

March - April 2024/5784

Schmooze & News



Seniors' Centre
All Seniors Welcome

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Edmonton, AB T5K 0G4
Location: 10052-117 Street

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PURIM

On Thursday, March 21 at 11a.m.

11:00a.m. Rabbi Mendy "Purim Traditions"

11:30a.m. Purimspiel presented by
Beryl Nahornick Production Inc.

12:00p.m. Surprised Lunch

Limited seating.

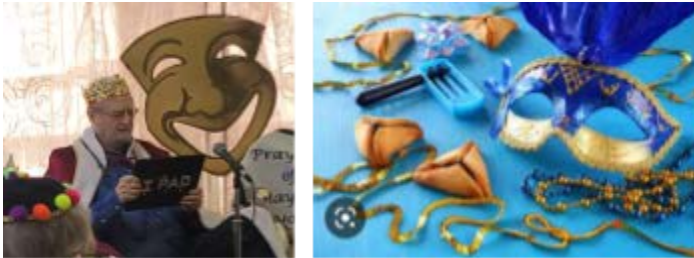
RSVP with payment ASAP

\$20 per member & \$25 per non-member.

Pre-order your HAMANTASCHEN

(\$20 per dozen poppy seeds or mixed fruits)

last order day Thursday, March 14.



Friends Gather & Whisky Tasting

On Sunday, April 7 at 4p.m.

Join Jon Whisky Neighbour, a Canadian Whisky enthusiast who loves to share his passion in this liquid of life! He believes learning to appreciate whisky is a life-long journey.

He brings a wealth of experience and a keen understanding of the process! We are proud to offer a selection of Whisky from all over the world!

Your ticket of \$54 per guest will include a presentation, 5 different whisky samples paired with special treats, dessert reception and entertainment.

**Limited Seating, RSVP
by Thursday, March 28 with payment.**



President's Column

It's been a while since I delivered my last President's Report so there are a lot of items to cover. Hang on to your hat, here we go!

As we head into the spring months of March & April I am reminded that we have experienced a relatively mild winter with not very much snow. Hopefully, we will still receive more snowfall, followed by adequate amounts of rain in the spring and early summer so that our province will not experience drought conditions in 2024.

Meanwhile, the Centre has gradually returned to 987 almost pre-Covid levels of activity. Our lunches from Mondays through Thursdays are often well-attended, especially on days when there are morning and/or afternoon classes. Over the past several months we have hosted a number of noteworthy programs and special events.



These include a lively Hanukkah Celebration with a full house of over one hundred guests for latke lunch, with a stirring performance by our Young At Heart Choir. We experienced an inspiring presentation by Lewis Cardinal about the History and Sacred Meaning of Treaties, in which he described the story of the Indigenous peoples of Canada and Alberta, including notable members of

his own family. Many thanks to Edmonton Opera: we recently had two lunches with them at the Centre with amazing singer Alla Salakhova, and attended full performances of CARMEN and DON GIOVANNI at the Jubilee Auditorium, with excellent seats made available to us at a reasonable price.



In addition to our regular and ongoing Health and Wellness classes, including Yoga on Mondays, exercise classes with Bonnie Austen on Tuesdays and with Anna Kratochvil on Thursdays, there are opportunities to play cards, Mah Jong, Scrabble and other board games at various times. Just ask Luba or Svetlana how to get started. We have had several excellent courses on Art, Music and Culture over the past few months. Currently Professor Emeritus Alvin Finkel is in the midst of a 5-part course on The History of Democracy, and Eileen Conway is conducting a 6-part course called Rediscover Detective/Mystery/Crime Fiction, examining the delights of early classic works of crime fiction, including mid-20th Century queens such as Agatha Christie, and the works of contemporary writers as well. A big thank you to

our executive assistant, Luba Allen, for all her work in arranging these and many other programs. Luba, you rule!

I would particularly like to acknowledge the welcome support the Centre has received from the following donors:

The Sam Osher Switzer Charitable Foundation made a sizeable donation towards our programming efforts.

The ORT Edmonton organization made a generous donation towards our intellectually stimulating classes.

The Jewish Federation of Edmonton provided a much-appreciated grant towards our transportation program.



