

Schmooze & News

August–September 2023/5784



Mailing Address:
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Location: 10052-117 Street

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

Membership Lunch

Thursday, September 7 at 12p.m.



Special Guest

Lieutenant Governor of Alberta, Honourable
Salma Lakhani AOE, B.Sc., LL.D (hon)

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

Sign up a friend as a new member & enter the draw to win:

- 1 chance at winning **Lunch card for 5 lunches** (value \$65)
- 1 course of **Learning in Retirement series of your choice** (value \$85)
- 2 chances at winning a **Fitness card for 5 classes** (value \$35)

No cash replacement prizes.

Only those members who sign a new member are eligible to enter the draw.
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.

Fee: \$13 for Members
\$16 Non-Members

In partnership with ORT Edmonton

20th Annual Learning in Retirement Series For Intellectually Curious

October 11 to December 11, 2023

Please note all in-person and via Zoom sessions will be available to enjoy at the Centre.

Education and Social Change

(Zoom only, 6 sessions)

Instructor: Paul Axelrod, Professor Emeritus
History & Education, York University, Toronto

Wednesdays, October 11 – November 1
at 10am – 12pm

Fee: Members \$54
Non-Members \$64

From the Impact of COVID to ChatGPT: Current Issues in Education. We've been living in tumultuous times. How were schools and students affected by such unpredicted events as COVID-19, and how are they responding to the new world of Artificial Intelligence?

A History of Residential Schooling in Canada. In an era of Truth and Reconciliation, we now know a great deal about the history of residential schooling in Canada. Why were these institutions created, why were they such bastions of abuse, and did they have any redeeming qualities?

Why Academic Freedom Matters. Universities are the only institutions in society that permit the unconditional search for new knowledge and truth. Academics are normally free to pursue the study of any subject that interests them. Is this a frivolous luxury, or an essential component of high quality, higher learning?

Whatever Happened to the Class of '73? I am part of a team studying the life course of students who were in Grade 12 in Ontario in 1973. How did they experience schooling, the workforce, family life, and now, their early retirement years? Covering almost 50 years, this is the longest generational study of its kind in Canada. It provides insights into the way people lived their lives, and into the often turbulent world they inhabit

The Best Film Noir of the 1940s & 1950s

(Zoom only, 6 sessions)

Instructor: George Melnyk, Professor Emeritus of Communication - Media & Film, University of Calgary

Tuesdays, October 17 – November 21
At 1pm–3pm Zoom – Discussion Classes

Mondays, October 16 – November 20
at 1pm movies will be shown on a big screen at the Centre

Fee: Members \$75
Non-Members \$90

Film noir is a cinematic term used primarily to describe Hollywood crime dramas, particularly those that emphasize cynical attitudes and motivations. The 1940s and early 1950s are generally regarded as the "classic period" of American film noir. This film series includes six film noirs of the 1940s and 1950s. Beginning with *The Maltese Falcon* (1941) starring Humphrey Bogart and ending with *Touch of Evil* (1958) starring Orson Welles and Charlton Heston, this series explores the fundamental themes of film noir—lust, greed, murder, and the femme fatale.

Insights in how English has grown and spread

(Zoom only, 6 sessions)

Instructor: Raphael Salkie, Professor Emeritus of Language Studies at the University of Brighton, England

Mondays October 16 – November 20
at 11am -1pm

Fee: Members \$75
Non-Members \$90

In a series of six sessions, we will look at the extraordinary history and spread of English, from the oldest writings (Caedmon and Beowulf, W. Shakespeare, The King James Bible and etc) to modern varieties. We will look at English sounds, words and literature and try to understand how the language has spread across the planet.

Prof. Salkie is the author of three books and 40 research articles in Linguistics. His specialisms include English grammar, Contrastive Linguistics, Translation, and Legal Language, and he has presented papers at 68 Universities in 24 countries around the world

Topic coming soon

(in-person only, 2 sessions)

Instructor: Matt Dance

Thursdays, October 12 – 19
at 1pm – 3pm

Fee: Members \$30 Non-Members \$40

The Group of Seven...Eight...Nine...Who Got Lost in the Northern Woods?

