

JEWISH SENIOR CITIZEN'S CENTRE

All Seniors Welcome

Mailing Address: Box 17017 Edmonton, AB T5K 0G4 www.jdicseniors.ca

Drop In For Lunch or Attend a Program

Location: 10052-117 Street Ph: 780-488-4241 Fax: 780-488-6591 Email: jdic@shaw.ca



July- August 2018/5778



JAHSENA (Jewish Archives) & our CENTRE present

Challah Bread Baking Event Wednesday, July 4 from 7p.m. to 8:30 p.m.

This program will feature a brief talk about the special foods associated with major Jewish festivals, as well as a demonstration of making challah– the braided bread enjoyed every Sabbath in Jewish homes around the world. Samples of the bread and other goodies will be available, as well as a recipe for you to bake your own challah loaf.

Fee: Complimentary





Thursday, July 5 at 12p.m.

Join us for a vibrant Spanish Lunch and vivacious performance of our very own talented Melanie Gall as Carmen & Eden Ballantyne as Don Jose

from Bizet's masterpiece. Fee: \$15

Please RSVP ASAP with payment

BOARD OF DIRECTORS

President: Lewis Wasel, **Past President**: Mark Salkie, **Treasurer**: Elaine Salkie, **Secretary:** Danny Assh, **Membership Chair**: Miriam Rabinovitch, **Program Chair**: Shirley Grossman, **Transportation Chair**: Hans Pilz, **Volunteer Coordinator**: Louise Percheson-Kagan **Directors**: Laurie Mozeson, Dmitry Alman.

Presidential Appointee: Leslie Morgenstern Honorary Members: Hanna Pollack Honorary Advisor: Larry Derkach

Executive Director: Svetlana Pavlenko Office Manager: Erika Damjanovic Chef: Bozena Szopiak

Jewish Senior Citizen's Centre Newsletter

July- August 2018/5778

President's Column

May and June have been busy months at the Centre. Our members enjoyed a Spanish Culture Day with Flamenco Dancers, a traditional Shabbat dinner, an Open House, and a Multicultural Day celebration. All of these events attracted a full house and those who attended felt good about being here.

Our Executive Director Svetlana and I attended a program of the Sunday Club. A long term volunteer Sveta Bass presented an overview of the ALEF magazine and its emphasis on Jewish news around the world. A delicious lunch was served. Although the Sunday Club's meetings are in the Russian language which I do not speak I found the atmosphere to be welcoming and warm. The Sunday Club members appreciated our attendance and we enjoyed being there.

Thank you to all of our amazing volunteers who make our programs at the Centre so special. Without them we could not implement all of the great ideas for programming.

Please mark your calendars for unique upcoming programs. Together with the Jewish Archives, we invite you to Free Challah Baking Event on Wednesday, July 4 at 7:00p.m. This is a great opportunity to learn more about Jewish food traditions, the significance of food in some Jewish holidays, sample a few recipes, and discover how to braid your own challah.

On Thursday, July 5 at 12:00 PM, there will be a Spanish lunch with a live opera performance of arias from Carmen by Melanie Gall. We expect a full house so please reserve your seat.

Thursday, July 12 will be an exploration day. At 12:00p.m. join us for South African lunch followed by a presentation about that interesting country at 1:00p.m. by Bonnie Austen who travelled there recently.

I would like to invite all of our members, their families and friends to actively participate in our First Annual Bagel Loop in Victoria Park on Sunday, August 12 beginning at 10:00a.m. You can walk, run or roll to support your Centre as many kilometres as you wish beginning with one. Walkers and wheelchairs are welcome. There will be prizes, giveaways, post race munchies and a picnic with entertainment. Early bird registration by July 19 will cost \$20.00 for adults, \$10.00 for children aged 10 to 13 and will be free for children under 10. Alternatively, a family of four people of any age can register for \$50.00. Register early as the cost will increase after the early bird deadline. You can support the Centre by attending this event, by getting sponsors, by collecting pledges and by volunteering. Forms for signing up sponsors are available at the Centre and on our web-site www.jdicseniors.ca

Lewis Wasel

I wish all of our members and readers a happy Celebration of Canada's 151st Anniversary!



