

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



Join our adventurous trip to Lacombe County

Wednesday, March 13

Cow Patti Dinner Theatre to see
rip-roaring comedy,
“Drinking Alone.”

The special price of
\$92.99 is available to members or
\$102.99 for non-members.

Our bus 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 February
23rd.**

This is sure to be a sell out!

**A Classic Norm Comedy portraying Family Dynamics
and Dysfunction. A must-see for anybody who enjoys
life and laughter.**

Lonely dry cleaning store operator, Joe, has hired
“Dominique St. Germain” from: “Dates Ahoy” to pose
as his fiancé so he can impress his father in this
romantic family adventure.

Set in the midst's of a dysfunctional family reunion -
the laughs, secrets and conflicts soon erupt in this
classic side-splitting and heartwarming Foster comedy
about an unforgettable Canadian family.

Join us for a warm and fun Hawaiian Party

Thursday, January 4 at 12p.m.



Lough, dance, sing and stay for the **Armchair Traveler: Maui** with Eric Kotlyarov, who will share his experience staying at Hawaii's second largest island at 1p.m.

Special Event

CKUA - 100 Years of Radio in Alberta With Ken Regan



On Tuesday, January 9 at 1p.m.

Ken Regan is a journalist, music and arts evangelist, and former CEO of the CKUA Radio Network, Canada's oldest public broadcaster and most successful community-funded broadcaster.

Lunch & Learn



The Alzheimer Society of Alberta and Northwest Territories presents:

Understanding Alzheimer's Disease and Related Dementias

on Tuesday, January 16 at 12p.m.

- Learn what the difference is between Dementia and Alzheimer's Disease
- Learn practical tips to help yourself and those living with dementia have better quality of life
- Have your questions answered

Gambling Addiction with Cindie Thompson

On Thursday, February 1 at 12p.m.

Gambling can be a Problem for anyone and it now starts early with Smartphones, IPADS, etc. Now Internet Gaming has become very POPULAR along with Daily Fantasy Sports Leagues. Many people already know someone in their circles who is struggling with a Gambling Addiction. But there is HELP.

Annual 2023 Global Financial Market Review and 2024 Outlook – Wei Woo, Investment Advisor, CIM, EPC

On Wednesday, January 24 at 1p.m.

Join Wei Woo as we discuss the latest updates on political, economic, and market developments in the world that is currently affecting your retirement savings and investment strategies now and into the future. We will review what has happened in 2023, and look at forward guidance on what to expect for 2024. Of particular note is how the landscape continued to change in 2023, with the growing importance of alternatives investments in retirement portfolios to help offset the dismal performance of bond returns in the past 3 years.



Hannukkah Celebrations

Join us for the new course: The History Of Democracy with Professor Emeritus Alvin Finkel

On Mondays 1p.m. – 3p.m. January 29, February 5, 12 & 26 and March 4

Fee: \$54 for the five-week course

Please register asap

Week 1 Democracy in Foraging Societies and Early Agricultural Societies

Week 2 The Establishment of Early Empires and the Resistance of Slaves and Commoners

Week 3 Peasant Resistance to Feudalism and Early Capitalism; Resistance to European Imperialism from 1400 to 1950s

Week 4 The Growth of Modern Democracies Across the World and Totalitarian Resistance, 1789 to 1970s

Week 5 The Era of Neoliberalism and the Reappearance of Totalitarian Movements, 1980s to the Present.

We often think of democracy as having its origins in an off-and-on 300-year experiment that began in Athens about 2700 years ago. But, in fact, Athens was a slave society and its democratic structures, limited to the male half of non-slaves left 3/4 of everyone in Athens without representation and half of all residents with no freedoms of any kind...

Join the new six week course

Rediscover Detective/Mystery/Crime Fiction with Eileen Conway.

On Tuesdays 1p.m. – 3p.m. February 6, 13, 20, 27 and March 5 & 12

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

Over the span of our six meetings, we will look at some of the origins of mystery writing in the work of Poe, Collins, and Conan Doyle, for example; some classic works by the mid-twentieth century queens (Christie, Sayers, Marsh, Tey, Allingham); “hard-boiled” fiction writers such as Hammett, Spillane, and McDonald; forays into exotic crime fiction set in far off times and places; and Canadian contributions to the list too. Come prepared to share and celebrate old favourites, and meet some potential new favourites!

Special Presentations

Peace Boat Project

On Thursday, February 8 at 1p.m.

Join our very talented writer Anna Marie Sewell to learn about her experiences with the Peace Boat project. A Japan-based international NGO working to promote peace, human rights, and sustainability. Guided by the UN Sustainable Development Goals (SDGs), Peace Boat’s Global Voyages offer a unique programme of activities

Community Conversation with Satya Brata Das

Thursday, February 22 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.

