

Schmooze & News



Seniors' Centre
All Seniors Welcome

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

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Support Your Centre!

Dear Members,

We know how much you enjoy our Centre and that is why we are asking you to help promote it by:

- Sharing stories about what you enjoy here with your friends and families!
- Inviting them to join us for delicious lunches, take out food opportunities and interesting courses!
- Encouraging them to join our fitness activities!
- Letting us know your ideas about potential programs and outings!

We also know that many of you would love to learn to play new games such as Mah Jongg, Bridge or Canasta.

Let the Office know and we will do our best to make these games or others a reality for you!

See you at the Centre!



Not Boring Book Club with Debby Waldman



The Club meets the second Wednesday of every month from 1-2 pm via Zoom. We're always happy to welcome new members.

Join us On Zoom:

<https://us06web.zoom.us/j/83347949522?pwd=UQxTmFtYWVjbm9WUXdBd1FNYkJKWUT09>

Join Debby in-person
on Thursday, January 30 at 12p.m.
for the Lunch & Learn presentation
at the Centre.



**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**

Over the past few years we've read a wide variety of fiction and non-fiction, and we never fail to have interesting discussions. We don't expect everyone to love everything we read. What we strive for is feedback from everyone, because that's what leads to lively debate that gets us thinking and helps us to learn.

We've also been fortunate enough to have visits from authors, among them Elizabeth Graver, who talked about her novel, *Kantika*, which went on to win the National Jewish Book Award for Sephardic Culture and the Association of Jewish Libraries Fiction Award in 2024. Other guests have included former Algonquin Books editor Chuck Adams, who edited the blockbuster *Water for Elephants*, and recently retired Scholastic editor Dianne Hess, who has edited books by award-winning children's authors including Eric Kimmel, Jon J Muth, Kadir Nelson, and Jaqueline Woodson. Dianne also edited *Torn Threads* by Anne Isaacs. Her book group visit turned into something of Old Home Week when she was reunited with group member Sam Koplowitz, Anne's former husband, whose family story inspired the novel.

The next visitor we're working to schedule is Ayelet Tsabari, award-winning author of the much-praised *Songs for the Broken Hearted*, who will likely be visiting us this spring. Stay tuned.

In the meantime, at our next gathering, on February 12, we'll be discussing *The Hidden Palace* by Helene Wecker. Our March book is *Sky Full of Elephants* by Cebo Campbell.

Looking forward to welcoming you to our Book Club,

Debby Waldman

P.S. Membership dues are \$35 per year. This gives you a membership to the Not Boring Book Club.

Spring Courses for the Intellectually Curious!

Join us for a new 4-week course

People, Property, Prosperity And Progress: Does Capitalism Make Both Countries And Citizens Better? with Prof. David Wangler



**On Wednesdays @ 1p.m. – 3p.m.
February 5, 12, 19 & 26**

Lecture 1: Adam Smith on the Nature and Creation of Wealth(1776)

Lecture 2: Is private property related to freedom?

Lecture 3: Does capitalism generate wealth quickly and extensively and in the process of doing this, also create much inequality?

Lecture 4: Are capitalism, democracy and progress related?

Fee: \$54 for members and \$74 for non-members

Join us for a new 5-week course

**History of Canada
1900 – 1999:
Building the Nation
with Prof. Alvin Finkel**

**On Mondays @ 1p.m. – 3p.m.
February 10 & 24, March 3, 10 & 17**

Lecture 1: Part A: Canada in 1900: Demography, Social Attitudes, Race Relations, Gender Relations, Class Relations, Regional Identities
Part B: Changing Demography During the Century: When and Why Changes Occurred and With What Consequences for Notions of Who is A Canadian

Lecture 2: Part A: The Death of British Imperialism as the Defining Feature of English Canada and What Replaced It at Various Times, 1900-1999
Part B: The Death of Catholic Internationalism as the Defining Feature of French Canada and What Replaced It at Various Times, 1900-1999.

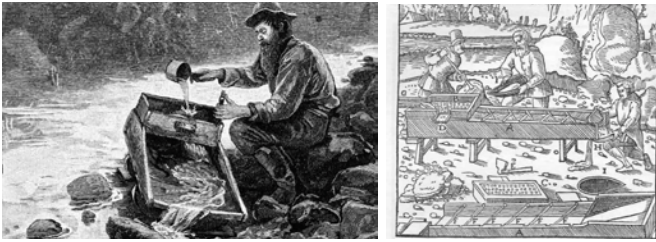
Lecture 3: Part A: Changes in Attitudes Towards Gender in Canada, 1900-1999
Part B: Changes in Attitudes Towards Class Relations in Canada, 1900-1999

Lecture 4: Part A: Indigenous Peoples in Canada, 1900-1999: Changes and Ongoing Struggles
Part B: Race Relations Among Non-Indigenous Peoples in Canada, 1900-1999: Changes and Ongoing Struggles

Lecture 5: Part A: Regional Identities that Developed in the 1900s: British Columbia, Prairies, Atlantic Canada, the North, Ontario, Quebec
Part B: Canada in the World: Changes from 1900 to 1999

Fee: \$65 for members and \$85 for non-members

Join us for a new 4-week course Gold Mining in Canada



**On Thursdays @ 1p.m. – 3p.m.
February 6, 13, 20 & 27**

Yossi Gutman and David Marcus will share their theoretical and practical experiences in this unique business.

