

Schmooze & News



Seniors' Centre
All Seniors Welcome

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
programmer@jdicseniors.ca



Meet **Danny**: a grumpy old Toronto Maple Leaf Fan, **Sherry**: his grown daughter still living at home but desperately looking for love, **Delilah**: a high school student about to graduate and needing a place to stay, and **Muriel**: the next door neighbour vying for some sexy shenanigans with Danny. **The outcome?** A generational and cultural connection which offers an eye-opening experience resulting in an abundance of laugh out loud and heartwarming moments!

Join our adventurous trip to Lacombe County

Wednesday, December 6th

The special price of
\$92.99 is available to members or
\$102.99 for non-members.
Cow Patti Dinner Theatre to see
rip-roaring comedy,
“**Danny & Delilah.**”

Our Luxury coach will leave the Centre
(10052 – 117 Street) at 9:30am and
return approximately at 5:00pm. You
can park your car at the centre.

A delicious Brunch will be served at
11:30am at the Theatre. Please bring
snacks for the return trip.

**Please reserve your spot
with payment by
November 23rd.**

This is sure to be a sell out!



The Jewish Senior Citizen's Centre

in partnership with

the kihcihkaw askî - Sacred Land

invites you to join us for a day of learning and sharing

on Wednesday, November 22, 2023
from 10:30a.m. till 1:30p.m.

(light lunch will be provided)

“The Importance of Ceremonies and Cultures in our Survival and Thrival: Shared Historical Experiences”

We will start this day with smudging ceremony and special prayers and will continue with wisdom sharing and panel discussion that will be led by Lewis Cardinal.

The location will be at the kihcihkaw askî-Sacred Land that is located in Whitemud Park (14141 Fox Drive NW).

Please register for this event asap.
Limited space. Complimentary event.
Suggested donation \$10.

We would like to acknowledge the support of the Community Support, Multiculturalism and Anti-Racism Initiatives Program Department of Canadian Heritage, Government of Canada.



Hanukkah Celebration Party

Thursday, December 14

11:00a.m. Young At Heart Choir performs

12:00p.m. Lunch and more fun!

You must RSVP with payment by Thursday, December 7

Fee: \$18 members and \$21 for non-members



Please pre-order your latkes

\$20 per dozen — Last day to order is November 30

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

Thank you to all who have already paid. We appreciate it very much.



The Annual Remembrance Day ceremony

at the Edmonton Jewish Cemetery
(7622 101 Ave NW) will take place on
Sunday, November 12 at 10:30a.m.



Lunch & Learn

Fall Prevention Workshop

Tuesday, December 5 at 12p.m.

Presenter: Bonnie M Austen, B.P.E. MEd,
AFLCA

Concerned about poor balance and falling? Do you have a fear of falling? The risk for serious injury increases as we age. The good news is that many older individuals at risk for falls can be identified and helped. Learn more about how you can reduce your chance and fear of falling. Try some exercises to help keep you upright and confident.



Tuesday, December 12 at 12p.m.

Lunch and special entertainment with
The Nuova Vocal Arts singers
“Winter Jazz”. Stay tuned for details!

Lunch & Learn

Tuesday, November 14 at 12p.m.

Beryl N. will share her recent experiences
in Israel.

She just came back to Canada a week ago.

Community Conversation with Satya Brata Das

Tuesday, December 19 at 1p.m. – 3p.m.

Our special guest will discuss

What will be a new social contract for Our Planet?

Satya bio says: Guru and Mentor committed to serving humanity. Seasoned board director (public, private, philanthropic). Energy and climate expert. Writer and storyteller; champion of a just society and an economy that serves us all.



Portugal's most inspiring and peaceful Revolution

Tuesdays at 1p.m. December 5 & 12

Enneke Lorberg will present a fascinating topic about Portugal.

This presentation is not a travel story about just one person's trip as a tourist to Portugal...but it is a totally different story that has developed into an exciting report on a more than a yearlong research project that resulted in a thorough overview of the long and fascinating history of Portugal!



Thursday, December 21 at 12p.m.

As a special closing season treat Sybil C. and the Drama Group from Central Lions Seniors Association will be performing a short play after our delicious lunch.

