

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



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 bless the wine & the challah with traditional prayers & entertain with some traditional songs.

**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.

Menu

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

2025 MEMBERSHIP FEES ARE NOW DUE

Only \$35 per Person

Why you should renew your membership?

The best programs in the city
Intellectually stimulating classes
Unique cultural experiences

Delicious lunches
Welcoming & friendly atmosphere to all
Delicious Take-out Food service

Special Events & Presentations

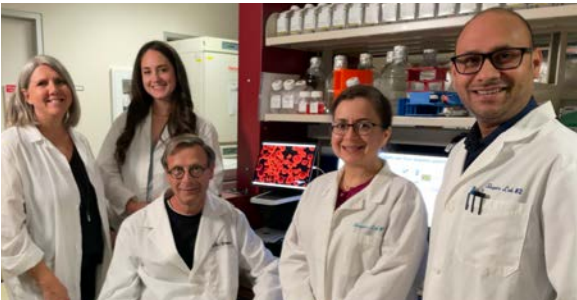
Join us for events during the Edmonton Historic Festival Doors Open

Sunday, July 7

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

Lecture #1 **starts at 10:45a.m.**

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



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.

Lunch @ 12p.m.

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

Lecture #2 **starts at 1:00p.m.**

Technologies in XXI century & Artificial Intelligence with Forrest Zeisler



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.

The Jewish Archives display “Notable Jewish people of Edmonton and Northern Alberta”

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 on Sunday and will remain at the Centre for viewing till July 11. **Carly Heffner**, an archivist, will be available for your questions between 11a.m. & 2p.m. on Sunday, Tuesday & Thursday.

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)

Self-defense for Seniors

Thursday, July 25 at 12p.m.

Join Katherine to explore the techniques for self-protection against a sudden attack in today's challenging world.

How did a nice Jewish boy from Edmonton have an audience with the Pope at the Vatican?

Thursday, July 11 at 1p.m.

Join **Sol Rolinger**, a retired Honorary LColonel of the Military Police, as a 51-year lawyer and prior to that as an engineer. He has a long history in Edmonton and in the Jewish community here and is a proud member of our Centre.

From Survival to Thrival: Shared Historical Experiences Project presents

Truth Before Reconciliation: An indigenous deconstruction of noble and savage stereotypes, through poetry and discussion.

Tuesday, July 23 at 1p.m.

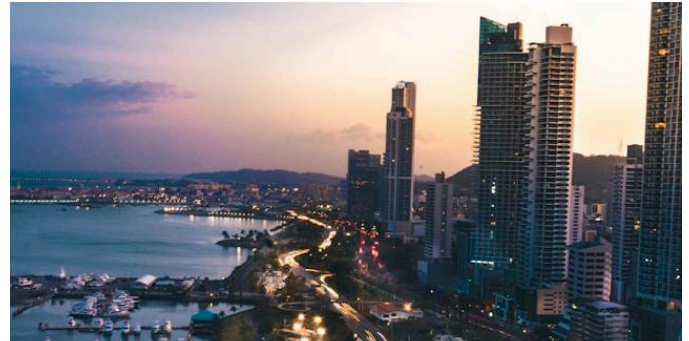
Join **Daniel Poitras**, who calls himself a half-breed poet from the Paul First Nation. Currently residing in Edmonton, he writes about the challenges that Indigenous and Metis people face today. He has been published in the *Home and Away* anthology (House of Blue Skies, 2009), *The Malahat Review*, *Grain Magazine*, *The Polyglot* and in the Edmonton Poetry Festival's Poetry Moves on Transit program.

We would like to acknowledge the financial support of Heritage Canada (Government of Canada) that enabled us to deliver this event to you.

Armchair Traveler: Panama

Tuesday, July 30 at 1p.m.

Join **Wei Woo** and see magic Panama through his eyes.



Karen & Bert Richards: The Amazing Race Canada

Thursday, July 9 at 1p.m.

Join Karen & Bert Richards, who will share their wonderful experiences with The Amazing Race Canada.



THE AMAZING
RACE
CANADA

KAREN & BERT
EDMONTON, AB

TUESDAYS 8ET/PT 

Aging Smarter – Take Action & Transform Your Life!

Join **Marilyn Rolinger**, a registered psychologist, to explore the way we age and to learn a few techniques to keep us active.

Monday, August 19 at 1p.m.

This session will be focused on new discoveries in psychology as they pertain to aging. We will look at the current research from the World Health Organization (WHO) and other groups about aging smarter. We will look at how one’s thinking can affect not only their mental health but also their longevity.

