JEWISH SENIOR CITIZEN'S CENTRE

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

Mailing Address: Box 17017
Edmonton, AB T5K 0G4

Location: 10052-117 Street
Ph: 780-488-4241
Fax: 780-488-6591

www.jdicseniors.ca
Email: programmer@jdicseniors.ca

Schmooze and News

March – April 2020/5780

Rosebud Theatre Trip

Sunday May 24, 2020

GLORIOUS!

By Peter Quilter.

This is the story of how a massively optimistic spirit inspires as well as unwittingly entertains. Florence Foster Jenkins packed Carnegie Hall, and in the process created community. I love that! She couldn't sing, but she sang anyway. For all of us shower singers who wish we could perform for real, this is a story about someone who did just that - and it worked!

Morris Ertman, Rosebud Theatre Artistic Director

OUR LUXURY COACH WILL

LEAVE THE CENTRE (10052 –117 Street) at 8:30am & RETURN at 6:30pm (approx.)

A delicious brunch will be served at 12p.m. at the theatre

THE SPECIAL PRICE OF

$120 IS AVAILABLE FOR MEMBERS or

$160 FOR NON-MEMBERS

PLEASE RESERVE YOUR SPOT WITH PAYMENT ASAP

AS THIS IS SURE TO SELL OUT QUICKLY

February 2020 was a most happening month at the Jewish Senior Citizen's Centre. Several varied and interesting talks were presented as part of the Winter Lecture Series – we again extend thanks to our excellent presenters, Professors John Law, Rod MacLeod, David Barnet and Rabbi Claman. It was fun to try our theatrical talents by participating in exercises with the GeriActors & Friends led by David Barnet.

We now look forward to Professor Emeritus Robert Merrett's unique and enlightening 4 part Series on 'Reader's Sixth Sense: Intuiting Narrative Landscape" – how landscapes extend our perception and intuition and demonstrating humans' interaction with topography.

Bonnie's and Ilonka's exercise classes were in full swing keeping our members smiling as they worked on their agility and strength. The Office can confirm that energy used during fitness classes was restored by our lunch programs, led by our new chef Lilia, sous-chef Helen and our amazing volunteers.

As Armchair Travelers we sailed the Fjords of Norway with Donna and in April we will explore all corners of Portugal with Enneke. Lunch and Learn programming stimulated our appetites and minds with talks on healthy neighbourhoods, City Council's Seniors' Initiative, literature, brain training. There is much more coming such as Jess' 'Pediatric Intensive Care Nursing', Orly Netzer's 'Holocaust Testimony & Problems of Racism in Canada', Nina Hardin's 'Nutrition for Seniors'.

The month ended with a BANG - Bozena's Farewell and Birthday Thursday with Dr. Jerry Katz. What a celebration this turned out to be – speeches, music, jokes, and **dancing in the aisles**. Bozena and her family in attendance, was feted with flowers, cards, gifts and all her Centre friends who thanked her for her years of excellent service and wished her well in future endeavors. It was a terrific party – Jerry had us all singing and clapping, Bonnie & Connie had us dancing to the music, and Ed Mickelson was swinging in his chair. A memorable luncheon enjoyed by all.

And now we look forward to Purim. Don't miss this Satirical Extravaganza starring Lewis Wasel as King Achashverosh, Hans Pilz as Haman, Ed Mickelson as Mordechai, and Bev Sonmor as Queen Esther; Beryl Nahornick as producer. This important date is Tuesday, March 10 at 11:00. Rabbi Mendy will start with a Megillah Reading, then Purimspiel, followed by a special lunch with Hamantashen.

Don't forget to costume up and join the fun!

PPPP Post PESACH Pancake Party

Thursday, April 23 at 12p.m.

You loved it before, come and enjoy it again!

Do you enjoy your pancakes with butter, syrup, applesauce or berries? Why not try them all! Come and enjoy performance of Talmud Torah kids. Mr. Ron Wunder known as a One Man Band will perform Traditional Melodic Jazz for the enjoyment of all!

The men will be serving for one day only.

Fee: $10 members $15 non-members

LUNCH & LEARN

Thursday, March 12 at 12p.m.

