

May - June 2024/5784

# 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](http://www.jdicseniors.ca)  
[programmer@jdicseniors.ca](mailto:programmer@jdicseniors.ca)



## Mother's Day Brunch with Concert

**Sunday, May 12 at 11a.m.**

**Fee: \$36 per person**

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.

# Bagel Loop: Walk/Run/Roll 2024

Sunday, June 16 at 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.**

of our Centre. Bring Your Family, Friends and New Members! Gather pledges for your participation: ask your family members for \$25 (day 1), ask your neighbours for \$25 (Day 2), ask you doctors, pharmacists, hairdressers, nail specialists, mechanics, favourite shop owners (Day 3). You will reach your goal of \$100!

The pledge form is available at the office and in this Newsletter! Please support us by participating in a fun pledge challenge!

The Registration Fees will be as follows:

- Family (any 4 members) - \$50
- Adult - \$20
- Kids over 10—\$15
- Kids under 10—Free

Hurry up! The fee will be increased after June 1. Our oldest participant in 2024 will be 100 and the youngest one will be determined at the race.

We are expecting around 200 participants!

### Preliminary event schedule:

- 10:00a.m Registration and morning snacks.  
Entertainment for kids & adults
- 11:00a.m. Warm-up workshop facilitated by the Centre’s Fitness Instructors
- 11:30a.m. The Walk/Run/Roll starts
- 12:00p.m. Family-friendly international cuisine  
Picnic time

**Stay tuned for more details!  
Mark your Calendars!**



It is a unique friendraiser - fundraiser put on BY Seniors FOR Seniors and their Families in support

It's time for the annual **BAGEL LOOP Walk/Run/Roll 2024 Walk-A-Thon!**  
 Support **Jewish Senior Citizen's Centre (aka JDIC Seniors' Centre)**

**Sunday, June 16 2024 at VICTORIA PARK, Check-in time 10a.m.**

Name: \_\_\_\_\_

Dear Friend,

Please sponsor my participation in the **Jewish Senior Citizen's Centre (aka JDIC Seniors' Centre)** Walk-A-Thon.

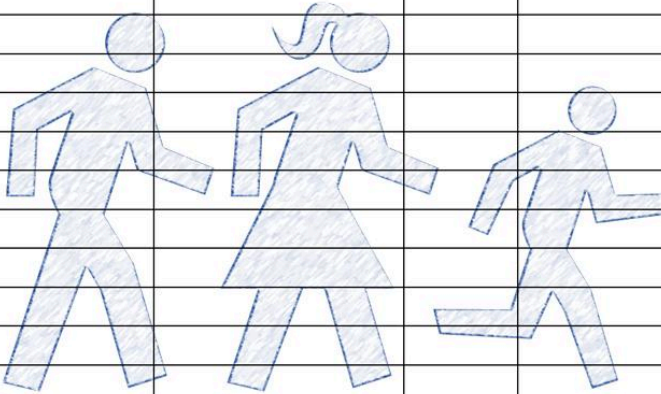
All proceeds will help fund the Centre's **programming for ALL seniors of Edmonton**. This is a family friendly event created **by seniors to support seniors**.

Make checks payable to Jewish Senior Citizen's Centre write in memo: Bagel Loop 2024 or do E-transfer to [jdic@shaw.ca](mailto:jdic@shaw.ca) with memo, please.

All contributions **of \$25 and higher are tax-deductible**.

**Thank you!**

	Name of Sponsor	Pledge amount	Tax Receipt	Address of sponsor for tax receipt purpose ONLY
1				
2				
3				
4				
5				
6				
7				
8				
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16				
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18				



Participants:

To reach our \$10,000 goal, we hope that each participant finds 10 sponsors.

