JEWISH SENIOR CITIZEN'S CENTRE

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

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Schmooze and News

The Year End Issue (September) 2020/5781

It is time to renew your $30 per person annual membership! You can do E-transfer to jdic@shaw.ca

We are looking forward to our interesting New Year's programs and services! Stay tuned!

Dear Members,

This year we were confronted with a **'once in a century'** challenge, the pandemic. We made the necessary decision to close the Centre in mid-March and it has remained closed since then. However, this was only an interruption and not an end to our Centre's activities. Thanks to the efforts of Svetlana and Luba, we have been able to carry on much of our programming through the usage of Zoom.

On Tuesdays and Thursdays our energizing fitness instructors Bonnie and Ilonka make sure we are active and optimistic. Our famous Lunch & Learn program brought many interesting speakers to you on topics from the history of chocolate making to the secrets of our genetic codes. The (Urban Poling) walking group still meets outside at the Centre. We cannot yet have lunches at the Centre, but we are planning to have some take-out foods available for pick-up.

The Learning In Retirement program will begin on October 13. Please see the information about that in this issue and then register for the classes. They are always interesting. Many thanks to Sue Winestock, Susan Lieberman, Faye Kay, and Judy Goldsand who have organized Learning In Retirement continuously since its inception.

September is traditionally our renew your membership month. The annual membership fee is only $30.00 per person. Payment can now be made by e-transfer that you can send to jdic@shaw.ca Cheques and cash are also accepted.

Thank you for supporting our Centre with your generous donations. Please also continue to support the Centre by buying our take out food, making donations and participating in various programs we planned for you.

Our Annual General Meeting is scheduled for November 24 at 1p.m. Please see the message from the Board in the newsletter.

Rosh Hashanah, the Jewish New Year, begins on Friday night, September 18.

I wish all of our members and friends a healthy, happy year!

Lewis Wasel, President

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

Fitness Instructors: Ilonka Wormsbecker & Bonnie Austen

Ikebana Masters: Jean-Marcel Duciaume & Brenda Jackson

Health & Wellness

Bonnie's Use it or Lose it!
Cardio & Strength training,
Flexibility & Balance, Laugher

TUESDAYS @10:45a.m.

October 6, 13,20, 27
November 3, 10, 17. 24
December 1, 8, 15

Ilonka's On Your Seat or On your Feet!
Use of Weights & Stretch Bands,
Flexibility & Strength, Laughter

THURSDAYS @ 10:45a.m.
October 8, 15, 22, 29
November 5, 12, 19, 26
December 3,10, 17

Urban Poling 2020 Walking Group with Bonnie

Happy Birthday to our wonderful members

who were born in March, April, May, June, July, August, September and October!

Hope you were able to join our special Zoom parties with Dr. Jerry Katz,

Yossi Ovics & Vicky Barclay Fridman.

We are planning more events, if you have ideas for events and programs please share them with us .

Hi to all our dear members,

What has happened to this year? September 2019, the start of our new year started off with such a bang! Members coming in for various wonderful programs, staying for our delicious lunches, schmoozing with each other and then, for some, a game of cards or maybe another program and so it went on and on. Then in March 2020 Covid -19 struck and, oh dear, everything had to be put on hold! We closed the Centre! Unfortunately we had to cancel so many programs, Opera, Rosebud, Art, Ikebana, Book Club, Bridge Lessons, Bagel Loop, many more that we cannot even recall. Mind you we did manage to have our wonderful Purim Spiel in March, with Hamantaschen coming out of our ears, we ate so many…. We also managed to have a big send off to Bozena for her 25 years of service to the Centre or Drop-In, as we are so fondly called. Before closing we even managed to have our Birthday Music Man, Dr. Jerry Katz do a program in March right before closure...

Did any of this get us down? No, our team was hard at work, working out how we could still go ahead keeping programs going so that all our members could be kept up to date with what was happening!

Our Executive Director, Svetlana, worked out how to use zoom and now she is a Zoom Fundie! We worked hard,, so for the last 6 months we got together some very interesting and varied programs, Rabbis, Lawyers, Dieticians, Chefs, Doctors, E.P.S. etc. Not to forget we have our famous exercise classes twice a week given by Ilonka and Bonnie, all this on ZOOM!

