JEWISH SENIOR CITIZEN'S CENTRE

All Seniors Welcome ***Drop In For Lunch or Attend a Program***

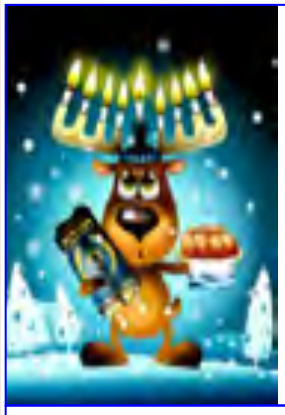
Mailing Address: Box 17017
Edmonton, AB T5K 0G4
www.jdicseniors.ca

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

Schmooze and News

November – December 2018/5779

Hanukkah



Thursday, December 6 at 11:30a.m.

Please join us for

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

Special Quiz with amazing prizes. Raffle and more fun!

You must RSVP by Monday, November 26

Fee: $15 Members and $18 Non-Members

PLEASE NOTE

The Centre is open

on Monday, November 12.

The Centre will be closed

from December 21, 2018

till January 3, 2019

The Centre will be reopen

on Sunday,

January 6, 2019

MEMBERSHIP

It is time to renew your $30 annual membership!

It is time to renew your $25 Choir membership!

Please sign up for an electronic newsletter and electronic reminders about programs with the Office.

Learnig in Retirement

"KEEPING SCORE"
Instructor: D.T. Baker
Mondays 10:00a.m. –12:00p.m.

NAVIGATING COMPROMISE IN XXI CENTURY BIOETHICS
Instructor: Gary Goldsand
Mondays 1:00p.m. – 3:00p.m.

THE ART OF DECEPTION: FORGERIES AND THIEVERY IN THE ART WORLD
Instructor: Kathleen Silverman
Tuesdays 1:00p.m. – 3:00p.m.

OPERA ANYONE?
Instructor: Morris Maduro
Wednesdays 10:00a.m. -12:00p.m.

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:** Dmitry Alman.

Presidential Appointee: Leslie Morgenstern **Honorary Advisor:** Larry Derkach

Executive Director: Svetlana Pavlenko **Office Manager/ Project Coordinator:** Tolgi Isaeva **Chef:** Bozena Szopiak

Health & Wellness

Use it or Lose it!

with ***Bonnie Austen!***

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

TUESDAYS @10:45a.m.

October 23 & 30

November 6,13,20,27

December 4,11,18

On Your Seat or On your Feet!

with ***Ilonka Wormsbecker!***

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

THURSDAYS @ 10:45a.m.

October 18 & 25

November 1, 8, 15, 22, 29

December 6 (starts at 10a.m.), 13, 20

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!

Sunday Club

November 4: Travelling: Tips and Advice with Lidia, a travel specialist

November 11: Famous movie director, Eldar Ryazanov: life and cultural impact on the Russian movie industry with Zoya Pavlova

November 18: Fall Prevention with Dr. Elina

November 21: Lecturer— Galina Sinitzina singing the songs of Valentina Tolkunova and a lecture by Lyusya Valkova

Lunch & Learn

MLA David Shepherd

Monday, November 12 at 12p.m.

We are pleased to welcome MLA David Shepherd who will give us an update on the Alberta political scene.

Armchair Traveller:

Tuesday, December 4 at 12p.m.

Transportation Safety Board of Canada

Thursday, November 15 at 12p.m.

Join **Jonathan Lee**, Manager, Regional Operations to learn about the Transportation Safety Board of Canada (TSB). The TSB is a federal agency that is responsible for conducting safety investigations into nationally regulated modes of transportation. He specializes in aircraft accident investigations.

He will talk about the history of aircraft accident investigation in Canada and how the TSB came to be in its present form and how the investigation process works.

Join Marian and Dwyne as they wander down the south coast of Australia and visit Tazmania and New Zealand including Hobbiton in MataMata.

History of Edmonton Dowtown Market with Kathryn Merrett

Thursday, November 22 at 12p.m.

The City Market has been a feature of Edmonton's downtown for more than a century, but its presence there has often created controversy.

What is the role of a market in an urban centre? Kathryn will talk about the role the City Market has played in shaping the culture and values of the City of Edmonton.

Edmonton International Airport

Thursday December 13 at 12p.m.

Join **Anne Hayes** and **Alex Paterson,** Business Development Manager, to learn new things about the development of Edmonton International Airport and new incentives to becoming a member.

Charles Dickens:

Readers' Great Expectations

Professor Emeritus Robert Merrett will take us on a fascinating journey to see familiar literary masterpieces in unexpected angles.