(both in-person & Zoom, 6 sessions)

Instructor: Kathleen Silverman, MacEwan University

Sundays, October 15 – November 19
at 10am – 12pm Light Breakfast included

Fee: Members \$75 Non-Members \$90

When you think of Canadian visual artists, who comes to mind? You are not alone if you thought of Tom Thompson and the Group of Seven. This cohort of painters came together to develop distinctly Canadian art to express the nation and its people. But while their pristine, untamed, empty wilderness works were exhibited and marketed to embody a Canadian identity, who and what was missing? In this lecture series, we will briefly examine the art of the Group of Seven, followed by a more in-depth exploration of the art of some of the group's unheralded contemporaries, including women artists, Indigenous artists, and those from other regions of the country.

Entangled Relationships: Family and Individual in Chinese Literature and Film

(in-person only, 6 sessions)

Instructor: Chris Lupke, Professor, Faculty of Arts
- East Asian Studies Dept, University of Alberta

Wednesdays, October 18 – November 29
(no class October 25)
At 1pm–3pm

Fee: Members \$75
Non-Members \$90
Light Breakfast included

Families: we all have them. Some are great. Some are not. Family relationships seem like they would be part of a universal theme in literature and cinema. But in this seminar, as we will see, in Chinese culture the family takes on a preeminent role that makes all notions of individual identity subservient to it. Family, kinship, and intergenerational relations in Chinese society have been crucial topics for over three centuries. The modern era in China has seen a complete breakdown and reconstruction of what a family is. In less than 150 years, we have seen Chinese families change from complex, intertwined, webs of humans to nuclear structures separate from each other. Literature and film are wonderful examples of how this massive social phenomenon has unfolded in modern times.

The Schumanns and Brahms: Love, Tragedy, and Music

(in-person only, 6 sessions)

Instructor: Michael Roeder, Professor Emeritus
Musicology, University of Alberta

Thursdays, November 2 – December 7
At 1pm – 3pm

Fee: Members \$75
Non-Members \$90

We will explore music of three of the 19th century's most important and interesting musical figures and discover how their lives were interconnected. Robert Schumann (1810–56) combined his dual interests in music and literature

to create not only some of the most important music of the first half of the century, but to found an important musical journal and to write fascinating articles for it. He married Clara Wieck (1819–96) in 1840 after a lengthy legal battle to gain permission to do so against the wishes of Clara's father, Schumann's piano teacher. Clara grew from child prodigy to become one of the century's greatest pianists and made contributions as a composer as well. Brahms (1833–97) met the Schumanns when he was twenty and played his newest piano works for them. R. Schumann, overwhelmed by the young composer's talent, wrote an article for his journal calling the musical world's attention to the young composer as "a man of destiny." Schumann was right; Brahms went on to become one of the greatest composers of the second half of the century. However, tragedy struck soon after their meeting and this intriguing story and accompanying music will unfold over our six sessions.

2024 MEMBERSHIP FEES ARE NOW DUE

Only \$30 per Person

Why should you renew your membership?

You will enjoy:

- | | |
|--|--|
| The best programs in the city | Delicious lunches |
| A wide variety of Intellectually stimulating classes | Welcoming & friendly atmosphere to all |
| Unique cultural experiences | Delicious Take-out Food service |

Family Friendly Fun in the Victoria Park with the Jewish Senior Citizen's Centre

On Sunday, July 9 many guests and volunteers met in the Park to enjoy the Bagel Loop: Walk/Run/Roll event in support of the Centre's programs and services. It was such a fun day!

Registration started at 10a.m. with coffee, tea and a variety of delicious pareve muffins, baked by our chef Daniella Drisdell. Then our amazing fitness instructor Bonnie Austen, who has been keeping our members fit and healthy for more than 25 years, led a warm-up and our new yoga instructor Ashley Blackwood, who has been sharing yoga secrets in weekly classes at the Centre, helped everyone to stretch and prepare for the walk



Thank you to all those who
contributed to our
Bagel Loop: Walk/Run/Roll 2023

Balloon Raffle:

Andy's IGA 9106 – 142 St

Acquired Taste Tea Co. 10122 124 St

Beb's Bagels 10706 124 St

David Aaron Photography

Arch Greenhouse 3151 97 St NW

Brown's Social House 10141 124 St

Evolution Oil & Vinegar 11958 104 Ave

Doughnut party 11980 104 Ave NW

London Drugs 11704 104 Ave NW

Nancy Notes www.nancysnotes.ca

Jewish Federation of Edmonton

Nandos 11940 104 Ave NW

Shoppers Drugmart 10405 Jasper Ave

Starbucks 11926 104 Ave NW

Starline Exteriors

starlineexteriors.com

Stock Transportation

5101 26955 Ellis Road, Acheson

Sweet Spot 8412 109 St NW

At 11:00 a.m. more than 100 guests started to walk with loud, inspirational support from our volunteer-cheerleaders. Many balloons in the hands of walkers, runners and rollers made our walk very celebratory and cheerful! Our youngest participant was 1 year old and our oldest one – 95! So, now you know why we have rollers and runners!