So as our financial year ended 31, August 2020 the new year started with lots of programs planned for October, and beyond. The team that worked on "Learning in Retirement" have planned a very special program for you with the series starting mid October, please register as soon as possible as places are being filled up very quickly.

Bozena's Famous Honey Cake went like **crazy!** Thank you to all of you who supported us.

Enjoy at the Rosh Hashanah table or maybe for breaking the fast!

At this stage we cannot give a date when we will be reopening, but we are working on all possibilities so keep your ears open and eyes on your computer!

I really hope that we have kept you well informed and occupied during this difficult time. We have spoken to many and to those of you who have contacted us and told us how much you enjoyed our programs thank you, we appreciate all your calls and emails, if you have any ideas and would like to share them with us, please give us a call, we would love to hear from you.

Enclosed please find an invoice for the annual membership dues which is only $30 per person per annum. This invoice now will be for Sept 1, 2020 to Aug 31, 2021. Your annual membership helps us pay for the upkeep and running of the Centre.

Thank you for all your support!

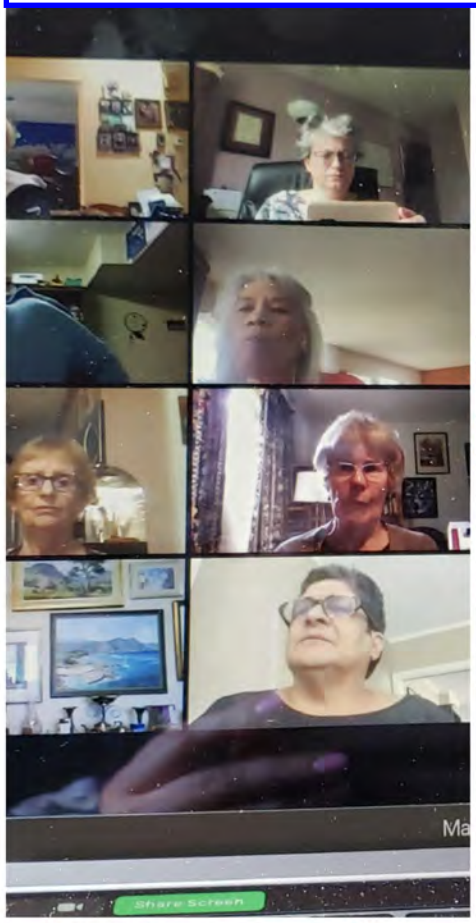
Luba & Svetlana

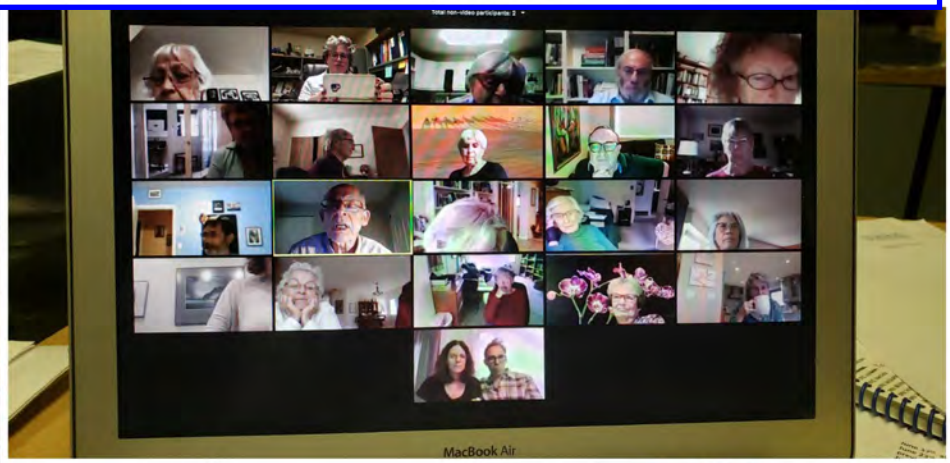
Dear All,

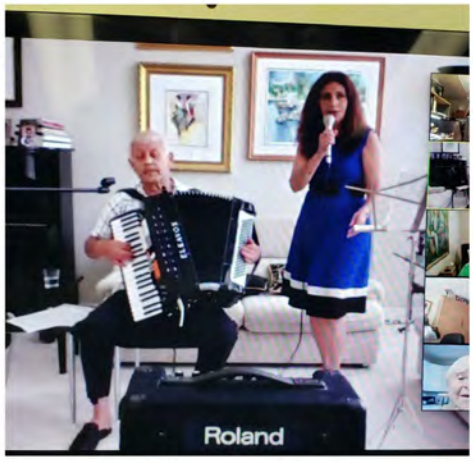
Please make sure you are receiving our email updates once a week.

Ensure that our address programmer@jdicseniors.ca was added to your email contacts.

We are looking forward to welcoming you via Zoom and in-person in the nearest future!







Our New Zoom Life

Oh my, it started out so painfully – another new tech skill for Seniors to learn, adjust to, accept, and eventually enjoy. This is the new world of communication and socializing. For some of us it was not fun - confusion, frustration, many 'help' calls to Svetlana, and the getting used to the funny way we looked on this medium. But everyone valiantly persevered – we so much wanted to re-connect with our JDIC friends, we missed our exercise classes with Ilonka and Bonnie, we craved for the Lunch and Learn talks and the Lecture series.

Little by little we regained all these activities. EXCEPT the LUNCHES. We have not figured out how we can resurrect those delicious soups, sandwiches, salads and desserts. We wonder how some regulars are faring? Is Mitch K. getting enough to eat? And is active Ed M. languishing as he is not able to get out and about every day? We are all missing such lunch gatherings, the entertainment, the congenial conversations.

