



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.jdicseniors.ca

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

Schmooze and News

December 2019/5780

Hanukkah



Thursday, December 19 @ 11:30a.m.

Please join us for

Hanukkah Latke Lunch & Concert with our **Young at Heart Choir**

Raffle and more fun!

You must RSVP by Thursday December 7

Fee: \$15 members / \$18 non-members

Please renew your \$30 annual membership!

WINTER WEDNESDAYS LECTURE SERIES

FEBRUARY 5, 2020 - 10a.m. - 12p.m. (noon)

Professor John Law

Topic: Capital Punishment in 18th Century England

FEBRUARY 12, 2020, 10a.m.- 12p.m. (noon)

History Professor Dr. Rod MacLeod

Topic: Characters from the Yukon Gold Rush, including the biography of Sir Sam Steele

FEBRUARY 19, 2020 - 1:00p.m - 3p.m.

Dr. Bill Beard, Prof. of Film Studies, UofA

We will explore the significant themes in "The Grand Illusion" an important film by Director Jean Renoir.

FEBRUARY 26, 2020, 10a.m.-12p.m. (noon)

Dr. David Barnet, Drama Prof., Director

Topic: DRAMA!?

STAY TUNED FOR DETAILS!

BOARD OF DIRECTORS

President: Lewis Wasel, **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, Sam Koplrowicz, Paula Globberman and Susan Binnington

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

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

Schmooze & News

Dear Friends,

Our project From Survival to Thrival: Shared Historical Experiences has started and to date we have covered the topics of "Ghettos and Reservations" and "Wannabe" (Cultural Appropriation).

It has been a powerful and emotional learning experience for all. Thank you to our amazing speakers: Lewis Cardinal and Gillian Horwitz, Dr Kim Tallbear and Dr Morris Maduro, our facilitators Anna Marie Sewell and Hunter Cardinal.

Special thank you to all the participants who have spoken and written so movingly of their personal feelings and connections to each topic.

Our 16th Annual Learning in Retirement Lecture Series was a great success! Thank you to the LinR Committee: Faye Kay, Sue Winestock, Judi Goldsand and Sue Lieberman. There were 140 participants who had enjoyed the variety of topics and our lunches.

Book your seat for our famous **Pre-Hanukkah Party** with our **Young at Heart Choir** that will take place on **Thursday, December 19 at 11:30a.m.**

Happy Hanukkah to All!

Elaine Salkie, Treasurer



Special Presentations

Thursday, December 12 @ 1-3p.m.

The Challenges for Judaic Ethics in the XXI Century

Jack Goldberg, professor Emeritus at UofA, will describe some of the lofty goals that Judaic ethics set for us; and some of the exemplary ethical achievements of a number of our great rabbis. As a group we can then identify the obstacles to following the examples of these rabbis and changing our society for the better.

Jack's education took place at a Yeshiva high school in Montreal and at Yeshiva University of New York. He was the High Holiday Cantor at Beth Tzedek Congregation for over ten years.

Ikebana Classes



New Ikebana Classes series will start on

Wednesday, December 4 at 1p.m.

The last class of the year.

Please contact our Ikebana Masters Jean-Marcel Duciaume & Brenda Jackson for details:

ikebanaclub@gmail.com

780-803-5690

Book Discussion Group

Wednesday, January 22 at 1p.m.

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

Everyone is welcome!

The Marriage of Opposites
by Alice Hoffman

Opera Master-class

Wednesday January 15 at 7p.m.

Stay tuned for details!



Photo: The previous master-class with Dr. Laurie Fagnan at the Centre

Health & Wellness

Bonnie's Use it or Lose it!

with Wendy Kinsman!

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

TUESDAYS @10:45a.m.

December 3, 10 & 17

Ilonka's On Your Seat or On your Feet!

with Nora Shea & Wendy Kinsman!

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

THURSDAYS @ 10:45a.m.

December 5, 12 & 19



Fall Prevention Workshop

You have a unique opportunity to learn from both our fitness instructors.

Tuesday January 14 at 12p.m.: Lunch & Learn with Bonnie

Thursday, January 16 at 10:45a.m.: Workout with Ilonka (regular admission)

From Survival to Thrival: Shared Historical Experiences Sessions & Writing Workshops on Mondays at 1p.m.

