further your computer knowledge? Computer sessions are offered on Mondays, Tuesdays and Wednesdays from 9:30 a.m. – 12:00 Noon. Please sign up at service desk for an appointment with the instructor. **Cost: \$25.00 for six (6) one hour sessions.**

### Jewish Culture and Traditions

Explore various aspects of Jewish culture with Guest Speaker **Rabbi Kamman** every **Tuesday** from **11:15 a.m. - 12:00 Noon** in the **Fireside Lounge**.

### Sing-A-Long

Come sing your heart out to unforgettable Hebrew, Yiddish and English songs. Music selection ranges from early 1900 to the 1950s. **Monday, March 14 and 28 from 1:30 p.m. - 2:30 p.m. in the Assembly Room.**

### Bintel Brief Discussion Group

Come listen to stories of yester years and reminisce, discuss and share your opinions. Takes place on Monday **March 7 and 21 from 1:30 to 2:30 p.m. in Fireside Lounge.**

### Bingo

Come try your luck at our **Bingo game every Tuesday from 1:30 p.m. - 2:45 p.m. in the Fireside Lounge.**

### Current Events

Be part of our stimulating discussion group about current issues from around the world. **Current Events takes place every Tuesday from 3:00 p.m. - 4:00 p.m. in the Fireside Lounge.**

### Poetry Group

Come and share your passion of reading, analyzing and discussing some of your favorite poetry. The Poetry group meets every **Wednesday** from **3:00 p.m. to 4:00 p.m. in the Fireside Lounge.**

### Music Program – Drum Circle

Get your groove on with this special music program which takes place in Classroom A and B on **Friday, February 5 and, 19, 2015 from 11:00 a.m. to 11:45a.m.**

### Yiddish Group

Come chat and socialize in Yiddish on **Friday, March 4, 11 and 18 at 1:30 p.m. in Assembly Room.**

## **Entertainers of the Wagman Centre**

The **Entertainers of the Wagman Centre** are looking for active seniors to join our troupe. For more information, please contact **Judy Ross, Director** at **416-733-0580**.



## **Baycrest Learning Academy (BLA)**

*This program is aimed at providing enhanced learning opportunities for older adults. Expand your knowledge and engage in stimulating discussion with your peers while learning from the expert. Course description outlined below.*

### **SPRING 2016 - BAYCREST LEARNING ACADEMY**

#### **Course Title: Fashion, Beauty and Glam: The Real Story NEW!**

#### **Course Description:**

This exciting new course takes you on a journey from the fashion houses of Paris to the modern runway in a study of the history of modern fashion. From the Flappers, to Chanel, to Dior, to Givenchy and Saab to D2 to Alexander McQueen, we see it all! Learn about the great Jewish fashion leaders, from Max Factor (movie makeup), to Vidal Sassoon (hair), to Helena Rubenstein (makeup) and to the Estee Lauder family (makeup and fragrance) and to the runway with Calvin Klein. Fashion is not only about what we wear, but how we think, how we choose to live and how we value beauty. We go a bit deeper into understanding how fashion is created and why we embrace it. How does fashion signal social transformation, new forms of music, cinema and lifestyle? We examine the intricate back stories of the great designers, how Coco Chanel was orphaned as a child, how Alexander McQueen and Yves St Laurent succumbed to illness and despair. This course will take us all through roaring 20s, the fabulous 30s, the sleek 40s, the classy 50s, the crazy 60s and the “anything goes” world of modern design. Ladies and gents, your limo is waiting!

**Time:** Wednesdays from 1:00 p.m. – 2:30 PM

**Dates:** April 13 – June 1, 2016

**Location:** Fireside Lounge, Wagman Center

**Course Fee:** \$40.00

**Please registered at Wagman Service Desk**

### **Special Events for March 2016**

Join us for our monthly Intergenerational Shabbat program in the Fireside Lounge room from 4:00 to 5:00 p.m. Refer to bulletin board for specific date.

Sunday, March 6, the Resa's Pieces, String Ensemble and  
Sunday, March 13, Resa's Pieces Singer will perform at 2:00 p.m. in the Assembly Room

Thursday, March 10<sup>th</sup>, join us for a special performance with the Associated Hebrew School at 2:30 p.m. in Assembly room.

Tuesday, March 15, the Smile Theatre presents "Remembering that Song?" at 7 p.m. in the Assembly Room.

Tuesday, March 22, Original Impressions concert will take place at 7:00 p.m. in Assembly Room.

Thursday, March 24, come join us for a performance by the Terrace Musical Choir, "Purim Shpiel" and a Purim Celebration. Purim Event will start at 7:00 p.m. sharp. Come in costume, as prizes will be awarded for best costumes. Please sign up any guests at the service desk by March 21st. Children craft table, live entertainment and refreshments.



### Outing for March – Register at Service Desk

Royal Ontario Museum, Self-Guided Visit on Tuesday, March 29, 2016.

Departure: 10:30 a.m. Return: 4:00 p.m.

Cost: Residents: \$16.00, Community members \$18.00.

Cost covers transportation and admission. Lunch is not provided, can be purchased or bring your own.

## Rental Units available for seniors 65+

**Live in Style at Two Neptune Drive!** Located in the heart of the Bathurst and Wilson neighbourhood, this 9-storey, 120-suite building is designed for active and independent seniors, 65 years plus! Steps from cafés, shops, synagogues and Baycrest, Two Neptune Drive open the door to a whole new lifestyle for mature, active adults. As a benefit of living at Two Neptune, you'll enjoy a complimentary membership to the Wagman Centre. For more information and/or a tour, please contact Laurie Banks at 416-785-2500 ext. 2270, by email at [lbanks@baycrest.org](mailto:lbanks@baycrest.org) or visit [www.TwoNeptune.ca](http://www.TwoNeptune.ca)

# FLEX YOUR BRAIN!



Baycrest

The Rotman Research Institute at Baycrest is looking for volunteers with **high blood pressure** and/or **type 2 diabetes** for memory research.

- Are you being treated for high blood pressure and/or type 2 diabetes?
- Are you aged **65 to 85**?
- Would you like **feedback** about your memory from a registered psychologist?
- Interested in participating in state-of-the-art **brain imaging**?
- Must have learned English by the age of 5
- Participants will be paid for their time and parking is provided

For more information: 416 785 2500 ext. 3363 or [volunteers@research.baycrest.org](mailto:volunteers@research.baycrest.org)