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

October – November 2019/5780

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

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!

Lunch & Learn

Tuesday, November 12 at 12pm

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

SHANA TOVA

TO YOU AND YOUR FAMILY!

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

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

President Column

September has been a busy month. Learning in Retirement began earlier this year. Thanks to Dr. Morris Maduro for his interesting lectures on Venezuela and Guatemala and to Abe Silverman for his stimulating discussions regarding Israel. There is a lot more to come in Learning in Retirement so please read about it in these pages.

Our membership tea with entertainment by Dr. Jerry Katz was a great success. Please renew your membership if you have not already done so.

The "From Survival to Thrival: Shared Historical Experiences" project was inaugurated on September 11. I am eagerly looking forward to its continuation in examining common interests between the Indigenous community and ours. I encourage our members to be informed about and take an interest in this project.

We conclude the programming year with an evening of opera at the Centre on September 25. See the photo below with an incredible singers John Kirby, bass-baritone, Andrea Lett, soprano, and Dr. Leanne Regehr, accompanist. I hope that we continue to keep opera on our program agenda.

Please mark your calendars for our Annual General Meeting on Tuesday, November 26 at 12:45 PM. Important business including election of our board of directors and appointment of accountants is done at this meeting. It is essential for the continuity of the Centre.

Rosh Hashanah, the Jewish new year 5780 begins the night of Sunday, September 29 and the holiday period continues until October 22. I wish all members a good new year. Thanksgiving also occurs during that time and I extend best wishes to all members that they will have much for which to be thankful.

Lewis Wasel, President

Annual General Meeting 2019 Tuesday, November 26th at 12:45p.m.

Nominations Committee Board Slate

The Nominations Committee presents the following slate for election to the Board of the Jewish Senior Citizen's Centre at the Annual General Meeting to be held on Tuesday, November 26th at 12:45p.m.

All nominations are for a 2-year term:

Two Years 2019-2021

Susan Binnington

Paula Globerman

Samuel Koplowicz

Leslie Morgenstern

Elaine Salkie

In accordance with our By-laws other nominations will be accepted until October 28th, such nominations must be in writing and signed by two (2) members of the Centre and the nominee, who must also be a member of the Centre. Nominations will NOT be accepted at the AGM.

The following persons will complete their term on the Board (one more year) without the need to be re-elected:

One Year 2019-2020

Svetlana Bass

Shirley Grossman

Louise Percheson Kagan

Hans Pilz

Lewis Wasel

Thursday, September 12, we attended The Gruger Family Fungi, Mushroom Farm. It was a very interesting trip in a luxury coach. We learned about the processes used to grow mushrooms, the uniqueness, healing powers, and the varieties of mushrooms. One unbelievable fact that we discovered is that mushrooms are closer to human than they are to plants.

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

to learn more about our project

From Survival to Thrival: Shared Historical Experiences

The First Session will take place on Monday, October 28 at 1p.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.

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.

October 30

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.

November 27

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.

FULL

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!

Health & Wellness

Bonnie's Use it or Lose it!

with ***Wendy Kinsman!***

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

TUESDAYS @10:45a.m.
October 29
November 5, 12, 19, 26

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.
October 31
November 7, 14, 21, 28.

Kyrgyz Association in Alberta

EVENING YOGA 101

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

Date to be determined

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.

Welcome Back Ilonka!

Our group of members who attend fitness classes held a celebration to welcome their instructor back.