A Plea for Normalcy

Dear Members,

We are in a difficult time, as we have just witnessed the horrific, orchestrated terrorist attacks on Israel's civilian population, and now the retaliatory military operations to eradicate Hamas's ability to perpetrate further atrocities. Our hearts and minds are with the people of Israel and the entire Jewish community.

We reiterate that we here in Edmonton are safe and we remain vigilant in the face of any possible local repercussions. The Board of Directors and the Staff of the Jewish Senior Citizen's Centre encourage you to maintain all aspects of our current life and activities. Your presence at the Centre, for lunches and our wonderful programs currently underway, is essential.

The best response to the current situation is to continue as normal without fear.

Yours,
Sam Koplwicz, President
On behalf of Your Centre

Dear JDIC friends-

We stand resolutely with each of you- horrified and numbed by this despicable, unnecessary tragedy that Israel and indirectly, all of us, are now faced with.

We send you our best love & fervent prayers for all to find courage, strength, calm and eventually peace.

Xo S. & M. R. & Family

Dear Friends,

I want to convey my deep condolences to all members at the Centre and of course our support for Israel during this terrible time. We hold all citizens there in our hearts. *Sincerely, D. M.*

Thinking of you and yours, Israel and the entire world during these very difficult and complex times. *With you in thoughts, E. & B. -M.*

Keep strong! *M. H.*

To all of you at JDIC,

I send my sincere condolences to all of you and to those who may have relatives and friends in Israel. It has been a horrific ordeal for them and I pray for peace for you all. It is such a tragic time and for some, life can never be the same.

Though my friend C. and I are not Jewish, we have been warmly welcomed at your centre and have really enjoyed the luncheons and courses sponsored by you. It is a wonderful organization and we really appreciate your care and concern for everyone.

Thank you. B. H.

Just a note to let you know I am thinking about you and those in your community as we absorb more horrors in the Middle East. I can't imagine what your feelings must be like, especially for those with relatives in the area. *M.*

The unrolling horror of what happened inside Israel and now the inevitable price that is being paid also by the civilians of Gaza has left me without words, except these few. If the Centre chooses to close for a few days of mourning and remembrance, I will respect that with all my heart. *M.*



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:

Mazal Tov

To: Dr. Bernie Adler on Grandson's
Wedding

Sympathy

To: Abe Silverman
Loss of Wife Toby z"l

From Members:

Get Well

To: Tulane Rollingher - Wishing you
Good Health & much Happiness
From: Phyllis Nurgitz & Mel Wyne

Shalom Wall

Plaque in Loving Memory of Sandra
Miller z"l Remembered by Brenda &
Gary Nahornick & Family

Plaque in Loving Memory of Rievera
Sكتور z"l
From: Jeff Emanuel & Jenessa

Thank You

To: Gail Milner - The Apples were
Delicious!
From: Bev Sonmor

Sympathy

To: Miriam Cooper & Family - loss of
Husband Jerry z"l
From: Shelley Weinstein & Bruce
Bradley

To: Barry Schlosky - Loss of Sister
Fern Robinson z"l
From: Shelley Weinstein & Bruce
Bradley

To: Michael & Bonnie Chetner - Loss
of Jack Chetner z"l
From: Phyllis Nurgitz & Mel Wyne

To: Brenda & Gary Nahornick - Loss of
Mother Sandra Miller z"l
From: Phyllis Nurgitz & Mel Wyne,
Natalie Jerwak

To: Abe Silverman
Loss of Wife Toby z"l
From: Lewis & Freya Wasel
Svetlana Pavlenko & Luba Allen

Sympathy

To: Marshall & Debby Shoctor - loss
of Mother Kayla Shoctor z"l
From: Phyllis Nurgitz & Mel Wyne

To: Ed Lazar & Family
Loss of Mother z"l
From: Luba Allen

To: Sima Uram & Family - Loss
Mother Cita Mann z"l
From: Luba Allen

To: Margie Margolis - Loss of
Husband Stan z"l
From: Valda Levin

Mazal Tov

To: Sue & Alvin Winestock - 65th
Wedding Anniversary
From: Marcia Bercov

To: Freya & Lewis Wasel -
Granddaughter Wedding
From: Sheila & Stan Bronson

To: Rebecca & Shane Asbell -
Marriage of Aliza & Eitan
From: Sheila & Stan Bronson