The course will run for 4 weeks
on Wednesdays
December 5 & 12 and January 9 & 16

from 10a.m. – 12p.m. (noon)

at the Jewish Senior Citizen's Centre
10052 –117 Street

Join Professor Robert Merrett on a 4 week lecture series to discover more about Charles Dickens, a writer, a journalist, a social activist, the man who influenced the world literature and culture. We will travel from the seedy streets of London to the lovely Kent countryside as we gain a deeper understanding of why the themes of generosity, poverty, spiritual search and social injustice figured prominently in Dickens' works.

Everyone welcome to join this course!

$40 members/$55 non-members

Complimentary refreshments will be provided for the course

and you are welcome to stay for lunch at 12p.m. (noon)
$10 for members & $13 for non-members.

Call 780-488-4241 or email jdic@shaw.ca to register
Deadline for registration is Thursday, November 29 2018

Tuesday, October 23
No chicken, chicken Soup
Fish & Chips
Salad/Dessert
Wednesday, October 24
Cauliflower Soup
Veggie burger
Salad/Dessert
THURSDAY, October 25
Black bean Soup
Falafel
Salad/Dessert

Birthday Celebration

Monday, October 29
Barley Soup
Cold plate
Salad/Dessert
Tuesday, October 30
Squash Soup
Lasagna
Salad/Dessert
Wednesday, October 31
Vegetarian kale Soup
No meat, meatballs
Salad/Dessert
Thursday, November 1
Creamy Squash soup
Fish & Chips
Salad
Dessert
Monday, November 5
Potato Cheese soup
Onion Mushroom Kugel
Salad
Dessert
Tuesday, November 6
Lentil soup
Sandwiches
Salad
Dessert
Wednesday, November7
Tomato soup
Burger
Salad
Dessert
Thursday, November 8
Broccoli soup
Chilli
Salad
Dessert
Monday, November 12
Curried Carrot soup
Pizza
Salad
Dessert
Tuesday, November 13
Moroccan Chickpea soup
Salmon loaf
Salad
Dessert

Wednesday, November 14

Vegetarian Kale soup
Macaroni & Cheese
Salad
Dessert
Thursday, November 15

Split Pea soup
Vegetarian lasagna
Salad
Dessert
Monday, November 19
Black Bean Vegetable soup
Cold Plate
Salad
Dessert
Tuesday, November 20
Sweet Potato soup
Tuna casserole
Salad
Dessert
Wednesday, November 21
Cauliflower Leek soup
Garden Quiche
Salad
Dessert
Monday, November 26
Spinach and leek white bean soup

Thursday, November 22
Mushroom soup
Meatless meatloaf/rice
Salad
Dessert

Kathryn Merret's presentation

Tuesday, November 27
Spinach, Leek
& white bean soup
Cheese muffins
Salad
Dessert
Wednesday, November 28
Green Velvet soup
Spaghetti
Salad, Dessert
Thursday, November 29

12—2p.m. *Wedding Reception with FUN!*

Monday, December 3
Lentil soup
Tuna melt sandwiches
Salad
Dessert
Tuesday, December 4
Ramen Noodle soup
Potato Salad
Herring
Salad
Dessert

Wednesday, December 5
Soup only ($6)

Charles Dickens course

Thursday, December 6

11:30a.m.Hannukah
PLEASE RSVP ASAP

Monday, December 10
Italian Vegetable soup
Baked Omelet
Salad
Dessert
Tuesday, December 11
Barley soup
Sandwiches
Salad
Dessert
Wednesday, December 12
Vegetable Cheese soup
Frittata
Salad
Dessert

Charles Dickens course

Thursday, December 13
Minestrone soup
Knish in a dish
Salad
Dessert
Monday, December 17
Butternut soup
Pizza
Salad
Dessert
Tuesday, December 18
Winter Root Veg soup
Teriyaki Fish & rice
Salad
Dessert
Wednesday, December 19
Garlic Spinach &
chickpea soup
Lasagna
Salad
Dessert
Thursday, December 20
Carrot Ginger soup
Potato Mushroom Strudel
Salad
Dessert

***Please note that the Centre's Menu is subject to change**

You are invited for a special

Wedding Reception

On Thursday, November 29, 2018 at 12:00—2p.m.

at Jewish Senior Citizen's Centre

10052 –117 Street

Jack Goldberg will give a brief presentation on the unique traditions of Jewish weddings, complete with chupah, followed by a fabulous reception lunch, music by Yossi, raffle, Wedding Cake and Birthday Thursday!

All this for only $13 for members and $15 for non-members!