HOWEVER, we have settled into this new world; we have mastered the ZOOM medium. Exercise classes are in full swing, a poling group has just started, lectures have resumed, and monthly birthday celebrations are back. We are feeling more comfortable with it all and actually enjoying the experience.

We are survivors and no one has caught the un-nameable virus.

Then, there are all the projects, the crafts, home improvements, gardening pleasures that are receiving long-awaited attention. Some Seniors are improving their cooking/baking skills (and some of us are FINALLY learning to). We are tackling the pile of books calling to us. Perhaps on the computers we are accessing such activities as: resuming foreign language lessons, on-line history classes, book club meetings, much-neglected correspondence with far-away friends and relatives, and maybe even shopping on-line. As Seniors we are not worrying about job losses, incomes reduced, mortgages, etc and, my goodness, our bank accounts are growing! When has that last happened? But we are sharing - Donations are generous to the Centre and to other charities and the arts.

Great resilience, wonderful generosity - we will all get thru this together.

Take Care, Stay healthy, See you on ZOOM,

Donna Hamar

A report on the project: "Survival to Thrival: Shared Historical Experiences"

This project was inspired by 2018 news articles about the Truth and Reconciliation Commission and the Indigenous people of Canada. Svetlana and Elaine applied for and received grants from New Horizons for Seniors (Federal Government) and the Anti-Racism Community Grant Program (Provincial Government).

Our aim was to explore the shared experiences of Indigenous and Jewish peoples in regard to the effects of persecution, oppression, humiliation and attempts to destroy culture and spiritual practices, and to learn how both peoples have survived and still maintained their culture and heritage.

Elaine and Svetlana were joined by Anna Marie Sewell, a Mi'gmaq, Anishinaabe and Polish poet who was part of our project from the start; later we were joined by Orly Lael Netzer, the researcher from the University Alberta, who is now a valued part of the team.

We had a series of lectures with excellent speakers from both communities. We listened, talked, wrote, and learned about each other's past and present, customs and beliefs. We expanded our mutual understanding and formed bonds of friendship. There were tears and misunderstandings, but through it all we maintained a feeling of mutual respect and positivity. More recently we have had Zoom meetings including an on-line cooking class with a discussion of the cultural impact of food.