We will also focus on redefining our meaning of life as we age and looking at how loss creates a vicious cycle of negativity that can lead to social isolation and a downward spiral in our mental & physical health.

We proudly present Martha Brooks & Mboya Nicholson Jazz Duo

Wednesdays, 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.

Two beautiful nights of pure enjoyment!

RSVP with payment ASAP!
Fee: \$36 per night per guest (includes light snack)



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

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

780-421-7966

albertajewishnews@shaw.ca
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**ALBERTA
Jewish News**

Lunch & Learn

Empowering Healthcare: Unveiling the Vital Role of Nurse Practitioners

Thursday, July 4 @ 12p.m.

Meet **Olga Muradov**, a registered nurse practitioner, who will explain the role of these essential professionals within Alberta Health Services. What are nurse practitioners' qualifications? Are they able to diagnose and prescribe medications? Can they order diagnostic tests?

The 50 Mile Walk

Thursday, July 18 at 12p.m.

Erika Lefevre will re-live some local history with us, as she describes how, as a sixteen-year-old high school girl, she walked fifty miles, hiking from the small village of New Sarepta to downtown Edmonton. About 50 people began the hike in New Sarepta in 1963, starting at 7:20 pm on a chilly March evening, but only four finished, including Erika and famed Edmonton Journal cartoonist, John Yardley-Jones.

They took only 16½ hours, and, deservedly, received a splendid welcome in Edmonton when they arrived at about 11:20 am. Quite an achievement! I wonder how many of us could do this now and don't forget this was before cell-phones, GPS devices, divided highways, and high tech shoes and outdoor wear.

Come and learn more about the background to this epic journey, what it was like to participate, and what the aftermath has been.

Card Making with Talmud Torah Children

Tuesday, August 6 @ 12pm

Join our mega talented children from the Talmud Torah school who will be happy to make a variety of cards with you.

Wei Woo Financial Presentation

Wednesday, August 7 @ 1p.m.

Retirement Income Planning and Decumulation

Many current retirees question some of the most important aspects of their ongoing retirement, such as how long will my money last, am I going to be okay with the worst Bond market in modern history? How much can I spend so I will not run out of money?

Wei will go through these questions, and share sample retirement income plans. 2024 is the time to either revisit or create a new retirement plan.

Ashley Blackwood



Tuesday, August 20 @ 12p.m.

Join Ashley to learn the technique & benefits of Meditation.

Descendants of Expulsion: Communities Descended from Exiles from Spain and Portugal



**Thursdays at 7:30p.m.
August 1, 8 & 15 via Zoom**

The Jewish communities of Siam and Portugal were decimated, expelled, and forcibly converted between 1390 and 1497. Their descendants live across the globe, some openly as Sephardim and others hidden as conversos (Secret Jews). This three-class series will examine the surprising places these Jews can be found.

Rabbi David Kunin graduated from Brandeis University with a degree in Medieval History and then attended the Jewish Theological Seminary of America, where he was ordained as a Rabbi and received an MA in Judaic Studies.

Fee: \$45 per series
To register: <https://shorturl.at/UFVEk>

Trips

CKUA Radio Historical Building with Ken Regan



*The Alberta Hotel in 1907, image via City of Edmonton Archives
EA-500-121*

Wednesday, July 24 at 12p.m.

Join us for a special lunch at 12 p.m. and after we will all go to the CKUA Radio historical building with Ken. Ken 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. "CKUA occupies a unique part of Alberta's history, so it's fitting that we make our home in one of Edmonton's unique buildings. The Alberta Hotel was first built in 1883 as a saloon and billiard hall, becoming one of Alberta's most modern and sought-after hotels. Prime Minister Wilfred Laurier stayed at the hotel on the eve of his declaration of Alberta as a province in 1905". (Cited from www.ckua.com)

Fee: \$15 including lunch

Health & Wellness

YOGA Classes with Sandy Mah



Mondays @ 9:00a.m.

<https://shorturl.at/RoKtH>

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

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

Clubs & Activities

Young at Heart Choir



Starts to rehearse on Mondays at 10a.m. at the Centre

August 12, 19 & 26, September 9, 16, 23 & 30

Join our wonderful choir! Choir fee is \$50 for the Fall-Winter period (you will receive a \$25 tax receipt). All choir participants must be paid members of the Centre.

The Centre's Membership is only \$35 per year & runs from September 1 till August 31.

Whimsical Wednesdays

Every Wednesday

Join a day of Fun, Friendship & Craft (Crochet Club)!

