



JEWISH SENIOR CITIZEN'S CENTRE

All Seniors Welcome

Drop In For Lunch or Attend a Program

Mailing Address: Box 17017 Uptown PO
Edmonton, AB T5K 0G4

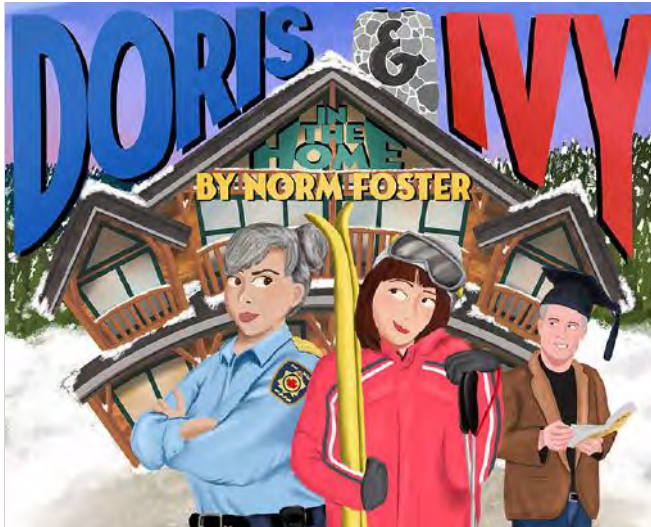
Location: 10052-117 Street
Ph: 780-488-4241
Fax: 780-488-6591

www.jdicseniors.ca

Email: programmer@jdicseniors.ca

Schmooze and News

February – March 2023/5783



Tuesday, March 14

The special price of
\$75 is available to members or
\$95 for non-members

Join our adventurous trip to Lacombe County

Cow Patti Dinner Theatre

to see the comedy **“DORIS & IVY IN THE HOME”**

**Our LUXURY COACH will leave the Centre (10052 -117 Street)
at 10a.m. & return approximately 5p.m. (you can park your car
at the Centre)**

A delicious brunch will be served at 11:30p.m. at the theatre
(bring some snacks for the return trip)

**PLEASE RESERVE YOUR SPOT WITH PAYMENT by March 3
AS THIS IS SURE TO SELL OUT QUICKLY**

Telephone: 780-488-4241,
jdic@shaw.ca (E-transfer, cheque or cash)

You can become a member of our Centre anytime for \$30 per year
(September 1 till August 31)

JOIN OUR FUN CENTRE!

President's Column

It may be cold outside but things are sure heating up at the Centre! All it takes is a quick glance through this Newsletter to see that many exciting activities are taking place on a regular basis. A big highlight in December was the annual Chanukah Party, with delicious latkes served and a rousing performance by our very own Young at Heart Choir.

Our lunch program is now operating three days per week, every Tuesday, Wednesday and Thursday at 12pm, and a wide assortment of soups-to-go are available for takeout, along with a variety of other yummy entrees and side dishes, all whipped up by our excellent chef, Daniella, with help from a dedicated team of kitchen volunteers. We are always looking for ways to enhance our food program, and in January we started a monthly challah-bake for your enjoyment. You can pre-order your freshly baked challah and pick it up the last Thursday of each month for \$5 each. In addition, please call the office to suggest new ideas for takeout options, and we will see what is possible.

Our Fitness classes are thriving, with new techniques such as Gold Zumba, Pilates, Muscle in Motion, and many more. You are invited to join our Yoga class on Mondays at 10:30 am, Fitness on Tuesdays at 10:45 am, and Fitness on Thursdays at 11:00 am. You know what they say: use it or lose it! These classes are a great way to stay fit and flexible, and are a lot of fun with a welcoming group of fellow exercisers.

We currently have several adult education courses running, including “History of Alberta Politics” with **Professor Alvin Finkel** via Zoom, “Overcoming Our Biases: Jewish Art in Edmonton and the World” with **Kathleen Silverman** on Zoom, and starting February 2nd, “*The Golden Age of Jazz: the 1930s, '40s, and '50s.*” *in person* at the Centre with **Michael Roeder** on Thursdays at 1pm. These are all excellent opportunities for continued learning and provide fun and shared social experiences. There's a lot more, just to name a few: opportunities to learn from and interact with a lively group of university students at the recurring Wednesday 10am Schmooze with Youth at Coffee Time program; Games to play on Tuesdays & Wednesdays after lunch with an enthusiastic bunch of Scrabble and Mah Jongg players; an ongoing series of classic comedies at the Movie and Discussion Club also on Tuesday afternoons, the next dates are February 21 and March 21.