The balloons held by the adults were part of our Balloon Pop Raffle. At the Finish line the incredible prizes were displayed on a table and all participants popped their balloons with excitement to find out what amazing item they had won (the tickets were hidden inside the balloons). Every balloon was a winner!

Prizes included: two portable BBQs, diamond earrings, opera tickets, Lunch card (for the Centre's famous lunches), thermos bags and many gift cards for our neighbourhood businesses. Thank you to all the amazing sponsors who provided prizes. We will publish a full list of our supporters in the upcoming issue of our "Schmooze & News" Newsletter. Thank you also to our event co-chairs Barb Mickelson and Hans Pilz who knocked on many doors to collect such beautiful items.

Special thank you to our second chef Elie Adylova who surprised our participants with elegant and enjoyable picnic food options. We all enjoyed kosher beef dogs & veggie dogs, potato salad and coleslaw, chips, and a remarkable variety of parve pastries and fruits. The Centre will be happy to cater your next event – just call us!

We are sure you will notice many youngish participants who came to support us. Thank you to the "Connecting Seniors with Care" UofA students' group who volunteered for the event. Eric Kotlyarov and Chester Lau were an essential part of our organizing committee. If you want to connect with this great group that implements wonderful projects connecting youth with seniors, please email them at csc.ualberta@gmail.com.



The fun games and beautiful multicultural entertainment were provided by our friends from the Kyrgyz Association in Canada who support the Bagel Loop event every year. Our guests had so much fun trying to knock water bottles over – no hands – using a potato in pantyhose worn on your head (see the photo to envision this unique game) and creating toilet paper mummies! All our devoted team of volunteers made every moment of our event smooth and entertaining.

The Jewish Senior Citizen's Centre breaks stereotypes and unites different generations through educational, entertaining, and fun programs and events. Don't wait until you are 120 years old because you think you are too young now, – join our vibrant and warm Centre and you will add so much enjoyment into your life!



Please call 780-488-4241, follow us on Facebook @JSeniorsCentre or email programmer@jdicseniors.ca

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

From Board:

Get Well

To: Ilonka Wormsbecker
Shirley Grossman
Susan Lynch

Mazal Tov

To: Darlene & Gordon Bushewsky
–Birth of a Grandson

Sympathy

To: Robert Merrett – Loss of Wife
Kathryn Merrett

From Members:

Get Well

To: David Tankel
From: Jacob & Odette Masliyah

To: Shirley Grossman
From: Elaine & Mark Salkie
Diane Marcovitch

To: Ilonka Wormsbecker
From: Elaine & Mark Salkie

Shalom Wall

In Loving Memory of
Sandra Miller Z”L
From Jeff, Em & Jenessa Sكتور

In Memory of Dear Friend
DR. GEORGE GOLDSAND Z”L
Jean & Aaron Oshry and Sue &
Alvin Winestock

In Loving Memory of Our Great
Friend and Supporter
PAULINE BRONSTEIN Z”L
With Love from the Board, Staff,
Volunteers & Members of the
Centre

In Loving Memory of a Very
Curious Mind
SYLVIA KING-FARLOW Z”L
With Love from the Board, Staff,
Volunteers & Members of the
Centre

Thank You

To: Marcia Bercov – With thanks
for your generosity of Spirit
From: Jon & Francie Nobleman

Sympathy

To: Florrie Axler – loss of Sister
Rosalie Shadlyn Z”L
From: Elaine & Mark Salkie

To: Margie Margolis –
loss of Stan Z”L
From: Cheryl & Wayne Shur

To: Brenda & Gary Nahornick –
loss of Sandra Miller Z”L
From: Clarice Switzer
Freya & Lewis Wasel

Mazal Tov

To: Sue & Alvin Winestock on
your 65 th Wedding Anniversary
From: Susan & Murray Lieberman
Elaine & Mark Salkie
Luba Allen

To: Ed Mickelosl on His 95 th
Birthday
From: Gary Wolch & Family

**Thank you to all
the Bagel Loop Supporters!**

Look for acknowledgements in
the next issue!

