

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
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www.jdicseniors.ca
programmer@jdicseniors.ca



Pre-Shabbat Dinner

Friday, June 20

Doors open at 6p.m.

Dinner starts 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 June 12**

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. (Please pre-order)

Menu

Roasted Red Pepper Bisque

Gefilte Fish

Baked Dill Salmon with Roasted Veggies

Summer Strawberry Salad

Pavlova

Challah & Challah Buns

President's Column

Many good things have happened recently and continue happening regularly at the Drop-in Centre.

Our Purim celebration was a lot of fun and was well-received by the attendees. It started with an explanation by Rabbi Mendy Blachman of the history and meaning of the holiday. Then our rambunctious version of the Purim story, a modernized retelling of the ancient tale, was delivered by our talented and enthusiastic Purim Schpielers, directed by the inimitable Beryl Nahornick.

Our trip to Cow Patti Theatre near Lacombe took place on April 2nd. A pleasant and comfortable bus ride, a delicious buffet brunch, a full house of happy playgoers, and a witty, well-performed production of the farcical "Perfect Wedding" all combined to provide a memorable and perfectly enjoyable outing. This was my second excursion to Cow Patti Theatre and I must say it is an event that is not to be missed.

On the afternoon of Monday, April 21st a group of movie lovers gathered to screen a classic western film from 1960, THE MAGNIFICENT SEVEN. Organized by your humble president, we have been looking at the history of American Westerns, and have previously viewed and discussed SHANE, HIGH NOON and RIO BRAVO, all important, seminal films of the genre from the 1950s. Next up (date to be announced) will be SEVEN SAMURAI (1954), considered by many as one of the best films ever made, and although made in Japan by the great Akira Kurosawa, is arguably one of the most important "Western" films ever made. Join us to find out why!

More movie magic was offered at the Centre on Wednesdays in May. Back by popular demand, professor George Melnyk has been leading a new five-week course entitled "Hitchcock's Masterpieces". The movies are shown at the Centre at 10 am on our big screen TV downstairs, followed by a lecture-discussion from 1:00 - 3:00 pm. The fascination began with a viewing of the 1935 classic THE 39 STEPS on May 7th and ends with NORTH BY

NORTHWEST (1959) on June 4th. There is still time to call the office to register for the last engaging program. Come for the screening in the morning, stay for a delicious lunch (12-1 pm) and then enjoy the stimulating discussion in the afternoon.

A highly interesting and enjoyable course taught by Eileen Conway has been held on Mondays in May and continues through June 23. "Mid-Century Canadian Voices" delves into seminal Canadian thinkers and writers such as Pierre Burton, Northrop Frye and Gabrielle Roy. Eileen Conway is a retired Anglican clergywoman who taught English at the University of Alberta for almost twenty years. Her courses are always lively and thought-provoking, and encourage conversation about the topic at hand. The focus is on the Canadian landscape, our unique history and cultural influences, and looks at heroes and scoundrels and just plain folks who together make up our varied and vibrant and very large country.

Another entertaining class that I'm really looking forward to attending is the 6-week course being offered by the ever-popular Professor Michael Roeder on Sunday mornings 10am-12pm in June and July. "The Romantic Russians" will cover a number of Russian composers who hold a special place in the history of western music. From Balakirev, Borodin, Rimsky-Korsakov and Mussorgsky to Tchaikovsky and Rachmaninov, this course will explore the origins and influences that make up the wonderful canon of Russian music. (continue on page 3)



Wednesday, July 16 at 1p.m.

Exciting news!

Mike Sobel is coming to the Centre to be our Super Caller for B-I-N-G-O!

Sign up for this fun event!

These are just some of the highlights of our exceptional programming. In addition, almost every day brings another special event that is worth your time and attention. Check elsewhere in this newsletter for all the details. Come for a program and stay for a delicious lunch Mondays through Thursdays, or vice versa.

Please support your Centre by ordering greeting cards, available at various levels from \$10, \$18, \$36. They are meaningful ways to remember your friends' special events or occasions. Another more permanent and prominent way to mark special events or remember a loved one is through the purchase of plaques on the Shalom Wall in our entrance lobby: single \$120, double \$218, triple \$336.

And coming soon, our biggest fun(d)raising event of the year is the Bagel Loop, Sunday, July 20th at 10am at Victoria Park in the river valley. Please participate, collect pledges, bring your friends, and tell as many people as you can about this inclusive, fun event. Walk, run, roll, it doesn't matter as long as you come out and show support for your Centre!

