



JEWISH SENIOR CITIZEN'S CENTRE

All Seniors Welcome

Drop In For Lunch or Attend a Program

Mailing Address: Box 17017 Uptown PO
Edmonton, AB T5K 0G4

Location: 10052-117 Street
Ph: 780-488-4241
Fax: 780-488-6591

www.jdicseniors.ca

Email: programmer@jdicseniors.ca

Schmooze and News

FALL 2021/5782

Learning in Retirement

XVIII Annual Six Week Series



\$70 members & \$85 non-members per person per course

The Innovation of Art Nouveau (via Zoom only) by Kathleen Silverman



To register go to <https://tinyurl.com/m57hn4ju>

Tuesdays, October 5 - November 9, 2021 6:00p.m. – 8:00p.m.

OPERA...ANYONE? A Journey into the Fascinating World of Opera

(in-person & via Zoom)* by Morris Maduro**



To register go to <https://tinyurl.com/yu2u9zbh>

Wednesdays, October 6 — November 10, 2021 10:00a.m.—12:00p.m.(noon)

Judaism and Islam (via Zoom only) by Rabbi David Kunin

To register go to <https://tinyurl.com/tw5bh7yv>

Wednesdays, October 6 — November 10, 2021 1:00p.m.—3:00p.m.

A Roadmap of Edmonton's Geography, from the Past and into the Future: Where have we been, and where are we going?



(in-person & via Zoom)* by Matt Dance**

To register go to <https://tinyurl.com/4dsjrkxa>

Thursdays, October 7 — Nov. 25 1:00p.m.—3:00p.m.(no classes Oct. 21 & Nov. 11)

Building Edmonton: Projects & Design that have shaped our city (via Zoom only) by Magda Warshawski

To register go to <https://tinyurl.com/4mwtt5tm>

Wednesdays, November 17—December 8, 2021 1:00p.m.—3:00p.m.

(this course only \$45 members or \$60 non-members per person)

*** The first 20 participants registered and paid by September 23, 2021 will have the opportunity to attend classes in-person at the Centre. Zoom participation is available for all classes.



Photo: Bert Malo performs at the Membership High Tea at the Centre, August 26, 2021

service, which includes delicious soups, entrees and desserts going very well, and it has proved to be a great success! Bozena with a few volunteers baked over 300 honey cakes for Jewish Family Services to put into their Yom Tov bags! Daniella Drisdell who joined the Centre recently as an extra chef contributed immensely towards the success of the takeout menu as well.

The Membership High Tea on August 26th was a most enjoyable evening. Bert Malo entertained us with a variety of music from famous operas, popular Israeli songs, and even beautiful Sabbath prayers. He was accompanied by Reinhardt on the piano, and Barbara on the flute! Those of us in attendance would not let them go, we yelled for encore after encore!!! It was wonderful to see the dining room with people in it; unfortunately, we could not have all of you but many watched on Zoom.

Svetlana & I are so thrilled to have an exciting “Learning in Retirement” program lined up for you. There are a variety of professional presenters which the Centre is so proud of. Please register for this great opportunity – there is something for everyone! You can participate In House or by Zoom!

As I mentioned at the beginning of this message let’s be optimistic and hopefully, we will soon be back to “normal” which might look different for everyone, but we will have to learn from the past and look forward to the future.

Talking about the future, please don’t forget we do **tribute cards** for all occasions, starting from \$10 upwards – these cards are considered donations and are tax deductible to you. For us it is extra income to help keep the price of programs down. Another wonderful opportunity to celebrate your friends’ simchas is to install a plaque on our Shalom Wall Mural at the Centre. The Single plaque starts at \$100 and you can request from the Office the value of the Double plaque, Triple plaque and Quadruple plaque. We are always happy to assist you with your choices of support and appreciation towards your friends and families!

Thank you so much to those of you who have paid your membership dues for 2022. We look forward to receiving from those of you that might not have sent in yet, it is only \$30 per person per annum (September 1, 2021 to August 31, 2022). Send a cheque or eTransfer to jdic@shaw.ca

Stay safe, follow the rules and hopefully we’ll see you soon! We are hoping to open at the beginning of October – serving lunches Tuesdays & Thursdays and delivering programs in-person. Due to increasing numbers of Covid cases, please check back with us about re-opening in October!

Call 780-488-4241 or email programmer@jdicseniors.ca

Luba & Svetlana



Of Community, Of Giving, Of Friendship

We are currently in the month of Elul leading up to the Yom Tovim. During this month we focus on Teshuva (repentance or returning to Hashem), Tefilla (prayer), and Tzedakah (Charity). Although we generally associate the mitzvah of tzedakah with giving money, the mitzvah encompasses all forms of kindness, such as the donation of one's time.