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

Introduction to Ikebana

Thursday, August 29th @ 12pm



Ikebana is one of the representative aspects of Japanese traditional culture, and ikebana began with Ikenobo in 1462.

In the mid-16th century Senno Ikenobo taught, "Not only beautiful flowers but also buds and withered flowers have life, and each has its own beauty. By arranging flowers with reverence, one refines oneself."

Arranging flowers and finding beauty in flowers – these are linked to a heart that values nature and

cares for other people. This is the spirit of Ikenobo Ikebana.

In Japan the study of ikebana is a lifetime practice. In this presentation participants will be offered a brief introduction to the basic philosophy and principles of ikebana and given the opportunity to make a small freestyle arrangement to take home. Information about joining the ongoing ikebana classes will also be provided.

Brenda Jackson teaches with the Ikenobo Edmonton Study Group. Brenda started studying Ikebana while teaching in the Okanagan and has continued her studies with the Ikenobo school through lessons and workshops in Vernon, Vancouver, San Francisco, Switzerland, Illinois, Edmonton and Japan. Brenda teaches classes at the Jewish Senior Citizen's Centre and assists with the operation of the Ikenobo Edmonton Study group which also offers classes at the Edmonton Japanese Community Association. Brenda is a certified teacher with the Ikenobo School of Ikebana.

Bagel Loop: Walk/Run/Roll 2024



Special Thank you to our Bagel Loop: Walk/Run/Roll Super Raffle Sponsors

Shoppers Drug Mart
Mr. Meltem den Heyer,
Andie & amazing staff
102, 11962 104 Ave
780-670-6922

Arch Greenhouses
3151 - 97 Street
780-438-4349

Starbucks
Brewery District on 104 Ave
11926 104 Ave

The Sweet Spot
8412 -109 Street
780-432-0350

Bella from Booster Juice
11934 - 104 Ave
587-855-7094

IGA Andy's Valleyview
9106 - 142 Street
780-483-1525

Susan Baram
Mary Jane Klein
Barb Mickelson
Hans Pilz
Elaine & Mark Salkie
Lilia Shlomovitch
Svetlana & Aleksey Pavlenko
Daniella Drisdell
Luba Allen

Upcoming Events

Self-Exploration: Rediscover the Power of your Life Story

Friday, September 13 9:30a.m. – 2p.m.
Sunday, September 15 9:30a.m. – 2p.m.



Join us for a two-day workshop to increase self-awareness and to gain profound understanding about your life's journey, challenges and opportunities. The workshop promises to be a transformative experience enabling participants to move beyond barriers to fulfillment.

The group will be 10 participants only. You have to commit to both days' full participation.

Facilitators:

Svetlana Pavlenko, PhD, MA (University of Guelph), MBA
Marilyn Rolingher, a registered psychologist, MA (Yorkville University)

The workshop involves the integration of mindfulness based on expressive arts modalities such as painting, writing and movement.

Fee: \$100 including lunches, snacks, all materials
Further instructions will be sent to participants via email.

