



# JEWISH SENIOR CITIZEN'S CENTRE

**All Seniors Welcome**

**Drop In For Lunch or Attend a Program**

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

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

## Schmooze and News

July 2019/5779

### BAGEL

### The 2nd Annual Walk/Run/Roll



**SUNDAY July 14 2019**

Registration @ 10a.m. Warm Up @ 10:30a.m.

Walk/Run/Roll @ 10:50a.m.

*Details on page #5*



## CUBAN BRUNCH



**Sunday, July 28 at 11:30a.m.**

Experience **Cuba** with  
Cuban Movement Dance School performance,  
Caribbean Family Style Brunch and  
Historical Overview.



Chef, Bozena, with our wonderful volunteers will prepare a sumptuous Caribbean-themed Brunch Suitable for all family members.

Please join us for this unique & fun event!

The cost is \$40 for members/\$50 for non-members.

Please reserve your spot ASAP.

Limited seating. Full payment (cash or cheque only) by July 22, please.

#### MENU

##### Appetisers:

Guacamole  
Hummus  
Mango Salsa  
Corn Chips



##### Main Course

Caribbean Green Salad  
Cuban Fish  
Rice with Black Beans and Veggies



##### Dessert

Tart with lemon filling and Fresh Fruit

##### Beverages

Surprise Drink  
Spanish Coffee  
Herbal Teas

#### BOARD OF DIRECTORS

**President:** Lewis Wasel, **Secretary/Casino Chair:** Danny Assh, **Past President:** Mark Salkie, **Treasurer:** Elaine Salkie, **Fundraising Chair:** Leslie Morgenstern, **Program Chair:** Shirley Grossman, **Transportation Chair:** Hans Pilz, **Directors:** Louise Percheson-Kagan, Sveta Bass, Lauren Baram

**Presidential Appointee:** Sam Koplowicz

**Executive Director:** Svetlana Pavlenko **Program Manager:** Maya Feldman **Chef:** Bozena Szopiak

**Fitness Instructors:** Ilonka Wormsbecker & Bonnie Austen, **Ikebana Masters:** Jean-Marcel Duciaume & Brenda Jackson

# President's Column

The last two months have been very busy at the Centre. Thirty seven members went on the bus tour to the Rosebud Theatre in southern Alberta and all of them enjoyed it tremendously! Many of our members attended the Jewish Film Festival and we thank the volunteer drivers who provided the transportation to our members.

Travelogues are always interesting programs. Bonnie Austen took us to Dubai and Susan Devins took us to Bhutan.

Dr. Morris Maduro presented two very different topics. One was British Romantic Poetry and the other was International Law. Members have requested that Dr. Maduro speak again on International Law so stay tuned for when that is scheduled.

Shakespeare lovers were inspired by Dr. Robert Merrett to enhance their knowledge at the Freewill Shakespeare Festival. Those who attended had a great time.

Our new stove was dedicated with a ribbon cutting ceremony on May 27. Thank you to all friends of the Centre who contributed in memory of Hanna Pollack Z"L and a very special thank you to our Anonymous Donors.

Classes are being organized for bridge, cribbage and Mah Jong. If you are interested please add your name to the sign-up sheets either in person or by phoning the Centre.

All of our members, their families and friends are invited to attend our second annual Bagel Loop. Walk/Run/Roll in Victoria Park on Sunday, July 14 beginning at 10:00 AM. There will be fun races, entertainment, a picnic and other intergenerational activities. We look forward to seeing you in Victoria Park.

Lewis Wasel, President



**The Ribbon Cutting Ceremony 2019**

# Learning in Retirement

## Jewish Senior Citizen's Centre

presents

16th Annual Six Week Series  
October 28 - December 5, 2019



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



***Politics: Edmonton & Alberta***

Instructor: Stephen Mandel

Mondays, October 28, November 4 & 11, 2019 10:00a.m. –12:00p.m. (noon)  
(fee \$40 members/ \$55 non-members)



***Solo Flight :The Concerto from Vivaldi to Ravel***

Instructor: Michael Thomas Roeder

Tuesdays, October 29 — December 3, 2019 1:00p.m.—3:00p.m.



***REVOLUTIONARY EXPLOITATION -  
ROCK 'N ROLL'S FIRST TUMULTUOUS DECADE***

Instructor: D.T. Baker

Wednesday, October 30 — December 4, 2019 10:00a.m. –12:00p.m. (noon)



***YEG's PUBLIC ART***

Instructor: Kathleen Silverman

Thursdays, October 31 — December 5, 2019 1:00p.m. – 3:00p.m.

