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

August – September 2019/5779

It is time to renew your $30 per person annual membership!

Special Presentations

Wednesday, August 28 10am—12pm: The Dead Sea Scrolls & the Stories they Tell with Dr. Peter Sabo

Mondays, September 9 & 16 10am—12pm: Venezuela and Guatemala: a look into these troubled countries with Dr. Morris Maduro

Mondays, September 9, 16 & 23 1pm –3pm:Israel: Past, Present and Future with Abe Silverman

You have many talents we need at the Centre!
We are currently offering exciting volunteer opportunities in the following areas:

- Kitchen
- Outreach Phone Person
- General Office, Greeter, Cashier
- Writer/Editor for Newsletter
- Community Ambassadors

Please call the Office 780-488-4241

We will be happy to explore with you how you can use your talents to support the Centre!

Which one looks best on YOU?

BOARD OF DIRECTORS

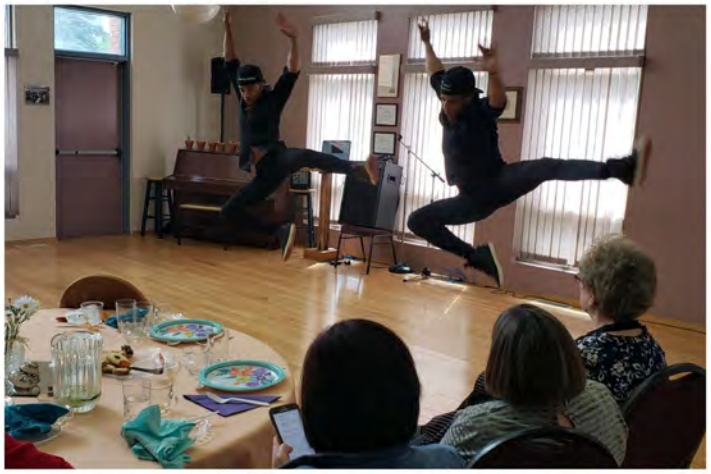
President: Lewis Wasel, **Secretary/Casino Chair:** Danny Assh, **Past President**: Mark Salkie, **Treasurer**: Elaine Salkie, **Fundraising Chair:** Leslie Morgenstern, **Program Chair**: Shirley Grossman, **Transportation Chair:** Hans Pilz, **Directors:** Louise Percheson-Kagan, Sveta Bass, Lauren Baram

Presidential Appointee: Sam Koplowicz

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

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

Don't miss the Centre's events!



Thank you to our friends from the Cuban Movements Dance School for an incredible performance!

Special thank you to chef Bozena and our fabulous volunteers for making this event so special!

You have many talents we need at the Centre — Volunteer with us! Join our team!

Dear Members and Friends!

May, June and July were, as always, filled with great programs at the Centre.

On May 9, Sunday Club members commemorated Victory Day. In July, Sunday Club held a special lunch and program to recognize the many volunteers who help to make their programs so special! Special honoree was Sveta Bass who has been the main Sunday Club chef for more than 20 years always providing delicious food. Sveta was accompanied by her family and friends.

Our second annual Bagel Loop: Walk/Run/Roll was a great success! The weather was perfect, food delicious and our members unstoppable: our youngest participant Rowan Wallis, a 3-year-old runner, (the grandson of Hans) and our oldest participant Ed Mickelson, a 91-year-old roller, created a great bond (see the photo)! Thank you to all our sponsors and friends who came and supported us! We are still receiving pledges and donations toward the Bagel loop, so the amount raised will be announced in the next Newsletter.

We would like to say a special thank you to the Edmonton Jewish Community Charitable Foundation for a generous donation towards our kitchen needs. We will purchase a special food processor that will help our wonderful chef Bozena and our incredible volunteers to make salads and other type of food faster and more efficiently.

The Cuban Brunch was a high energy and hot food event. Our friends from the Cuban Movements Dance School not only performed but also involved our members in a spontaneous Salsa masterclass. Please let us know if you would like to have Latin Dance classes at the Centre.

This Newsletter is filled with amazing courses for your intellectual stimulation, physical activity and cultural awareness. Mark your calendars and register ahead of time to secure your spot!

Looking forward to welcoming you at the Centre!

Yours,

Svetlana Pavlenko on behalf of the Board

Bagel Loop's

UNSTOPPABLE

TEAM:

Rowen
(3 years old)
&
Ed
(91 year old)

Elder's Circle 2019

Please join us for a Community Gathering (with complimentary lunch)

to learn more about our project

From Survival to Thrival: Shared Historical Experiences

Wednesday, September 11 at 12p.m.