This spring we are happy to collaborate with **Opera Nuova** for three “**boozy brunches**” that will feature wonderful performances of operatic singing. Look for the information in this Newsletter. And in June we are planning to bring back the popular fun-in-the-park fundraiser event, the ***Bagel Loop: Walk, Run, Roll.*** Watch for the announcements!

Finally, a reminder that the Centre is always happy to be your messenger in delivering your **Mazel Tovs, Get Well wishes** and other greetings through **our tribute card** program. We have some lovely and appropriate cards available, suitable for all occasions, and your support through ordering cards is very much appreciated.

Sam Koplowitz, President

BOARD OF DIRECTORS

President: Sam Koplowitz, **Past-President:** Lewis Wasel, **Treasurer:** Elaine Salkie, **Secretary:** Susan Binnington, **Transportation Chair:** Hans Pilz, **Volunteer Chair:** Cheryl Shur, **Membership Chair:** Inna Sukonnik, **Sunday Club Chair:** Lina Kichnevskaja

Directors: Gordon Bushewsky, Jerry Katz & Susan Baram

Executive Director: Svetlana Pavlenko, **Executive Assistant:** Luba Allen, **Chef:** Daniella Drisdell

Fitness Instructors: Bonnie Austen, Ashley Blackwood & Anna Kratochvil

Ikebana Masters: Jean-Marcel Duciaume & Brenda Jackson

Lunch & Learn

Thursday, February 2 at 12p.m.

Rabbi Mendy will talk about upcoming Tu BiShevat celebration and traditions associated with this holiday.



Tuesday, February 7 at 12p.m.

Jay Cairns, ED of Jewish National Fund, will present Israel 360: Tu BiShevat celebration in the Segen Forest. Celebrate the beautiful traditions of this Holiday with us!



Thursday, February 9 & Tuesday 14 at 12p.m.

Join the **Opera Nuova** to learn about upcoming events, meet emerging singers and buy your tickets for the upcoming **Spring Boozy Brunches:**

Sunday, March 12th, 2023 at 11AM

Love Noel: The Letters & Songs of Noel Coward

Sunday, April 16th, 2023 at 11AM

Leonard Bernstein's New York

Sunday, May 7th, 2023 at 11AM

Hot 'n' Cole: A Cole Porter Celebration

Tuesday, February 21 at 12p.m.

Elder Abuse Resources in Edmonton

Join Leaticia Loki-Ehizojie, RSW, Seniors Resource Coordinator Elder Abuse Resource and Supports (EARS) and learn about support that available in the City of Edmonton.

The Elder abuse resource and support (EARS) program serves seniors in Edmonton who are either experiencing abuse by family member or seniors who are likely to experience abuse. Seniors are supported, educated and provided with resources to help mitigate the abuse. The EARS program also provides presentations which informs seniors and individuals about Healthy aging, active aging, power of attorney, personal directives and resources in the community.

Wednesday, February 22 at 12p.m.

Back by popular demand!

Meet our in-house pharmacist **Dan** from **the Medicine Shoppe Pharmacy** (6837 170th St, Edmonton) , who will talk about the importance of **Vitamins & Supplements** in our life.





Not Boring Book Club (NBBC)

In Spring 2021, renowned writer, editor and presenter Debby Waldman started to facilitate monthly meetings of our Book Club hosted through the Centre's Zoom, and the NBBC was born.

To join the meetings, please sign up for Book club and the link will be sent to You!

We're reading **Hilma Wolitzer's** story collection, **"Today a Woman Went Mad in the Supermarket"** for Tuesday February 14 at 1p.m. The next meeting will take place on Tuesday, March 14 at 1p.m.



The Movie & Discussion Club with Mr. President

Join Sam, our in-house movie expert, to watch and discuss movies.

