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

Schmooze and News

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

OPERA AT YOUR CENTRE

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

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

We 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. Coming for the picnic only? Cost $5 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** and on our web-site www.jdicseniors.ca

Health & Wellness

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

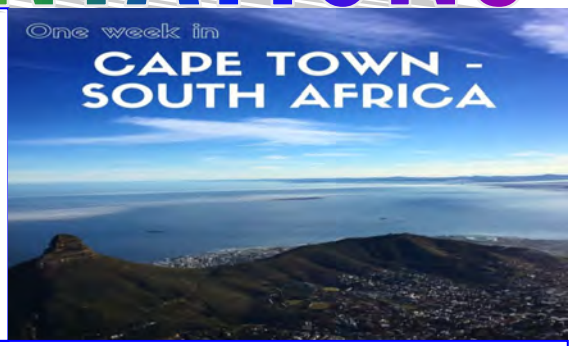
A week in Cape Town with Bonnie Austen

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

Lunch & Learn

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
Thursday, August 9 at 12p.m.

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

Learning in Retirement

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!

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

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

Thursday, July 5
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

Thursday, July 12
South African Lunch

Monday, July 16
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

Monday, July 30
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

Monday, August 6
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

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
NO LUNCH

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

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

Tuesday, August 28
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

Books Discussion Group

Wednesdays @ 1p.m.

July 25
August 22

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 Archives*	5 10:45a.m. Fitness Ilonka **12p.m. Spanish Lunch with Carmen– 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 African Lunch*** ***1p.m. Armchair Traveler: South Africa with Bonnie Austen***	**L&L August 16** **All about Butterflies** Educator and member of the Lepidopterists' 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.m.-12p.m. REDISCOVER Jane Austen* 12p.m. Lunch 1-3p.m. Games	17 10a.m.-12p.m. Historical Panel: Memories of Edmonton at 12p.m. Lunch	18 12p.m. Lunch 1-3p.m. Games	19 10:45a.m. Fitness Ilonka ***12p.m. Lunch & Learn: Dr. Aronyk Gamma Knife Technology***	BAGEL LOOP SUNDAY, August 12 at 10a.m. at Victoria Park **PICK UP LOCATIONS:** **Need insert info**	
22 Fast of 9th Ave	23 *10a.m.-12p.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. Fitness Ilonka ***12p.m. Lunch & 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.m.-12p.m. REDISCOVER Jane Austen* 12p.m. Lunch 1-3p.m. Games	31 12p.m. Lunch	 ***Photo: Ellis Bird Farm: Lunch Time!***		JAHSENA & Our Centre present Challah Baking **Wednesday, July 4 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. Fitness 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** **Thursday, August 30 at 12p.m.** 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 *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 eligible to enter the draw (one entry only) and you must be present at lunch to receive your prize. Good Luck! See you soon!	
19	20 12p.m. Lunch 1-3p.m. Games	21 12p.m. Lunch 1-3p.m. Games	22 1p.m. Book Club 1-3p.m. Games 12p.m. Lunch 6p.m. Appreciation dinner for Bagel Loop by invitation only	23 10:45a.m. Fitness Ilonka *12p.m. Lunch & Learn: Rabbi Kunin from Japan*		
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		