Birthdays

Make this day 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

August Birthdays

Abbott Sharon
 Baram Lauren
 Boychuk Barry
 Derkach Larry
 Goldberg Hillel
 Holloway Darryl
 Bronson Sheila
 Cooley Jean
 Cummings Marilyn
 Davenport Mary
 Despina Melinda
 Doktor Elizabeth
 Eidem Patricia
 Fedun Marilyn
 Fernald Faith
 Gall Karen
 Gallant Debby
 Goldsand Judy
 Gravelines Gail
 Grimblat Judy
 Gummer Beverly
 Hardin Penny
 Hill-Richards Deirdre
 Jenkins Marian
 Karrel Janet
 Kavanagh Lorraine
 Labelle Sheila
 Panas Gerry
 McCollum Linda
 Holloway Darryl
 Mickelson Barb & Rick
 Masliyah Jacob
 Nobleman Francie

Nelson Carolyn
 Oshry Jaen & Aaron
 Shustov Marlen
 Wolch Naomi
 Wolch Theodore
 Phillet Netta
 Pilz Conor
 Romanovsky Elaine
 Santiago Richel
 Sukonnik Inna
 Walter Sandy

September Birthdays

Armstrong David
 Bankey Martin
 Binnington Glen
 Dorosh Andrew
 Dussenault Paul
 Irvin Douglas
 Jiwaji Esmail
 Katz Jerry
 Charach Louise
 de Zwart Mary Leah
 Dickson Marlene
 Goldberg Shirley
 Grosh Sondra
 Hart Carol
 Holloway Rhonda
 Ivanova Luba
 Miville Deborah
 Mark Ruth
 Pavlova Zoya
 Pawl Lois
 Sperber Robyn

Switzer Clarice
 Sax Lee
 Sax-Willock Susan
 Thompson Cindie
 Winestock Sue
 Wiseman Barbara
 Wright Susan
 Zalmanowitz Hal

**We are very pleased
 to announce that our
 New Tribute Card
 Master is**

**Ms. Cheryl
 Shur**

Please call her directly
 780-487-1697 to order
 our beautiful cards
 and make loved ones
 feel very special!

Office 780-488-4241

programmer@jdicseniors.ca

Event Details

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>

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



Muscle in Motion with Anna Kratochvil

Use Balls, Bands & Weights to Excesses & Laugh

Thursdays @ 11:00a.m.

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

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

YOGA Classes

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

**Monday mornings @
10:30a.m. – 11:30a.m.**

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

Fun & Games

Scrabble or Mah Jongg

Every Tuesday at 1p.m.

Please join us! We welcome new fun players.

Ikebana Classes



September 13 & 27 @ 1:00 pm
October 11 & 25 @ 1:00 pm
November 8, 22 & 29 @ 1:00 pm

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

ikebanaclub@gmail.com

780-803-4481

Languages

Mamaloshen Club

Come and join Shirley Goldberg and Friends to enhance your conversational Yiddish!

Tuesdays @ 10:30a.m.

Have fun and laugh together! Call the Centre 780-488-4241 to express your interest to join

Lunch & Learn

The Joy of Walking with our amazing fitness instructor Bonnie Austen.

Tuesday, August 15 at 12p.m.

Walking- the number one exercise in North America- is both social and personal. Walking is simple, yet it can be a life-altering experience. Join Bonnie Austen, our fitness leader, as she shares with you the many physical, mental and emotional improvements walking will add to the quality of your life.

The Truth about my Son's Death

Tuesday, August 22 at 12 pm

Join an interesting and heart felt presentation by our new member Erika Lafevre "The Truth about my Son's Death".

High Holidays' traditions and rituals

Tuesday, September 5 @ 12pm

Join Rabbi Mendy's talk about High Holidays' traditions and rituals.

Special Presentations

A Strategy to Combat Fibril Presenting Diseases such as Alzheimer's

Thursday, August 10 at 1:00pm

Ms. PESSYA BORNSTEIN will be giving a most interesting presentation on A Strategy to Combat Fibril Presenting Diseases such as Alzheimer's.

Armchair Traveler

Thursday, September 14 at 1pm



Join Mr. Wei Woo presenting his amazing two months journey in Vietnam.

Clubs

Not Boring Book Club

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!