Tuesday, February 21 at 1p.m. "Sullivan's Travels" (1941)

Tuesday, March 21 at 1p.m. "Young Frankenstein" (1974)

Fee: \$5 (including popcorn treat)

Volunteers needed!

Become a part of the Centre's decision-making team!
We are recruiting members for the following important Committees:

- Volunteer Committee (Cheryl Shur, chair)**
- Membership Committee (Inna Sukonnik, chair)**
- Transportation Committee (Hans Pilz, chair)**

We also welcome
new volunteers to assist us
in the following areas:

- serving
- cooking
- guests greeting
- program set up
- office duties...

Financial Education Seminars for Seniors

Join **Wei Woo**, Investment Advisor, CIM, EPC for three essential presentations:

March 1, 2023 at 1pm - Retirement Income Blueprint

March 29, 2023 at 1pm – 10 Principles of Retirement Living

June 28, 2023 at 1pm – Optimizing the Retirement Benefits



Hurray!
We are back again to serve you!
Lunches (\$12 for members / \$15 for guests) will be served on
Tuesdays, Wednesdays, & Thursdays at 12p.m.
with chef Daniella Drisdell and our incredible volunteers.

<p>Pre-order your Challah (\$5) by February 20</p> <p>Pick it up fresh on Thursday, February 23</p>		<p style="text-align: center;"><u>Wednesdays</u> February 1, 8, 15 & 22 Surprise Lunch</p>	<p style="text-align: center;"><u>Thursday, February 2</u> Italian Minestrone Burakas Salad/Dessert</p>
<p style="text-align: center;"><u>Tuesday, February 7</u> Mushroom Soup Pizza Salad/Dessert</p>	<p style="text-align: center;"><u>Thursday, February 9</u> Cabbage Soup Curry Salad/Dessert</p>	<p style="text-align: center;"><u>Tuesday, February 14</u> French Onion Soup Mac n' Cheese Salad/Dessert</p>	
<p style="text-align: center;"><u>Thursday, February 16 & 21</u> NO LUNCH Take-Out Orders can be placed the same way as usual based on menu above.</p>	<p style="text-align: center;"><u>Thursday, February 23</u> Broccoli Cheddar Soup Vegie Burgers Salad/Dessert CHALLAH SALE</p>	<p style="text-align: center;"><u>Tuesday, February 28</u> Birthday Lunch Borscht Fish & Chips Salad/Dessert</p>	
<p style="text-align: center;"><u>Wednesday, March 1</u> Surprise lunch</p> <p>Pre-Order Your Fresh Challah for Thursday, March 30</p>	<p style="text-align: center;"><u>Thursday, March 2</u> Tomato Basil Soup Shepherd's Pie Salad/Dessert</p>	<p style="text-align: center;"><u>Tuesday, March 7</u> PURIM CELEBRATION Special Lunch \$18 for members \$20 for non-members</p>	
<p style="text-align: center;"><u>Wednesday, March 8</u> Surprise Lunch</p> <p><i>Pre-order your KNISHES For Thursday, March 16</i></p>	<p style="text-align: center;"><u>Thursday, March 9</u> Carrot-Ginger Soup Frittata Salad/Dessert</p>	<p style="text-align: center;"><u>Tuesday, March 14</u> TRIP to Cow Patti Dinner Theatre 10am Bus will depart 5pm approx. return</p>	
<p style="text-align: center;"><u>Wednesday, March 15, 22 & 29</u> Surprise Lunch</p> <p>Pre-order your knishes for Thursday, April 20</p>	<p style="text-align: center;"><u>Thursday, March 16</u> Moroccan Lentil Soup Knishes Salad/Dessert</p>	<p style="text-align: center;"><u>Tuesday, March 21</u> Mulligatawny Soup Lasagne Salad/Dessert</p>	
<p style="text-align: center;"><u>Thursday, March 23</u> Tortilla Soup Enchilada Salad/Dessert</p>	<p style="text-align: center;"><u>Tuesday, March 28</u> Birthday Celebration French Onion Soup Fish & Chips Salad/Dessert</p>	<p style="text-align: center;"><u>Thursday, March 30</u> Bean Barley Soup Baked Pasta Salad/Dessert</p>	

Schmooze with Youth at Coffee Time

Want to feel energized and inspired

by our Young Friends from the University of Alberta?