And now here is something that really makes our Centre stand out. We have held a large number of programs and events over the past year or so, under the umbrella of “Overcoming Our Biases: Colour, Race and Religion Through Intercultural Dialogue”, a continuing project made possible through the financial support of the Canadian Race Relation Foundation’s National Anti-Racism Fund.

We hosted different ethno-cultural community gatherings, roundtables, special presentations and workshops, and unique educational excursions to various centres of culture and religion, for example, Beth Israel Synagogue, the Sikh Temple, etc. In addition, our Young At Heart Choir performed at the Multifaith Concert, and in May 2023 opened the Edmonton Jewish Film Festival with a performance at the Stanley Milner Library auditorium downtown. Furthermore, we are continuing our innovative project, From Survival to Thrival: Shared Historical Experiences, with the Indigenous community of Edmonton, thanks to funding from the Government of Canada’s Canadian Heritage program. I want to acknowledge the vital work of our wonderful Executive Director, Svetlana Pavlenko, in obtaining all of these grants and donations. Without her tireless efforts these funds would not be coming our way.

We also want to thank New Horizons for Seniors for providing us with more projects involving youth, generally university students, who actively assisted us in implementing our Bagel Loop: Walk/Run/Roll event last summer. By the way, now is the time to mark your calendars for Bagel Loop 2024 to be held on Sunday, June 16th at Victoria Park in the river valley. This is our major fundraising event of the year and is a super fun-raising time for all ages, not to be missed!



This brings me to a very important point of consideration. Our Centre is in constant need of fundraising. We purposefully keep our annual membership fees low in order to encourage participation. But it costs thousands of dollars a year to run our building, with constant bills for electricity, gas, maintenance and repairs, over and above our programming and personnel expenses. You can help maintain the Centre by utilizing our Tribute Cards services. These beautiful cards start at \$10 (picture of the Ten Commandments), and go up to \$18, \$36 and higher, and are a very nice way to acknowledge life events or to just send a greeting to a friend, while supporting the Centre. You might also consider the opportunity to leave an historical record about your significant event by purchasing a plaque on our mural entrance Shalom Wall: single plaque \$100, double \$180, triple \$280. These provide a permanent visible reminder of a loved one or an important event. You can also support the Centre by including Jewish Senior Citizen's Centre in your will via a bequest; just ask Svetlana for the information.

Finally, I just want to say a word or two about the importance of volunteering for positions of responsibility at the Centre. Volunteers are the lifeblood of our organization and we thank all of you who volunteer, sincerely from the bottom of our hearts. Whether it is greeting guests, receiving payments for lunches, takeout or programs, helping in the kitchen or serving tables, sharing your experiences at lunch-and-learn, or whatever you do, you are really, really appreciated! Please consider volunteering for a board or a committee position in the future. We are certainly in need of a vice-president on the Board, who would eventually move up to president (he said, hopefully).

That's all for now, folks. Thanks for reading this far.

Sam Koplowitz, President

Special Events & Presentations

Indigenous Experiences in Canada: a new three-session series

Fee: \$30 for three sessions

A White Woman's Integration into the First Nations Community: "Two World views and why we clashed" with Rita Makkannaw.

March 11 1:00pm – 3:00pm

Rita is a Danish woman who married a traditional Cree elder, Raven Makkannaw. He was the teacher, the doctor and the spiritual leader. Together they devoted their lives to creating harmony between our people. Living in both worlds gave her an insight into how we can live together in a good way through understanding our differences and taking the best of both world views into the future.

"Fourth World Songs: A Survey of Music from Indigenous Canada" with Anna Marie Sewell

March 18 1:00pm – 3:00pm

In the context of the UN's Decade of Indigenous Languages, Anna Marie examines how music both Traditional and contemporary has served to convey Indigenous history, celebrate our worldview, and preserve our languages, and shares some of the songs she herself carries.

Indigenous Experiences in Canada: the last session

“Where do we go from here?
What can we as individuals do to
create harmony in this land of
diversity” with Rita Makkannaw

March 25 1:00pm – 3:00pm

From Survival to Thrival: Shared Historical Experiences: 2024

March 28 & April 18, March 7, April 11,
and May 9 1:00p.m. – 3:00p.m.