Miriam (the daughter of Amram and Yocheved, and older sister of her two famous brothers, Aaron and Moses) is only mentioned a few times in the Torah. Like the true mother in Israel that she was, she devoted her time to the women and children. Much like her namesake, Miriam Rabinovitch Z"l donated her time to the Jewish community and to her family and friends.

Miriam will always be remembered as a stalwart member of the community and a friend to many. She had an infectious and genuine laugh that would brighten anyone's day. Ask her to organize a casino or how members of the community are related; you were never disappointed – Miriam was there to the rescue.

Although Miriam had a private side, those who knew and loved her recognized that she would be there for you no matter what, with no judgement, to make the best of any situation. Miriam and my late mother Isabel Z"l had a special bond and were friends for many years, often talking numerous times during the day. As a result, Miriam became my close friend - so much so, she asked me to look after her affairs when the time came (which was much too soon).

Miriam's final wish was that of Tzedakah: the giving of her Judaica to those less fortunate, except for a special pair of brass candle sticks. These belonged to her grandmother and came to Canada via Russia in the late 1800s. Miriam designated that these be donated to the Jewish Senior Citizen's Center with a plaque recognizing her grandmother and mother, and now Miriam's memory.

Make sure to reflect on your relationship with Miriam and all she did for her family, friends and community the next time you attend the Centre and see these brass candle sticks on display. Lauren and I wish everyone a gut gebentsht yohr.

Lawrence Rodnunsky

Photos:

Top: Miriam Z"l and Elaine Salkie celebrating birthdays together at the Centre.

Bottom: Elaine & Mark Salkie, Lawrence Rodnunsky and Svetlana Pavlenko with Miriam's candle sticks, which are displayed at the Centre and symbolized the light Miriam Z"l brought to this world.



MEET OUR BOARD MEMBERS



I am a relatively new Board member of the Jewish Senior Citizen's Centre (JDIC). As a Board member, I would like to contribute as much as I can to this wonderful organization.

I believe that the JDIC is important to the Jewish community as it offers excellent educational programs, as well as sessions that encourage physical and emotional well-being. This is critical at any age, but especially for those getting older and in need of important stimulation. I have had the opportunity to attend a few of the educational sessions over the past year and was pleased with the calibre of speakers and topics.

I appreciate the fact that the JDIC meets the needs of older individuals, plus those who are 55 and over. Participation is important at any age, and the JDIC appreciates those who attend the programs of the Centre, and especially those who give back by volunteering at the Centre in different ways. Being a member of the JDIC helps to grow the organization and maintain financial viability. I appreciate the fact that membership dues are low, and as they say: "there is strength in numbers". Members of any denomination are accepted which is greatly appreciated. Members feel part of a much larger group which helps the individual who participates and the JDIC as a whole. Thanks to the JDIC for all that you do in the Edmonton Jewish and general community!

Respectfully submitted,
Jodi Zabludowski

*Congratulations Jodi on accepting the position of an Executive Director with
The Indo-Canadian Women's Association! We will miss you!*

Welcome to Our New Members!

Ninfa Zoa Ares

Jean Cooley

Mary Fairhurst

Karen Herring

Darryl Holloway

Minde Jacobs

Michael Paull

Patricia Peat

Lauren Pearson

Joe Shafir

Sharon Smith

Jane Traxler

BOARD OF DIRECTORS

President: Sam Koplowicz, **Past-President:** Lewis Wasel, **Treasurer:** Elaine Salkie, **Secretary:** Susan Binnington, **Fundraising Chair:** Leslie Morgenstern, **Transportation Chair:** Hans Pilz, **Directors:** Louise Percheson-Kagan, Lina Kichnevskaia, Inna Sukonnik, Jodi Zabludowski & Paula Globerman

Executive Director: Svetlana Pavlenko, **Executive Assistant:** Luba Allen

Chef: Bozena Szopiak & Daniella Drisdell

Fitness Instructors: Ilonka Wormsbecker, Bonnie Austen and Anita Sielecki (yoga master)

Ikebana Masters: Jean-Marcel Duciaume & Brenda Jackson



Photo courtesy of the Edmonton Jewish Cemetery Archive

In Memoriam: Lilian and Leslie Green

On the 30th of October 2020, Mrs. Lilian Green Z"l passed away, a day shy of her 96th birthday. Her dear husband Leslie Green Z"l predeceased her on November 6, 2011. Their passing has been a great loss to our Jewish Community, and to all of us who knew them.

Leslie Claude Green was a 1938 law graduate of University College London, where he also taught International Law. He later served in the British Army. Shortly thereafter, he became a Deputy Military Prosecutor in India where he met his future wife Lilian Denise Meyer. Lilian herself served as an officer in the Women's Royal Indian Naval Forces in New Dehli. After the War, they lived in London where Anne, their only daughter, was born. Anne lives here in Edmonton with her partner Holger Peterson.