Sam Koplowitz, President



Not Boring Book Club (via Zoom)

Every Second Wednesday of each month
1:00p.m. – 3:00p.m.

On Wednesday, June 11

We will discuss ***“Anxious People”***
by Fredrik Backman.



Thank you to **Larissa Moysa** for being a photographer at the Purim 2025. To contact her, please use her email larissa.moysa_14@hotmail.com

Spring Courses for the Intellectually Curious

A new 6-week course “Mid-Century Canadian Voices” with Eileen Conway



Pictured: Gabrielle Roy

**On Mondays 1p.m.-3p.m.
June 9, 16 & 23**

One generation into the twenty-first century, we're going to revisit a period 50-70 years ago. Our guides, “ancestral voices,” are writers, journalists, academics — public intellectuals, in short— who had things to say about Canada and Canadians, and said them. They will include Pierre Berton, Northrop Frye, George Grant, Bruce Hutchison, Gabrielle Roy, and perhaps one other. Come and join the conversation!

Eileen Conway, a retired Anglican clergywoman, taught English at the University of Alberta for almost twenty years, chiefly to freshmen.

Fee: \$75 for members & \$95 for non-members

A new 6-week course with Prof. Michael Roeder “The Romantic Russians”

Music by Mussorgsky, Tchaikovsky, Rachmaninov
and Forerunners.



**On Sundays 10a.m. – 12p.m.
June 8, 15, 22, 29 & July 6 & 13**

Russian composers often hold a special place in the history of western music. They joined the stream late and initially developed two contrasting approaches: one favoured the strong use of Russian folklore materials and was influenced by non-Germanic composers such as Liszt and Berlioz; the other was more closely connected with the more conservative Germanic tradition, although the two approaches mixed in interesting ways. We will explore music by Balakirev, Borodin, Rimsky-Korsakov, and Mussorgsky, who aligned themselves with the former approach. The music of Tchaikovsky and Rachmaninov, both of whom studied in conservatories founded by the Rubinstein brothers in St. Petersburg and Moscow, illustrates elements of the second approach, with inescapable evidence of influence of Russian folk materials.

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

Special Events & Presentations

How Memories are Made in the Human Brain: Insights from Neuroimaging with Prof. Nikolai Malykhin, UofA



Thursday June 12 at 1p.m.

It is increasingly important to find clues to maintain cognitive function throughout aging. Our focus is on the hippocampus, the vital brain region dealing with memory. I will discuss recent findings from our research team on how different types of memory decline in healthy aging, how the hippocampus and its neural activity support memory function, and how to prevent memory decline in old age.

Branches of the Living Tree: Exploring Judaism’s Many Streams



Tuesday, June 17 at 1p.m.

Join Rabbi Alisa Zilbershtein for an insightful journey through the diverse expressions of Jewish faith and practice in our contemporary world. We’ll examine the rich variety within Judaism—from Reform to Orthodox, Conservative to Reconstructionist, and newer movements transforming Jewish life.

Perfect for anyone curious about the many ways Judaism is lived today. Come learn about our shared heritage and the beautiful diversity of Jewish expression!

Armchair Traveller



Thursday, June 26 at 12p.m.

Paris & other amazing places in France with our vivid traveller Wei Woo. Join us for French lunch at 12p.m.

The Antiquaries are us, Susan Lynch and David Haas.

The Antiquaries

PERFORMING SINCE 2007



*We sing old songs you've mostly heard before
With lyrics you can understand
And music that won't shred your socks*

We usually wear hats to go along with the songs

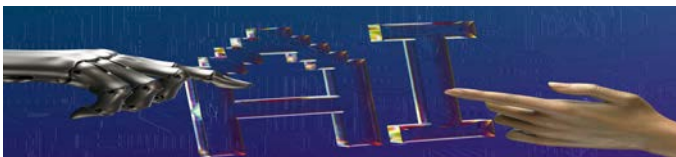
And sometimes we wear different outfits



Tuesday, June 24 at 12p.m.

Special performance for our friends at the Centre to celebrate June Birthday Tuesday!

Lunch & Learn AI in Day-To-Day Life



Thursday, June 5 at 12p.m.

Join Derval Ryan, a Edmonton Public Library specialist to discover what artificial intelligence is and how it is shaping the world around us. Learn how AI is being increasingly used in many aspects of everyday life, and what it means for the future. You will also have the chance to hear about library resources that will allow you to learn more about this fascinating topic. No tech background needed, just curiosity!