Estate Planning from a Financial Perspective – Wei Woo, Investment Advisor, CIM, EPC

On Thursday, February 15 at 1p.m.

More than just investments, a successful estate plan is about caring for family, friends and special organizations through some simple preplanning. Just as important is preparing your executor or co executors for the task, and regularly updating your estate strategy. Join Wei Woo as he speaks about some important ideas to consider for your estate planning from a financial planning and investment perspective. Wei Woo will also share some of the estate issues and challenges that he has come across over the past 15 years in the finance industry.

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



Please reserve your seats ahead of time!

Thursday, January 18, 2024 at 12p.m.

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

Thursday, February 1, 2024 at 7:30p.m.

“Don Giovanni” at the Jubilee Auditorium
 Only 20 seats (main floor)
 available for opening night
\$55 for Members and \$65 for Non-Members

The timeless music and an incredible cast will bring the emotionally charged world of desire, love and betrayal to life with this opera in concert performance, followed by the captivating Edmonton Symphony Orchestra.

RSVP your tickets with payment by January 22, 2024.

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: Daniella Drisdell - Son's Aiden Engagement and Wedding

Get Well

To: Barb Mandel

To: Shirley Goldberg

Sympathy

To: Sandra Kahn - loss of husband Nathan Z"L

To: Abe Silverman - loss of wife Toby Z"L

From Members:

Get Well

To: Barb Mandel
From: Freya and Lewis Wesel
Cheryl and Wayne Shur

Sympathy

To: Abe Silverman - loss of wife Toby Z"L

From: Freya and Lewis Wasel
Colette Frohlich

Mazal Tov

To: Sybil Cooper - Special Birthday

From: Cheryl and Bob Gliener

To: Daniella Drisdell - Son Aiden's Engagement and Wedding

From: Elaine and Mark Salkie
Darlyne and Gord Bushewsky

To: Judy Edelmann - Birthday

From: Diane Marcovitch
Colette Frohlich

To: Lewis Wasel - Birthday

From: Colette Frohlich

We are very pleased that our 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



"Danny & Delilah" Play
Cow Patti Theatre

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

January Birthdays

Abugov Marvin
 Hardin Phil
 Hodges Ernest
 Hughes Lynn
 Jenkins Dwayne
 Van Vorstenbos Paul
 Lerner Percy
 May Aron
 Ovics Josef
 Schayer Norman
 Hughes Dorothy
 Hussey Marilyn
 Janke Gertrud
 Kay Faye
 Lainwand Esther
 Leah Barbara
 Loewan Anne Else
 Milligan Dawn
 Nahornick Beryl

Nyland Sarah
 Prepes Evelyn
 Ritch Carol
 Simon Frances
 Sonmor Beverly
 Starkman Esther
 Tyrell LeeAnn
 Wasel Freya
 Weisz Eva
 Woodward Diane
 Yui Kay

February Birthdays

Bubis Earl
 Charach Larry
 Dolman Bill
 Haas David
 Schwartzberg Jack
 Zon Nick
 Bass Svetlana
 Bai David

Fairhurst Mary
 Fast Avau
 Freedman Donna
 Ho Edisa
 Hulley Beverly
 Hutchings Carol
 Jacobs Mindy
 Lorberg Enneke
 MacPhail Beth
 Morrow Kathleen
 Patel Chandra
 Romanow Sandy
 Shafir Ruth Ellen
 Sheckter Reisa
 Sindler Elizabeth
 Willox Eve
 Wormsbecker Ilonka



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 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 Mondays at 10a.m. Starts January 8
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!



January - February 2024 Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	January 1 Closed	2 10:45 Fitness with Bonnie	3 10a.m.-12p.m. Whimsical Wednesdays 12p.m. Lunch	4 11a.m. Fitness with Anna 12:00 Hawaiian Party 1:00 Armchair Traveler: Maui	5	6
7	8 10a.m. Yoga with Sandy 12p.m. Lunch	9 10:45 Fitness with Bonnie 12p.m. Lunch 1p.m. CKUA - 100 Years of Radio in Alberta with Ken Regan	10 12p.m. Lunch	11 11a.m. Fitness with Anna 12p.m. Lunch	12	13
14	15 10a.m. Yoga with Sandy 12p.m. Lunch	16 10:45 Fitness with Bonnie 12p.m. Lunch & Learn: Understanding Alzheimer's Disease and Related Dementias	17 10a.m.-12p.m. Whimsical Wednesdays 12p.m. Lunch	18 11a.m. Fitness with Anna 12p.m. Lunch with Edmonton Opera	19	20
21	22 10a.m. Yoga with Sandy 12p.m. Lunch	23 10:45 Fitness with Bonnie 12p.m. Lunch	24 12 Tu B'shevat Celebration Lunch 1p.m. Annual 2023 Global Financial Market Review & 2024 with Wei Woo	25 11a.m. Fitness with Anna 12p.m. Lunch 1p.m. History and Sacred Meaning of Treaties with Lewis Cardinal	26	27