Monday, October 28
Barley soup
Sandwiches
Salad, Dessert

Tuesday, October 29
No chicken chicken soup
Veggie Strudel
Salad, Dessert

Wednesday, October 30
Tomato Soup
Garden Quiche
Salad, Dessert

Thursday, October 31
Kale, white soup
Mac and Cheese
Salad, Dessert

Monday, November 4
Borsch
Pizza,
Salad, Dessert

Tuesday, November 5
Butternut squash soup
Fish and chips
Salad, Dessert

Wednesday, November 6
Mushroom Soup
Onion Kugel
Salad, Dessert

Thursday, November 7
Onion Soup
Cheese Muffins
Salad, Dessert

Monday, November 11
CLOSED

Tuesday, November 12
Broccoli soup
Lasagna
Salad, Dessert

Wednesday, November 13
Carrot Soup
Chili
Salad, Dessert

Thursday, November 14
Pea Soup
Tuna Casserole
Salad, Dessert

Monday, November 18
Sweet Potato Soup
Knishes
Salad, Dessert

Tuesday, November 19
Pickle Soup
Devil Eggs, Salsa & Herring
Salad, Dessert

Wednesday, November 20
Vegetable Soup
Salmon Loaf
Salad, Dessert

Thursday, November 21
Lentil Soup
Perogies
Salad, Dessert

Monday, November 25
Barley Soup
Cold Plate
Salad, Dessert

Tuesday, November 26
Potato Soup
Stuffed Peppers
Salad, Dessert

Wednesday, November 27
Cabbage Soup
Baked Fish & Rice
Salad, Desert

Thursday, November 28
Bach Choy Soup
Spaghetti
Salad, Dessert

Welcome to Our New Members!

Ruthanna Elson
Petty Petdersen
Ken Skidnuk
Patricia Pedersen
Josephine Promislow
Ruthanna Erison
Shauna Miller
Beverley Matthiessen

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

NOVEMBER 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Learning in Retirement starts Monday the 28th!	28 10am –12pm Stephen Mandel On POLITICS 12pm Lunch ***1p.m. From Survival To Thrival Workshop***	29 10:45am Fitness with Bonnie 12p.m. Lunch 1pm-3pm Michael Thomas Roeder : SOLO FLIGHT	30 10am-12pm D.T. Baker ROCK 'N ROLL 12p.m. Lunch 1p.m. Book Club	31 10:45am Fitness Ilonka 12p.m. Lunch 1pm-3pm Kathleen Silverman YEG ART	1	2
3 1-3p.m. Sunday Club	4 10am –12pm Stephen Mandel On POLITICS 12pm Lunch	5 10:45a.m. Fitness Bonnie 12p.m. Lunch 1pm-3pm Michael Thomas Roeder : SOLO FLIGHT	6 10am-12pm D.T. Baker ROCK 'N ROLL 12pm Lunch 1pm Ikebana	7 10:45a.m. Fitness Ilonka 12p.m. Lunch 1pm-3pm Kathleen Silverman YEG ART	8	9
10 1-3p.m. Sunday Club	11 CLOSED	12 10:45a.m. Fitness Bonnie 12p.m. Lunch L&L DR Kagan 1pm-3pm Michael Thomas Roeder : SOLO FLIGHT	13 10am-12pm D.T. Baker ROCK 'N ROLL 12pm Lunch	14 10:45a.m. Fitness Ilonka 12p.m. Lunch 1pm-3pm Kathleen Silverman YEG ART	15	16
17 1-3p.m. Sunday Club	18 10am –12pm Stephen Mandel On POLITICS 12pm Lunch	19 10:45a.m. Fitness Bonnie 12p.m. Lunch 1pm-3pm Michael Thomas Roeder : SOLO FLIGHT	20 10am-12pm D.T. Baker ROCK 'N ROLL 12pm Lunch 1pm Ikebana	21 10:45a.m. Fitness Ilonka 12p.m. Lunch 1pm-3pm Kathleen Silverman YEG ART		
24 1-3p.m. Sunday Club	25 12pm Lunch ***1p.m. From Survival To Thrival Workshop***	26 10:45a.m. Fitness Bonnie 12p.m. Lunch **12:45 AGM** 1pm-3pm Michael Thomas Roeder : SOLO FLIGHT	27 10am-12pm D.T. Baker ROCK 'N ROLL 12p.m. Lunch 1p.m. Book Club	28 10:45a.m. Fitness Ilonka 12p.m. Lunch 1pm-3pm Kathleen Silverman YEG ART		