



# JEWISH SENIOR CITIZEN'S CENTRE

**All Seniors Welcome**

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

Mailing Address: Box 17017  
Edmonton, AB T5K 0G4

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

[www.jdicseniors.ca](http://www.jdicseniors.ca)

Email: [programmer@jdicseniors.ca](mailto:programmer@jdicseniors.ca)

## Schmooze and News

February - March 2020/5780

## WINTER WEDNESDAYS LECTURE SERIES

**FEBRUARY 5, 2020 10a.m. - 12p.m.**

**Professor JOHN LAW**  
***Capital Punishment in 18th Century England***

You will learn about criminal law in 18th century England looking at criminal offences, criminal proceedings, trials, sentencing, transportation and imprisonment.

**FEBRUARY 12, 2020 10a.m.- 12p.m.**

**Professor ROD MACLEOD**  
***Characters from the Yukon Gold Rush,***  
***including the biography of Sir S. Steele***

**FEBRUARY 19, 2020 1-3p.m.**

**Professor of Film Studies UofA,**  
**BILL BEARD**

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

*(The full movie can be watched ahead of time at the Centre on Wednesday, February 12 at 1p.m.)*

**FEBRUARY 26, 2020 10a.m.-12p.m.**

**DAVID BARNET**, Professor Emeritus, Drama Department, UofA, and founding artistic director of GeriActors & Friends, is a specialist in community-based theatre and Shakespearian acting.

***Theatre and the Liberation Phase of Life:*** a look at the work of the intergenerational theatre company, GeriActors & Friends, with a video of their plays and a sampling of their theatrical exercises.

**MARCH 4, 2020 10a.m. – 12p.m.**

**RABBI ZOLLY CLAMAN,**

**Beth Israel Synagogue**

***The Jewish Concept of the Soul: Its Travels Before, Through and After Life***

Please help the Centre to operate more efficiently – SIGN UP ahead of time!

# President's Column

Dear Members,

Now that the winter break and frigid weather are behind us, the Centre is as busy as ever with a variety of activities.

The Winter Wednesdays Lecture Series will be held on six Wednesdays from January 29 to March 4. Please sign up to as many lectures as you can attend.

Some of our members will be going to see the opera "The Marriage of Figaro" on February 4. Our lunch on February 6 will feature a visit by children from Talmud Torah school who will celebrate with us the Jewish holiday of Tu B'Shevat, the New Year of the Trees. The second celebration of this holiday together with *Or Shalom* Jewish Sunday School will take place at our Centre on Sunday, February 9 at 10a.m.

Our birthday Thursday on February 27 will feature entertainment by Dr. Jerry Katz. Lunch that day will also be in honour of Bozena Szopiak who recently retired from being our chef and serving at the Centre for 25 years. A fund has been established at the Centre to honour Bozena. Your contributions to that fund will be sincerely appreciated.

We are saddened by the recent passing of several of our members. Thank you to members and friends who made donations in their memories.

Our Past President Mark Salkie has for many years organized our casino volunteer participation resulting in substantial funds being raised for the Centre. Thanks to Mark for his superb volunteer work.

See you at the Centre!

*Lewis Wasel, President*



## BOARD OF DIRECTORS

**President:** Lewis Wasel, **Past-President:** Mark Salkie, **Treasurer:** Elaine Salkie, **Secretary:** Susan Binnington, **Fundraising Chair:** Leslie Morgenstern, **Program Chair:** Shirley Grossman, **Transportation Chair:** Hans Pilz, **Directors:** Louise Percheson-Kagan, Sveta Bass, Sam Koplowicz and Paula Globberman

**Executive Director:** Svetlana Pavlenko, **Chef:** Lilia Wert

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

# LUNCH & LEARN

## Thursday, February 6 at 12p.m.

Join kids from Talmud Torah School to enjoy lunch together and participate in a fun planting in pots activities after to celebrate Tu B'Shevat — the New Year of Trees.



EDMONTON TALMUD TORAH SOCIETY  
תלמוד תורה כנגד כולם

## Thursday, February 13 at 12p.m.

Join **Desmond Yim**, a Master's student from the UofA, who is currently researching under Dr. Lee, a world leader in creating healthier cities.