We are partnering with the Indigenous community to look for commonalities in the effects of persecution, stereotyping, oppression, humiliation and attempts to de-stroy culture and spiritual practices.

We have invited the Holocaust committee of the Jewish Federation of Edmonton and other Jewish organizations to participate in this important project and we are looking forward to our collaboration.

This will be a forward looking project in which we will examine

how both peoples have survived the past and can now go on to successful futures.

Please approach the Office for more details about your potential involvement.

Ikebana Classes

New Ikebana Classes series will start on

Wednesday at 1p.m.

August 28, September 11 & 25, October 30, November 6 & 20, December 4

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

ikebanaclub@gmail.com

780-803-5690

Book Discussion Group

Wednesdays at 1p.m.

August 28

September 25

October 23

November 27

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

Everyone is welcome!

Elder's Circle

Don and Lee Sax invite you to join the "Circle of Wisdom" to discuss local economic, political and cultural news and issues in our community.

We can all bring our years of experience and expertise to initiate change.

Wednesdays at 10a.m.

August 21

September 11

BAGEL LOOP: WALK/RUN/ROLL 2019

Thank you to all our friends who came and enjoyed this wonderful event!
Your support means a lot to us!
We will list all our amazing supporters
in our next Newsletter!

Learning in Retirement

Jewish Senior Citizen's Centre

presents

16th Annual Six Week Series
October 28 - December 5, 2019

$70 members & $85 non-members per course

Politics: Edmonton & Alberta
Instructor: Stephen Mandel
Mondays, October 28, November 4 & 11, 2019 10:00a.m. –12:00p.m. (noon)
(fee $40 members/ $55 non-members)

Solo Flight :The Concerto from Vivaldi to Ravel
Instructor: Michael Thomas Roeder
Tuesdays, October 29 — December 3, 2019 1:00p.m.—3:00p.m.

REVOLUTIONARY EXPLOITATION - ROCK 'N ROLL'S FIRST TUMULTUOUS DECADE
Instructor: D.T. Baker
Wednesday, October 30 — December 4, 2019 10:00a.m. –12:00p.m. (noon)

YEG's PUBLIC ART
Instructor: Kathleen Silverman
Thursdays, October 31 — December 5, 2019 1:00p.m. – 3:00p.m.

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!

OPERA SEASON

We are very pleased to inform our members and friends that we have extended our relationship with the Edmonton Opera. Working together, we will offer a number of wonderful events at our Centre during this season.

Wednesday, September 25 — *Italian Opera Masterpieces*

Join Edmonton Opera stars for the evening filled with powerful emotions and beautiful voices!

John Kirby, Bass-Baritone (***Rigoletto*** understudy)

Andrea Lett, Soprano (Gilda understudy)

Dr. Leanne Regehr, accompanist

They will be performing selections from Rigoletto, along with other Italian opera favourites!

5:30pm Doors open

6:00pm Light Dinner

7pm Performance

The cost is $40 or $45 (with glass of wine) per person for members &

$50 or $55 (with glass of wine) per person for non-members.

Please reserve your spot with payment ASAP. Limited seating.

Full payment (cash or cheque only) by September 12, please.

GIUSEPPE VERDI
RIGOLETTO

JUBILEE AUDITORIUM
SUNG IN ITALIAN WITH PROJECTED ENGLISH TRANSLATION

Who will have the last laugh?

As the infamous court jester, Rigoletto earns a living by making fun of people's misery. So when his enemies seek revenge, they take the one thing Rigoletto values most: his daughter Gilda. What follows is a harrowing tale of greed, corruption, and violence that ultimately turns Rigoletto's own fate into a cruel joke.

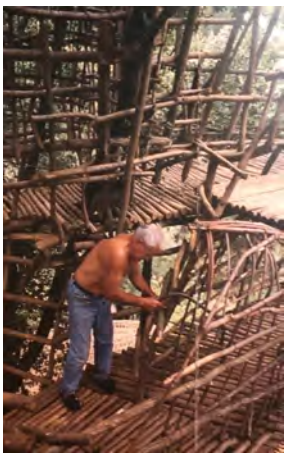
Tuesday, October 22 at 7:30pm

Tickets: $35 per person.

No transportation provided.

Forms of Tradition in Contemporary Spain

Tuesday, September 17 at1pm



Join **Sam Koplowicz**, producer, editor & director, who will present a half hour documentary

"Josep Pujiula I Vila" and his great labyrinth.

Fee: $3

Cooking Class with NAZ

Sunday, August 25 at 9:30a.m.—12p.m.