You have an opportunity to wear and show off your wedding dress. You can bring your wedding dress two days before the event, so that we may put it on display.

We want to see your wedding photos and hear your funny stories!

No gifts please.

RSVP: jdic@shaw.ca OR PHONE 780-488-4241

at Jewish Senior Citizen's Centre

(10052 –117 Street)

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 10:45a.m. Fitness Ilonka 12p.m. Lunch ***1-4p.m. Games***	2	3
4 1-3p.m. Sunday Club	5 *10a.m. Keeping Score course 4* 12p.m. Lunch ***1p.m Bioethics course 4*** ***1-4p.m. Games***	6 10:45a.m. Fitness Bonnie 12p.m. Lunch ***1p.m. The Art course 5*** ***1-4p.m. Games***	7 *10a.m. Opera Anyone? course 5* 12p.m. Lunch ***1-4p.m. Games*** ***1p.m. IKEBANA***	8 10:45a.m. Fitness Ilonka 12p.m. Lunch ***1-4p.m. Games***	9	10
11 Remembrance Day 1-3p.m. Sunday Club	12 *10a.m. Keeping Score course 5* 12p.m. Lunch 12p.m. Lunch & Learn: MLA D. Shepherd ***1p.m Bioethics course 5***	13 10:45a.m. Fitness Bonnie 12p.m. Lunch ***1p.m. The Art course 6*** ***1-4p.m. Games***	14 *10a.m. Opera Anyone? course 6* 12p.m. Lunch ***1-4p.m. Games***	15 10:45a.m. Fitness Ilonka 12p.m. Lunch 12p.m. Lunch & Lear: Jon Lee ***1-4p.m. Games***	Join us for Annual General Meeting on Tuesday November 20th at 12:45p.m.	
18 1-3p.m. Sunday Club	19 *10a.m. Keeping Score course 6* 12p.m. Lunch ***1p.m Bioethics course 6*** ***1-4p.m. Games***	20 10:45a.m. Fitness Bonnie 12p.m. Lunch ***12:45p.m. AGM*** ***1-4p.m. Games***	21 12p.m. Lunch ***1-4p.m. Games*** ***1p.m. IKEBANA***	22 10:45a.m. Fitness Ilonka 12p.m. Lunch 12p.m. L&L– Kathryn Merrett ***1-4p.m. Games***	23	24
25 1-3p.m. Sunday Club	26 12p.m. Lunch ***1-4p.m. Games***	27 10:45a.m. Fitness Bonnie 12p.m. Lunch ***1-4p.m. Games***	28 12p.m. Lunch 1p.m. Book Club ***1-4p.m. Games***	29 10:45a.m. Fitness Ilonka 12p.m. Lunch 12p.m.-2p.m. Wedding Reception with Fun ***1-4p.m. Games***	30	

December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 1-3p.m. Sunday Club	3 Hannukah 1st Day 12p.m. Lunch ***1-4p.m. Games***	4 10:45a.m. Fitness Bonnie 12p.m. Lunch 1p.m. L&L-Marian & Dwayne Jenkins ***1-4p.m. Games***	5 10a.m. Charles Dickens course 12p.m. Lunch-$6 soup only (downstairs) ***1-4p.m. Games*** ***1p.m. IKEBANA***	6 *10:00a.m. Fitness Ilonka* 11:30p.m. **Latkes Lunch Hannukkah** 	7	8
9 1-3p.m. Sunday Club	10 12p.m. Lunch ***1-4p.m. Games***	11 10:45a.m. Fitness Bonnie 12p.m. Lunch ***1-4p.m. Games***	12 10a.m. Charles Dickens course 12p.m. Lunch ***1-4p.m. Games***	13 10:45a.m. Fitness Ilonka ***12p.m. Lunch & Learn: What's new in the Edmonton International Airport***:	14	15
16 1-3p.m. Sunday Club	17 12p.m. Lunch ***1-4p.m. Games***	18 10:45a.m. Fitness Bonnie 12p.m. Lunch ***1-4p.m. Games***	19 12p.m. Lunch 1p.m. Book Club ***1-4p.m. Games***	20 10:45a.m. Fitness Ilonka 12p.m. Lunch ***1-4p.m. Games***	21 CENTRE CLOSED	22
23 JDIC CASINO PALACE Please let the Office know if you would like volunteer for our Casino	24 JDIC CASINO PALACE	25 CENTRE CLOSED	26 CENTRE CLOSED	27 CENTRE CLOSED	**The Centre will be closed from December 21, 2018 till January 3, 2019 The Centre will be re-opened on Sunday, January 6, 2019**	