He will talk about this research and will tell you how you can participate by evaluating neighbourhood environments and its affect on seniors' health.



## Tuesday, February 18 at 12p.m.

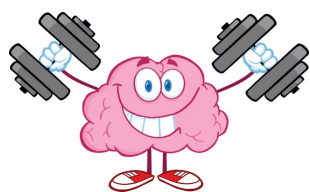
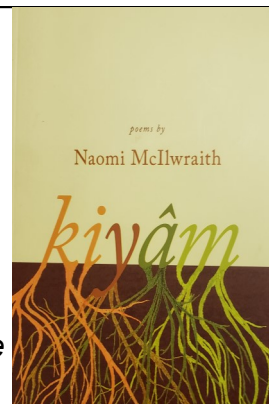
As the City Councillor responsible for the Seniors Initiative, **Andrew Knack** will be visiting the Jewish Seniors Centre and is looking forward to updating you on current City issues and to answer your questions on any concerns and issues that are important to you.

## Thursday, February 20 at 12p.m.

Join **Naomi McIlwraith**, a writer and poet, who will present her book **KIYAM**.

*"kiyam conveys a longing and deep loneliness for roots. Out of a need to reclaim what was lost and denied from her maternal roots, McIlwraith approaches poet-ics intuitively and produces work rich in content and in the Cree language."*

Louise B. Halfe



## Tuesday, February 25 at 12p.m.

Join **Jacob Waschuk**, a student from UofA, who will do a presentation **How to Train your Brain.**

## Thursday, March 12 at 12p.m.

Meet **Jess Huberman**, a pediatric intensive care nurse, to learn more about this unique hospitals' system



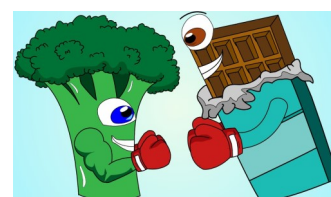
## Wednesday, March 18 at 12p.m.

Meet **Orly Netzer**, a PhD student with UofA for a presentation **Holocaust Testimony and Problems of Racism in Canada**



## Tuesday, March 24 at 12p.m.

Meet **Nina Hardin**, a retired Nutritionist, to learn more about **Nutrition for Seniors**





# Spring Lecture Series

Join our Professor Emeritus in Residence **Robert Merrett**, for a new unique course

## **Readers' Sixth Sense: Intuiting Narrative Landscape.**

Do you ever wonder how much landscapes limit selfhood and deepen loneliness?

Further, do you wonder how landscapes might extend our perception and intuition while giving scope to domestic and social imagination?

Be ready for new discoveries and amusement!

- You will enjoy a comparison of the presentation of landscape in creative non-fiction and classic fiction.
- You will study passages that demonstrate human interactions with topography and that shape readers' appreciation of various international writers (Ivan Turgenev, George Eliot, Thomas Hardy, W. O. Mitchell, Annie Dillard).

Please approach the Office for the list of suggested literature.

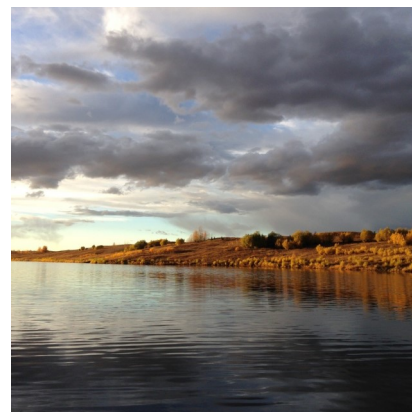
**The course will run for 4 weeks on Wednesdays**

**March 11, 18 & 25 April 1**

from 10a.m to 12p.m. (noon)

**\$50 members/ \$65 non-members**

**Complimentary refreshment will be provided for the course.**



**Sunday, March 8 at 1p.m.**

Celebrate  
International Women's  
Day  
With our wonderful  
friends from  
**Edmonton Musical  
Theatre**  
and stay for lunch!