Being an authority in International law, and with ample experience, he accepted a position at the University of Singapore as dean of the Law Faculty. In 1966, he came to Edmonton as a law professor at the University of Alberta. Edmonton became their home for the remainder of their lives. Leslie's career reached extraordinary heights at the University of Alberta, being named the first Distinguished University Professor, a distinct honorary title for extraordinary achievement in one's field, as well as other honours.

Leslie and Lilian were very active in the general community, and especially within our Jewish Community, both serving on various committees and boards. Lilian was active in the Faculty Wives Club and expanded her interests into the arts, languages, painting, and other pursuits. Perhaps of singular importance was the reputation they built as community members and leaders who made valuable contributions to these. They were gracious hosts and friends to countless Edmontonians and Canadians of all interests.

I met Professor Green a year after his arrival in Edmonton, in 1967, when I came to pursue my masters and later my doctoral degree. He was my supervisor on both efforts. As my professor and supervisor, he was as demanding as he was fair. His excellence in his role served to bring his many students to a higher academic level of achievement. An effective speaker and interviewee, Leslie was in demand in the print and other media in Canada and abroad. For many years he lectured at various universities around the world, while publishing numerous books on various aspects of International Law.

Many of us will remember Lilian and Leslie, for their unique character and uncommon personalities, imbued with graciousness, compassion, diverse knowledge, and the ability to impart these to their friends and colleagues. Lilian, above all, was a superb hostess. A dinner invitation to their home or a simple visit, meant a special, entertaining, uplifting and instructive evening. It is rare that a couple can make such a distinct and endearing impression on their surrounding community, to the degree Lilian and Leslie did.

In 1969 Marietta and I were married here in Edmonton. Lilian and Leslie were our honoured guests at the reception tendered for us by close friends. We then relocated to Panama for a teaching stint at two universities there, returning to Edmonton in 1974 to complete my PhD under Leslie. Soon after, we began to build a warm friendship that lasted for many years.

Their active lives and the distinguished manner in which they carried themselves and how they treated their friends, made so many of us feel privileged. To be counted as their friends, also made us feel we were as equally valuable to them. Marietta and I saw Lilian quite often during the last few years. We took her to the Met opera live broadcasts; she had us over for intimate suppers; and we had her join us in every family get-together. But then Covid happened and we were all forcibly confined in many ways. Then in October, quite unexpectedly, from Anne we received the most distressing news of Lilian's passing. Sadly, we never saw her again. But in our hearts and minds, Lilian and Leslie will be fondly remembered, always.

May our memory of them serve as a blessed memory to us all. May they forever be inscribed together in the book of life.

Morris Maduro

Annual General Meeting 2021 Tuesday, November 23 at 1p.m.

Nominations Committee Board Slate

The Nominations Committee presents the following slate for election to the Board of the Jewish Senior Citizen's Centre at the Annual General Meeting to be held on Tuesday, November 23 at 1p.m.

Nominations for a 2-year term:

Two Years 2021-2023

Cheryl Shur

Susan Binnington

Elaine Salkie

TBA

TBA

Nomination for a 1-year term:

One Year 2021-2022

Louise Percheson-Kagan

In accordance with our By-laws other nominations will be accepted until October 26th, such nominations must be in writing and signed by two (2) members of the Centre and the nominee, who must also be a member of the Centre. Nominations will NOT be accepted at the AGM.

The following persons will complete their term on the Board (one more year) without the need to be re-elected:

One Year 2021-2022

Lina Kichnevskaia

Samuel Koplowicz

Hans Pilz

Inna Sukonnik

Lewis Wasel, Past-President

Please RSVP ASAP
<https://tinyurl.com/4eyuruy9>
 Be an active decision-maker with
 your Centre!



Photo: Our members enjoy ***The Ronald M. Snyder Annual Legal Education Series 2021: Justice Robert A. Graesser presents with the guest speaker Dr. Liam Ennis, MacEwan University.***

LET'S GET ACQUAINTED*

Robyn Sperber

Robyn was born in Johannesburg, the largest city in South Africa, during apartheid. Her family had servants that lived on the property which meant that the servants didn't have to travel back and forth (very dangerous at that time) and the family could protect them more easily. Being young at the time, Robyn took for granted that everyone lived that way. Her father was a teacher who started a correspondence collage which enabled the family to travel around South Africa during the school holidays. Her school education included English, French and Afrikaans- still considered the primary language of South Africa. She attended Witwatersrand University and became a physiotherapist. Her main love however, was skiing in Austria and Switzerland. She got a job in London, England and lived there for a while.