Please bring this form to the Centre or to the Victoria Park on the walk-a-thon day, **Sunday, June 16 at 10a.m**

**Inquiries about this event: 780-488-4241**

**[programmer@jdicseniors.ca](mailto:programmer@jdicseniors.ca)**

**[www.jdicseniors.ca](http://www.jdicseniors.ca)**

## Special Events & Presentations

### From Survival to Thrival: Shared Historical Experiences: Growing Up in Edmonton 2024

Thursday May 9 @ 1p.m. – 3p.m.

The project “From Survival to Thrival: Shared Historical Experiences 2024” combines a unique partnership between our Centre and the Kichikawa 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.

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 panelists talking about their different life experiences in Edmonton.

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

### What can you find at the Provincial Archives of Alberta?

Thursday May 16 @ 1p.m. – 3p.m.

Join Jaclyn Landry, a Program & Volunteer Coordinator of the Provincial Archives of Alberta, who will talk about the treasures of this unique place. You will learn what & how you can find, how to donate your records and how to preserve your family history.

### 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 a traditional Russian Lunch at 12p.m.

## Retirement Income Planning and Decumulation

Wednesday, May 29 at 1p.m.

Wei Woo will share his financial expertise again!

So far in 2024 we have seen many parts of the financial markets do well.

How much can I spend so I will not run out of money? Which of my assets should I spend first? Come and ask your questions.

2024 is the time to either revisit or create new retirement projection numbers to reflect the current financial reality.

## Diabetes in XXI century

Thursday May 30 @ 1p.m. – 3p.m.

Dr. Daniel Shafran is a specialist in Internal Medicine and co-founder of the Edmonton Diabetes & High-Risk Foot Clinic. He is deeply committed to helping his patients avoid complications of diabetes. Come and learn what is important to do to have a good quality life.

## High Tea with “Acquired Taste Tea Company”

Thursday, June 6 @ 12p.m.

Acquired Taste Tea Company owner Anna Somerville will talk about her passion and share the secrets of a good tea.

## Sing-Along with Joe Kirman

Tuesday, June 4 @ 1p.m.

Join Joe Kirman to sing-along and learn some ukulele chords!

## What’s for Supper?

Tuesday, June 18 @ 1p.m.



Simplify meal planning and save time and energy with Kristen's expert knowledge. Tired of the same old recipes? Join this session for fresh ideas and healthy recipes to try at home. Participants will receive a tip sheet and new recipes, with time for idea and recipe sharing.

## AI Ethics: It matters to everyone.

Thursday, June 20 @ 1p.m.

Join Katrina Ingram, the Founder & CEO of Ethically Aligned AI, to learn about Artificial Intelligence (AI).

AI is everywhere. We are all being scored, surveilled and assessed by these data driven systems. In this talk, you'll get some clarity on the many issues that we need to grapple with when it comes to navigating our AI present and future.

# Upcoming Events

## Join us for events during the Edmonton Historic Festival Doors Open

The fee is \$15 for one lecture & lunch included or \$20 for two lectures & lunch included

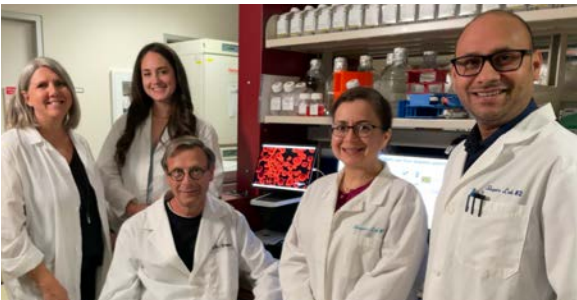
### Lunch

Sunday, July 7 @ 12p.m.

Gazpacho Soup, Roasted Veggie Couscous Salad, Olive Herb Focaccia, Fresh Berry Shortcake

## Diabetes Research Institute Foundation Canada Breaks Diabetes with Melanie Hibbard, Executive Director DRIFCan

Sunday, July 7 @ 10:45a.m. – 12p.m.