Ghettos and Reservation
Wannabe
Living with Loss
Image & Reality
Living in Two Worlds
Food as Connection

Oct 28th & Nov 4th
Nov 25th & Dec 2nd
Jan 13th & Jan 20th
Feb 3rd & Feb 10th
March 16th & 23rd
April 27th & May 4th

Lewis Cardinal & Gillian Horwitz
Dr. Tallbear & Dr. Morris Maduro
Dr. Auger & Dr. George Goldsand
Terry Lusty TBA
Norma Spicer & Abe Silverman
Anna Marie Sewell TBA

Celebration & Results Sunday, June 7th 2020 at 11:30a.m. Brunch & Presentation

This program implementation is possible thanks to the grant received from the Government of Canada, New Horizons for Seniors Program



Thank you for Supporting your Centre!

Call the Office 780-488-4241 for Birthday Cards

We try to be as accurate as possible. If we have it wrong please let us know.

Card and Shalom Wall plaques are always available to make your friends' birthdays and other simchas more memorable and enjoyable!

Birthday Celebration for December will be held on Thursday, January 30

Calderon Rosa	Horwitz Daphne	Snyder Paula
Chernets Oleksandra	Jandrey Rita	Wolfman Naomi
Conroy Helen	Kipnes Evelyn	Alman Dmitry
Delage Leah	Margolis Marjorie	Bell Randy
Devis Wendy	Moen Betty	Chetner Jack
Edelmann Judy	Wasel Lewis	Fernando Des
Reboh Joel	Rubenovitch Joyce	Frohlich Ned
Segall Mari	Saik Anna	Granholm Hans
Friedman Rhoda	Shea Nora	Hughes Doug
Heilik Bronia	Sklofsky Esther	Kacew Abie
Morgenstern Rick	Sperber Geoff	Lambshead Jim

Make this day very special for your friends!

Sponsor CAKE, LUNCH or ENTERTAINMENT!

Send a **special card** to birthday boys and girls or
order a **Plaque on the Shalom Wall!**

Lunch & Learn



Wednesday, December 4

Stand strong with Israel.

How to diversify and enhance your investments and create a bond with Israel through your gifts.

Phyllis D'Aguiar, City Director, will explain how Israel Bonds can assist you with your investment needs and how gifts of an Israel Bond can help your children and grandchildren connect with Israel.

Thursday, December 12

Hannukah Miracle

Join Rabbi Mendy to learn more about traditions of this Holiday of Light!



Monday, December 2

Tomato Soup
Baked Omelet
Salad, Dessert

Tuesday, December 3

Lentil Soup
Pizza
Salad, Dessert

Wednesday, December 4

Carrot Soup
Tuna Casserole
Salad, Dessert

Thursday, December 5

Pea soup
Onion, Mushroom Strudel
Salad, Dessert

Monday, December 9
SURPRISE!**Tuesday, December 10**

Mushroom Soup
Mac and Cheese
Salad, Dessert

Wednesday, December 11

No Chicken Chicken Soup
Salad, Dessert

Thursday, December 12

Barley Soup
Fish, Rice with vegetables
Salad, Dessert

Monday, December 16
SURPRISE!**Tuesday, December 17**

Pickle Soup
Bourikas
Salad, Dessert

Wednesday, December 18
NO LUNCH**Thursday, December 19**
Pre-Hanukkah Party
at 11:30a.m.**ARMCHAIR**
TRAVELLER**Thursday, January 23**
at 12p.m.

Join Svetlana to learn
more about the unique
system of the Russian
Medical SPAs
(sanatorium)
in the Altai mountains

OPERA SEASON**Tuesday, February 4 at**
7:30pm

*Join our members who
will go and enjoy the
Mozart's Masterpiece
The Marriage of Figaro
at Jubilee Auditorium*