Meet **Jessica Hogan,** a pediatric Stollery transport intensive care nurse, to learn about her view on access to emergency pediatric care in Canada and abroad.

Wednesday, March 18 at 12p.m.

Join Orly Netzer, a PhD student with UofA for a presentation

Holocaust Testimony & Problems of Racism in Canada Today

Tuesday, March 24 at 12p.m.

Join Nina Hardin, a retired Nutritionist, to learn more about

Nutrition for Seniors

BOARD OF DIRECTORS

President: Lewis Wasel, **Past-President:** Mark Salkie, **Treasurer:** Elaine Salkie, **Secretary:** Susan Binnington, **Fundraising Chair:** Leslie Morgenstern, **Program Chair:** Shirley Grossman, **Transportation Chair:** Hans Pilz, **Directors:** Louise Percheson-Kagan, Sveta Bass, Sam Koplowicz and Paula Globerman

Executive Director: Svetlana Pavlenko, **Executive Assistant:** Luba Allen

Chef: Lilia Wert, **Sous-chef:** Helen Livtsova **Fitness Instructors:** Ilonka Wormsbecker & Bonnie Austen

Ikebana Masters: Jean-Marcel Duciaume & Brenda Jackson

Spring Lecture Series

Join our Professor Emeritus in Residence **Robert Merrett**, for a unique course

Readers' Sixth Sense: Intuiting Narrative Landscape.

Do you ever wonder how much landscapes limit selfhood and deepen loneliness?

Further, do you wonder how landscapes might extend our perception and intuition while giving scope to domestic and social imagination?

Be ready for new discoveries and amusement!

- You will enjoy a comparison of the presentation of landscape in creative non-fiction and classic fiction.
- You will study passages that demonstrate human interactions with topography and that shape readers' appreciation of various international writers (Ivan Turgenev, George Eliot, Thomas Hardy, W. O. Mitchell, Annie Dillard).

Please approach the Office for the list of suggested literature.

The course will run for 4 weeks on Wednesdays

March 11, 18 & 25 April 1

from 10a.m to 12p.m. (noon)

$50 members/ $65 non-members

Complimentary refreshment will be provided for the course.

IKEBANA CLASSES

Wednesdays, March 11 & 25
April 8 & 22, May 13 & 27

Ikebana is a disciplined Japanese art form in which nature and humanity are brought together to produce floral arrangements that "give life to flowers". This course teaches the basics of Ikebana flower arrangements. You will learn the traditional, simple and modern forms of Ikebana.

Instructors: ***Jean-Marcel Duciaume*** *and* ***Brenda Jackson*** *Please call to register (780) 803-5690 by March 9*

Sunday, March 29 at 11:30a.m.

Celebrate Multicultural Day with the Kyrgyz Association in Alberta.

Kyrgyz Association in Alberta

Cultural presentations, entertainment, great food and fun!

Fee: $10 members & $15 non-members

Health & Wellness

Bonnie's Use it or Lose it!

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

TUESDAYS @10:45a.m.

March 10 (Please note: due to Purim it will be @10a.m.), **17, 24 & 31**
April 21 & 28

Ilonka's On Your Seat or On your Feet!

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

THURSDAYS @ 10:45a.m.

March 5, 12, 19 & 26
April 2, 23 & 30

From Survival to Thrival: Shared Historical Experiences

Sessions & Writing Workshops on Mondays at 1p.m.

All participants are welcome to come for complimentary lunch at 12p.m.

Ghettos and Reservation	Oct 28th & Nov 4th	Lewis Cardinal & Gillian Horwitz
Wannabe	Nov 25th & Dec 2nd	Dr. Tallbear & Dr. Morris Maduro
Living with Loss	Jan 13th & Jan 20th	Anna Marie Sewell & Dr. George Goldsand
Image & Reality	Feb 3rd & Feb 10th	Terry Lusty & Elaine Salkie
Living in Two Worlds	March 16th & 23rd	Norma Spicer & Abe Silverman
Food as Connection	April 27th & May 4th	Anna Marie Sewell TBA