We invite you to join our cooking class.
Come and bring the family, to learn how to cook Edmonton's local favourite "The Green Onion Cake". Watch and practice together with Master-Chef Naz. You will make two onion cakes to take home. All ingredients & materials will be provided.
9:30am Welcome (coffee/tea and muffins will be provided)
10:00am Class starts

Register now and don't forget your apron!
Cost $35 ***Please register with payment by Thursday, August 22***

ROMEOS

When you hear this word do you immediately think about Shakespeare's masterpiece?

Wrong!

ROMEO stands for ***Retired Old Men Eating Out*** and we are happy to welcome this group at the Centre for lunches on **Wednesdays** at 12pm.

Membership Tea Party

Thursday, September 19 at 12p.m.

50/50 draw

Surprises & presents

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 The Marriage of Figaro, Tuesday, February 4, 2020 (value $100)

- 1 chance at winning a Lunch card for 6 lunches (value $78)
- 1 course of Learning in Retirement series of your choice (value $85)
- 2 chances at winning a Fitness card for 6 classes (value $36)

Special entertainment by Dr. Jerry Katz

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.

P.S. Avoid the hassle of membership renewal in September—do it now at the Office anytime!

SUNDAY CLUB

September 1 from 1pm to 3pm: TBA
September 15 from 1pm to 3pm: TBA
September 22: Armenian Culture Day at 11:30a.m. Everyone welcome!

SPECIAL PRESENTATIONS

The Dead Sea Scrolls and the Stories They Tell

with Dr. **Peter Sabo**

Wednesday, August 28 10a.m.—12p.m.

Often hailed as the greatest archaeological discovery of the twentieth century, the Dead Sea Scrolls are ancient Jewish texts written between 250 BCE to 70 CE that were found in the caves of the Judaean Desert. Over 200 of the scroll manuscripts are copies of the Bible, providing some of the earliest Hebrew copies of the Bible by a thousand years. Hundreds of other manuscripts contain prayers and blessings, ancient commentary on the Bible, description of community rules during this time, and much more. Dr. Sabo is an instructor of Religious and Jewish Studies at the UofA; his research focuses on the literary study of the Hebrew Bible, ancient Israelite history, as well as theory and method in the study of religion.

Fee: $15 for members and $ 20 for non-members. Please RSVP ASAP by August 6.

Venezuela and Guatemala: a look into these troubled countries

on Mondays September 9 & 16 from 10am to 12pm

Dr. Morris Maduro will discuss the background and current situation in both countries, as well as the historical and continuing Latin American socio-economical systems and political cultures that result in their present tragic situations.

Fee for course: $30 for members and $45 for non-members.

Please RSVP ASAP by September 3

Israel: Past, Present and Future

on Mondays September 9, 16 & 23 from 1pm to 3pm

September 9: The USA Pull Out of the Iran Nuclear Deal

September 16: Trump's decision on Jerusalem, Golan Heights etc.

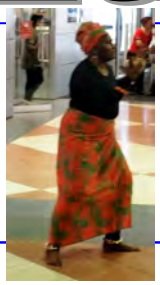
September 23: Deal of the Century and the Israeli elections

Abe Silverman was born in Romania and is a Holocaust survivor. A well-known Edmonton businessman, he has served on the boards of most Jewish organizations locally and nationally, and is a past president of the Jewish Federation of Edmonton. Having visited Israel on many occasions, Abe has contacts with people in the Israeli government and military and business communities. Now, in retirement, he works for B'nai Brith Canada.

Fee for course: $30 for members and $45 for non-members.

Please RSVP ASAP by September 3

Lunch & Learn



Tuesday, August 6 at 12pm

Join **Pearle Edwards**, a Trinidadian Dancer, who will perform accompanied by African Drum music.

Thursday, August 8 at 12pm

Lee Sax will share with us her journey from Quilting to Fabric Art and from *The Story of Ruth & Naomi* to the Meditation Art of the Mandala!

Thursday, August 15 at 12pm

Join **Rebecca Schellenberg**, local musician and creative writer, to learn about her involvement in *Make Something Edmonton* and other projects.

Thursday, August 22 at 12pm

Join Janet Tryhuba, Executive Director of Fort Edmonton Foundation, to learn about the Fort Edmonton Park Enhancement Project.

Tuesday, November 12 at 12pm

Dr. Leon Kagan, Clinical Professor, Psychiatry Department UofA, will share his expertise in area of geriatric psychology and will talk about Dementia.

Tuesday, September 24 at 12pm

Jack Goldberg, Professor Emeritus at UofA and Cantor, will share with us his love and passion for traditional melodies associated with Jewish culture & religion.