*RSVP with Payment
by January 16, 2020
Ticket: \$35 per person*




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	MAZEL TOV	GET WELL
<p>To: Lee Sax - loss of brother</p> <p>To: Colleen Paull—loss of father</p> <p>To: Diane Alkalay & Family—loss of husband Michael Z”L</p>	<p>To: Ruth Nolan, Christina Reboh Francis Nobleman Congratulations on being acknowledged & celebrated by NCJW</p>	<p>To: Paula Snyder To: Michael Roeder</p>
SYMPATHY	SHALOM WALL	
<p>To: Colleen Paull & Family—for loss of Colleen's father, Ed Swanson Z”L From: Elaine Lyons</p> <p>To: Faye & Cyril Kay—loss of your dear aunt Debby Z”L From: Judy & George Goldsand</p> <p>To: Reva Theuman & Family—loss of Richard Theuman Z”L From: Muriel Cooper Sheila & Allan Parr Naomi & Morley Wolfman Shirley Grossman Jerome & Mary Jane Klein Freya & Lewis Wasel</p> <p>To: Larry Witten & Family—loss of Marielle Witten Z”L From: Dr. Marvin Weisler & Family</p> <p>To: Jerry Antflick—on loss of mother, Ida Antflick Z”L From: Frances Simon</p> <p>To: Diane Alkalay & Family—loss of Michael Z”L From: Robyn & Geoff Sperber Elaine & Mark Salkie Diane Marcovitch Jacob & Odette Masliyah</p>	<p>A Plaque in memory of Dearest Friend, Gail Deagle Z”L From: Naomi Amato</p> <p>A Plaque in Memory of Dear Friend, Marielle Witten Z”L From: Judy & George Goldsand Jini Vogel & Alex Krimberg Sue & Alvin Winestock</p> <p>MAZEL TOV</p> <p>To: Rhonda Eidelman on your 65th Birthday From: Phyllis Nurgitz & Mel Wyne</p> <p>To: Ruth Nolan—on being honoured for years of work with YESS and NCJW From: Robyn & Geoff Sperber</p> <p>To: Minnie & Harvey Emas—on your 75th Anniversary From: Frances Simon</p> <p>GET WELL</p> <p>To: Freya Wasel From: Naomi & Morley Wolfman</p> <p>To: Paula Snyder—wishing you a speedy recovery From: Elaine & Mark Salkie Diane Marcovitch Frances Simon Robyn Sperber Phyllis Nurgitz & Mel Wyne</p>	<p>OUR NEW MEMBERS</p> <p>Carolyn Nielsen</p> <p>Susan Hokanson</p> <p>M. Ruth Elliott</p> <p>Ingrid Zukiwski</p> <p>Judy Kobluk</p> <p>Eberhard Lorberg</p> <p>Enneke Lorberg</p> <p>Marianne Bulmer</p> <p>Derek Bulmer</p> <p>Rhoda Jane Hodges</p> <p>Ernest Hodges</p> <p>Beverly Hulley</p> <p>Rachel Santiago</p> <p>Lynne MacGillivray</p> <p>Sharon Abbott</p>

December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 1-3pm Sunday Club	2 12pm Lunch <i>1:pm From Survival to Thrival (writing session)</i>	3 10:45am Fitness with Bonnie 12p.m. Lunch 1-3pm SOLO FLIGHT 5	4 10am-12pm D.T. Baker ROCK 'N ROLL 6 12p.m. Lunch 1pm Ikebana	5 10:45am Fitness Ilonka 12p.m. Lunch <i>1pm-3pm Kathleen Silverman YEG ART 6</i>	6	7
8 1-3pm Sunday Club	9 12:00 pm Lunch 1pm Games	10 10:45a.m. Fitness Bonnie 12p.m. Lunch 1-3pm SOLO FLIGHT 6	11 12pm Lunch 1pm Games	12 10:45a.m. Fitness Ilonka <i>12p.m. L & L: Rabbi Mendy 1—3 pm, Jack Goldberg, Judaic Ethics in Modern World</i>	13	14
15 1-3pm Sunday Club	16 12pm Lunch 1pm Games	17 10:45a.m., Fitness—Bonnie 12p.m. Lunch & Learn with Clayton Ford, EPS, Hate Crime & Violent Extremist Unit	18 NO LUNCH Preparation for Hannukah Party	19 10am Fitness 11:30 Pre-Hannukah Party	20	21
22 No Sunday Club C	23 Hannukah First Day L	24 O	25 S	26 E D	THE CENTRE WILL BE CLOSED FROM SUNDAY DECEMBER 22 TO SUNDAY JANUARY 5 2020 WE WILL BE REOPENED ON MONDAY JANUARY 6 2020	
29 No Sunday Club C	30 L O	31 SED				