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!**



## IMPORTANT ANNOUNCEMENT

We are pleased to announce that our Centre has received funding from New Horizons (the Government of Canada) for the project

### ***From Survival to Thrival: Shared Historical Experiences.***

We will be partnering with the Indigenous community to look for commonalities in the effects of persecution, stereotyping, oppression, humiliation and attempts to destroy culture and spiritual practices.

We have invited the Holocaust committee of the Jewish Federation of Edmonton and other Jewish organizations to participate in this important project and we are looking forward for our collaboration.

This will be a forward looking project in which we will examine how both peoples have survived the past and can now go on to successful futures.

Look for the first Community gathering to be announced soon.

Please approach the Office for more details and your potential involvement.

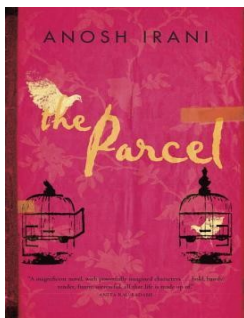


**Anna Marie Sewell**  
welcomes  
our  
Indigenous  
Guests from  
the Victoria  
School of  
Arts

### **Book Discussion Group** **Wednesdays, July 24 @ 1p.m.**

Our book club is facilitated by a librarian and often attended by guest speakers.

*The Parcel* by Anosh Irani



***“A magnificent novel, with powerfully imagined characters...bold, bawdy, tender, funny, sorrowful, all that life is made up of.”***

***Anita Rau Badami***

## Elder's Circle

Don and Lee Sax invite you to join the “Circle of Wisdom” to discuss local economic, political and cultural news and issues in our community. We can all bring our years of experience and expertise to initiate change.

**Wednesday, July 24 at 10a.m.**

# BAGEL



RSVP 780-488-4241

jdic@shaw.ca

*Family - Friendly Event*

*CREATED BY SENIORS*

Pick up your Pledge form and approach your service providers (doctors, hairdressers, store owners), neighbours, family and friends with request to sponsor your participation in the Bagel Loop. When you tell them you are looking for donation to support programming at your senior Centre they will be pleasantly surprised and impressed and generous with their donation.



Donation also can be done on-line:  
<https://www.canadahelps.org/en/charities/jewish-senior-citizens-centre/>

## Sunday, July 14 2019 – Victoria Park

Registration @ 10a.m.

Warm Up @ 10:30a.m.

Walk/Run/Roll @10:50a.m.

**GAMES, PRIZES & GIVEAWAYS POST RACE MUNCHIES, MULTICULTURAL EXPERIENCES & PICNIC**

**Registration:** Family \$50 Adults \$25 Kids 10-13 \$15 Kids under 10 FREE

We invite all of our members, their families and friends to actively participate in our **Second Annual Bagel Loop** in Victoria Park on Sunday, July 14 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.

Register your Family just for \$50, \$25 for adults, \$15 for children aged 10 to 13, and free for children under 10. Coming for the picnic only? Cost \$10 per person.

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.



Kyrgyz Association in Alberta

**Thank you to the Kyrgyz Association in Alberta for their generous donation and support for the event this year.**

# **Lunch & Learn**

## **Gefilte Fish, Herring and Other Fishy Tales**

**Tuesday, July 2 at 12pm**

**Dr. Moira Sacks**

Do not expect to discover secret family recipes, you will learn some Jewish history over the centuries and how it affects us today.

## **What gives a building historical significance?**

**Valleyview Manor and the Winspears.**

**Thursday, July 4 at 12pm**

**Kathryn Merrett**

Valleyview Manor, 12207 Jasper Avenue, is a designated municipal resource and is on the Provincial Government's Register of Historic Places. What qualities are required in order for it to be deemed an "historic building?" Kathryn Merrett will tell the story of the building and some of the well-known Edmontonians who lived there and will describe the process of historical designation.

## **Hearing issues: screening tests, hearing aids and repairs**

**Tuesday, July 9 at 12pm**

**Dr. Michael Shields**

Accent Associates Hearing Aid Services Ltd, on keeping pace with new technology in the Hearing Industry.

## **Laughter Yoga**

**Thursday, July 11 at 12pm**

Please join Franklin Paul in laughing for fun and health. Learn about the benefits of laughter in your life.