Join our "Schmooze with Youth at Coffee Time"
on Wednesdays at 10:30a.m. and stay for lunch!

February 8 & 22 Topics TBA

March 8 & 29 Topics TBA



History of the Jews in Ethiopia

Wednesday, March 22 at 10:30a.m.

Join **Rabbi Guy Tal** and learn about
the fascinating history of Ethiopian Jews.

Stay for Ethiopian Lunch at 12p.m.
(\$12 for members & \$15 for non-members)

Be an active supporter of the Centre this

Tu BiShevat!

*Have fun making wonderful Cookies
with Friends and Family!*

*Purchase from Your Centre a beautiful duo
(see the photo):*

a premixed cookie jar &

organic kosher vanilla bottle (118ml)

*Only \$36 with instruction & on-going cooking advice
from our amazing chef Daniella.*



Health & Wellness

Use it or Lose it

With Bonnie Austen

Cardio & Strength training,
Flexibility & Balance, Laughter

TUESDAYS @10:45a.m.

[https://us02web.zoom.us/
j/89274775349](https://us02web.zoom.us/j/89274775349)

Fee: \$7 drop-in or card of 10 classes \$60

Muscle in Motion

with Anna Kratochvil

Use Balls, Bands & Weights
to Exercise & Laugh

THURSDAYS @ 11:00a.m.

<https://us02web.zoom.us/j/82287922466>

Fee: \$7 drop-in or card of 10 classes \$60

YOGA classes on Monday mornings 10:30a.m. till 11:30a.m.

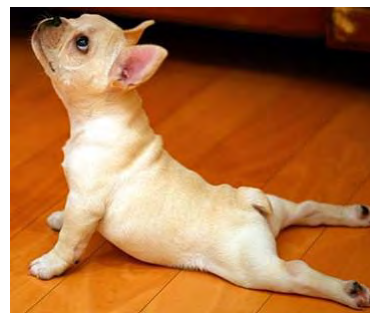
Thank you to our experienced teacher Ashley Blackwood
who will be doing the yoga classes with us again.

We are looking forward to seeing all of you on Monday
mornings at **10:30am to 11:30am.**

Old and new faces are very WELCOME in-person & via
Zoom!

Please register <https://tinyurl.com/297jwcb4>

Fee: \$7 drop-in or card of 10 classes \$60



SCRABBLE GAME

Every Tuesday at 1p.m.

Please join us!

We welcome new fun players!



New Ikebana Classes series started on

Wednesdays at 1p.m.

March 8, 22, April 26,
May 10 & 24, June 7 & 21

Please contact our

Ikebana Masters

Jean-Marcel & Brenda

for details:

ikebanaclub@gmail.com

780-803-4481



Happy Birthday!

February Birthdays celebration will take place on Tuesday, February 28

Entertainment: TBA

Bass Svetlana	Hulley Beverly	Romanow Sandy	Dolman Bill
Danson Wendy	Hutchings Carol	Shafir Ruth Ellen	Haas David
Fairhurst Mary	Jacobs Mindy	Sindler Elizabeth	Peliowski Abraham
Fast Avau	Lorberg Enneke	Willox Eve	Schwartzberg Jack
Flitsian Valentina	MacPhail Beth	Bubis Earl	Zon Nick
Freedman Donna	Morrow Kathleen	Charach Larry	Patel Chandra

March Birthdays celebration will take place on Tuesday, March 28

Entertainment: Jerry Katz performance

Adler Bernie	Silverman Abe	Grobman Doreen	McMillan Jan
Austin Charles	Austen Bonnie	Grossman Shirley	Patrick Ruth
Bronson Stan	Beaudry Adele	Horbanova Elza	Remis Debby
Bai David	Card Judi	Hoyem Karen	Secter Ann
Hurtig Clyde	Dorosh Barbara	Jacobson Lesley	Sheinin Rhoda
Ghitter Earl	Elson Ruthanna	McCracken Joan	Morrish Don
Hardin Nina	Gottschlich	Vashek Alla	Valkova Lucy

Order Our Beautiful Tribute Cards

start from \$10 upwards!

Please call the Office 780-488-4241 or
Cheryl Shur directly 780-487-1697

to order a card to make loved ones
feel very special by letting them
know you are thinking of them in a
time of need or joy!

programmer@jdicseiors.ca

Make birthday celebration very
special for your friends!