Entrepreneurship and navigating the business world as a woman in business



Monday, July 14 at 12p.m.

Danielle Woo is excited to share her experiences with entrepreneurship, offering an honest look at navigating the business world as a woman. In her talk, she'll discuss the strategies and mindset that helped her achieve success, as well as the challenges and missteps that taught her invaluable lessons. By highlighting what worked as well as what did not work, she hopes to inspire and empower others to pursue their passions.

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

Health & Wellness

YOGA Classes with Sandy Mah

Mondays @ 10:00a.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

Mamaloshen – Yiddish Club (via Zoom)

Every Wednesday 1:30p.m. – 3:30p.m.

All interested in conversational Yiddish, regardless of level, are welcome. Great atmosphere and a lot of fun!

Please register with the Office to receive the Zoom link for meetings.

Sunday Club on Wednesday Lunch & Learn

Every Wednesday 12p.m. – 3p.m.

Join our Sunday Club to enjoy traditional European cuisine and a special presentation about world art, music, literature and other topics (in Russian).

Conversational Russian Club

Every Wednesday 1p.m. – 2p.m.

Practice your conversational Russian with Russian-speakers.
Have fun and enjoy new experiences!

Chess Club

Every Wednesday 1p.m. – 3p.m.

Join our experienced players to enhance your skills in this strategic game. We have enough chess sets. Come and find new partners for this game.

Event Details

June–July 2025 Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2 Centre is closed Shavuot Celebration	3 Centre is closed Shavuot Celebration	4 10a.m. Movie "North by Northwest" (1959) 12p.m. Sunday Club Lunch & Program: Conversational Russian & Chess CLub 1p.m. Melnyk's Class Discussion 1:30p.m. Zoom Yiddish Club	5 11a.m. Fitness Anna 12p.m. Lunch 1p.m. AI in day-to-day lunch with Derval Ryan	6	7
8 10a.m. Russian Composers with Prof. Roeder #1	9 10a.m. Yoga with Sandy 12p.m. Lunch 1p.m. Canadian Voices with Eileen Conway #4	10 10:45a.m. Fitness Bonnie 12p.m. Lunch & Learn	11 12p.m. Sunday Club Lunch & Program: Conversational Russian & Chess CLub 1p.m. BOOK CLUB via Zoom 1:30p.m. Zoom Yiddish Club	12 11a.m. Fitness Anna 12p.m. Lunch & Learn: David Shepherd, MLA 1p.m. How Memories Are made? With Prof. Nikolai Malykhin	13	14
15 10a.m. Russian Composers with Prof. Roeder #2	16 0a.m. Yoga with Sandy 12p.m. Lunch 1p.m. Canadian Voices with Eileen Conway #5	17 10:45a.m. Fitness Bonnie 12p.m. Lunch 1p.m. Rabbi Zilbershtein: Branches of the Living Tree: Exploring Judaism's Many Streams	18 12p.m. Sunday Club Lunch & Program: Conversational Russian & Chess CLub 1:30p.m. Zoom Yiddish Club	19 11a.m. Fitness Anna NO Lunch (preparation for our Pre-Shabbat Dinner)	20 6p.m. Pre-Shabbat Dinner With Bert Malo	21
22 10a.m. Russian Composers with Prof. Roeder #3	23 10 a.m. Yoga with Sandy 12p.m. Lunch 1p.m. Canadian Voices with Eileen Conway #6	24 10:45a.m. Fitness Bonnie 12p.m. Birthday Lunch: The Antiquaries (Susan Lynch & David Haas))	25 Trip to Ellis Bird Farm Bus will depart at 10:30a.m. Return approx at 4:30p.m.	26 11a.m. Fitness Anna 12p.m. French Lunch 1p.m. Armchair Traveller: France with Wei Woo	27	28
29 10a.m. Russian Composers with Prof. Roeder #4	30 Centre is closed	July 1 10a.m. Canada Day Breakfast with Entertainment		3 11a.m. Fitness Anna 12p.m. Lunch & Learn	4	5
6 10a.m. Russian Composers with Prof. Roeder #5	7 10 a.m. Yoga with Sandy 12p.m. Lunch	8 10:45a.m. Fitness Bonnie 12p.m. Lunch & learn	9 10a.m. Fire Station Tour 12p.m. Sunday Club Lunch 1:30p.m. Zoom Yiddish Club	10 11a.m. Fitness Anna 1p.m. Bob Layton & Shane Blakely are calling 12p.m. Lunch & Learn	11	12
13 10a.m. Russian Composers with Prof. Roeder #6	14 10 a.m. Yoga with Sandy 12p.m. Lunch & Learn:	15 10:45a.m. Fitness Bonnie 12p.m. Lunch & learn	16 12p.m. Sunday Club Lunch & Program: Conversational Russian & Chess CLub 12p.m. BINGO with a special guest Mike Sobel 1:30p.m. Zoom Yiddish Club	17 11a.m. Fitness Anna 12p.m. Lunch & Learn	18	19
20 BAGEL LOOP 2025	21 Centre is closed	22 10:45a.m. Fitness Bonnie 12p.m. Lunch & learn	23 Centre is closed	24 11a.m. Fitness Anna 12p.m. Lunch & Learn	25	26
27	28 10 a.m. Yoga with Sandy 12p.m. Lunch	29 10:45a.m. Fitness Bonnie 12p.m. Lunch & Learn	30 12p.m. Sunday Club Lunch & Program: Conversational Russian & Chess CLub 1:30p.m. Zoom Yiddish Club	31 11a.m. Fitness Anna 12p.m. Lunch & Learn		