## **Update on Israel**

**Tuesday, July 16 at 12pm**

**Abe Silverman will bring the latest news about Israel.**

**Thursday, July 18, at 12pm**

## **Plans for Downtown Edmonton Development**

Join Mark Huberman, transportation engineer, as he discusses future transportation plans for downtown Edmonton.

**Tuesday, July 23 at 12pm**

## **Fasting in Judaism: Why and How**

**Rabbi Mendy will talk about fasting.**

**Thursday, July 25 at 12pm**

## **The Art of Floral Design**

Join Heather de Kok, one of Canada most recognized professional florist, to hear about her journey and commitment to excellence.

# UPCOMING EVENTS



**Wednesday, August 28 10a.m. – 12p.m.**

## *The Dead Sea Scrolls and the Stories They Tell with Dr. Peter Sabo*

Often hailed as the greatest archaeological discovery of the twentieth century, the Dead Sea Scrolls are ancient Jewish texts written between 250 BCE to 70 CE that were found in the caves of the Judean Desert. Over 200 of the scroll manuscripts are copies of the Bible, providing some of the earliest Hebrew copies of the Bible by a thousand years. Hundreds of other manuscripts contain prayers and blessings, ancient commentary on the Bible, description of community rules during this time, and much more. This presentation will discuss the discovery of the scrolls in 1947, why the scrolls are important, and what light the scrolls shed on the vibrant world of ancient Judaism and beyond.

Dr. Sabo is an instructor of Religious and Jewish Studies at the UofA; his research focuses on the literary study of the Hebrew Bible, ancient Israelite history, as well as theory and method in the study of religion.

Fee: \$15 for members and \$ 20 for non-members. Please RSVP ASAP by August 6.

# Membership Lunch

**Thursday, September 19 at 12p.m.**

50/50 draw

**It is time to renew your \$30 per person annual membership!**

Sign up a friend as a new member & enter the draw to win:

- \* 2 tickets to opera The Marriage of Figaro, Tuesday, February 4 2020 (value \$100)
- 1 chance at winning a Lunch card for 6 lunches (value \$78)
- 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 eligible to enter the draw (one entry only) and you must be present at lunch to receive your prize.

Surprises & presents

Special entertainment by  
Dr. Jerry Katz

**P.S. Avoid the hassle of membership renewal in September – do it now  
at the Office anytime!**



# Health & Wellness

## Use it or Lose it!

*with Wendy Kinsman!*

Cardio & Strength training, Flexibility & Balance, Laughter & Music

**TUESDAYS @10:45a.m.**

**July 2, 9, 16, 23 & 30**

## On Your Seat or On your Feet!

*with Ilonka Wormsbecker!*

Use of Weights & Stretch Bands, Flexibility & Strength, Laughter & Music

**THURSDAYS @ 10:45a.m.**

**July 4, 11, 18 & 25**

*Invest in a New You!*

*Buy a Card.*

**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!



## EVENING YOGA 101

**Wednesdays @ 5:30p.m. (doors open at 4:30pm) July 10 & 24**

Kyrgyz Association in Alberta

In 2012 Samara tried yoga and fell in love with it from her first class. It was yoga that helped her overcome her personal health journey. Yoga became Samara's passion and profession that helps her to experience flexibility, stillness, clearness of mind and gives her an opportunity to share with others.

**Fee: Pay as You Can. This program is brought to you in partnership with Kyrgyz Association in Alberta.**

## URBAN POLING WITH BONNIE AUSTEN

**On Mondays at 10:45a.m.**

**July 8, 14 (Bagel Loop in the Victoria Park), 22 & 29, August 12 & 19**

Urban Poling (sometimes called Nordic Walking) is becoming popular in Canada for those interested in becoming more fit. It takes the benefits of

walking but uses more upper body motion as in cross country skiing. The Centre will offer Urban Poling classes this spring. Perhaps this something you would like to try. Bonnie Austen, fitness leader, will outline the benefits of it and will demonstrate the equipment required.

Get ready to step out and get moving.

