



# 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: [jdic@shaw.ca](mailto:jdic@shaw.ca)

## Schmooze and News

January 2020/5780

## WINTER WEDNESDAYS LECTURE SERIES

**Fee: Members \$15 PER LECTURE OR \$75 FOR THE SERIES**

**Non-members \$20 PER LECTURE OR \$85 FOR THE SERIES**

**January 29 — March 4 2020**

**Please note time is very. See details inside.**

## Opera Master Class

Wednesday January 15 at 7p.m.

Join a unique master-class with Dr. Laurie Fagnan.

Please register for the class via email  
[carissa.fedoruk@edmontonopera.com](mailto:carissa.fedoruk@edmontonopera.com)



## Birthday Thursday

Thursday, January 30 at 12p.m.

Join our very own  
acclaimed musician  
Charlie Austin and sing  
along celebrating your  
friends birthdays.



### 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 Koplowitz, Paula Globberman and Susan Binnington

**Executive Director:** Svetlana Pavlenko

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

# President's Column

Dear Friends,

Our Annual General Meeting was held on November 26, 2019. We express our sincere thanks to Danny Assh who retired from the Board. Danny was our board secretary for the last two years and he has also done valuable service to the Centre by organizing our volunteer casino volunteers which resulted in substantial funds being raised. I extend a special welcome to two new board members, Paula Globerman and Susan Binnington.

The Learning In Retirement program came to a successful conclusion. I extend our appreciation to the committee for a job well done and I am really looking forward to another LIR next year.

The From Survival to Thrival program is continuing into the new year. The discussions with representatives of Indigenous and Jewish communities are stimulating and enlightening.

I wish all of our members a happy holiday season and all the best in the new year.

Lewis Wasel, President

## 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*

*Only 2 spots left.*



# LUNCH & LEARN

Thursday, January 9 at 12p.m.

## **A Familiar Story in Genesis: Let's Read Between the Lines**

Join Rabbi Steven Schwarzman from Beth Shalom Synagogue. This will be a fun and close reading of the Rachel and Leah story from the Bible's Book of Genesis, with some fascinating insights from midrash (rabbinic interpretation).

Tuesday, January 14 at 12p.m.

You have a unique opportunity to learn from both our fitness instructors: Bonnie and Ilonka about Fall Prevention.

Tuesday, January 28 at 12p.m.

Join Elena Russell, Business Development Manager HomeEquity Bank, to learn about CHIP.

CHIP is a reverse mortgage, a loan secured against the value of the home. Unlike a loan or a regular mortgage, with CHIP you are not required to make regular mortgage payments. The loan is repaid only when the homeowners no longer live in the home. The homeowner is required to keep the property in good condition, up-to-date with property taxes and property insurance. The money received is tax-free and can be used however the homeowner wishes.

## Book Discussion Group ELDER'S CIRCLE

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

Join our Winter Wednesdays Series on January 29 at **9:45a.m.** to learn more about the protagonist of this book Camille Pissarro and Impressionism.

Wednesday, January 15 at 10a.m.

**The New Format will be introduced.**

Storytelling has earned its place as the most important tradition human possess.

Every story contains a lesson learned.

They teach us to love, to forgive others,

to be just and

to strive to be better than we are.

**JDIC Senior Citizen's Centre (10052 -117 Street)**

**presents**

# **WINTER WEDNESDAYS LECTURE SERIES**

**Fee: Members \$15 PER LECTURE OR \$75 FOR THE SERIES**

**Non-members \$20 PER LECTURE OR \$85 FOR THE SERIES**

[JANUARY 29, 2020 9:45a.m. – 11:45a.m.](#)

**KATHLEEN SILVERMAN**

***Camille Pissarro, Father of Impressionism: His Work and Influence***

[FEBRUARY 5, 2020 10a.m. - 12p.m. \(noon\)](#)

**Professor JOHN LAW**

***Capital Punishment in 18th Century England***

[FEBRUARY 12, 2020 10a.m.- 12p.m. \(noon\)](#)

**Professor DR. ROD MACLEOD**

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

[FEBRUARY 19, 2020 1:00p.m – 3p.m.](#)

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

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

[FEBRUARY 26, 2020 10a.m.-12p.m. \(noon\)](#)

**Professor of Drama, Actor & Director, DR. DAVID BARNET**

**DRAMA!?**

[MARCH 4, 2020 10a.m. – 12p.m. \(noon\)](#)

**RABBI ZOLLY CLAMAN**

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

**RSVP with payment by Thursday, January 23**

**Email: [jdic@shaw.ca](mailto:jdic@shaw.ca) Phone: 780-488-4241**



# 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



# 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 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  
Dr. Auger & Dr. George Goldsand  
Terry Lusty TBA  
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*



**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

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

Gloria Aaron	Jack Cooper	Leslie Goldstein
Denise Armstrong	Sheena Fried	Lynn Hughes
Gertrud Janke	Dwayne Jenkins	Faye Kay
Paul Vorstenbos	Margaret Klingbeil	Esther Lainwand
Rena LaPointe	Barbara Leah	Percy Lerner
Marika Lewitt	Alan Lyons	Kathy Main
Risa Margolus	Brenda McCollum	Linda McLennan
Kathryn Merrett	Robert Merrett	Dawn Milligan
Sarah Nyland	Allan Parr	Evelyn Prepes
Shirley Rae	Carol Ritch	Norman Schayer
Anna Shapiro	Toby Silverman	Franie Simon
Gaylene Soifer	Bev Sonmor	Esther Starkman
Olive Thorne	Natalia Trofimov	Freya Wasel
Eva Weisz	Bart West	Lynn Wolff
	Kay Yui	