Celebration & Results Sunday, June 7th 2020 at 11:30a.m. Brunch & Presentation

This program implementation is possible thanks to the grants received from the Government of Canada, New Horizons for Seniors Program and the Government of Alberta, Anti-Racism Community Grant 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 March will be held on Thursday, March 26

Adler Bernie	Ghitter Earl	Kalistratov Vilen
Austen Bonnie	Grobman Doreen	Keller Patricia
Austin Charles	Grossman Shirley	Kravets Sarra
Beaudry Adele	Keller Patricia	MacGillivray Lynne
Card Judi	Hardin Thomas	Margolis Bob
Dorosh Barbara	Horbanova Elza	Margolis Terrie
Elson Ruthanna	Hoyem Karen	McCracken Joan
Hurtig Clyde	Jacobson Lesley	McMillan Jan

Make this day very special for your friends!

Sponsor the CAKE, LUNCH or ENTERTAINMENT!

Send a **special card** to birthday guys and gals or

order a Plaque for the Shalom Wall!

Birthday Celebration for April will be held on Thursday, April 30

Alkalay Diane	**Salkie Elaine**	**Lynch Susan**
McAfee Elizabeth	**Sheyvekhman Wiliam**	**Ghitter Shirley**
Eidem Rod	**Marcovitch Diane**	**Kacew Myra**
Czitron Marcia	**Vaisman Elizabeth**	**Paull Colleen**
Modalen Lea	**Zabrovski Iouri**	**Globerman Paula**
Khodorkovsky Alexandr	**Boyd Catherine**	**Khu Lynnette**
Gliener Cheryl	**Goldblatt Ann**	**Smarsh Diane**
Ovics Josef	**Kingston Ollie**	**Koplowicz Sam**
Mailev Ehon	**Gauf Barb**	**Tsypeniuk Berta**
Kahn Sandra	**Horwitz Gillian**	**Winestock Alvin**
		Bulmer Marianne

SPECIAL PRESENTATIONS

Be an active volunteer with us!

Thursday, March 5 at 1p.m.

"The Deal of the Century"

with Abe Silverman

What it Means for Israel & Peace in the Middle East

Fee: $3

Thursday, April 23 at 1p.m.

Armchair Traveler: Portugal: Its' People, History, Culture, Food, Art & Music…

Join Enneke Lorberg to share her fascinating and mesmerizing travel experience that will be shown to you in full colour. She crossed that beautiful country from its South to its North and another time specifically from Porto to Lisbon. Enneke also will share with you her experiences touring the Jewish Heritage sites.

By the end of this presentation you will feel restless and motivated to go there right now!!

Photos:

1. Dr. Eric & Elexis Schloss' presentation

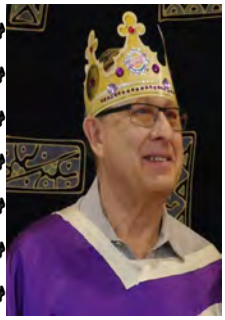
2. Our February Bday Thursday cake

3. Jacob Waschuk's presentation "Train Your Brain".

PURIM 5780

The Edmonton Jewish Senior Citizen's Playhouse

presents a Purimspiel



Tuesday, March 10 at 11:30a.m.

Starring:

Lewis Wasel - King Achashverosh
Hans Pilz - Haman
Ed Mickelson – Mordechai
Bev Sonmor - Queen Esther
Producer: Beryl Nahornick

11a.m. Megillah Reading with Rabbi Mendy

11:30a.m. Purimspiel

12:00p.m. Lunch with Hamantashen

$15 for members

$18 for non-members

Pre-order your HAMANTASHEN

Only $14 per dozen poppy seeds or dry fruits
last order day Monday, March 2

Book Discussion Group

Wednesdays @ 1p.m.