**Fee: Drop-in fee per class \$6 or use your Fitness Card**





Monday, July 1  
Closed

Tuesday, July 2  
Barley soup  
Sandwiches  
Salad, Dessert

Wednesday, July 3  
Cream of Spinach Soup  
Salmon Loaf  
Salad, Dessert

Thursday, July 4  
Vegetarian Kale soup  
Mac and Cheese  
Salad, Dessert

Monday, July 8  
Chili  
Bourikas  
Salad, Desert

Tuesday, July 9  
Creamy Thai  
Carrot Slicer Potato soup  
Onion Mushroom Kugel  
Salad, Dessert

Wednesday, July 10  
Pea Soup  
Spaghetti  
Salad, Dessert

Thursday, July 11  
French Onion soup  
Kish in the dish  
Salad, Dessert

Monday, July 15  
Closed

Tuesday, July 16  
Quinoa Vegetable Soup  
Fish and Chips  
Salad, Dessert

Wednesday, July 17  
Basic Veggie Soup  
Zucchini Quiche  
Salad, Dessert

Thursday, July 18  
Carrot Soup  
Potato Salad, Herring  
Salad, Dessert

Monday, July 22  
Minestrone Soup  
Cold Plate  
Salad, Dessert

Tuesday, July 23  
Mushroom Soup  
Baked Omelet  
Salad, Dessert

Wednesday, July 24  
Cauliflower Soup  
Veggie Burger  
Salad, Dessert

Thursday, July 25  
Birthday Thursday Celebration  
Borsch  
Tuna Melt Sandwich  
Salad, Dessert



Monday, July 29  
Creamy Green Soup  
Salmon Patties  
Salad, Dessert

Tuesday, July 30  
Broccoli soup  
Pizza,  
Salad, Dessert

Wednesday, July 31  
Surprise Lunch

## **CUBAN BRUNCH**

**Sunday, July 28 at  
11:30a.m.**

Experience Cuba  
**Cuban Movement**  
**Dance School** performance,  
**Caribbean Family**  
**Style Brunch with Special**  
**drinks**

and

**Historical Overview.**

A sumptuous Caribbean -  
themed Brunch suitable for all  
family members.

Please join us for this unique &  
fun event!

***The cost is \$40 for members/  
\$50 for non-members.***

Please reserve your spot ASAP.

Full payment (cash or cheque  
only) by July 22, please.



**\*Please note that the Centre's Menu  
is subject to change without notice.**

# JULY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 CLOSED	2 10:45am Fitness <i>12pm L&amp;L</i> <i>Moira Sacks</i> <i>"Fishy" Tales</i>	3  12pm Lunch 1p.m. Games	4 10:45am Fitness <i>12pm L&amp;L</i> <i>Kathryn Merrett:</i> <i>Historical Signifi-</i> <i>cance of Edmonton</i>	<div>Wednesday August 20 10am—12pm Dr. Peter Sabo The Dead Sea Scrolls &amp; the Stories they Tell</div> <div>Thursday September 19 12p.m. Membership Lunch</div>	
7 1—3 Sunday Club	8 10:45am Poling with Bonnie  12pm Lunch	9 10:45am Fitness 12pm L&L Michael Shields: The Hearing Indus- try: technology  1pm I-Pad class 1	10 12pm Lunch 1p.m. Games  5:30 pm Yoga 101	11 10:45am Fitness 12pm L&L Yoga Laughter 1p.m. Games		
14 Bagel Loop 10a.m. Registration  10:30a.m. Warm Up  10:50a.m. Walk/Run/Roll  12p.m. Picnic	15 CLOSED	16 10:45am Fitness 12pm L&L Abe Silverman Update on Israel 1pm I-Pad Class 2 1p.m. Games	17 9:30 am Board Meeting  12pm Lunch  1p.m. Games	18 10:45am Fitness 12pm L&L Mark Huberman: Downtown Edmon- ton Development  1p.m. Games		
21 No Sunday Club	22 10:45am Poling with Bonnie	23 10:45am Fitness 12pm L&L Rabbi Mendy: Fasting in Judaism 1pm I-Pad Class 3	24 10am Elder's Circle 12 pm Lunch 1pm Book Club 1p.m. Games  5:30 Yoga 101	25 10:45 am Fitness 12pm L&L Heather de Kok: The Art of Floral Design	<div>Photo: Our Perogies Cooking Class</div> 	
28 11:30a.m. Cuban Brunch 	29 10:45am Poling with Bonnie 12pm Lunch 1p.m. Games	30 10:45am Fitness 12pm Lunch  1pm I-Pad Class 4 1p.m. Games	31 12p.m. Sur- prise Lunch 1p.m. Games			