The Diabetes Research Institute Foundation Canada (DRIFCan) mission is to directly fund cure based diabetes research. Dr Shapiro has a world renowned research lab at the Alberta Diabetes Institute at the University of Alberta, which is best known for the Edmonton Protocol and Islet transplantation. He is now moving the research into a new direction of stem cell transplantation

using one's own cells. We will take you on a diabetes research journey through the last 20 years.

## Notable Jewish people of Edmonton and Northern Alberta

Sunday, July 7 – Thursday, July 11

The JAHSENA (Jewish Archives) will have a display on notable Jewish people of the Edmonton and Northern Alberta Jewish Community. Available to view at the Centre.

## Technologies in XXI century & Artificial Intelligence with Forrest Zeisler

Sunday, July 7 @ 1p.m. – 3p.m.



Forrest is the CTO & Founder of Jobber, software for small home service businesses. He will share some of the key breakthroughs that have driven company success and the exciting new technologies. This talk will provide a glimpse into the future of tech in the home service industry.

Jobber is now used by over 200K service pros in plumbing, landscaping, residential cleaning, & more, across 60+ countries.

## Join us for a new 4 week course “The Long Cold War, 1917 to the Present Day” with Prof. Alvin Finkel

**Mondays @ 1 p.m. – 3p.m. July 8, 15, 22 & 29**



This course examines the origins of the huge rift between Western countries beginning with the Russian Revolution in 1917, its temporary burial during World I, its global reach during the period from 1945 to the 1980s, and the failure to heal that rift either during the Gorbachev period when the Soviets sought rapprochement with the West, or in the post-Soviet period when Russia lost its control over the other republics of the USSR as well as satellite states.

The first session explores the efforts by the West to reverse the Russian Revolution militarily after World War I and then in the 1930s through encouragement of Nazi invasion and the impact on internal developments within the USSR as well as the evolution of the USSR-Allied coalition after the Nazi invasion of the USSR.

The second session examines various explanations for the collapse of Western-Soviet cooperation after the war, the development of a polarized world, and the nuclear threats from Hiroshima and Nagasaki in 1945 to Cuba in 1962. The third session discusses the contrasting views

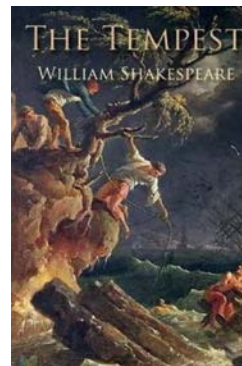
of the USSR and the US about what the other stood for and the impact on a variety of nations. While the US, for example claimed the Cold War was about democracy versus totalitarianism, the 50 or more cases of the US helping to overthrow elected governments raises the issue of its real aims during the Cold War just as Soviet collaborations with nationalist movements with little or no socialist component raises issues about Soviet claims that they were helping to build a world communist movement.

The final session looks at the decline and fall of the USSR and questions why both during the period of Soviet rapprochement with the West under Gorbachev and then with Russia during the post-Soviet period, the two sides failed to develop common agendas that could end the Cold War.

**Fee for the course \$48 (drop in fee \$15 per session)**

## Shakespeare at the Centre with Eileen Conway

**Mondays @ 1p.m. - 3p.m. May 13 & 27**



Hang onto your hats!  
It's Shakespeare Season again in Edmonton! Get ready for your theatre experiences with two presentations at your Centre. Tricks! Triumph! And even...Trumpery! Questions are welcome, and lively discussion is promised!

Pre-reading of "The Tempest" is recommended.

**Fee: \$36 (for two classes)**

# Pre-Shabbat Dinner

Friday, July 19

Doors open at 6p.m. Dinner at 6:30p.m.



Where beautiful traditions & new friends meet!  
Bert Malo will do pre-Shabbat formalities for us.

## Menu

- No-Chicken-Chicken Soup with Matza Ball
- Baked Fish with Roasted Potatoes
- Brussel Sprouts
- Garden Salad
- Apple Strudel
- Challah & Challah Buns

**Please reserve your seat before July 11**

### Fee per guest:

- Adults \$45
- Youth \$30
- Children under 6 \$5

Red or white wine will be available for \$6 per glass or \$30 per bottle.