To: Clarice Switzer - Happy Birthday!
From: Bev Sonmor & Beryl Nahornick

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



November Birthdays

Arnold David
 Auger Anita
 Zinyk Diane
 Lipshitz Hinda
 Bass Yefim
 Bercov Eleanor
 Dilkie Del
 Lucas Ann
 Bulmer Derek
 Bercov Marcia
 Lieberman Susan
 Miller Debbie
 Cohen Malcolm & Hoda
 Bubis Roberta
 Elliott M. Ruth
 Ouellette Jeanie
 Cooper Dennis
 Vogel Virginia

Gleiberman Barbara
 Kagan Louise
 Duciaume Jean-Marcel &
 Jackson Brenda
 Cooper Muriel
 Goldberg Maya
 Roach Sylvia
 Hruska Mike
 Dempsey Dolores
 Hall Margery
 Green Anne
 Nobleman Jonathan
 Devins Miriam
 Klein Mary Jane
 Hulme Carol
 Niles Doreen
 Deborah Payne
 Shillabeer Angie
 Van Rootselaar Betty-Mae

December Birthdays

Davis Jefferey
 Phillet Frank
 Chernets Oleksandra
 Leigh Fay
 Hans Granholm
 Irina Khazanovich
 Cynthia Mac Cormac
 Eric VanDist
 Susan Mintz
 Elena Petrov
 Maya Pungur-Buick
 Gigi Soros
 Fernando Desmond

Cooper Sybil
 Little Betty
 Friedman Rhoda
 Sperber Geoff
 Delage Leah
 Margolis Marjorie
 Edelman Judy
 Rubenovitch Joyce
 Hughes Doug
 Wasel Lewis
 Segall Mari
 Shafran Beverly
 Mustard Bill
 Heilik Bronia
 Shea Nora
 Merrett Robert
 Barten Doris
 Jandrey Rita
 Smith Sharon
 Morgenstern Leslie & Rick
 Calderon Rosa
 Kipnes Evelyn
 Snyder Paula
 Soifer Gaylene
 Zukiwski Ingrid
 Sklofsky Esther
 Wolfman Naomi



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](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

Health & Wellness

YOGA Classes

On Mondays at 10a.m. Starts Nov. 13

Instructor: Sandy Mah

Whimsical Wednesdays

Join a day of Fun, Friendship & Craft!

Starts January 3, 2024

Do you play or want to play Canasta, Cribbage, Scrabble, Mah Jongg or other card/board games?

This is a day when you can do whatever your heart desires!



To add to the excitement, our very special member, **De**, will start a **crochet group** for you!

What's more? We offer a special light lunch that day for \$10 only.

Please inform the Office about your game of choice!

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

Welcome new members

Sydney Carriere
 Bob Couch
 Jeffrey & Linda Davis
 Colette Frohlich
 Arlene Gort
 Edisa Ho
 Andrzej Jachowicz
 Marjorie Kirchmeir
 Irene Kiyooka
 Hymie Lieberman
 Bert Malo
 Paul Margolis
 Uju Mollel
 Vic Molina
 Elena Petrov
 Gigi Soros
 Betty–Mae Van Rootselaar
 Eris Vandist
 Krystyne Viveires
 Maya Pungur–Buick

Join our Wonderful & Fun Young at Heart Choir!



Young At Heart Choir annual season is underway!

Mondays at 10:00a.m.

Will start rehearsals on Mondays at 10am. 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

Our choir's famous Hanukkah performance will take place on

Thursday, December 14, 2023 at 11a.m.