She and her to-be husband, Geoffry, had known each other for years because their parents were friends and played bridge together. The two of them, however, had lost track of each other until her now sister-in-law and brother-in-law took steps to "re-introduce them." Geoffry got a job at the University of Alberta teaching anatomy in the Faculty of Dentistry and on one of his return visits home, invited Robyn to come skiing in Canada. The rest as they say, "is history." They have lived in Edmonton since 1962.

They have three children: Heather, a pharmacist in Toronto, Jaci, a teacher who has turned to her true love of cooking and Steven, who does research at the State University of New York, otherwise known as SUNY.

Robyn has been coming to the Centre since 1972 bringing her infant son Steven and parking him under the table while she and Alice Abells Z'L (who brought her dog and parked him under the table) hooked rugs as part of one of the craft programs at the Centre. She also volunteered as a secretary and then as a programmer. She took a hiatus from the Centre while she went to Grant McEwan to do their library technician course for two years. Robyn recently retired as the Centres' Photograph Archivist which she has done for 40+ years. Thanks to her professional skills and passion for historical preservation we have many beautiful albums that reflect the Centre's events, programs, members and volunteers throughout the years. Next time you are at the Centre we invite you to look through these albums, see the transformation of our Centre over the years and become acquainted with all the amazing people who volunteered and worked so hard to create the Centre you enjoy today.

Robyn has been a valuable asset to the Centre for many years and we will miss her work as photo archivist but continue to enjoy her being "just" a member and avid Mah Jongg player. She looks forward to the day when the Centre will open again, and she can continue to enjoy her friends, lunches and programs in-person.

Leslie Morgenstern

* *Let's Get Acquainted is a feature we will doing every month so that we can better get to know our fellow members/volunteers. If you have someone that you think should be featured, please let us know. Hopefully, it will bring us closer in a time when we cannot sit next to someone at the Centre, talk to them and get to know them.*

Health & Wellness

Bonnie's Use it or Lose it!

Cardio & Strength training,
Flexibility & Balance, Laughter
TUESDAYS @10:45a.m.
October 5, 12, 19 & 26
November 2, 9, 16, 23 & 30
December 7 & 14

<https://us02web.zoom.us/j/89274775349>

Ilonka's On Your Seat or On your Feet!

Use of Weights & Stretch Bands,
Flexibility & Strength, Laughter
THURSDAYS @ 10:45a.m.
October 7, 14, 21 & 28
November 4, 11, 18 & 25
December 2, 9 &16

<https://us02web.zoom.us/j/89583486278>

YOGA on Wednesdays @ 3:30p.m.

Starts October 6, 13, 20 & 27 November 3, 10, 17 & 24 December 1 & 8

Join Anita Sielecki -yoga master, who will teach you chair yoga and how you can transform your body and stabilised your mood by practicing yoga. Anita's aim is that by the end of our time together each participant will feel more settled and energized... ready to face the rest of your afternoon!

Fee: \$30 for 6 classes or \$ 50 for 10 classes

To register: <https://tinyurl.com/4wchk6bc>

Young at Heart Choir

Starts to rehearse on Mondays at 10a.m. at the Centre

August 23 & 30, September 20 & 27 and October 4, 11, 18,25 till December.

Join our wonderful choir! Choir fee is \$50 for this period (you will receive a \$25 tax receipt). All choir participants must be paid members of the Centre.

The Centre's Membership is only \$30 per year & runs from September 1 till August 31.



Lunches (\$12 for members / \$15 for guests) will be served on Tuesdays (with chef Daniella Drisdell) & Thursdays (with chef Bozena Szopiak) at 12p.m.