Photos:

1) Multicultural Day Celebration at the Centre with MP Boissonnault and MLA Shepherd

2) Gail & Bernie Estrin with our great supporter, their granddaughter Tova, presenting the cheque from the Jewish Pipeline



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We invite all of our members, their families and friends to actively participate in our **First Annual Bagel Loop** in Victoria Park <u>on Sunday, August 12</u> beginning at 10:00a.m. You can walk, run or roll to support your Centre as many kilometres as you wish beginning with one. Walkers and wheelchairs are welcome. There will be prizes, giveaways, post race munchies and a picnic with entertainment.

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On Your Seat or On your Feet!

with Ilonka Wormsbecker! Use of Weights & Stretch Bands, Flexibility & Strength, Laughter & Music THURSDAYS @ 10:45a.m. June 7, 14, 24 & 28 & July 5,12, 19, 26



Invest in a New You! Buy a Card as a Present!

Our Exercise Cards have

NO expiry date!

Available to **our members only** Treat yourself to:

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

(Drop in fee per class \$6)

Good for any exercise class at the centre!

SPECIAL PRESENTATIONS A week in Cape Town with Bonnie Austen

Fee: \$3

Thursday, July 12 at 1p.m.

In 2014, The New York Times called Cape Town one of the most beautiful cities in the world.

Join Bonnie as she relives her week there in November 2017 and shows us how the city earned this reputation.





Memories of Edmonton Panel

Tuesday, July 17 at 10a.m.- 12p.m.

Naomi Amato, Beryl Nahornick, Mitch Klimove, Mel Wyne, and Miriam Rabinovitch will share their memories about growing up in Edmonton.

Fee: \$3

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Dr. Keith Aronyk Gamma Knife Technology Thursday, July 19 at 12p.m.

Dr. Keith Aronyk, Clinical Department Head of Neurosciences with Alberta Health Services, will tell us about the fascinating new **Gamma Knife** at the University Hospital. Gamma Knife technology makes it possible for surgeons to perform brain operations scalpel free!

Marcia Bercov about CAARI Tuesday, July 24 at 12p.m.

Marcia will tell about her experiences as a volunteer working in a variety of areas in Israel. She has been involved with CAARI organization (Canadian & American Active Retirees In Israel) for several years and will offer her tips and advice.

Rabbi Kunin from Japan Thursday, July 26 at 12p.m.

Rabbi Kunin is visiting Edmonton in July and will come to the Centre to share his incredible stories about his late endeavours all over the world. Please RSVP ASAP.

GROWING UP IN HOLLAND in 1938–1957 Thursday, August 2 at 12p.m.

Ilonka Wormsbecker was born in Hoogezand, Holland. She was the oldest of five children. Her father, Vilmos Halpern, was an international soccer coach.

He was born in Jewish Orthodox family in Budapest. His father was a cantor at the local synagogue.

Come and learn about fascinating history of one stateless family, who finally found their home in Edmonton, in 1957.







GROWING UP IN ROMANIA <u>Thursday, August 9 at 12p.m.</u>

Abe was born in a city in North East of Romania under Nazi occupation in 1942. He wore a yellow star for the first 2 years of his life. After escaping Romania in 1947, his father, mother and infant brother spent 2 years in a Displaced Persons Camp in Vienna waiting for passage to Israel.

As fate would have it they instead found themselves in Canada arriving in January 1949.



SPECIAL PRESENTATIONS

Sephardic Cuisine Lunch with Naomi Amato Wednesday, July 25 at 12p.m.

Naomi Amato will be speaking about the tradition of scrumptious Sephardic food served on the Greek island of Rhodes. According to Naomi, "Vic's mother taught me a lot of Sephardic recipes which I will cook that day for you and share."

Fee: \$13 for members and \$15 for non-members

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Jewish Senior Citizen's Centre presents **15th Annual Six Week Series** October 9 - November 19, 2018 For the Intellectually Curious \$70 members & \$85 non-members per course Music from the Movies Instructor: D.T. Baker Mondays, October 15 — November 19, 2018 10:00a.m. -12:00p.m. (noon) Navigating Compromise in XXIst Century Bioethics Instructor: Gary Goldsand Mondays, October 15 — November 19, 2018 1:00p.m. - 3:00p.m. The Art of Deception: Forgeries and Thievery in the Art World Instructor: Kathleen Silverman Tuesdays, October 9 — November 13, 2018 1:00p.m. - 3:00p.m. **Opera** Anyone?! Instructor: Morris Maduro Wednesdays, October 10 — November 14, 2018 10:00a.m. -12:00p.m. (noon) Location: 10052-117 Street (just south of Jasper Avenue) Mailing Address: Box 17017, Edmonton, T5K 0G4 780-488-4241 www.jdicseniors.ca jdic@shaw.ca Become a Member just \$30 per year (September 1 to August 31) **Enjoy our Famous Lunches!**