Unlike hardrock mining, which extracts veins of precious minerals from solid rock, placer mining is the practice of separating heavily eroded minerals like gold from sand or gravel. The word placer is thought to have come from Catalan and Spanish, meaning a shoal or sand bar.

Fee: \$36 for members and \$56 for non-members

Special Events & Presentations

Visit to Auschwitz – Birkenau, site of the largest Nazi concentration camp & extermination centre in Poland

**Monday, January 27 at 1p.m. and
Tuesday, February 4 at 1p.m.**

Join Lynnette Khu for her presentation about her visit to this horrifying place of human pain and suffering. January 27, 1945 the Soviet Army liberated the camp. At list 600,000 soviet military people were killed during the liberation of Poland.

Diabetic Foot

Tuesday, February 11 at 1p.m.

Join Dr. Jerome Tsang (Edmonton Foot Health Centre) to learn about foot care. Dr. Jerome Tsang is certified in Podiatric Orthopaedics and Primary Podiatric Medicine. He has been practicing for many years, helping countless patients with all types of foot ailments, disorders, and pain.

Lunch & Learn

January Birthday Lunch

Tuesday, January 28 at 12p.m.

Come to celebrate your friends' birthdays and enjoy Batya playing piano.

Not Boring Book Club

Thursday, January 30 at 12p.m.

Join our very talented Edmonton writer Debby Waldman to learn more about our unique Book Club. Join it and enjoy!

February Birthday Lunch

Tuesday, February 25 at 12p.m.

Come to celebrate your friends' birthdays and enjoy performance of David Haas and Susan Lynch. Energetic and fun duo!

Scam Calls

Thursday, March 6 at 12p.m.

Join David Haas who will share some tips on how to protect yourself against scam calls.

Upcoming Events

The Art of Deception: Forgeries and Thievery in the Art World with Kathleen Silverman



Sundays 10:00 a.m. – 12:00 p.m.
March 2, 9, 16, 23, 30 & April 6, 2025

Forgers have swindled art sellers and buyers for centuries. Explore the lucrative world of forgery, learn about some of the most famous forgers and fakes, and investigate techniques used to uncover the truth. But forgery is not the only high-profile art crime—enjoy fascinating stories of both legendary and low-key art thefts (including recent ones) and some of the masterminds behind them.

Fee: \$95 for members or \$115 for non-members (including light breakfast)

Armchair Traveller: Morocco



Tuesday, March 11 at 1p.m.

Join Donna Hamar to be fascinated by stories about her recent trip to Morocco. Come at 12 p.m. for a delicious Moroccan Lunch.

PURIM Celebration 2025/5785



Thursday, March 13 at 11a.m.

Rabbi Mendy will talk about the holiday of Purim. Join us for our famous annual Purimspiel, Special Lunch with Hamantaschen and much more!

Mark Your Calendars!

Join an adventurous trip
to Lacombe County!

**Cow Patti Dinner Theatre
presents
“Perfect Wedding”
by Robin Hawdon**



Wednesday, April 2

"The Big Day Gone Hilariously Wrong!"

The groom awakes to find a strange girl in bed beside him - what's more he has no idea who she is.

It's hysterical chaos when the monster bride arrives which leaves the girl trapped in the bathroom, the best man agreeing to be her boyfriend, the Bride's mother ridiculously naïve and the chambermaid pretending to be everyone's girlfriend. Disaster for them- fun for us!

Stay tuned for updates!

Tu B'Shevat Celebration

Tuesday, February 18 at 12p.m.

Join us to celebrate the New Year for Trees with Jay Cairns, JNF and enjoy special holiday food.

Health & Wellness

**YOGA Classes
with Sandy Mah**



Mondays @ 10:00a.m.

Starts January 6, 2025
<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

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

Young at Heart Choir



The Choir rehearsals will be on Monday at 10 a.m., starting on Monday, February 24, 2025.

Join our wonderful choir!

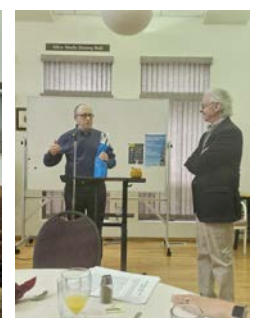
Choir fee is \$60 for the Winter-Spring period (you will receive \$25 tax receipt). All choir participants must be paid members of the Centre.

The main performance will take place on Sunday, May 11 at 11a.m. at the Mother's Day Brunch.