**Proud to be part of  
the Jewish Community**

*Let us spread  
the word for you...*

780-421-7966

albertajewishnews@shaw.ca  
albertajewishnews.com

**ALBERTA  
Jewish News**

# We proudly present

## Martha Brooks &

## Mboya Nicholson Jazz Duo

Wednesdays, June 26, July 31 & August 14

Doors open at 6p.m.

Show starts at 6:30p.m.



Martha and Mboya present a tight musical partnership and their wonderful repertoire is from the American standard songbook oeuvre, culled from the world of Tin Pan Alley and some of the past century's greatest composers. Their performances are lyrical, thoughtful, funny and fun.

Martha Brooks is a vocal artist whose sensually sculpted and wry takes on standards made her a popular presence on the Winnipeg jazz scene for twenty-five years.

Pianist Mboya Nicholson has performed for international audiences, and is a fixture on Edmonton's jazz scene.

Three beautiful nights with light snacks

**RSVP with payment ASAP!**

**Fee for three nights:** \$90 per guest

\$36 per night per guest if tickets reserved singly

# 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.  
 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: [ikebanaclub@gmail.com](mailto:ikebanaclub@gmail.com), 780-803-4481

# Event Details

May – June 2024 Schedule						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5 Sunday Club	6 10:45a.m. Yoga 12p.m. Lunch	7 10:45a.m. Fitness with Bonnie 12p.m. Lunch 1-3p.m. Technologies with Prof. Wangler 1	8 10a.m.-12p.m. Whimsical Wednesday! 12p.m. Lunch 1 p.m. Ikebana	9 11a.m. Fitness with Anna 12p.m. Lunch <b>1-3p.m. Growing up in Edmonton3</b>	10	11
12 <b>11a.m. Mother's Day Brunch</b> <b>Woodwind Quintet</b>	13 10:45a.m. Yoga 12p.m. Lunch <b>1-3p.m. Eileen Shakespeare</b>	14 10:45a.m. Fitness with Bonnie 12p.m. Lunch 1-3p.m. Technologies with Prof. Wangler 2	15 Whimsical Wednesday!	16 11a.m. Fitness with Anna 12p.m. Lunch <b>1p.m. Provincial Archive Presentation</b>	17	18
19 CLOSED	20 CLOSED	21 10:45a.m. Fitness with Bonnie 12p.m. Lunch 1-3p.m. Technologies with Prof. Wangler 3	22 10a.m.-12p.m. Whimsical Wednesday! 12p.m. Lunch 1p.m. Ikebana	23 11a.m. Fitness with Anna 12p.m. Lunch <b>1 p.m. Armchair Traveler: Saint Petersburg with Svetlana</b>	24	25
26 Sunday Club  Lag B'Omer	27 10:45a.m. Yoga 12p.m. Lunch <b>1 - 3p.m. Eileen Shakespeare</b>	28 10:45a.m. Fitness with Bonnie <b>12p.m. Birthday Lunch</b> 1-3p.m. Technologies with Prof. Wangler 4	29 Whimsical Wednesday! 12p.m. Lunch <b>1p.m. Wei Woo Talk on Retirement Planning</b>	30 11 a.m. Fitness with Anna 12p.m. Lunch <b>1p.m. Diabetes Talk with Dr. Daniel Shafran</b>	31	<b>June 1</b>
2	3 10:45a.m. Yoga 12p.m. Lunch	4 10:45a.m. Fitness with Bonnie 12p.m. Lunch <b>Joe Kirman Ukulele-sing-along</b>	5 10a.m.- 12p.m. Whimsical Wednesday! 12p.m. Lunch 1p.m. Ikebana	6 11a.m. Fitness with Anna 12p.m. Lunch <b>1-2p.m. Anna Somerville Acquired Taste Tea Company</b>	7	8