Thursday, September 26 at 12p.m.

Rabbi Mendy will share with us stories about traditions and symbolism associated with Rosh Hashanah— the Jewish New Year.

Health & Wellness

Bonnie's Use it or Lose it!

with ***Wendy Kinsman!***

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

TUESDAYS @10:45a.m.
August 6, 13, 20 & 27
September 3, 10, 17, 24

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.
August 8, 15, 22 & 29
September 5, 19, 26 (no class 12)

Kyrgyz Association in Alberta

EVENING YOGA 101

Wednesdays @ 5:30pm (doors open at 4:30pm)

September 4 & 11

In 2012 **Samara** tried yoga and fell in love with it from her first class. It was yoga that helped her overcome her personal health journey. Yoga became Samara's passion and profession that helps her to experience flexibility, stillness, clearness of mind and gives her an opportunity to share.

Fee: Pay as You Can. This program is brought to you in partnership with Kyrgyz Association in Alberta.

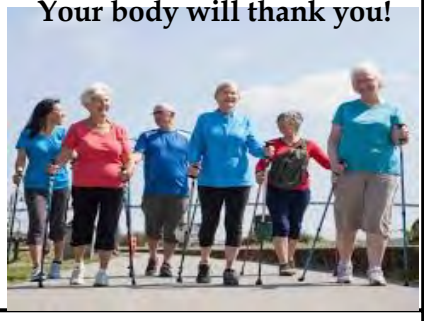
URBAN POLING WITH BONNIE AUSTEN

On Mondays at 10:45a.m.

August 12 & 19

Urban Poling (sometimes called Nordic Walking) is becoming popular in Canada for those interested in becoming more fit. It takes the benefits of walking but uses more upper body motion as in cross country skiing. The Centre will offer Urban Poling classes this spring. Perhaps this is something you would like to try. Bonnie Austen, fitness leader, will outline the benefits of it and will demonstrate the equipment required. Get ready to step out and get moving.

Your body will thank you!



Fee: Drop-in fee per class $6 or use your Fitness Card

Tuesday, August 6
Broccoli Soup
Cold Plate: Lox & Salad, Dessert

Wednesday, August 7
Mushroom Soup
Potato Strudel & Salad, Dessert

Thursday, August 8
Pickle Soup
Cheese Muffins & Salad, Dessert

Monday, August 12
Sweet Potato Soup
Tuna Casserole& Salad, Desert

Tuesday, August 13
Surprise Lunch with
Yiddishe Twist
Salad, Dessert

Wednesday, August 14
Easy/Creamy Vegetable Soup
Eggs, Herrings and Appetisers
Salad, Dessert

Thursday, August 15
Surprise Lunch with
Russian Twist & Salad, Dessert

Monday, August 19
Cabbage Soup
Mac & Cheese & Salad & Dessert

Tuesday, August 20
Butternut Soup
Fish & Chips
Salad, Dessert

Wednesday, August 21
Broccoli Soup
Lasagne
Salad, Dessert

Thursday, August 22
Surprise Lunch with
Russian Twist & Salad, Dessert

Monday, August 26
Carrot Soup
Veggie Burgers & Salad, Dessert

Tuesday, August 27
Cold Borsch
Garden Quiche & Salad, Dessert

Wednesday, August 28
Chilli & Garlic Toast
Loaded Salad, Dessert

Thursday, August 29
Birthday Thursday Celebration
Vegetable Soup with Leeks
Yiddishe Main Course
Salad, Dessert

Monday, September 2
CLOSED
Tuesday, September 3
Mushroom soup
Pizza & Salad, Dessert