Currently, Anna Marie and Orly are examining the compiled material and recordings that were made and we are hoping to use it to produce on-line resource material for future use.

Elaine Salkie

Learning in Retirement

Jewish Senior Citizen's Centre

presents

17th Annual Six-Week Series that will be held via ZOOM

October 13 - November 23, 2020

$70 members & $85 non-members per person per course

For the Intellectually Curious

Armchair Art: Art Museums of New York City

To register go to: https://tinyurl.com/y347hpuq

Instructor: Kathleen Silverman

Tuesdays, October 13 — November 17, 2020 1:00p.m. 3:00p.m.

Are you ready for a digital art adventure in full-screen mode? The originals are out of reach for now, but you can still see world-class art from the comfort of your home. Join us as we take a virtual journey through some of New York's most famous and lesser-known art galleries, including The Jewish Museum and the Whitney Museum of American Art. We'll engage and immerse in the artworks with options like 360-degree tours, walk around tours, high-quality close-ups and more. Whether you're into contemporary painting or traditional artworks, you're sure to enjoy these virtual museum tours.

Beautiful Machines: A History of Keyboard Instruments

Instructor: D.T. Baker

To register go to: https://tinyurl.com/yyavfx5z

Wednesday, October 14 — November 18, 2020 10:00a.m. –12:00p.m. (noon)

Keyboard instruments dominate much of music history and have been at the forefront of evolving musical technology throughout. Their origins lie in the pre-Renaissance, and embrace so much of what we call classical music, from the harpsichords of Bach and Handel to the utter dominance of the piano from Mozart to Beethoven to Chopin to Busoni, and the more modern marvels of computer-assisted synthesizers that define so much popular music. The story of the evolution of the keyboard, and the artists who mastered them, is the story of western art music itself.

Turning Points in Jewish History

Instructor: Rabbi David Kunin

To register go to: https://tinyurl.com/y6pwwy2e

Monday, October 19 — November 23, 2020 1:00p.m. –3:00p.m.

After much more than three thousand years Jewish history has been far from static. Instead, our ancestors, our parents and even our contemporaries have had to respond to world realities beyond their control. There have been many points of transition, necessitating changes in all our modes of existence. From the destruction of the Temple to the Holocaust, the establishment of the State of Israel and beyond we have confronted the world and ensured that our tradition and people would survive and thrive. This class will examine many of these turning points, and the responses which have allowed the Jewish people and its traditions to continue to speak in the 21st century and beyond.

Your cheques can be mailed to Box 17017 Uptown PO, Edmonton, T5K 0G4
You can do E-transfer to jdic@shaw.ca
The Zoom link to join each course will be sent to you upon payment arrival.

Questions? Please call 780-488-4241 or email programmer@jdicseniors.ca

www. jdicseniors.ca

Become a Member just $30 per annum (September 1 to August 31)

Annual General Meeting 2020 Tuesday, November 24th 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 24th at 12:45p.m.

Nominations for a 2-year term:

Two Years 2020-2022

Lena Kishnaskaya

Samuel Koplowicz

Hans Pilz

Inna Sukonnik

Jodi Zabludowski

Please register for AGM
via this Zoom link
https://tinyurl.com/y373pmby

Nomination for a 1-year term:

One Year 2020-2021

Louise Percheson Kagan

In accordance with our By-laws other nominations will be accepted until October 26th, 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 2020-2021

Susan Binnington

Paula Globerman

Leslie Morgenstern

Elaine Salkie

Past President: Lewis Wasel

20 years as a Volunteer

Or What the JDIC and I have done for each other

A disclaimer: the following is the rambling of a longtime volunteer. It has not been carefully researched, but rather written impromptu. It is not my intention to upset anybody. If you wish to correct or add to what I say, please feel free to do so. Your comments will be included in the next newsletter.

It was the year 2000 and we had just returned to Edmonton from a couple of years in Saskatoon when Sue Winestock said to me – "your parents were so involved with the Centre - what about you?" My parents came to join us in Edmonton in 1982 (we came from England in 1975) and they had found friends and companionship at the Centre. In fact my Dad served on the Board in the years immediately before the opening of the present building . Now it was my turn to pay back.