TUESDAYSOctober 5

Potato Corn Chowder
Spinach Quiche
Double-Chocolate Cookie

October 12

Tomato Lentil Soup
Potato Kugel with Garnish
Blondie

October 19

Moroccan Peanut Soup
Broccoli crunch
Berry Rhubarb Crisp

October 26

Roasted Squash Soup
Salat Niçoise
Berry Oats Cookie

THURSDAYSOctober 7

Mushroom Soup
Pizza
Salad & Desert

October 14

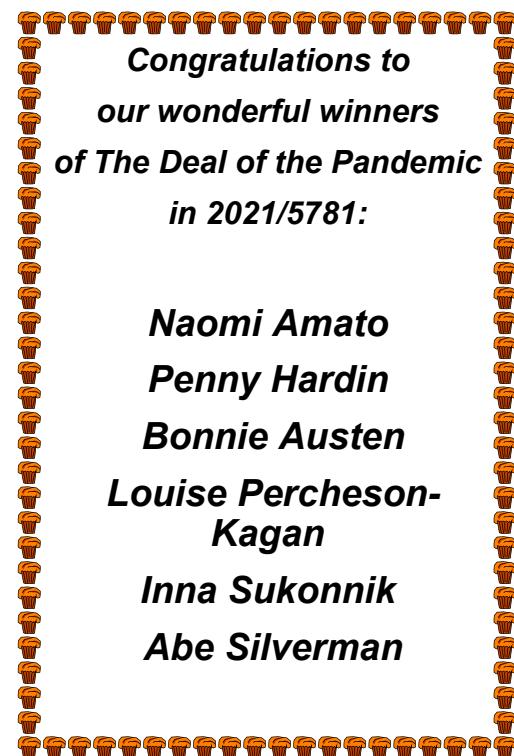
Borscht
Sandwiches
Salad & Desert

October 21

Pickle Soup
Mac & Cheese
Salad & Desert

October 28

Cabbage Soup
Fish & Lemon Rice
Salad & Desert



The Deal of the Pandemic

Dear Members,

Back by the popular demand our “Deal of the Pandemic!” – a fun way to support your Centre!

Tickets for our “Deal of the Pandemic” draw will be \$60.00 for six months entry, which breaks down to \$10.00 a month. The tickets must be purchased in one transaction before Monday, October 14 (E-transfer, cheque or cash). The minimal purchase is 6 tickets for \$60 but you can buy 12 tickets for \$120 or 18 tickets... It is a great present for your loved once with a very good possibility to win!

We will have a draw the last Thursday of every month at the Centre with our wonderful kitchen volunteers participating for a variety of soups (minimum 2 (1L) containers), main course and/or baked goodies of the month, a value of approximately \$60 per month. If you are already buying our soups, you are probably spending at least \$20.00 - \$40.00 a month. With these tickets, you will be entered into the draw every month for six months.

We will do the draw October 28, November 25, December 16, January 27, February 24 and March 24.

The Deadline for your entry is October 14, 2021.

Looking forward to Your participation,

The Fundraising Committee

Orangetheory and Spiritual Motivation

In 2010, Ellen Latham founded an exercise studio in Miami called Orangetheory. What began as one small business that she opened to rebound from a devastating job loss while raising her 9-year-old son on her own, now boasts over 1 million members and 1,200 locations worldwide.

The epicenter of her business is a science-based fitness regime that has is known by the acronym "HIIT", and it stands for High-Intensity Interval-Training. Unlike most forms of exercise, participants repeat short spurts of high-intensity exercise, intermingled within longer stretches of lower intensity activity designed for active recovery. Say, within a 60-minute workout, the goal is to keep the heart rate raised above 85% of your max for only around 15 minutes in total.

The science brings to light many physical benefits and on top of that participants find it easier to stay motivated. It is very hard to remain motivated for a long and intense exercise that tests our physical and mental capacity for a sustained period of time. But during a HIIT exercise, since the recoveries are built-in and part of the process, the motivation is far easier to conjure up.

I believe that in a way, our Jewish calendar is designed as a HIIT workout – a spiritual one that is. We are challenged to push ourselves in high-intensity spiritual spurts, tap into different themes and energies via the holidays, and take the experience back into the recovery periods, also known as 'the regular days', where it continues to enrich.

In a micro sense, the added dedication to Hashem and the spiritual realm on Shabbat is designed to surge our week with a higher level of awareness and mindfulness. In a more macro sense, we have our annual calendar that puts us through a constant interplay between intense pushes and recovery.

With that said, having *Rosh Hashana*, *Yom Kippur*, *Sukkot*, *Shmini Atzeret* and *Simchat Torah* all back-to-back, the Jewish month of Tishrei is the ultimate intense interval in a HIIT spiritual workout. But we need to find the motivation within to push, because done right, it can fill our valve with passion and excitement for the entire year.

Science behind that the HIIT workouts demonstrates that even during the recovery mode our bodies are still stimulated with a continued rise in the metabolism even when recovering. May it be that the same will hold true for each and every one of us in our spiritual HIIT exercise – that it leaves our Neshamot feeling more alert, in tune and sensitive to opportunities to grow and connect even post-High-Holidays.

May your Rosh Hashana be sweet, your Yom Kippur be meaningful and your Sukkot be joyful –
שנה טובת ומותקנת.



Rabbi Zolly Claman

Reprinted from the Alberta Jewish News

Rabbi Zolly Claman

PROJECT TRANSFORMING BOOMERS INTO ZOOMERS

For many reasons, the pandemic was very challenging for us all. Firstly, our Centre is well-known as a place of connection, friendship and unique in-person experiences and this was suddenly interrupted by the Covid-19 outbreak. Secondly, at that time many of our members did not know how to use communication technology and right before closure in 2020 we had just started classes on how to use "your new gadgets". Thirdly, our famous lunch program, enjoyed by many, was unexpectedly stopped.