September 12 at 1p.m.

Kantika by Elizabeth Graver

Sunday Brunch with Edmonton Musical Theatre

September 10th @ 11am

“Changing Channels” From the team that brought you the 2022 comedy hit about elder abuse (I'm Still Here!) comes a madcap jukebox musical about media. Changing Channels gives voice to how seniors and youths are inspired by or revolt against portrayals of seniors as a market, as magic, as miseries or maniacs.

Fee: Members \$25

Non-Members \$35

Join our Wonderful & Fun Young at Heart Choir!



Monday, August 21 @ 10am

Young At Heart Choir is starting its annual season!

Will start rehearsals on Mondays at 10am. (August 21) Please contact the office if you would like to join as the Choir Master is always looking for new talents!

Choirs fee is \$50 for this period (you will receive a \$25 tax receipt). All choir participants must be paid members of the Centre.

Mark your calendars for our choir's famous Hanukkah performance that will take place on Thursday, December 14 2023 at 11am.

— DON'T MISS IT —
Opera Season 2023 - 2024



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 and at Jubilee Auditorium during this season.

Please reserve your seats ahead of time!

Tuesday, October 10 at 12p.m.

Lunch with Edmonton Opera at the Centre
 \$15 for Members and \$20 for Non-Members

Tuesday, October 24 at 7:30p.m.

“Carmen” at Jubilee Auditorium
 \$55 for Members and \$65 for Non-Members
 Main Floor seats

“Carmen” is one of the most known operas ever written. Gerge Bizet composed the opera in collaboration with top librettists of the time, Henri Meilhoc and Ludovic Halevy in 1875. Rose Naggar-Trembley will perform Carmen. She is praised for her deep and velvet mezzo-soprano voice bordering on contralto.

Please RSVP your tickets with payment ASAP due to the Centre’s closure for Jewish Holidays from September 15 till October 9, 2023.

Welcome New Members

- | | | | |
|----------------|-------------------|------------------|---------------|
| Janet Karrel | Irina Khazanovich | Constance Kenney | Erika Lefevre |
| Reisa Sheckter | Leanne Smoliak | Marilyn Wakaruk | Elena Petrov |
| Betty Mae | Lavoine McCullagh | Kathie Reith | Vaughn Seward |

The Jewish Senior Citizen's Centre in collaboration with
The Edmonton Japanese Community Association

Present:

JAPANESE CULTURE DAY

AUGUST 16TH 11AM



Join us at 11am-3pm to
experience Japanese
Culture!

\$18 pp
Preregistration is required

You will be treated to a presentation on
Japanese Culture

An Authentic Japanese Lunch,
Demonstrations Featuring:
Ikebana Flower Arrangements

Kimonos
and
Japanese Calligraphy

Contact the centre for more
information

Call 780-488-4241

Email: programmer@jdicseniors.ca



Venture into the alluring and diverse world of Jazz with the Jewish Senior's Citizen Centre

The History of Jazz

Featuring:

Drums: **Biboye Onanuga**
Composer and Educator



Piano: **Mboya Nicholson**
MacEwan University Educator

and

Bass: **Evan Stewart** from
Edmonton Symphony Orchestra



This Three Week Series will guide you through the Evolution of Jazz from its roots in New Orleans to its current Avant Garde Style

August 17 5-7:30pm

Explore the Origin of Jazz and its growth from 1900-1940 in the "Golden Age of Swing"

August 24 5-7:30pm

Adventure into the Jazz Scene as it was from 1940-1960. A time of Jazz innovation

August 31 5-7:30pm

Dive into Modern Jazz from 1960 to now as it pushes the limits of Jazz with experimental creativity allowing the birth of Avant Garde and Fusion Jazz styles.

Contact the Centre for more information
programmer@jdicseniors.ca
(780) 488-4241

Members: \$65, Non-Members \$75 for
the series (appetizers included)



Join the Jewish Senior Centre
on August 23rd
to

Beth Israel Synagogue

For:

A Tour, Lecture and a Delicious Lunch

Bus Departs from Centre at 10am

Returning at 1:30pm

\$18 pp



BETH ISRAEL
EDMONTON'S FAMILY SHUL

Book Early, Limited Spots
Available



JOIN US FOR AN

Opera Evening

ON TUESDAY, AUGUST 29 AT 5:30P.M

Take me to the Opera

Join us for a night of dining and be transported with the power of music, the beauty of singing, and the drama of storytelling.