**Fee: \$10 members & \$15 non-members**

**Sunday, March 29 at 11:30a.m.**

Celebrate  
**Multicultural Day**  
with the  
**Kyrgyz**  
Association in Alberta.



*Cultural presentations,  
entertainment,  
great food and fun!*

**Fee: \$10 members & \$15 non-members**

# Health & Wellness

## Bonnie's Use it or Lose it!

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

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

January 7, 14, 21 & 28  
February 4, 11, 18 & 25

## Ilonka's On Your Seat or On your Feet!

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

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

January 9, 16, 23 & 30  
February 6, 13, 20 & 27



## From Survival to Thrival: Shared Historical Experiences

Sessions & Writing Workshops on Mondays at 1p.m.

All participants are welcome to come for complimentary lunch at 12p.m.

Ghettos and Reservation  
Wannabe

Living with Loss

Image & Reality

Living in Two Worlds

Food as Connection

Oct 28<sup>th</sup> & Nov 4<sup>th</sup>

Nov 25<sup>th</sup> & Dec 2<sup>nd</sup>

Jan 13<sup>th</sup> & Jan 20<sup>th</sup>

Feb 3<sup>rd</sup> & Feb 10<sup>th</sup>

March 16<sup>th</sup> & 23<sup>rd</sup>

April 27<sup>th</sup> & May 4<sup>th</sup>

Lewis Cardinal & Gillian Horwitz

Dr. Tallbear & Dr. Morris Maduro

Anna Marie Sewell & Dr. George Goldsand

Terry Lusty & Elaine Salkie

Norma Spicer & Abe Silverman

Anna Marie Sewell TBA

Celebration & Results Sunday, June 7<sup>th</sup> 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*

# SPECIAL PRESENTATIONS

Tuesday, February 11 at 1p.m.

## Armchair Traveler: Sail the Fjords of Norway

Cruise with **Donna Hamar** by ferry, into ALL the Norway fjords from Bergen north to Kirkenes to the Russia border and back to Bergen. Amazing scenery, cross the Arctic Circle, fascinating land tours and lectures, great service and gourmet food.

Learn about the Sami, the indigenous people of Scandinavia. And a bonus - a picturesque train ride over the mountains (and into winter and Reindeer country) to the capital, Oslo,

one of the most liveable cities in the world.

Fee: \$3

Thursday, February 13 at 1p.m.

## Philanthropic work abroad

Join Eric & Elexis Schloss who will share their experiences of volunteered in Ghana Ethiopia, Kenya and Rwanda in Africa, Belize and Haiti between 2007 and 2019.

They will explain how the principal of "Tikkun Olam" - "Restore the World" and also the precept in the Talmud that "whoever saves a life saves the world" guide their lives.

Fee: \$3

Thursday, February 25 at 1p.m.

## Metis History 101

Join Marilyn Lizee and Norma Spicer to learn about history, culture and traditions of Metis people in Alberta and Canada.

Fee: \$3

Thursday, March 19 at 1p.m.

## Armchair Traveler: Portugal: Its' People, History, Culture, Food, Art & Music...

Join **Enneke Lorberg** to share her fascinating and mesmerizing travel experience that will be told and shown to you in full colour. She crossed that beautiful country from its South to its Nord and another time specifically from Porto to Lisbon.

By the end of this presentation you will feel restless and motivated to go there right now!!

Fee: \$3



# PURIM 5780

The Edmonton Jewish Senior Citizen's Playhouse

presents **a Purimspiel – Musical Extravaganza**



Tuesday, March 10 at 11:30a.m.

*Starring:*

Lewis Wasel - **King Achashverosh**

Hans Pilz - **Haman**

Ed Mickelson – **Mordechai**

Bev Sonmor - **Queen Esther**

**Producer: Beryl Nahornick**



11a.m. Megillah Reading with Rabbi Mendy

11:30a.m. Purimspiel

12:00p.m. Lunch with Hamantashen

\$15 for members

\$18 for non-members



**Pre-order your  
HAMANTASHEN**

**Only \$14 per dozen  
poppy seeds or dry  
fruits**

**last order day  
Monday, March 2**



## **Book Discussion Group**

Wednesdays @ 1p.m.