The project “From Survival to Thrival: Shared Historical Experiences 2024” combines a unique partnership between our Centre and the kihcihkaw askî - Sacred Land, represented by Lewis Cardinal and other members of the Edmonton Indigenous community.

Building on a 2019 partnership that harnessed the power of collaboration, this project aims to provide in-depth intercultural interactions between Jewish and Indigenous community members living in the city of Edmonton.

We are very grateful for the insightful presentations Lewis Cardinal facilitated at the Centre in January and February that included: “The History and the Sacred Meaning of Treaties” and “Foundations of Indigenous Philosophy of Life”. Lewis will be presenting also on Thursdays March 28 & April 18.



We also will present a new three-session series Indigenous Experiences in Canada that will feature Anna Marie Sewell and Rita Makkannaw. Please see the schedule in this Newsletter.

In partnership with JAHSENA (the Jewish Archives and Historical Society of Edmonton and Northern Alberta) we are hosting three panel discussions “Growing Up in Edmonton” with Indigenous and Jewish panelist talking about their different life experiences in Edmonton. The panels will take place on **Thursdays March 7, April 11 and May 9 1p.m. – 3p.m.**

We would like to acknowledge the financial support of Heritage Canada, the Government of Canada that enabled us to create the events for learning and sharing from each other.



Intergenerational Trauma

Thursday, April 4 1p.m. – 3p.m.

As a society we are not well educated in resolving trauma or even knowing that as individuals we may be traumatized. The predominant individualistic attitudes of our culture can prevent people asking for help, often feeling ashamed. How can we help?

Jonathan Hooton, PhD, SEP, PhC, was trained as a biochemist and followed a career in research for many years. Over the past 30 years he has explored many healing modalities including healing (talking) circles and training in energy work, Integrative Body Psychotherapy, and many more.

Let's Chat About Palliative Care

On Tuesday, April 9 1p.m. -3p.m.

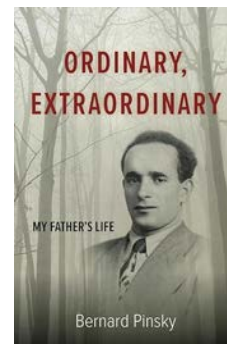
Dr. Robin Fainsinger graduated from the University of Cape Town in South Africa in 1981. He and his wife immigrated to Canada in 1985 and lived in rural Saskatchewan for a number of years, where Dr. Fainsinger worked as a Family Practitioner.

Dr. Fainsinger obtained the CCFP in 1990 and completed the first fellowship in palliative care medicine at the University of Alberta in the same year. Since then, he has worked with the Palliative Care Program at the Edmonton General Hospital and Grey Nuns Hospital. He is active in education and research, and has published articles on a number of palliative care topics, with an interest in dehydration, delirium and sedation at the end of life. His present research focus is on developing the Edmonton Classification System for Cancer Pain (ECS-CP). He has over 180 publications in journals and book chapters.

Community Tea and Book Launch with Special Guest

Mr. Bernard Pinsky

On Sunday, April 14 at 11a.m.



We are very honoured to invite you for tea & scones and book launch with Mr. Bernard Pinsky. Author Pinsky shares his dad's compelling story of Holocaust survival in "*Ordinary, Extraordinary: My Father's Life*"

book. He will present this unique story at the event and you will be able to ask any questions you might have. Mr. Pinsky will also be signing books.

Retired lawyer Bernard Pinsky tells the story of his father Rubin's life, this "ordinary Jewish man" somehow survived the Holocaust in Eastern Europe by joining a roving band of partisan resistance fighters.

Mr. Pinsky was born and raised in Winnipeg, MB, where he graduated with a BA and LLB from the University of Manitoba. He is married, has two adult sons, and lives in Vancouver, BC, where he practiced law for more than 40 years. Bernard is now engaged full-time as board chair of the Ronald S. Roadburg Foundation.

The Ronald S. Roadburg Foundation will sponsor the book purchase and the event. Please let us know at the registration for the event that you would like the book.