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<u>Monday, July 2</u> Closed <u>Tuesday, July 3</u> Butternut squash & apple Soup Sandwiches Salad/Dessert

<u>Wednesday, July 4</u> Curried red lentil & spinach Soup Spaghetti Salad/Dessert

<u>Thursday, July 5</u> Spanish lunch & Opera Carmen

> Monday, July 9 Black bean Soup Greek frittata Salad/Dessert

Tuesday, July 10 Sweet potato, Kale & chick pea Soup Stuffed peppers Salad/Dessert

Wednesday, July 11 Lentil & mushroom Soup Cold plate Salad/Dessert

<u>Thursday, July 12</u> South African Lunch

<u>Monday, July 16</u> Tomato Soup Veggie burgers Salad/Dessert

Tuesday, July 17 Curried cauliflower Soup Pizza Salad/Dessert

Wednesday, July 18 Bean & corn Soup Fish and chips Salad/Dessert

Thursday, July 19 Leek & potato Soup Vegetable strudel Salad/Dessert

Monday, July 23 Carrot Soup & Chili Salad/Dessert

Tuesday, July 24 Spinach, leek, & white bean Soup Macaroni and cheese Wednesday, July 25 Pea Soup Potato/tuna salad Salad/Dessert

Thursday, July 26 Mushroom Soup Fish & Lemon Rice & Salad BIRTHDAY CAKE Rabbi Kunin's Presentation

<u>Monday, July 30</u> Broccoli Soup Hummus and avocado toast Salad/Dessert

> Tuesday, July 31 French Spring Soup Veggie quiche Salad/Dessert

Wednesday, August 1 Cucumber Soup Sandwiches Salad/Dessert

Thursday, August 2

Carrot Soup Pasta salad Salad/Dessert Ilonka Wormsbecker's Presentation

> <u>Monday, August 6</u> CLOSED

Tuesday, August 7 Vegetarian cheese Soup Salmon patties Salad/Dessert

Wednesday, August 8 French onion Soup Great white pizza Salad/Dessert

Thursday, August 9 Cream of fresh tomato Soup Lentil meatballs Salad/Dessert Abe Silverman's Presentation

Monday, August 13 Closed

Tuesday, August 14 Squash Soup Black bean and sweet potato chili Salad/Dessert

Wednesday, August 15 Lentil and potato Soup Garden quiche Salad/Dessert

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Thursday, August 16

Green velvet Soup Roasted sweet potato & Fish Salad/Dessert

Monday, August 20

Vegetable Soup Chili Salad/Dessert

Tuesday, August 21

Fresh pea Soup Onion, mushroom Kugel Salad/Dessert

Wednesday, August 22 <u>NO LUNCH</u>

Thursday, August 23 Cabbage, potato & tomato Soup Vegetarian burgers Salad/Dessert

> Monday, August 27 Potato-leek Soup Cold plate Salad/Dessert

<u>Tuesday, August 28</u> Garlic, spinach & chickpea Soup Roasted cauliflower lasagna Salad/Dessert