**February 26**

**March 25**

**April 22**

**May 27**

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



**\* Book titles are chosen at each meeting.**

**MONDAY, Feb 3**

Squash Soup  
Sandwiches  
Salad/Dessert

**TUESDAY, Feb 4**

Rice Soup  
Sandwiches  
Salad/Dessert

**WEDNESDAY, Feb 5**

Broccoli Soup  
Baked veggies Omelette  
Salad/Dessert

**THURSDAY, Feb 6**

Italian Wedding Soup  
Pizza  
Salad/Dessert

**MONDAY, Feb 10**

Surprise lunch

**TUESDAY, Feb 11**

Sweet Potato Soup  
Sorrento Casserole  
Salad/Dessert

**WEDNESDAY, Feb 12**

Pickle Soup  
Cabbage Rolls  
Salad/Dessert

**THURSDAY, Feb 13**

Borscht Soup  
Mashed Potatoes, Herrings  
Salad/Dessert

**MONDAY, Feb 17**

CLOSED

**TUESDAY, Feb 18**

Lemon Soup  
Spanakopita  
Salad/Dessert

**WEDNESDAY, Feb 19**

Pumpkin Soup  
Cheese Sticks with Squash  
Spread  
Salad/Dessert

**THURSDAY, Feb 20**

Melange Pot  
Salad/Dessert

**MONDAY, Feb 24**

Surprise Lunch

**TUESDAY, Feb 25**

Mushroom Soup  
Old Style Buckwheat  
Salad/Dessert

**WEDNESDAY, Feb 26**

Fried Rice with Veggies  
Salad/Dessert

**THURSDAY, Feb 27**

**Birthday Thursday  
with a special celebration of  
Bozena's dedication to the  
Centre!**  
Zucchini Soup  
Fish baked in white sauce  
Salad/Cake

# ROSEBUD THEATRE TRIP

**Sunday May 24, 2020**

**GLORIOUS!**

**By Peter Quilter.**

This is the story of how a massively optimistic spirit inspires as well as unwittingly entertains. Florence Foster Jenkins packed Carnegie Hall, and in the process created community. I love that! She couldn't sing, but she sang anyway. For all of us shower singers who wish we could perform for real, this is a story about someone who did just that - and it worked!

**Morris Ertman, Rosebud Theatre  
Artistic Director**

**OUR LUXURY COACH  
WILL**

**LEAVE THE CENTRE (10052  
-117 Street) at 8:30am &  
RETURN at 6:30pm (approx.)**

A delicious brunch will be served at 12p.m. at the theatre when we arrive.