As we are expecting a large crowd, please pre-register by Wednesday, April 10.

Lunch & Learn

"Rise of Homo Sapiens" with Adi

On Wednesday, March 6 at 12p.m.

As always, an interesting presentation by our wonderful student from the Connecting Seniors with Care UAlberta.

Fraud Prevention with the Edmonton Neighborhood Watch (ENW).



On Thursday, March 14 at 12p.m.

The ENW aims to build safer communities by providing crime-related information and supporting neighbourhood-level programs encouraging awareness, education, inclusion, and participation.

Alberta Home Care Solutions

On Tuesday, March 19 at 12p.m.

Learn what kind of help is available for your convenience at your own home.

Saving Money at the Grocery Store



On Tuesday, April 16 at 12p.m.

Kristen, our very own Nutritionist, will share tips and tricks for affording a healthy diet without breaking the bank. We'll also explore various funding sources available for seniors' nutrition needs. Attendees will leave with valuable information and more money in their pockets.

Understanding Investment Management Fees with Your Financial Institution With Wei Woo, Investment Advisor, CIM, EPC

On Tuesday, March 26 at 1p.m.

An increasing number of banks and investment firms' clients are demanding more clarity on the type of investment fees they are paying directly or indirectly, as well as to why. Come join Wei Woo as we explore this very relevant and important issue in depth. There will also be discussions on fee based accounts, and if they are truly beneficial to your situation

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 with Sandy Mah

On Mondays at 10:45a.m.

Whimsical Wednesdays

Join a day of Fun, Friendship & Craft!

Every Wednesday

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!

What's more? We offer a special light lunch that day for \$10 only. Please inform the Office about your game of choice!

Ikebana Classes



Wednesdays at 1p.m. March 6 & 20, April 3&17, May 8 & 22, June 5 & 19

The classes will resume on Wednesday, March 6 at 1p.m.

Please contact our Ikebana Master Brenda for details: ikebanclub@gmail.com, 780-803-4481

Upcoming Events

The History of Bollywood



Tuesday, April 2 at 1p.m.

Join our wonderful speaker Aashna from the Connecting Seniors with Care UAlberta to learn about the history of iconic Bollywood. Expect to be surprised and inspired!

Mother's Day Brunch with Concert



Sunday, May 12 at 11a.m.

Bring the dearest people in your life to enjoy a delicious brunch with complimentary Mimosa and admire the Woodwind Quintet of The Royal Canadian Artillery Band.

Fee: \$36 per person

Armchair Traveller: The Magic of Saint Petersburg with Svetlana



Thursday, May 23 at 1p.m.

Join Svetlana to admire the magic of one of the most beautiful cities in the world. Learn about history, architecture, and culture. Join us for traditional Russian Lunch at 12p.m. that day.

Bagel Loop: Walk / Run / Roll 2024





Sunday, June 16 (the Father's Day) at the Victoria Park (12030 River Valley Rd NW)

Our seniors will gear up their canes, walkers and wheelchairs to Walk, Run, Roll around Victoria Park at the Fourth Annual Bagel Loop, only event of its kind in Edmonton.

It is a unique fundraiser – fundraiser put on By Seniors For Seniors and their Families in support of our Centre. **Mark your Calendars and bring Your Family, Friends and New Members!**