We did not give up! Slowly but steadily, we started to connect our members to Zoom and successfully introduced many of our members to the new technology. We have also facilitated transfer of knowledge from young to not quite as young, so that our Seniors have learnt how to use communication tools, such as Zoom and Facebook, and had assistance in learning how to use gadgets effectively. These activities are funded by the **New Horizons for Seniors, Government of Canada** and supported by our wonderful team of young volunteers from the **Kyrgyz Association in Canada** and practicum students from the **University of Alberta**.

The Centre is continuing this "gadget" learning with the program **Transforming Boomers into Zoomers**. We will offer special one-on-one training for members who have never used I-Pads before and want to become I-Pad literate. I-Pads can be provided, on loan, and volunteers will help you explore this communication technology tool. **Please register for this program asap by calling to the Centre 780-488-4241**. Please note individual classes will be scheduled based on the availability of our volunteers.

The second component of this project is personal development group work. Many of you previously enjoyed **Aging & Change: How to navigate life transitions?** led by **Anna Jongeleen, MPS-AT (Master in Psychotherapy, Spirituality & Art Psychotherapy)** from our partner organization Jewish Family Services. Now get ready for a special treat:

You are invited to explore our new reality with Anna and Svetlana through participation in a 6-week series on Fridays 10a.m. - 12p.m. starting October 8. Weekly topic titles are:

October 8: Mental Traps: How to prevent Informational Overload?

October 15: Mental Traps: How to Filter Online Information & not to become a "Drama Queen"?

October 22: Mental Traps: Our Losses & Gains in the New Virtual Environment.

October 29: Mental Traps: Sorry About My Past

November 5: Mental Traps: Worry About My Future

November 12: Mental Traps: Not Grateful for My Present

Fee: \$18 for 6 sessions.

We are intending to run these sessions in-person but depending on the overall Covid situation in October we might decide on Zoom meetings only. Please indicate your preference upon registration.



To Register please use this link <https://tinyurl.com/2m9skr4v>



Congratulations to
Robert James Merrett,

professor emeritus of English and film studies
at the University of Alberta, on the publication
of his new book

*Imperial Paradoxes
Training the Senses &
Tasting the Eighteenth Century*

An encyclopedic literary history of Britain's and France's rival and complementary economies of eating, drinking, travelling, and fashion.

At war for sixty years, eighteenth-century Britain and France shared social and economic exchanges despite their imperial rivalry. Paradoxically, this rivalry spurred their participation in scientific and industrial developments. Their shared interest in standards of living and cultural practices was fuelled by migration and philosophical ideas that transmitted the values of urban geography, medicine, teaching, and the industrial and fine arts.

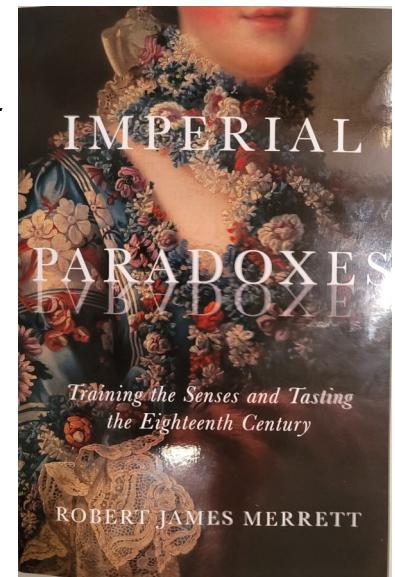
Imperial Paradoxes compares British and French literature on those topics. It explains how food, wine, fashion, and tourism were channels of exchange and shows why authors of both nations turned the notion of empire from commercial and military expansion into a metaphor for exploring self-knowledge and pleasure. Although cognitive science has come to the fore only in the past two generations, eighteenth-century writers found problems in Western rationalism.

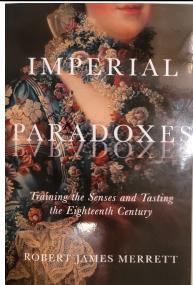
Themes of embodiment and embodied thought drawn from recent theorists are applied throughout this book, along with dialectics and models of the senses operating together. Applying major works in the fields of cognitive science, cognitive psychology, and pedagogical theory to prose, poetry, and drama from the eighteenth century, Merrett shows how attention to eating, drinking, dressing, and travelling gives important insights into individual literary works and literary history.

For more details go to <https://tinyurl.com/2bet4uj8>

(McGill-Queen's Studies in the History of Ideas)

Professor Merrett will present a special course in December 2021 based on his published book.