# May – June 2024 Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10 10:45a.m. Yoga 12p.m. Lunch	11 10:45a.m. Fitness with Bonnie 12p.m. Lunch  Erev Shavuot	12 CLOSED  Shavuot	13 CLOSED  Shavuot (Yizkor)	<p><b>Mark your calendar for Bagel Loop 2024</b></p>  <p><b>Sunday, June 16 Victoria Park</b></p> 	
16 <b>BAGEL LOOP</b> 10a.m. Registration 10a.m.-11:20a.m. Tea/Coffee & Entertainment for children & adults 11:30a.m. Walk 12p.m. BBQ	17 CLOSED	18 10:45a.m. Fitness with Bonnie <b>12p.m. Lunch &amp; Learn with KristenHruschak Cooking for One</b>	19 10a.m.-12p.m. Whimsical Wednesday! 12p.m. Lunch 1p.m. Ikebana	20 11a.m. Fitness with Anna 12p.m. Lunch <b>1p.m Artificial Intelligence with Katrina Ingram</b>		
23	24 10:45a.m. Yoga 12p.m. Lunch	25 10:45 Fitness with Bonnie <b>12p.m. Birthday Lunch</b>	26 12p.m. No Lunch <b>6 p.m. Martha Brooks - JAZZ</b>	27 11a.m. Fitness with Anna 12p.m. Lunch		

## Join us for a 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**

# 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.**

## May - June 2024

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<b>MAY 5</b> Sunday CLub	6 Tomato Basil Soup Bagel with Cream Cheese Salad/Dessert	7 Split Pea Soup Veggie Quiche Salad/Dessert	8 Surprise Lunch	9 Veggie Barley Soup Shepards Pie Salad/Dessert		
12 <b>11a.m.</b> Mother's Day Brunch	13 Broccoli Soup Tuna Croissant Salad/Dessert	14 Carrot Soup Frittata Salad/Dessert	15 Surprise Lunch	16 Bean Soup Knishes Salad/ Dessert		
Sunday CLub	20 CLOSED	21 Squash Soup Mac 'n Cheese Salad/ Dessert	22 Surprise Lunch	23 <b>Russian Lunch</b>		
Sunday CLub	27 Lentil Soup Veggie Gratin Salad/Dessert	28 <b>Birthday Lunch</b> <b>Fish &amp; Chips</b>	29 Surprise Lunch	30 Spinach Soup Salad Plate/ Dessert	<b>JUNE 1</b>	
Sunday CLub	3 Chili Cornbread Salad/Dessert	4 Peanut Soup Salmon Patty Salad/Dessert	5 Surprise Lunch	6 <b>High Tea with</b> <b>Acquired Taste</b> <b>Tea Company</b>		
Sunday CLub	10 Soup & Sandwich Salad/Dessert	11 Broccoli Cheddar Soup Quiche Salad & Cheesecake	12 CLOSED	13 CLOSED		
16 <b>10a.m.</b> Bagel Loop at Victoria Park	17 CLOSED	18 Pickle Soup Mushroom Stroganoff Salad/Dessert	19 Surprise Lunch	20 Borscht Potato Kugel Salad/Dessert		
23 Sunday CLub	24 Chana Masala Indian Veggie & Rice Salad/ Dessert	25 <b>Birthday Lunch</b>	26 No Lunch Challah Making <b>6p.m. Jazz with</b> <b>Martha Brooks</b>	27 Zucchini Soup Pasta Bolognese 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, **Co-Treasurers:** Elaine Salkie & Lilia Shlomovitch, **Transportation Chair:** Hans Pilz, **Volunteer Chair:** Cheryl Shur, **Membership Chair:** Inna Sukonnik, **Sunday Club Chair:** Lina Kichnevskaia, **Directors:** Gordon Bushewsky, Susan Baram

**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.