**Please register with payment by
Thursday, August 15.**

Event Details

July – August 2024 Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Closed Canada Day	2 10:45a.m. Bonnie Fitness 12p.m. Lunch	3 10a.m. Whimsical Wednesday 12p.m. Lunch	4 11a.m. Anna Fitness 12p.m. Lunch & learn: Olga Muradov, a Registered Nurse Practitioner	5	6
7 Doors Open Festival 10a.m. Lecture 12p.m. Lunch 1p.m. Lecture	8 9a.m. Sandy Yoga 12p.m. Lunch 1p.m. Cold War Series 1	9 10:45a.m. Bonnie Fitness 12p.m. Lunch 1p.m. The Amazing Race with Karen & Bert	10 Closed	11 11a.m. Anna Fitness 12p.m. Lunch 1p.m. Sol Rolinger's presentation	12	13
14	15 9a.m. Sandy Yoga 12p.m. Lunch 1p.m. Cold War Series 2	16 10:45a.m. Bonnie Fitness 12p.m. Lunch & Learn: Cards Making with TT Kids	17 Closed	18 11a.m. Anna Fitness 12p.m. Lunch 1p.m. 50 Mile Race with Erica	19 Pre-Shabbat Dinner 6p.m. Doors Open	20
21	22 9a.m. No Yoga 12p.m. Lunch 1p.m. Cold War Series 3	23 10:45a.m. Bonnie Fitness 12p.m. Lunch 1p.m. Truth before Reconciliation with Daniel	24 12p.m. Lunch 1p.m. Trip to CKUA Radio Station with Ken Regan	25 11a.m. Anna Fitness 12p.m. Lunch & Learn: Self-Defence	26	27
28	29 9a.m. No Yoga 12p.m. Lunch 1p.m. Cold War Series 4	30 10:45a.m. Bonnie Fitness 12p.m. Lunch 1p.m. Armchair Traveler: Panama with Wai Woo	31 10a.m. Whimsical Wednesday No Lunch <i>6p.m. Jazz Night with Martha Brooks</i>	August 1 11a.m. Anna Fitness 12p.m. Lunch <i>7:30p.m. Rabbi Kunin Zoom Class</i>	2	3
4 Closed	5 Closed	6 10:45a.m. Bonnie Fitness 12p.m. Lunch & Learn: TT kids Performance	7 10a.m. Whimsical Wednesday 12p.m. Lunch 1p.m. Wei Woo: Financial Talk	8 11a.m. Anna Fitness 12p.m. Lunch <i>7:30p.m. Rabbi Kunin Zoom Class</i>	9	10
11	12 9a.m. Sandy Yoga 10a.m. Choir 12p.m. Lunch	13 10:45a.m. Bonnie Fitness No Lunch/ Fast	14 No Lunch <i>6p.m. Jazz Night with Martha Brooks</i>	15 11a.m. Anna Fitness 12p.m. Lunch <i>7:30p.m. Rabbi Kunin Zoom Class</i>	16	17
18	19 9a.m. Sandy Yoga 10a.m. Choir 12p.m. Lunch 1p.m. Aging Smarter with Marilyn	20 10:45a.m. Bonnie Fitness 12p.m. Lunch & Learn with Ashley Blackwood	21 10a.m. Whimsical Wednesday 12p.m. Lunch	22 11a.m. Anna Fitness 12p.m. Lunch	23	24
25	26 9a.m. Sandy Yoga 10a.m. Choir 12p.m. Lunch	27 10:45a.m. Bonnie Fitness 12p.m. Lunch	28 12p.m. Lunch	29 11a.m. Anna Fitness 12p.m. Lunch & Learn: The Art of IKEBANA with Brenda	30	31

We are happy to serve you at the Centre!

Lunches (\$13 for members / \$15 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.

July - August 2024 Menu

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 CLOSED Canada Day	2 Tomato Basil Shep's Pie Salad/Dessert	3 Surprise Lunch	4 Potato Corn Frittata Salad/Dessert	5	6
7 Gazpacho soup Roasted Veggie Couscous Salad Olive Herb Focaccia Fresh Fruit Shortcake	8 Borscht Potato Kugel Salad/ Dessert	9 Carrot Soup Tuna Croissant Salad/ Dessert	10 Closed	11 Broccoli Soup Pasta Bolognese Salad/Dessert	12	13
14	15 Chile Corn Bread Salad /Dessert	16 Lentil Soup Veggie Curry Rice Salad/Dessert	17 Closed	18 Squash Soup Cheese Tart Salad/Dessert	19 6p.m. Pre-Shabbat Dinner	20
21	22 Pickle Soup Boreka Salad/Dessert	23 Veggie Noodle Tuna Pattie Salad/Dessert	24 Country Veggie Loaded Croissant Salad/Dessert	25 Moroccan Peanut Soup Pizza Salad/Dessert	26	27
28	29 Squash Soup Veggie Gratin Salad/Dessert	30 Birthday Lentil Soup Fish & Chips Salad /Dessert	31 No Lunch 6p.m. Jazz Night	August 1 Onion Soup Focaccia Cesar Salad Desert	2	3
4	5 Surprise Lunch	6 Mushroom Tuna Wrap Salad/Dessert	7 Surprise Lunch	8 Split Pea Soup Lasagne Salad/Dessert	9	10
11	12 Thai Coconut Asian Stir Fry Salad/Dessert	13 No Lunch/ Fast	14 No Lunch 6p.m. Jazz Night	15 Borscht Knishes Salad/Dessert	16	17
18	19 Chana Masala Indian Veggie & Rice Salad/Dessert	20 Pickle Soup Veggie Gratin Salad/Dessert	21 Surprise Lunch	22 Spinach Soup Mac N Cheese Salad/Dessert	23	24
25	26 Surprise Lunch	27 BIRTHDAY Barley Soup Salmon Burger Salad/Cake	28 Surprise Lunch	29 Curry Veggie Kugel Salad/Dessert	30	

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 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: Brenda Jackson

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.