January - February 2024 Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 10a.m. Yoga with Sandy 12p.m. Lunch 1p.m. The History of Democracy with Prof. Finkel 1	30 10:45 Fitness with Bonnie 12p.m. Lunch	31 10a.m.-12p.m. Whimsical Wednesdays 12p.m. Lunch	February 1 11a.m. Fitness with Anna 12p.m. Lunch & Learn: Gaming Addiction with Cindie Thimpson 7:30p.m. Don Giovanni at the Jubilee Auditorium	2	3
4	5 10a.m. Yoga with Sandy 12p.m. Lunch 1p.m. The History of Democracy with Prof. Finkel 2	6 10:45 Fitness with Bonnie 12p.m. Lunch 1p.m. Literature course with Eileen Conway 1	7 10a.m.-12p.m. Whimsical Wednesdays 12p.m. Lunch	8 11a.m. Fitness with Anna 12p.m. Lunch 1p.m. Peace Boat project with Anna Marie Sewell	9	10
11	12 10a.m. Yoga with Sandy 12p.m. Lunch 1p.m. The History of Democracy with Prof. Finkel 3	13 10:45 Fitness with Bonnie 12p.m. Lunch 1p.m. Literature course with Eileen Conway 2	14 12p.m. Lunch	15 11a.m. Fitness with Anna 12p.m. Lunch 1p.m. Estate Planning from a Financial Perspective with Wei Woo, Investment Advisor, CIM, EPC	16	17
18	19 10a.m. Yoga with Sandy 12p.m. Lunch NO Prof. Finkel	20 10:45 Fitness with Bonnie 12p.m. Lunch 1p.m. Literature course with Eileen Conway 3	21 10a.m.-12p.m. Whimsical Wednesdays 12p.m. Lunch	22 11a.m. Fitness with Anna 12p.m. Lunch	23	24
25	26 10a.m. Yoga with Sandy 12p.m. Lunch <i>1p.m. The History of Democracy with Prof. Finkel 4</i>	27 10:45 Fitness with Bonnie 12p.m. Lunch 1p.m. Literature course with Eileen Conway 4	28 12p.m. Lunch	29 11a.m. Fitness with Anna 12p.m. Lunch 1p.m. Indigenous Learning Experience TBA	March 1	

We are happy to serve you at the Centre!

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.

January – February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	January 1 closed	2 Surprised Lunch	3 Surprised Lunch	4 Hawaiian Party	5	6
7	8 Surprised Lunch	9 Borscht Loaded Potato Salad/Dessert	10 Surprised Lunch	11 Broccoli Soup Cheese Tart Salad/Dessert	12	13
14	15 Mushroom Soup Kugel Salad/Dessert	16 Minestrone Soup Melted Cheese & Egg Croissants Salad/Dessert	17 Surprised Lunch	18 Onion Soup Veggie Strudel Salad/Dessert	19	20
21	22 Country Veggie Soup Kugel Salad/Dessert	23 Carrot Soup Pizza Salad/Dessert	24 Surprised Lunch	25 Indigenous Lunch	26	27
28	29 Mulligatawny Tuna Croissants Salad/Dessert	30 Birthday Celebration Pea Soup Fish & Chips Salad/Cake	31 Surprised Lunch	February 1 Tomato Basil Mac n' Cheese Salad/Dessert	2	3

January - February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5 Black Bean Soup Tuna Bun Salad/Dessert	6 Corn Chowder Frittata Salad/Dessert	7 Surprised Lunch	8 Mushroom - Barley Soup Onion Tart Salad/Dessert	9	10
11	12 Minestrone Soup Melted Cheese & Egg Croissants Salad/Dessert	13 Chickpea Soup Veggie Curry on Rice Salad/Dessert	14 Surprised Lunch	15 Matzo Ball Soup Savory Tarts Salad/Dessert	16	17
18	19 Carrot Soup Frittata Salad/Dessert	20 Squash Soup Shepherd's Pie Salad/Dessert	21 Surprised Lunch	22 Pickle Soup Pizza Salad/Dessert	23	24
25	26 Mushroom Soup Veggie Gratin Salad/Dessert	27 Birthday Celebration Moroccan Peanut Salmon Wraps Salad/Special Cake	28 Surprised Lunch	29 Indigenous Lunch		

Clubs

Not Boring Book Club

January 10, 1p.m.

Belle Greene, historical fiction, by Alexandra Lapierre.

February 14, 1p.m.

Horse by Geraldine Brooks.



Hanukkah Celebration

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 and Sandy Mah

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.