Two illustrated, informal talks introducing Robert Merrett's latest book:
Imperial Paradoxes: Training the Senses and Tasting the Eighteenth Century

(McGill-Queen's University Press, 2021)

on Thursdays, December 9th and 16th, 2021 1:00p.m. -3:00 p.m.

Lecture #1: Empire and Wine in British and French Canada (1650-1900)

Lecture #2: Travel and International Foods in Eighteenth-Century Europe

RSVP ASAP: <https://tinyurl.com/mabrvfz9>

Fee: \$30

SUNDAY CLUB

October 3 at 1p.m.: Birthdays Celebration Day with Mish & Emma

October 10 at 1p.m.: The Golden Era of Russian Poetry: Mandelstam and Tutchev with Lina

October 17 at 1p.m.: Scandinavian Pole Walking with Sash Chernetz

October 24 at 1p.m.: "Alef" magazine review with Sveta Bass

October 31 at 1p.m.: Novosibirsk: Past, Present & Future with Svetlana

Due to increasing numbers of Covid cases, please check back with us about in-person re-opening!

We would love to welcome you at the Centre!

Not Boring Book Club (NBBC)

In Spring 2021, renowned writer, editor and presenter Debby Waldman started to facilitate monthly meetings of our Book Cub hosted through the Centre's Zoom, and **Not Boring Book Club (NBBC)** was born. Join its fascinating discussions!

1:00PM Tuesday, October 12

The Exiles by Christina Baker Kline

1:00PM Tuesday, November 9

The Nickel Boys by Colson Whitehead

To Register please use this link: <https://tinyurl.com/4yv2xnbj>

Ikebana Classes

Ikebana is a disciplined Japanese art form in which nature and humanity are brought together to produce floral arrangements that "give life to flowers".

Our masters Jean-Marcel Duciaume and Brenda Jackson will be happy to answer your questions, please call them 780-803-5690.

The class should resume on Monday, October 4 1-3p.m.



Shalom Baby Project

The Jewish Federation of Edmonton has launched “**Shalom Baby**” project supporting families & welcoming new babies in the Edmonton Jewish community.

A gift basket for the families including gifts from local Jewish organizations will be given when the baby is born! The Centre has undertaken to have a handmade hat and blanket added to each basket.

Many thanks to **Beryl Nahornick and Deirdre Hill-Richards** for their knitting talents!



Our Partner Organization: La Coalition des femmes de l'Alberta

One of the initiatives developed with La Coalition des femmes de l'Alberta was to enable the Francophone and Jewish communities of Edmonton to learn about each other and collaborate. Our first project aimed to mentor Francophone women to help them enhance their leadership skills. The second project, called “Where are the women?”, focused on contemporary Francophone artists from all over Canada, and led to a virtual presentation of their Edmonton Art exhibit and vivid discussion about the way contemporary art presents and preserves itself.

The most recent project called Safer & Stronger Together aims to raise awareness about abuse and discrimination towards women and girls. This project became a reality thank to funding from the Canadian Women’s Foundation. Many immigrant women, after arrival to Canada, lose their traditional support system and became more vulnerable. Seniors can play an essential role in the lives of those women by sharing their wisdom, creating support, and providing knowledge about the Canadian way of living.

There will be a Zoom forum Stronger & Safer Together with representatives of service organizations and women who will share their experiences,

Wednesday, October 6 at 6p.m.

Please register to be part of this important discussion
via the link <https://tinyurl.com/r6zj7ub>

THANK YOU

A special thank you goes to Anne Green who donated the beautiful art items for Lilian Green Z" L Memorial Auction.

Our talented volunteer auction team: Hans Pilz, Anna Zeisler & Aleksey Pavlenko thank you for your great support!

Dear Members, thank you for your participation. We received \$1,000 from the art sale.

Thank you for Supporting your Centre!

Call the office for Tribute Cards - (780) 488-4241

We try to be as accurate as possible - Please accept our apologies for any omissions or errors made!