Event Details

March – April 2024 Schedule						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					March 1	2
3 Sunday Club	4 10a.m. Yoga 12p.m. Lunch 1p.m. The History of Democracy with Prof. Finkel	5 10:45 Fitness with Bonnie 12p.m. Lunch 1p.m. Literature course with Eileen Conway 5	6 10a.m.-12p.m. Whimsical Wednesday! 12p.m. Lunch Special \$10 12:30p.m. U of A student will speak on "Rise of Homo Sapiens" 1p.m. Ikebana	7 11a.m. Fitness with Anna 12p.m. Lunch 1p.m. Growing up in Edmonton Panel Discussion with Indigenous & Jewish Panelists	8	9
10 Sunday Club	11 No Yoga 12p.m. Lunch 1p.m. "Two Worldviews" with Rita Makkannaw	12 10:45 Fitness with Bonnie 12p.m. Lunch 1p.m. Literature course with Eileen Conway 6	13 Cow Patti- Drinking Alone <i>Leaving the Centre at 9:30a.m.</i>	14 11a.m. Fitness with Anna 12p.m. Lunch 1p.m. Neighbourhood watch- Fraud	15	16
17 Sunday Club	18 No Yoga 12p.m. Lunch 1p.m. Anna Marie Sewel "A Survey of Music from Indigenous Canada"	19 10:45 Fitness with Bonnie 12p.m. Lunch 1p.m. AB Home Care Solutions	20 10a.m.-12p.m. Whimsical Wednesday! 12p.m. Lunch 12:45p.m. U of A students' presentation TBA 1p.m. Ikebana	21 No Fitness 11a.m. <i>Rabbi Mendy</i> 11:20a.m. Purim Spiel 12:15p.m. Lunch	22	23 Erev Purim
24 Sunday Club Purim	25 10:45a.m. Yoga 12p.m. Lunch 1p.m. "Where do we go from here?" with Rita Makkannaw	26 10:45a.m. Fitness with Bonnie 12p.m. <i>Birthday Lunch with singalong by Dr. Jerry Katz</i> 1p.m. Undertaking Investment with financial expert Wei Woo	27 9a.m. Board 12p.m. Lunch	28 11a.m. Fitness with Anna 12p.m. Lunch 1p.m. Indigenous Learning Experience TBA	29	30
31	April 1 CLOSED	2 10:45a.m. Fitness with Bonnie 12p.m. Lunch 1p.m. The History of Bollywood with Aashna	3 10a.m.-12p.m. Whimsical Wednesday! 12p.m. Lunch 1p.m. Ikebana	4 11a.m. Fitness with Anna 12p.m. Lunch 1p.m. Intergenerational Trauma with Jonathan Hooton	5	6

March – April 2024 Schedule						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 4p.m. Whisky tasting and treats pairing	8 10:45a.m. Yoga 12p.m. Lunch	9 10:45a.m. Fitness with Bonnie 12p.m. Lunch 1p.m. Let's chat about Palliative Care with Dr. Robin Fainsinger	10 12p.m. Lunch	11 11a.m. Fitness with Anna 12p.m. Lunch 1p.m. Growing up in Edmonton Panel Discussion with Indigenous & Jewish Panelists	Mark your calendar for Bagel Loop 2024  Sunday, June 16 Victoria Park 	
14 11a.m. Community Tea with Mr. Bernard Pinsky. He presents his book "Ordinary, Extraordinary: My Father's Life"	15 10:45a.m. Yoga 12p.m. Lunch	16 10:45a.m. Fitness with Bonnie 12p.m. Lunch 1p.m. Saving Money at the Grocery Store with Kristen, our in-house Nutritionist	17 10a.m.-12p.m. Whimsical Wednesday! 1p.m. Ikebana	18 11a.m. Fitness with Anna 12p.m. Lunch 1p.m. Indigenous Learning Experience with Lewis Cardinal		
April 21 – May 1 CENTRE CLOSED						

Join us for the new course

**Technology: will it save, serve or sink us?
With professor Emeritus David Wangler**

On Tuesdays 1p.m. – 3p.m. May 7, 14, 21 & 28

The idea that technology might be less than beneficial or even harmful is surprising for many of us. Those who strongly support technology repeatedly point to and argue for its many benefits. These are indeed present and expanding but what is seldom noted is the fact that technology does many obvious things FOR us but it also does things TO us which are seldom acknowledged or discussed and may result in a world where we are influenced or controlled by the technology we have created.

Where do we go from here? And how will we protect this fragile world from our own destructive powers?

Fee: \$45 for the four-week course Please register ASAP

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, **Co-Treasurers:** Elaine Salkie & Lilia Shlomovitch, **Transportation Chair:** Hans Pilz, **Co-Fundraising Chair:** Jerry Katz, **Volunteer Chair:** Cheryl Shur, **Membership Chair:** Inna Sukonnik, **Sunday Club Chair:** Lina Kichnevskaja

Directors: Gordon Bushewsky, Susan Baram

Presidential Appointee: Marina Starkman

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.