Sponsor the Cake, Lunch or
Entertainment!

Send a special card or order a
wonderful plaque
for our Shalom Wall
to honour birthday guys & gals!

DO YOU NEED A RIDE TO OR FROM YOUR CENTRE?

Our Winter Transportation service is available again thanks to the Jewish Federation of Edmonton Transportation Grant!

If you need a ride to / from the Centre, please call the office **780-488-4241**. Arrangements will be made for you to be picked up and/or taken home. Please call at least 1 day before you need the service or call Thursday if you need a ride on Monday.

Some of our members have been using the service and they are very happy. It is a great way to get to programs and lunches at the centre.

The service is reliable and safe.

The Board approved a nominal charge of **\$10 per round trip** for transport provided by the Centre; **one-way trip will be \$5**.

Payments at the Office - please!
Drivers' gratuity at your discretion.



PURIM

Tuesday, March 7, 2023

11:30a.m. Megillah Reading with **Rabbi Mendy**

12p.m. Purimspiel "**Esther to Rescue**" produced by **Beryl Nahornick**

12:30p.m. **Special Lunch**



Limited seating. Please RSVP with payment ASAP
 \$18 for members and \$20 for non-members

Pre-order your **HAMANTASHEN** (\$20 per dozen poppy seeds or mixed fruits) last order day **March 2, 2023**.

Mah Jongg

Bring Your group to the Centre and enjoy our lunches and great atmosphere on Tuesdays, Wednesdays or Thursdays!



**The Opera Nuova & Jewish Senior Citizen's Centre
present**

Boozy Brunches

Love Noel: The Letters & Songs of Noel Coward

Sunday, March 12th, 2023 at 11AM

Based on Barry Day's book, *Love, Noel The Letters and Songs* of Noel Coward is the dramatic staging of the letters and correspondence of the playwright, director, actor, composer, and singer. Coward's letters span several decades and give you insight to some of his closest relationships with everyone from George Bernard Shaw to Edna Ferber, from the Queen Mother to his own mother, and of course, his constant collaborator, Gertrude Lawrence. A loving portrait of one of the theatre's most influential minds.



Leonard Bernstein's New York

Sunday, April 16th, 2023 at 11AM

This charming two-hander explores Bernstein's relationship with NYC, his famous New York friends (Sondheim, Comden & Green, Robbins and Copland), and the way that New York City informed Bernstein's music, life and relationships. On a parallel pathway, the show presents a boy-meets-girl story depicting the developing relationship between the two performers: one a seasoned New Yorker and the other a wide-eyed newcomer.



Hot 'n' Cole: A Cole Porter Celebration

Sunday, May 7th, 2023 at 11AM

The spotlight is on the timelessness of Cole Porter classics, presented here with wonderfully fresh arrangements and a contemporary twist. Over fifty of his songs are woven into this entertaining revue by turns that are awry, irreverent, romantic, touching and hilarious.



Pricing:

- 1 Reverie per person- \$70 (\$70 total)
- 2 Reveries per person - \$65 (\$130 total - you save \$10)
- 3 Reveries per person - \$60 (\$180 total - you save \$30)

To buy tickets, please go to www.operanuova.ca or join our Lunch & Learn presentations with The Opera Nuova on Thursday, February 9 & Tuesday 14 at 12p.m. and the representatives will help you with your order.