March 25
April 22
May 27

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

**** Book titles are chosen at each meeting.***

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

SYMPATHY

To: Doug Hughes - loss of sister Z"L

MAZEL TOV

To: Jacob & Odette Masliyah—on being JNF honourees 2020

To: Bozena Szopiak—a double plaque on Shalom Wall to acknowledge her dedication to the Centre

THANK YOU

For wonderful presentations to:
Kathlyn Silverman
Prof. John Law
Prof. Rod MacLeod
Prof. David Barnet
Rabbi Zolly Claman

SYMPATHY

To: Rabbi S. Schwarzman—loss of mother, Betty Z"L

From: Shirley Grossman

To: Mark Katzeff& Family, loss of Dad Z``L

From: Robyn & Geoff Sperber

To: Lois Sorokin—loss of brother, Marvin Mitchell Z"L

From: Gillian & Billy Horwitz

To: Lee Sax—loss of husband, Don Z"L

From: Shirley Grossman

To: Doug Hughes—loss of sister, Z"L

From: Robyn & Geoff Sperber

To: Linda Goody—loss of dear friend, Risa Margolus Z"L

From: Gillian & Billy Horwitz

To: Heather Vickar—loss of mother Z"L

From: Gillian & Billy Horwitz

SYMPATHY

To: Allan Smith & Penny Tappenden—loss of mother Z"L

From: Gillian & Billy Horwitz

To: Gail Tallman—loss of father Z"L

From: Gillian & Billy Horwitz

To: Mark & Sharon Katzeff & Family—loss of Mark's mother Z"L

From: Gillian & Billy Horwitz

To: Diane Alkalay—loss of husband, Z"L

From: Gillian & Billy Horwitz

MAZEL TOV

To: Beryl Nahornick- Happy Bday

From: Sandra Miller

To: Bev Sonmor - Happy Bday

From: Sandra Miller

To: Florie Axler—Happy Special Birthday

From: Elaine & Mark Salkie

MAZEL TOV

To: Bozena Szopiak

Happy Retirement!

From: Lewis & Freya Wasel

Bev Sonmor

Beryl Nahornick

Donna Hamar

Marg Armstrong

Elaine & Mark Salkie

Paula Snyder

Diane Marcovitch

Robyn & Geoff Sperber

Naomi Wolfman

Lee Sax

To: Sue & Alvin Winestock—On being great grandparents of Emma Isabel Bergman in Toronto

From: Odette & Jacob Masliyah

SHALOM WALL

Plaques to acknowledge Bozena Szopiak's dedication to the Centre
from Lee Sax & Robyn Sperber

THURSDAY, March 5
Borscht
Sandwiches
Salad/Dessert

MONDAY, March 9
NO LUNCH
Preparation for PURIM

TUESDAY, March 10
PURIM
10am Fitness Bonnie
11a.m. Megillah Reading with Rabbi Mendy
11:30a.m. Purimspiel
12:00p.m. Lunch

WEDNESDAY, March 11
Surprise Lunch

THURSDAY, March 12
Fancy Noodle Soup
Vegetable Melange Salad
Dessert

MONDAY, March 16
Rice Soup
Cheese Sticks & Fried Eggs
Salad/Dessert

TUESDAY, March 17
Carrot Soup
Sandwiches
Salad/Dessert

WEDNESDAY, March 18
Surprise Lunch

THURSDAY, March 19
Sweet Potato Soup
Baked Fish
Salad/Dessert

MONDAY, March 23
Broccoli Soup
Old Style Buckwheat
Salad/Dessert

TUESDAY, March 24
Barley Soup
Potato Cream Salad & Herring
Dessert

WEDNESDAY, March 25
Surprise Lunch

THURSDAY, March 26
Lagman Soup
Baked Omelet
Salad/Dessert

MONDAY, March 30
Vegetable Soup
Poutine
Salad/Dessert

TUESDAY, March 31
Melange Pot
Cheese Sticks
Salad/Dessert

WEDNESDAY, April 1
Squash Soup
Fried Rice with Tuna
Salad/Dessert

THURSDAY, April 2
Pizza Soup
Spinach Pie
Salad/Dessert

MONDAY, April 20
Pickle Soup
Vegetable Pie
Salad/Dessert

TUESDAY, April 21
Sweet Potato Soup
Pizza
Salad/Dessert

WEDNESDAY, April 22
Surprise Lunch

THURSDAY, April 23
Borscht
Perogies
Salad/Dessert

MONDAY, April 27
Mushroom Soup
Sorrentino Casserole
Salad/Dessert

TUESDAY, April 28
No-chicken Chicken Soup
French Potato
Salad/Dessert

WEDNESDAY, April 29
Surprise Lunch

THURSDAY, April 30
Birthday Thursday with Dr. Jerry Katz
Lagman Soup
Baked Omelet
Salad
Birthday Cake

MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 12 pm Lunch	3 *10am Fitness Bonnie*	4 10am—12 Rabbi Zolly Claman, Winter Wednesday Series # 6— 'The Jewish Concept of the Soul'	5 *10:45 Fitness Ilonka* 12 pm Lunch *1p.m. Abe Silverman: "The Deal of the Century": what it means for the Middle East*	6	7
8 *1-3p.m. Sunday Club*	9 **No Lunch**	10 PURIM *10am Fitness Bonnie* **11a.m. Megillah Reading with Rabbi Mendy** **11:30a.m. Purimspiel** **12:00p.m. Lunch**	11 10am— 12p.m. Dr. Merrett, **Readers 6th Sense 1** 12p.m. Lunch 1:00 Ikebana #1	12 *10:45 Fitness Ilonka* 12p.m. Lunch & Learn: Jessica Hogan: The Stollery Transport Pediatric Program	13	14
15 *1-3p.m. Sunday Club*	16 12p.m. Lunch *1pm From Survival to Thrival: discussion session for Living in Two Worlds*	17 *10:45 Fitness Bonnie* 12p.m. Lunch 7:30 Opera "Candide"	18 10am— 12p.m. Dr. Merrett, **Readers 6th Sense 2** 12pm Lunch & Learn: Orly Netzer, Holocaust Testimony & Problems of Racism in Canada Today'	19 *10:45 Fitness Ilonka* **12p.m. Lunch**	20	21
22 *1-3p.m. Sunday Club*	23 12p.m. Lunch *1pm From Survival to Thrival: writing session for Living in Two Worlds*	24 *10:45 Fitness Bonnie* 12p.m. Lunch & Learn: Nina Hardin: Nutrition for Seniors	25 10am— 12p.m. Dr. Merrett, **Readers 6th Sense 3** 12p.m. Lunch 1:00 Ikebana #2 1pm BOOK CLUB	26 *10:45 Fitness Ilonka* ***12p.m. Birthday Lunch with Dr. Jerry Katz*** 	27	28
29 *11:30a.m. Celebrate* ***Multicultural Day*** *with Kyrgyz Association in Alberta*	30 **9:30a.m. Board Meeting** 12p.m. Lunch	31 *10:45 Fitness Bonnie* 12p.m. Lunch & Learn: Rabbi Mandy, Pre-Pesach				

APRIL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10am – 12p.m. Dr. Merrett, **Readers 6th Sense: Intuiting Narrative Landscape** 12p.m. Lunch	2 *10:45 Fitness Ilonka* 12 pm Lunch	3	4
5 **CLOSED**	6 **CLOSED**	7 **CLOSED**	8 CLOSED	9 **CLOSED**	10	11
12 **CLOSED** P	13 **CLOSED** E	14 **CLOSED** S	15 **CLOSED** A	16 **CLOSED** CH	17	18
19 *1-3p.m. Sunday Club*	20 12p.m. Lunch	21 **Yom Hashoah** *10:45 Fitness Bonnie* 12p.m. Lunch	22 12p.m. Lunch 1:00 Ikebana #4 1pm BOOK CLUB	23 *10:45 Fitness Ilonka* 12 p.m. Post Pesach Pancake Party with TT Kids, Entertainment by Ron Wander **1 –3pm Armchair Traveler, Portugal with**	24	25
26 *1-3p.m. Sunday Club*	27 12p.m. Lunch *1pm From Survival to Thrival: discussion session for Food as Connection*	28 **Yom Hazikaron** *10:45 Fitness Bonnie* 12p.m. Lunch & Learn: Jewish Film Festival 1-3pm Sam Koplowicz: Forms of Tradition in Contemporary Spain	29 Independence Day 12p.m. Lunch	30 *10:45 Fitness Ilonka* ***12p.m. Birthday Lunch with Dr. Jerry Katz*** 		