So my husband, Mark, and I joined the Centre. At that time the operation was much smaller than it is today. The Centre was open 3 days a week but lunch was only served on Tuesday and Thursday and all programs took place on those two days. Joyce Galante was the Administrator – our only employee (except for a cleaner).

Throughout all the years, the Sunday Club which programs in Russian for senior Soviet bloc immigrants has continued to operate. All Sunday Club members are also members of the JDIC and are always welcome at any of our programs.

My first volunteer job was on the Program committee, chaired at that time by Esther Baram. I was fairly newly retired and I was grateful to have an interest. After a while Rosemary Kitay joined Joyce in the office as Program Co-ordinator and at the same time I took over as Chair of the Program committee. For a short time neither of us really knew what we were doing, but we quickly learnt. It was during Rosemary's years that, with initial assistance from Grant MacEwan, we started our annual Learning in Retirement Lecture Series.

At this time Paula Snyder was President and somewhere along the line I was asked, and agreed, to join the Board. The Board was twice as large as it is today and there was also an Executive Committee. After Paula, Ed Mickelson became President and then it was my turn. There is a wooden Board in the dining room which lists the names and dates of all the Presidents - you might like to look at it. In 2015, Svetlana, Mark and I rewrote many of the bylaws, and as a result we now have a very much smaller Board and there is no Executive Committee.

Over the course of the years the attitude towards volunteering has changed and consequently the availability of volunteers has gradually decreased. For many years we had a roster of volunteer drivers willing to bring members to the Centre on Tuesday or Thursday and the task of organizing this was capably overseen by Diane Markovitch. However the volunteers themselves grew older and it was hard to replace them. One of the jobs of the President is to attend the Edmonton Jewish Federation Board meetings. At my first Federation meeting I spoke of the need and the cost of providing transport for our Seniors and Federation responded by giving us a grant towards the cost of that transport.

It was our first grant ….but not the last by any means. Today, Svetlana spends much of her time applying for Grant money and, for the record, writing grant applications with Svetlana is another of my volunteer activities. The best part of that is how much we have fun together. Ask the kitchen volunteers about having fun in the kitchen! Volunteering can be fun!

Around this time Bella Brenman, the volunteer Director of our Choir – the Goldenaires, moved to Toronto and the choir was disbanded for the lack of a Director.

Before 2010, our lunch program was completely run by volunteers. Hanna Pollack was in charge of lunch on Tuesday with a varied menu and Dasha Zottenberg was in charge of Thursday lunch which always consisted of delicious sandwiches plus of course soup and dessert. They too were getting older and at one time when neither were available and we were desperately trying to find a replacement cook, Bozena said …"I can do that"……and she could! What a blessed relief it was and she managed our kitchen for the next 20 years.

Svetlana joined us 10 years ago this year, just as the world changed for Edmonton Seniors' Centres and specifically for us. The City of Edmonton, which had been giving us grant money annually for some years, produced their "Vision for an Age Friendly Edmonton – Action Plan". Suddenly we were required to be open daily – lunch 5 days a week – office staff working 5 days a week – programming 5 days a week, and so on. Remember that Sunday is an opening day with lunch for the Sunday Club.

Visualize this! A new Executive Director needing to handle the reorganization ….and the increased costs! Right about now we transitioned to paid kitchen staff (thankfully with volunteer assistants), paid winter transport, a paid choir Director, and a paid accountant (we had been blessed to have David Levine as our volunteer Accountant for many years, but no longer). And of course the building and the furnishings were all ageing and needing repair and replacement.

I would like to acknowledge with thanks Karen Oshry, our long-term volunteer lawyer.

So in comes Svetlana and she gradually starts to enlarge the scope and variety of our operations. We still had all our traditional programs, except for Bingo, but she was making contacts in the outside community. We had a grant to compile and publish a Cook Book; we had Cultural Days with a variety of other ethnic groups with appropriate food produced in our kitchen with kashrut observed. Svetlana made contact with the Opera and before Covid we had wonderful performance at the Centre and sent groups to every production at a special price. There have been many musical events of different genres. We have University professors delivering courses outside of Learning in Retirement and amazingly, wherever possible, Svetlana has enabled program delivery to continue in these times through the medium of Zoom.