November – December 2023 Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				November 9 11am Muscle in Motion 1pm-3pm (LiR) Love and Tragedy Michael Roeder (in-person)	10	11
12 10am-12pm (LiR) Who got Lost in the Northern Woods? Kathleen Silverman (Zoom or in-person)	13 10am Yoga 11am-1pm (LiR) Spread of English Raphael Salkie (Zoom) 1pm (LiR) Best of Noir movie screening (in-person)	14 10:45am Use it lose it Fitness 11am Mamaloshen Club 1pm-3pm (LiR) Best of Noir George Melnyk (Zoom) 1pm Mah Jongg & Scrabble	15 The Centre is Closed	16 11am Muscle in Motion 12pm Opera Nuova Lunch 1pm-3pm (LiR) Love and Tragedy Michael Roeder (in-person)	17	18
19 10am-12pm (LiR) Who got Lost in the Northern Woods? Kathleen Silverman (Zoom or in-person)	20 10am Yoga 11am-1pm (LiR) Spread of English Raphael Salkie (Zoom) 1pm (LiR) Best of Noir movie screening (in-person)	21 10:45am Use it lose it Fitness 11am Mamaloshen Club 1pm-3pm (LiR) Best of Noir George Melnyk (Zoom) 1pm Mah Jongg & Scrabble	22 No Lunch Indigenous Culture Day	23 11am Muscle in Motion 1pm-3pm (LiR) Love and Tragedy Michael Roeder (in-person)	24	25
26	27 10am Yoga	28 10:45am Use it lose it Fitness 11am Mamaloshen Club 12pm Birthday Lunch AGM 1pm Mah Jongg & Scrabble	29	30 11am Muscle in Motion 1pm-3pm (LiR) Love and Tragedy Michael Roeder (in-person)	December 1	2
3	4 10am Yoga	5 10:45am Use it lose it Fitness 11am Mamaloshen Club 1pm Mah Jongg & Scrabble	6	7 11am Muscle in Motion 1pm-3pm (LiR) Love and Tragedy Michael Roeder (in-person)	8	9

November - December 2023 Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11 10am Yoga	12 10:45am Use it lose it Fitness 11am Mamaloshen Club 1pm Mah Jongg & Scrabble 1pm Enneke	13 NO LUNCH	14 11am Hanukkah Party with Young At Heart Choir performance	15	16
17	18 10am Yoga	19 10:45am Use it lose it Fitness 11am Mamaloshen Club 1pm Mah Jongg & Scrabble	20	21 11am Muscle in Motion	22 The Centre will be closed from December 22, 2023 till January 1, 2024.	23 The Centre will be re-opened on Tuesday, January 2, 2024.

Jewish Senior Citizen's Centre invites all members to join us for
Annual General Meeting 2023 Tuesday, November 28 at 1p.m. (right after lunch)

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 28 at 1p.m.**

Nominations for a 2-year term:

Two Years 2023–2025

Samuel Koplowicz
 Elaine Salkie
 Cheryl Shur
 Gordon Bushewsky
 Lilia Shlomovitch

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

One Year 2022–2024

Susan Baram
 Jerry Katz
 Lina Kichnevskaya
 Hans Pilz
 Inna Sukonnik

Lewis Wasel will continue as Past-President and does not require re-election.

Be an active decision-maker for your centre! Come for lunch and stay for the AGM.

In accordance with our By-laws other nominations will be accepted until October 25, 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.

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.

November – December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13 Black Bean Soup Tuna Bun Salad/Dessert	14 Broccoli Soup Cheese Tart Salad/Dessert	15 The Centre is Closed	16 Moroccan Peanut Soup Loaded Potato Salad/Dessert	17	18
19	20 Minestrone Soup Melted Cheese & Egg Croissants Salad/Dessert	21 Borscht Tuna Patty Salad/Dessert	22 No Lunch Indigenous Culture Day	23 Carrot Soup Pizza Salad/Dessert	24	25
26	27 Onion Soup Veggie Strudel Salad/Dessert	28 Birthday Lunch Pea Soup Fish & Chips Salad/Cake	29 Country Veggie Soup Kugel Salad/Dessert	30 Bean Soup Enchiladas Salad/Dessert	December 1, 2023	2
3	4 Tomato Basil Mac n' Cheese Salad/Dessert	5 Corn Chowder Frittata Salad/Dessert	6 Mushroom - Barley Soup Onion Tart Salad/Dessert	7 Chickpea Soup Veggie Curry on Rice Salad/Dessert	8	9
10	11 Mulligatawny Tuna Croissants Salad/Dessert	12 Squash Soup Shepherd's Pie Salad/Dessert	13 NO LUNCH Hanukkah Party Preparation	14 Hanukkah Party Matzo Ball Soup Latkes Salad/Dessert	15	16
17	18 NO LUNCH	19 Birthday Lunch Moroccan Peanut Soup Salmon Wraps Salad/Special Cake	20 Mushroom Soup Veg Gratin Salad/Dessert	21 Pickle Soup Pizza Salad/Dessert	The Centre will be closed from December 22, 2023 till January 1, 2024.	The Centre will be re-opened on Tuesday, January 2, 2024.

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 & 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.