Cards sent from the Board of Directors

SYMPATHY	SYMPATHY	MAZEL TOV
To: Alan Jacobson—loss of wife Jean Z'L To: Lawrence Rodnunsky & Lauren Baram—in memory of Miriam Rabinovitch Z'L	To: Nina Hardin—loss of husband Tom Hardin Z'L To: Clarice Switzer—loss of sister Eleanor Flaxman Z'L To: David Klimove—loss of uncle Mitch Klimove Z'L	To: Phyllis Nurgitz—Special Birthday To: Svetlana Pavlenko on being appointed as a Senator of University of Alberta
MAZAL TOV To: Svetlana Pavlenko on being appointed as a Senator of UofA From: Elaine & Mark Salkie To: Phyllis Nurgitz— Birthday From: Elaine & Mark Salkie Larry Witten Sue & Alvin Winestock Faye & Cyril Kay Shelley Veats Linda Goody Wendy Danson & David Bai Judy & George Goldsand Svetlana & Aleksey Pavlenko To: Naomi Wolfman—Birth of First Great—Granddaughter From: Luba Allen Arnie Faintuch & Mari Segall Freya & Lewis Wasel Elaine & Mark Salkie To: Maxine & Milt Fischbein— Birth of Granddaughter From: Arnie Faintuch & Mari Segall	SYMPATHY To: Alan Jacobson— loss of wife Jean z'l From: Robyn & Geoff Sperber Lewis & Freya Wasel To: Phyllis Nurgitz & Mel Wyne—loss Mitch Klimove z'l From: Freya & Lewis Wasel To: Lauren Baram & Lawrence Rodnunsky – in loving memory of Miriam Rabinovitch z'l Fr: Jodi & Michael Zabludowski To: David Klimove— loss of uncle Mitch z'l From: Arleane & David Holmes To: Minette Minitzer— loss of husband Leonard z'l From: Freya & Lewis Wasel To: Linda Levitt—loss of husband Edward z'l From: Marvin & Brigitte Katz To: Nina Hardin—loss of husband Tom z'l From: Kevin & Joan Keough Michelle Moore Jodi & Michael Zabludowski Elaine & Mark Salkie DONATION TO THE CENTRE	Judy Goldsand Susan Baram Marilyn Cummings Mari Segall Arnie Faintuch Bernie Adler Naomi Wolfman Jerry Katz Susan Binnington Sarah Nyland PRODUCE DONATION Leticia Nadler-Gomez Eva Weisz Daniella Drisdell Leah Delage Cheryl Shur Bozena Szopiak SHALOM WALL A Plaque in Honour of Phyllis Nurgitz' Special Birthday From Beryl Nahornick & Bev Sonmor A Plaque in Honour of Phyllis Nurgitz' Special Birthday From Phyllis D'Aguiar A Plaque in Honour of Phyllis Nurgitz' Special Birthday From Kitchen & Office Friends A Plaque in Memory of Mitch Klimove Z'L From Phyllis, Mel & Families A Plaque in memory of a Great Healer Dr. Zelig Selinger, MD Z'L From Natalie Jerwak
THANK YOU TO THE CENTRE Nina Hardin Lynne Moulton Phyllis Nurgitz	Doug Hughes Ed Mickelson Audrey Brooks Marcia Bercov	

October 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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					1	2
3 1-3p.m. Sunday Club	4 10a.m. Young At Heart Choir 1:00p.m. Ikebana	5 10:45 Fitness: Bonnie 6:00pm Art Nouveau 1	6 10a.m. Opera Course 1 1p.m. Rabbi Kunin Judaism and Islam 1 3:30 pm Anita Yoga 1 6p.m. FORUM Safer & Stronger Together	7 10:45 Fitness Ilonka 1-3p.m Matt Dance Edm. Geography 1	8 10a.m-12p.m. Support Group 1 Transforming Boomers into Zoomers	9
10 1-3p.m. Sunday Club	11 PUBLIC HOLIDAY	12 10:45 Fitness: Bonnie 1p.m. Book Club- NBBC 6:00pm Art Nouveau 2	13 10a.m. Opera Course 2 11p.m. Rabbi Kunin Judaism and Islam 2 3:30 Anita Yoga 2	14 10:45 Fitness Ilonka 1-3p.m. Matt Dance Edm. Geography 2.	15 10a.m.-12p.m. Support Group 2 Transforming Boomers into Zoomers	16
17 1-3p.m. Sunday Club	18 10a.m. Young At Heart Choir 1:00p.m. Ikebana	19 20 10:45 Fitness: Bonnie 6:00pm Art Nouveau 3	20 10a.m. Opera Course 3 1p.m. Rabbi Kunin Judaism and Islam 3 3:30 Anita Yoga 3	21 10:45 Fitness Ilonka	22 10a.m.-12 p.m. Support Group 3 Transforming Boomers into Zoomers	23
24 1-3p.m. Sunday Club	25 10a.m. Young At Heart Choir	10:45 Fitness: Bonnie 6:00pm Art Nouveau 4	27 10a.m. Opera Course 4 1p.m. Rabbi Kunin Judaism and Islam 4 3:30 pm Anita Yoga 4	28 10:45 Fitness Ilonka 1-3 p.m. Matt Dance Edm. Geography 3	29 10a.m.-12p.m. Support Group 4 Transforming Boomers into Zoomers	30
31 1-3p.m. Sunday Club						

Photo: At the Centre's Membership High Tea, August 26, 2021 Our members and guests enjoy Bert Malo performance accompanied by Reinhardt on the piano, and Barbara on the flute!