Nansee Hughes, Soprano
Helen Hassinger, Soprano
Bertrand Malo, Bass Baritone
Maestro **Emilio De Mercato**

Fee

Members \$45
Non-Members \$65



August – September 2023 Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		August 1	2	3	4	5
6	7	8 10:45 Fitness with Bonnie 12pm Lunch 1p.m. Not Boring Book Club 1pm Games: Mah Jongg, Scrabble & etc	9 No lunch	10 11:00 Fitness with Anna 12pm Lunch	11	12
13	14 10:30 am Yoga with Ashley	15 10:45 Fitness with Bonnie 12pm Lunch & Learn: The Joy of Walking with Bonnie 1pm Games: Mah Jongg, Scrabble & etc	16 11am-3pm Japanese Culture Day	17 11:00 Fitness with Anna No lunch 5-7:30p.m. The History of Jazz (talk, live music & appetizers)	18	19
20	21 10am-12pm Young At Heart Choir 10:30am Yoga with Ashley	22 10:45 Fitness with Bonnie 12pm Lunch & Learn: The Truth about my Son's death with Erika Lefevre 1pm Games: Mah Jongg, Scrabble & etc	23 10:30am Beth Israel Trip with Lunch	24 11:00 Fitness with Anna No lunch 5-7:30p.m. The History of Jazz (talk, live music & appetizers)	25	26
27	28 10am-12pm Young At Heart Choir 10:30 am Yoga with Ashley	29 10:45 Fitness with Bonnie No lunch 5:30-7:30p.m. Opera Dinner	30 No lunch	31 11:00 Fitness with Anna No lunch 5-7:30p.m. The History of Jazz (talk, live music & appetizers)	September 1	2
3	4 CLOSED	5 10:45 Fitness with Bonnie 12pm Lunch & Learn: Rabbi Mendy about High Holidays 1pm Games: Mah Jongg, Scrabble & etc	6 No lunch Honey Cakes will be available after 2pm	7 11:00 Fitness with Anna 12pm MEMBERSHIP LUNCH with Honourable Salma Lakhani	8	9
10	11	12 10:45 Fitness with Bonnie 12pm Lunch 1pm Not Boring Book Club 1pm Mr. Wei Woo: Retirement Income Blueprint	13 No lunch Apple Cakes will be available after 2pm 1pm Ikebana	14 11:00 Fitness with Anna 12pm Lunch 1pm Armchair Traveler: Vietnam with Mr. Wei Woo	15 The Centre will be closed for High Holidays from September 15 till October 9	16

We are happy to serve you at the Centre!

Starting September 1, 2023

Lunches (\$13 for members / \$16 for guests)

Stack your freezers with our amazing soups (\$6 – 500ml or \$12 – 1L), entrées and desserts! Please pre-order your Challah (\$6) or challah buns (\$1.50 per bun) for the last Thursday of each month at least one week ahead of time! Pick up on last Thursday of the Month.

Please note: no outside food can be brought to the Centre due to Kosher restrictions.

August – September 2023

Tuesday	Wednesday	Thursday
8 Barley Soup Baked Veggie au gratin Salad/dessert	9 No lunch	10 Tomato-Basil Soup Lasagne Salad/dessert
15 Squash Soup Tuna Melt Salad/Dessert	16 11am Japanese culture day	17 No lunch 5-7:30p.m. The History of Jazz (talk, live music & appetizers)
22 Moroccan Peanut Soup SHEP'S Pie Salad/Dessert	23 10:30am Tour & Lunch to Bath ISRAEL Synagogue	24 No lunch 5-7:30p.m. The History of Jazz (talk, live music & appetizers)
29 No lunch 5:30pm Opera Evening with Dinner	30 No lunch	31 No lunch 5-7:30p.m. The History of Jazz (talk, live music & appetizers)
5 Mushroom Soup Pizza Salad/Dessert	6 No lunch	7 Membership Lunch Pepper Bisque Teriyaki Fish on Greens Salad/Dessert
12 Borscht Knishes Salad/Dessert	*Please note that the Centre's Menu is subject to change without notice.	14 Veggie Soup Enchiladas & Salsa Salad/Dessert

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.

Board Of Directors

President: Sam Koplowicz, **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 & Lilia Shlomovitch

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 and Soo Bin Kang

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)

Please let the Office know about your intention to join any committee.