Event Details

January – February 2025 Schedule						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			Jan 1	2	3	4
5	6 10 am Yoga 12 pm Lunch	7 10:45 am Bonnie Fitness 12 pm Lunch & Learn 12:30 Sandy - Yoga 1 pm Michael Sadovnick "Your Legacies"	8 Whimsical Wednesday 12 pm Sunday Club Lunch	9 11 am Anna Fitness 12 pm Lunch 1 pm Genealogy - Provincial Archives Cris	10	11
12	13 10 am Yoga 12 pm Lunch	14 10:45 Bonnie Fitness 12 pm Svetlana - Russia Presentation	15 Whimsical Wednesday 12 pm Sunday Club Lunch	16 11 am Anna Fitness 12 pm Lunch	17	18
19	20 10 am Yoga 12 pm Lunch	21 10:45 Bonnie Fitness 12 pm Lunch 1 pm Kaytlyn "Sort & Simple"	22 Whimsical Wednesday 12 pm Sunday Club Lunch	23 11 am Anna Fitness 12 pm Robert Burns Celebration with Brass Quintet	24	25
26	27 10 am Yoga 12 pm Lunch 1 pm Lynnette: "Visit to Auschwitz - Birkenau in Poland in 2024"	28 10:45 Bonnie Fitness (Ilonka) 12 pm Birthday Lunch with Batya on Piano	29 Whimsical Wednesday 12 pm Sunday Club Lunch	30 11 am Anna Fitness 12 pm Lunch & Learn: Debby Waldman: Not Boring Book Club	31	Feb 1
2	3 10 am Yoga 12 pm Lunch	4 10:45 Bonnie Fitness 12 pm Lunch 1p.m.Lynnette "Visit to Auschwitz - Birkenau in Poland in 2024"	5 Whimsical Wednesday 12 pm Sunday Club Lunch 1 pm David Wangler "Capitalism 1"	6 11 am Anna Fitness 12pm Lunch 1p.m. Gold Mining with Yossi & David 1	7	8
9	10 10 am Yoga 12 pm Lunch 1 pm Alvin Finkel "Canadian History 1"	11 10:45 Bonnie Fitness 12 pm Lunch 1 pm Dr. Tsang "Diabetic Foot"	12 Whimsical Wednesday 12 pm Sunday Club Lunch 1 pm David Wangler "Capitalism 2"	13 11 am Anna Fitness 12 pm Lunch 1p.m. Gold Mining with Yossi & David 2	14	15
16	17 CLOSED FAMILY DAY	18 10:45 Bonnie Fitness 12 pm Lunch & Learn Tu B'Shevat Celebration with Jay Cairns	19 Whimsical Wednesday 12 pm Sunday Club Lunch 1 pm David Wangler "Capitalism 3"	20 11 am Anna Fitness 12 pm Lunch 1p.m. Gold Mining with Yossi & David 3	21	22
23	24 10 am Yoga 10a.m Choir 12 pm Lunch 1 pm Alvin Finkel "Canadian History 2	25 10:45 Bonnie Fitness 12 pm Birthday Lunch with David & Susan Duo	26 Whimsical Wednesday 12 pm Sunday Club Lunch 1 pm David Wangler "Capitalism 4"	27 11 am Anna Fitness 12 pm Lunch 1p.m. Gold Mining with Yossi & David 4		



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.

Every Wednesday – special lunch \$10

January – February 2025 Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			Jan 1	2	3	4
5	6 Tomato Soup Tuna Croissant Salad, Dessert	7 Moroccan Peanut Soup Shepherd's Pie, Salad, Dessert	8 Special Lunch	9 Squash Soup Salmon Pasta Salad, Dessert	10	11
12	13 Vegetable Noodle Soup Kugel Salad, Dessert	14 Russian Lunch	15 Special Lunch	16 Miso Soup Thai Peanut Noodles Salad, Dessert	17	18
19	20 Lentil Soup Baked Rotini Salad, Dessert	21 Carrot-Ginger Soup Veggie Burgers Salad, Dessert	22 Special Lunch	23 Robert Burns Scottish Luncheon	24	25
26	27 Special Soup Focaccia Salad, Dessert	28 Birthday Luncheon Matzah Ball Soup Fish & Chips Salad, Dessert	29 Special Lunch	30 Broccoli Soup Borekas Salad, Dessert	31	Feb 1
2	3 Pickle Soup Tuna Melt Salad, Dessert	4 Mulligatawny Soup Curried Vegetable Rice Salad, Dessert	5 Special Lunch	6 Tomato Soup Veggie-Burgers Salad, Dessert	7	8
9	10 Borscht Baked Veggies Salad, Dessert	11 Broccoli Soup Mac N' Cheese Salad, Dessert	12 Special Lunch	13 Onion Soup Quiche Salad, Dessert	14	15
16	17 CLOSED	18 Veggie-Soup Rice & Lentils Salad, Dessert	19 Special Lunch	20 Spinach Soup Enchiladas Salad, Dessert	21	22
23	24 Bean Soup Tuna Patties Salad, Dessert	25 Birthday Luncheon Fish & Chips	26 Special Lunch	27 Cauliflower Soup Stroganoff Salad, Dessert	28	

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, **Sunday Club Chair:** Lina Kichnevskaja, **Directors:** Gordon Bushewsky, Susan Baram, Marina Starkman, Marilyn Rolingher

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)**

**Transportation Committee
(Hans Pilz, chair)**

Please let the Office know about your intention to join any committee.