The ageing building has required a lot of attention, much of which has been accomplished through grants from the City of Edmonton – for example all the bathrooms have been updated and the parking lot resurfaced. Money for the new roof was raised in the Jewish community by means of a fund-raising campaign: "Raise the Roof" – the brainchild of Miriam Rabinovitch z"l with President Hal Simons z"l doing graphics. Our new kitchen was installed funded by an anonymous donor who provided planning assistance, fixtures and installation. We have replaced furnaces, washing machines, freezers and much, much more.

And so we go on. I am currently your Treasurer and my husband, Mark, is about to leave the Board since, after the next AGM, he will no longer be Past President. Challenges never cease; the Province now requires an amendment to the bylaws of all organizations planning to hold a virtual AGM. So Svetlana and I spent time last week writing suggested amendments, which have been sent to the Board for their approval, and will soon be coming to you for your approval, in order that we can hold our virtual AGM on November 24th.

As I wrote earlier Svetlana has been with us now for 10 years and we are lucky to have her. She is an exceptionally talented young woman who constantly works to grow and expand the Centre's operations. All of us on the Board would like to celebrate this anniversary to let her know how much we appreciate all she has done and how much she continues to do, but it's not possible right now. Don't pack away your party clothes – it will happen eventually! In the meantime, if you want to let her know how much you appreciate her, you know what to do.

I encourage you to consider what you can do for our Centre. I strongly believe that you receive more than you give when volunteering - and this has certainly proved true for me. And please don't say, "The Centre is only for old people" – we need younger Seniors to keep us up to date. Remember membership is open to all over 55 and we need your energy! I am delighted to report that the average age of the Board is lower now than it was 5 years ago and this is critically important for the healthy continuation of your Centre.

Wishing you all the Best, ***Elaine Salkie***

TAKE OUT

Dear Members,

We know how much you miss our lunches!

To sweeten your quarantine days, we want to start take-out food services.

We are planning to cook your favourite soups twice a week (on Tuesday and Thursday).

You can pick up your fresh soup order on Tuesday between 1p.m. and 3p.m. or you can pick up two soups (frozen and fresh) on Thursday between 1p.m. and 3p.m.

We are also planning to offer main courses. Let us know which main course dishes you would be interested in.

On Thursday, October 15 we will have Bozena's famous Pickle Soup. You can place your order by Monday, October 12 till 1p.m. by calling us or via email to programmer@jdicseniors.ca Please put Pickle Soup Order in the subject line. Presently, you will have to pick up soup from the Centre, but we are working on arranging a pickup location in the Westend.

Looking forward to serving you! Hurry up – limited quantity will be available first time!

Thursdays:

October 15 Pickle Soup

October 22 Borscht

October 29 Barely Soup

November 5 Onion Soup

November 12 Pea Soup

November 26 Sweet potatoes Soup

TAKE OUT

October 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 C	2 L	3 Sukkot O
4 Sukkot S	5 E	6 10:45Fitness Bonnie D	7 C	8 10:45 Fitness Ilonka L	9 O	10 S
11 Simchat Tora	12 Thanks Giving D	13 10:45Fitness Bonnie 1p.m. Kathleen Silverman 1	14 **10a.m. D.T. Baker 1**	15 10:45 Fitness Ilonka 1 -3p.m. SOUP PICK UP	16	17
18	19 **1p.m. Rabbi Kunin 1**	20 10:45Fitness Bonnie 1p.m. Kathleen Silverman 2	21 **10a.m. D.T. Baker 2**	22 10:45 Fitness Ilonka 1:00 E.P.S. Terrance Jakubowski : Safety in the City	23	24
25	26 **1p.m. Rabbi Kunin 2**	27 10:45Fitness Bonnie 1p.m. Kathleen Silverman 3	28 **10a.m. D.T. Baker 3**	29 10:45 Fitness Ilonka 1-3p.m. Soup Pick Up	30	31