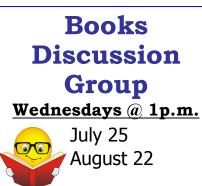
WEDNESDAY, AUGUST 29

White bean Soup Potato strudel Salad/Dessert

THURSDAY, AUGUST 30

Borscht Tuna casserole Salad/Dessert





JULY 2018

Sun	Mon	Tue	Wed	Thu	Fri Sat
1 Fast of 17th Tammuz	2 CLOSED	3 12p.m. Lunch 1-4p.m. Games	4 12p.m. Lunch 1-3p.m. Games 7-8:30p.m. Challah Bread Making together with Jewish Ar- chives	5 10:45a.m. Fit- ness Ilonka 12p.m. Spanish Lunch with Car- men– Melanie Gall 1-3p.m. Games	Photo: Ellise Café at the Bird Farm
	9 10a.m-12p.m. REDISCOVER Jane Austen 12p.m. Lunch 1-3p.m. Games	10 12p.m. Lunch 1-4p.m. Games	11 12p.m. Lunch 1-3p.m. Games	12 10:45a.m. Fitness Ilonka 12p.m. South Afri- can Lunch 1p.m. Armchair Traveler: South Africa with Bonnie Austen	L&L August 16 All about Butterflies Educator and member of the Lepidopter- ists' Guild, Vic Romanyshyn, will tell us everything we ever wanted to know about butterflies! He will have a short presentation and bring display cases of the many varieties of butterflies found around the world.
Photo: Birds Houses at the Ellis Bird Farm	16 10a.m12p.m. REDISCOVER Jane Austen 12p.m. Lunch 1-3p.m. Games	17 10a.m12p.m. Historical Panel: Memories of Edmonton at 12p.m. Lunch	18 12p.m. Lunch 1-3p.m. Games	19 10:45a.m. Fit- ness Ilonka <i>12p.m. Lunch & Learn: Dr.</i> <i>Aronyk</i> <i>Gamma Knife</i> <i>Technology</i>	BAGEL LOOP SUNDAY, August 12 at 10a.m. at Victoria Park PICK UP LOCATIONS: Need insert info
22 Fast of 9th Ave	23 10a.m12p.m. REDISCOVER Jane Austen 12p.m. Lunch 1-3p.m. Games	24 12p.m. Lunch & Learn: Marcia Bercov about CAARI	25 12p.m. Sephardic Lunch with Naomi Amato 1p.m. Book Club 1-3p.m. Games	26 10:45a.m. Fit- ness Ilonka <i>12p.m. Lunch</i> & Learn: Rabbi Kunin	Are you interested in learning how to play Mah Jong or Bridge? Let us know and we will try to organize classes for you! New playing groups can be formed.
29	30 10a.m12p.m. REDISCOVER Jane Austen 12p.m. Lunch 1-3p.m. Games	31 12p.m. Lunch	Photo: Ellis Bird F	Farm: Lunch Time!	JAHSENA & Our Centre present Challah Baking <u>Wednesday, July 4</u> from 7 to 8:30 pm

August 2018

Sun	Mon	Tue	Wed	Thu	Fri Sat
			1 12p.m. Lunch 1-3p.	2 10:45a.m. Fit- ness Ilonka 12p.m. Lunch & Learn: Illonka, Growing up in Holland	3
Photo: Our Guest celebrate Canadian Multicultural Day	6 CLOSED	7 12p.m. Lunch 1-3p.m. Games	8 12p.m. Lunch 1-3p.m. Games	9 10:45a.m. Fitness Ilonka 12p.m. Lunch & Learn: Abe Silverman, Growing up in Romania	Special thank you to MLA Shepherd who presented a cheque from the Government of Alberta to support the Centre's operation needs.
12 BAGEL LOOP Walk/Run/Roll & Picnic at the Victoria Park Check-in 10a.m.	13 CLOSED	14 12p.m. Lunch & Learn: Rob Christie, career in Broadcasting	15 12p.m. Lunch 1-3p.m. Games	16 10:45a.m. Fitness Ilonka 12p.m. Lunch& Learn: Vic Romanyshyn, about butterflies 1-3p.m. Games	MEMBERSHIP LUNCH <u>Thursday, August 30 at</u> <u>12p.m.</u> It is time to renew your \$30 per person annual member- <u>ship!</u> Sign up a friend as a new member & enter the draw to win:
19	20 12p.m. Lunch 1-3p.m. Games	21 12p.m. Lunch 1-3p.m. Games	22 <u>1p.m. Book</u> <u>Club</u> 1-3p.m. Games 12p.m. Lunch 6p.m. Appreciation dinner for Bagel Loop by invitation only	23 10:45a.m. Fit- ness Ilonka 12p.m. Lunch & Learn: Rabbi Kunin from Ja- pan	 2 tickets to opera La Traviata for October 23, 2018 (value \$100) 1 chance at winning a Lunch card for 10 lunches (value \$130) 1 course of Learning in Retirement series of your choice (value \$85) 2 chances at winning a Fitness card for 6 classes (value \$36) No cash replacement prizes. Only those members who sign a new member are eligi- ble to enter the draw (one en- try only) and you must be present at lunch to receive your prize. Good Luck! See you soon!
26	27 12p.m. Lunch 1-3p.m. Games	28 12p.m. Lunch 1p.m. Ikebana	29 12p.m. Lunch 1-3p.m. Games	30 Membership Lunch & Birthday Celebration	