**THE SPECIAL PRICE OF**

**\$120 IS AVAILABLE  
FOR MEMBERS or**

**\$160 FOR NON-  
MEMBERS**




**PLEASE RESERVE YOUR SPOT  
WITH PAYMENT ASAP**

**AS THIS IS SURE TO SELL OUT  
QUICKLY**





# FEBRUARY

Sun	Mon	Tue	Wed	Thu	F r
		Enjoy Dr. Jerry Katz performance every Birthday Thursday!		Pre-order your HAMAN- TASHEN \$14 per dozen poppy seeds or dry fruits last order day Monday, March 2	
2  1 – 3 pm Sunday Club	3  12p.m. Lunch  <i>1pm From Survival to Thrival: discussion session for Image &amp; Reality</i>	4  <i>10:45 Fitness Wendy</i> 12p.m. Lunch  7:30 Opera – “Marriage of Figaro”	5  <b>Winter Wednesdays Series #2: 10am – 12 John Law, Capital Punishment</b>  12p.m. Lunch	6  <i>10:45am Fitness Ilonka</i>  12p.m. Tu B’ Shevat Lunch with Talmud Torah Kids	7
9  <i>10a.m Tu B’Shevat Celebration with Or Shalom &amp; Rabbi Cane</i>	10  <i>12p.m. Tu B’Shevat Lunch</i>  <i>1pm From Survival to Thrival: discussion session for Image &amp; Reality</i>	11  <i>10:45 Fitness Wendy</i> 12p.m. Lunch  1:00 Armchair Travel- er, Donna on Norway & the fjords on the Hurtigruten ferry	12  <b>Winter Wednesdays Series #3: 10am – 12 Dr. Rod McLeod, Characters from Yu- kon Gold Rush</b> 12p.m. Lunch	13  <i>10:45am Fitness Ilonka: Fall Prevention Practice</i> 12p.m. Lunch & Learn: UofA Research with D. Yim <i>1 – 3pm Presentation by Dr. Eric &amp; Elexis Schloss</i>	1 4
16  1-3p.m. Sunday Club	17  <b>FAMILY DAY</b>  <b>CLOSED</b>	18  <i>10:45 Fitness Wendy</i>  12p.m. Lunch & Learn Andrew Knack , City of Edmonton Update	19  12p.m. Lunch 1pm – 3: <b>Winter Wednesdays Series #4: Bill Beard, Themes in “The Grand Illusion” film</b>	20  <i>10:45am Fitness Ilonka</i>  <i>12p.m. Lunch &amp; Learn: N. McIlwraith’s book KIYAM</i>	2 1
23  1-3p.m. Sunday Club	24  <i>9:30a.m. Board Meeting</i> 12p.m. Lunch	25  <i>10:45 Fitness Bonnie</i>  12p.m. Lunch	26  10:00a.m. – noon <b>Winter Wednesdays Series #5: Dr David Barnet: Theatre &amp; The Liberation Phase of Life</b> 12:00 Lunch	27  <i>10:45 am Fitness Ilonka</i> <b>Birthday Thursday and a special celebration of Bozena’s dedication to the Centre!</b> <i>With Dr. Jerry Katz</i>	2 8 

# MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 12 pm Lunch	3 10:45 Fitness with Bonnie	4 10am – 12 Rabbi Zolly Claman, Winter Wednesday Series # 6 – ‘The Jewish Concept of the Soul’	5 10:45 Fitness Ilonka 12 pm Lunch	6	7
8 Celebrate International Women’s Day! 1p.m. EDMONTON MUSICAL THEATRE	9 <b>No Lunch</b>	10 <b>PURIM</b> 10am Fitness Bonnie 11a.m. Megillah Reading with Rabbi Mendy 11:30a.m. Purimspiel 12:00p.m. Lunch	11 10am – 12p.m. Dr. Merrett, <b>Readers 6th Sense 1</b> 12p.m. Lunch 1:00 Ikebana #1	12 10:45 Fitness Ilonka  12p.m. Lunch & Learn: Jess Huberman: Pediatric Intensive Care Unit	13	14
15 1-3p.m. Sunday Club	16 12p.m. Lunch  1pm From Survival to Thrival: discussion session for Living in Two Worlds	17 10:45 Fitness Bonnie 12p.m. Lunch  7:30 Opera “Candide”	18 10am – 12p.m. Dr. Merrett, <b>Readers 6th Sense 2</b>  12pm Lunch & Learn: Orly Netzer, Holocaust Testimony &	19 10:45 Fitness Ilonka  12p.m. Lunch  1 – 3pm Armchair Traveler, Portugal with Enneke	20	21
22 1-3p.m. Sunday Club	23 12p.m. Lunch  1pm From Survival to Thrival: discussion session for Living in Two World	24 10:45 Fitness Bonnie  12p.m. Lunch & Learn: Nina Hardin: Nutrition Seniors	25 10am – 12p.m. Dr. Merrett, <b>Readers 6th Sense 3</b> 12p.m. Lunch  1:00 Ikebana #2 1pm BOOK CLUB:	26 10:45 Fitness Ilonka  12p.m. Birthday Lunch with Dr. Jerry Katz 	27	28
29 11:30a.m. Celebrate Multicultural Day with Kyrgyz Association in Alberta	30 9:30a.m. Board Meeting 12p.m. Lunch	31 10:45 Fitness Bonnie  12p.m. Lunch				