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

**GET WELL**

To: Doreen Albert—speedy recovery

**DONATION**

From: Martyn Stollar

**MAZEL TOV**

To: Naomi Wolfman—Birthday

To: Paula Snyder –Birthday

*My heartfelt thanks to all who sent me good wishes for a speedy recovery, as well, your donations to my favourite centre were greatly appreciated.*

*Paula Snyder*

**SYMPATHY**

To: Diane Alkalay - loss of husband Michael Z"L

From: Suzan & Murray Lieberman

Franie Simon

Freya & Lewis Wasel

Odette & Jacob Masliyah

To: Reva Theuman—loss of husband Richard Z"L

From: Suzan & Murray Lieberman

**GET WELL**

To: Paula Snyder

From: Bogena Szopiak & Family

Shirley Grossman

To: Doreen Albert—speedy recovery

From: Franie Simon

Sam & Eva Weisz

To: Freya Wasel

From: Phyllis D'Aguias

**MAZEL TOV**

To: Debby Smolkin—Special B-day

From: Evelyn Prepes

To: Naomi Wolfman—Birthday

From: Evelyn Prepes

To: Leah Goldford—Special B-day

From: Elaine and Mark Salkie

**MAZEL TOV**

To: Rose Sheinwald—B-day

From: Shirley Grossman

To: Anna Linetsky—B-day

From: Anita Sky & Howard Davidow

Bozena Szopiak & Family

**EXCITING NEWS:**

Whilst we are sorry to see our long-term and dedicated Chef

**Bozena Szopiak**

leave us,

we are very pleased to announce that we have hired a new Chef

**Lilia Wert.**

We are looking forward to introducing you to Lilia who will be supported by our incredible volunteer team!

See you on Monday,  
January 6 2020!

**Upcoming Event:**

Tuesday, February 4 at 7:30p.m.

Opera *The Marriage of Figaro*  
at the Jubilee

Thursday, February 6 at 12p.m.

Celebrate Tu B'Shevat together  
with Talmud Torah's kids

Tuesday, February 11 1p.m. -3p.m.

Armchair Traveller with **Donna**,  
Norway & Sweden

Thursday, Feb. 13 1p.m.-3p.m.

**Eric and Elexis Schloss**

Tuesday, February 18 at 12p.m.

Councillor **Andrew Knack**  
The City of Edmonton Updates

Thursday, February 27 at 12p.m.

Birthday Celebration with our  
very special **Dr. Jerry Katz**

# January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<u>Thursday,</u> <b>February 27</b> Come and enjoy <b>Dr. Jerry Katz</b> who will perform at <b>Birthday Thursday</b> Celebration!		1 C       L       O	2 S       E       D	3	4
5  NO Sunday Club	6  12p.m. Lunch	7  <i>10am Fitness Bonnie</i> 12p.m. Lunch	8  12p.m. Lunch	9  <i>10am Fitness Ilonka</i>  12p.m. Lunch & Learn: Rabbi Schwarzman	10	11
12  <i>1-3p.m.</i> <i>Sunday Club</i>	13  12p.m. Lunch <i>1pm From Survival to Thrival: discussion session for Living with Loss</i>	14  <i>10am Fitness Bonnie</i>  12p.m. Lunch & Learn: Fall Prevention with Bonnie	15  <i>10a.m. ELDER'S CIRCLE</i> 12p.m. Lunch  <i>7-8p.m. Opera Master class with Dr. Fagnan</i>	16  <i>10am Fitness Ilonka: Fall Prevention Practice</i>  <b>12p.m. Lunch &amp; Learn:</b> <b>Rabbi Schwarzman</b>	17	18
19  <i>1-3p.m.</i> <i>Sunday Club</i>	20  12p.m. Lunch <i>1pm From Survival to Thrival: writing session for Living with Loss</i>	21  <i>10am Fitness Bonnie</i>  12p.m. Lunch	22  12p.m. Lunch <i>1pm BOOK CLUB: The Marriage of opposites by A. Hoffman</i>	23  <i>10am Fitness Ilonka</i>  <b>12p.m. Lunch &amp; Learn: Russian Medical SPAs with Svetlana</b>	24	25
26  <i>1-3p.m.</i> <i>Sunday Club</i>	27  <i>9:30a.m. Board Meeting</i> 12p.m. Lunch	28  <i>10am Fitness Bonnie</i>  12p.m. Lunch & Learn: CHIP Mortgages with Ellena Russell & Maya Feldman	29  9:45a.m. -10:45a.m. <b>Winter Wednesdays Series 1:</b> K. Silverman, <i>Rediscovering Impressionism</i> 12p.m. Lunch	30  <i>10am Fitness Ilonka</i>  12p.m. Birthday Celebration sing along with <b>Charlie Austin</b>	31	