Wednesday, September 4
Summer Minestrone Soup
Frittata & Salad, Dessert

Thursday, September 5
French onion Soup
Knishes & Salad, Dessert

Monday, September 9
Creamy Coconut Soup
Sandwiches & Salad, Dessert

Tuesday, September 10
Kale& White Bean Soup
Veggie Strudel & Salad, Dessert

Wednesday, September 11
Potato & Leck Soup
Garden Quiche & Salad, Dessert

Thursday, September 12
NO LUNCH
BUS MYSTERY TRIP

Monday, September 16
No-chicken Chicken Soup
Veggie Strudel & Salad, Dessert

Tuesday, September 17
Roasted broccoli Soup
Spaghetti & Salad, Dessert

Wednesday, September 18
Carrot Soup
Veggie Patties & Salad, Dessert

Thursday, September 19
Membership Tea Party

Monday, September 23
Tomato Soup
Fish & Chips, Salad & Dessert

Tuesday, September 24
Loaded with Veggie Soup
Mac & Cheese & Salad, Dessert

Wednesday, September 25
NO LUNCH
5:30p.m. Opera Evening doors open

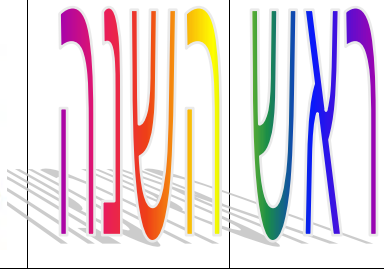
Thursday, September 26
Cinnamon-Spiced Sweet Potato
Lasagne & Salad
Birthday Cake

***Please note that the Centre's Menu is subject to change without notice.**

August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Wednesday, August 28 10am—12pm **Dr. Peter Sabo** The Dead Sea Scrolls & the Stories they Tell				1 Centre is open NO LUNCH	**IPad classes** **Tuesdays @1p.m.** **August 6 & 13**	
4 CLOSED	5 CLOSED	6 10:45am Fitness **12pm Lunch & Learn: Dance with Pearle , African Drums** **1pm I-Pad Class 5**	7 12pm Lunch	8 10:45am Fitness **12pm Lunch & Learn: Lee Sax, My Quilting Journey**	9	10
11	12 **10:45am Poling with Bonnie** 12pm Lunch	13 10:45am Fitness 12pm Lunch **1pm I-Pad Class 6**	14 12pm Lunch	15 10:45am Fitness **12pm Lunch & Learn: Rebecca Schellenberg: Make Something Edmonton**	16	17
18	19 **10:45am Poling with Bonnie (last class)** 12pm Lunch	20 10:45am Fitness 12pm Lunch	21 **10am-12pm Elder's Circle** 12pm Lunch	22 10:45am Fitness 12pm Lunch & Learn: Fort Edmonton Park Enhancement Project	23	24
25 **10am - 12pm Green Onion Cake Cooking Class with NAZ**	26 NO LUNCH	27 10:45am Fitness 12pm Lunch	28 **10am—12pm Dr. Sabo's presentation** 12pm Lunch **1-3pm Book Club** 1pm IKEBANA	29 10:45am Fitness 12pm Birthday Lunch	30	31

September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 1-3pm SUNDAY CLUB	2 CLOSED	3 10:45am Fitness 12pm Lunch 1-3pm Games	4 12pm Lunch 1-3pm Games **5:30pm Yoga 101**	5 10:45am Fitness 12pm Lunch 1-3pm Games 	6	Be ready for **High Holidays!** Pre-order HONEY CAKES from the Centre. Orders placed on Monday will be ready for pick up on the following Thursday. LAST DAY TO ORDER Tuesday September 16 *Two sizes of cake are available:* **Medium Long $16** **Round Big $26**
8	9 10-12pm Dr. Morris Maduro 1 12pm Lunch **1-3pm Abe Silverman: Israel 1**	10 10:45am Fitness 12pm Lunch	11 **10am Elder's Circle** 12pm Lunch & Learn: From Survival to Thrival: Shared Historical Experiences 1pm IKEBANA **5:30pm Yoga 101**	12 NO LUNCH **MYSTERY BUS TRIP** **Stay Tune for Update!**	13	
15 1-3pm SUNDAY CLUB	16 10-12pm Dr. Morris Maduro 2 12pm Lunch **1-3pm Abe Silverman: Israel 2**	17 10:45am Fitness 12pm Lunch 1-3pm Sam Koplowicz: Josep Pugliuila I Vila	18 12pm Lunch 1-3pm Games	19 10:45am Fitness **12pm Membership Tea Party Dr. Jerry Katz**	20	
22 **11:30am Armenian Culture Day**	23 12pm Lunch **1-3pm Abe Silverman: Israel 3** 1-3pm Games	24 10:45am Fitness 12pm Lunch & Learn: Jack Goldberg: Jewish Melodies	25 **NO LUNCH** 1pm IKEBANA **1-3pm Book Club** **5:30pm Opera Evening at the Centre**	26 10:45am Fitness ***12pm Birthday Lunch & Learn with Rabbi Mendy: Rosh Hashanah Traditions***	27	
29 Erev of Rosh Hashanah 	30 Closed 		**Happy & Sweet New Year!** **THE CENTRE WILL BE CLOSED FOR HIGH HOLIDAYS** From Sunday, September 29 till Tuesday October 22 The Centre re-opens with full services **on Monday, October 28** The Office re-opens on Wednesday, October 23			