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

<p>SYMPATHY To: Rosemary Kitay & Family—loss of Mother Naomi Beck z”l To: Judy Goldsand & Family – loss of husband George z”l To: Miriam & Jerry Katz – loss of father Bernie z”l</p>	<p>To: REFUAH SHLEMAH To: Doreen Grobman THANK YOU To: Sam Ousher Switzer Charitable Foundation</p>	<p>MAZAL TOV To: Debby Waldman– Happy Birthday! To: Gaston & Colette Berechit—66th Wedding Anniversary To: Freya Wasel—Special Birthday!</p>
<p>SYMPATHY To: Mitzi Hallis– Loss of Father David Z”L From: Cheryl & Wayne Shur To: Asher Pertman & Family—Loss of Sharon Z”L From: Bushewsky Family To: Aaron Family—loss of Gloria Z”L From: Robyn & Geoff Sperber Diane Marcovitch To: Barry Slawsky—loss of Sister Fern Robinson Z”L From: Luba Allen Diane Marcovitch To: Miriam Cooper & Family—loss of Jerry Z”L From: Diane Marcovitch Judi Card Marcia Bercov Lewis & Freya Wasel Luba Allen & Svetlana Pavlenko Bev Sonmor & Beryl Nahornick To: Naomi Wolch & Family—loss of Husband, Ron Z”L From: Marcia Bercov Svetlana & Aleksey Pavlenko Freya & Lewis Wasel Elaine & Mark Salkie Sue & Alvin Winestock Luba Allen Bonnie Austen Louise & Larry Charach Beryl Nahornick & Bev Sonmor</p>	<p>SYMPATHY To: Rosemary Kitay & Family—loss of Mother Naomi Beck Z”L From: Elaine & Mark Salkie Svetlana & Aleksey Pavlenko Jerry & Miriam Katz Robyn & Geoff Sperber Freya & Lewis Wasel Erica Karabus Luba Allen Sue & Alvin Winestock Ruth & Ben Coppens Stan & Faith Greenspan Anita Sky To: Lisa Robinson— loss of Mother Fern Robinson z”l From: Robyn & Geoff Sperber To: Linda & Don Boisvert loss of Brother Lawrence z”l From: Elaine & Mark Salkie To: Judy Goldsand & Family– loss of Husband George z”l From: Elaine & Mark Salkie Svetlana & Aleksey Pavlenko Mari Segall & Arnie Faintuch Cheryl & Wayne Shur Beryl Nahornick & Bev Sonmor To: Sheila Shore & Family—loss of Husband Irv z”l From: Mari Segall & Arnie Faintuch To: Smolkin Family—loss Sister Bryna z”l From: Evelyn Prepes & Family, Sheldon & Marla</p>	<p>SPEEDY RECOVERY To: Gillian Horwitz—Wishing you well! From: Diane Marcovitch Elaine & Mark Salkie To: Jerry Cooper—Thinking of you with Positive thoughts. From: Jack & Bluma Goldberg To: Naomi Beck—Thinking of you From: David Tankel To: Ilonka Wormsbecker - Missing you at the Centre! From: Myrna Kostash DONATIONS Barbara Gleiberman Elaine & Mark Salkie Fiona Salkie Jeff Albert Riva & Howard Shein Doug Hughes Svetlana & Aleksey Pavlenko Bill Mustard & Eve Willox SHALOM WALL A plaque in A Loving Memory of Pauline Bronstein Z”L From Phyllis Nurgitz & Mel Wyne A plaque in A Loving Memory of an incredible volunteer Pauline Bronstein Z”L From Friends and the Centre MAZAL TOV To: Howard & Esther Starkman 60th Wedding Anniversary! From: Joel & Melany Allen Luba Allen Naomi & Vic Amato</p>

The Golden Age of Jazz: the 1930s, '40s & '50s. with our incredible Dr. Michael Roeder

Join us for in-person course
on Thursdays at 1p.m - 3p.m.
February 2, 9, 16, 23 and March 2 & 9, 2023



After an introduction to important characteristics of jazz, we will explore recorded examples of some of the great music of these decades. The music of Fletcher Henderson, Benny Goodman, Duke Ellington, and Count Basie represent the '30s and early '40s. Bebop was the new style of the late 40s with Charlie Parker and Dizzy Gillespie leading the way. Cool jazz flourished in the early 1950s represented by Miles Davis, Gerry Mulligan, and the Modern Jazz Quartet, while Hard Bop exploded on the scene in the mid '50s with music from The Jazz Messengers led first by Horace Silver and then Art Blakey, and the Clifford Brown-Max Roach Quintet. Audio and video recordings will enhance our study and enjoyment of this great music.

Fee: \$75 for members and \$85 for non-members

Welcome to Our New Members!

Angie Shillabeer

David Woolger

Yoel Velikolud

Anne Green

Yoel Velikolud

Darlene Bushewsky

Daniella Drisdell

Jim Heilik

Galina Sinitcina

Carol Suddards

Alla Vashek

Nik Zon