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

June–July 2025 Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	Centre is closed Shavuot Celebration	Centre is closed Shavuot Celebration	Special Lunch	Split Pea Soup Knishes Salad/Dessert		
10a.m. Continental breakfast for Prof. Roeder course	Squash Soup Veggie au gratin Salad/Dessert	Tomato Soup Quiche Salad/Dessert	Special Lunch	Pickle Soup Veggie Burger Salad/Dessert		
10a.m. Continental breakfast for Prof. Roeder course	Bean Soup Frittata Salad/Dessert	Borscht Shepherd's Pie Salad/Dessert	Special Lunch	NO LUNCH (Prep for Pre-Shabbat Dinner)	6p.m. Pre-Shabbat Dinner	
10a.m. Continental breakfast for Prof. Roeder course	Carrot-Ginger Bagel & Lox Salad/Dessert	Birthday Celebration Lunch	Trip to Ellis Bird Farm 10:30a.m. Bus Departs	French Lunch		
10a.m. Continental breakfast for Prof. Roeder course	CLOSED	July 1 10a.m. Canada Day breakfast with Entertainment	Special Lunch	Mulligatawny Soup Asia Rice Salad/Dessert		

Join us for a day full of adventure!



We are going to the Ellis Nature Centre

Wednesday, June 25

Bus departs @ 10:30a.m.

Picnic Style Lunch @ 12p.m.

Tour at 1p.m.

Ellis Nature Centre is a non-profit organization dedicated to conservation, education & sustainable agriculture. They promote environmental education and wildlife conservation.

Concession store is available on site.

Fee: \$50

Dear Supporter!

BAGEL LOOP: Walk/Run/Roll

on Sunday, July 20 at Victoria Park at 10a.m.

This family - friendly race involves participants with varying degrees of mobility covering the course and then enjoying a barbecue lunch and fun activities. Our participants are sponsored, and usually accompanied by, friends and family. After lunch there is a very popular Raffle which sells out every year, thanks to generous support from corporate and business donors, such as you. We are grateful for all gift certificates, baskets, or other items that you contribute. Your involvement will ensure a successful initiative for our centre, and we thank you heartily for your contribution.

Donation Ideas

Gift Certificates (restaurants, service providers, your favourite shops...)

Household Items (BBQ equipment, sports, hobbies...)

Art objects (paintings, print, vases...)

Never a dull moment!
Our cost is as varied as our activities!
You can have a significant impact on seniors lives in Edmonton!

If you want to help provide a bus rental for adventures, \$1,500

If you are fitness enthusiast, \$70 will cover 10 fitness classes for a member in need.

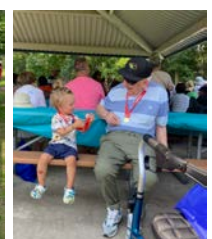
If you want to support learning experiences, \$800 will pay for a 6-week lecture series.

If you are a foodie, your donation of \$150 will cover 10 nutritious and delicious kosher lunches

Unable to choose which of the above options you want to support?

We have others, please ask our Community Ambassador to help you decide and read our Newsletter. We will acknowledge your generous support with a printed acknowledgement in our Newsletter and by inviting you to come to our Centre to tell us about your company and your important community support!

Sincerely,
Fundraising / The Bagel Loop: Walk. Run. Roll. 2025



5th Annual



BAGEL LOP

WALK / RUN / ROLL

Sunday, July 20 2025 — Victoria Park

Registration @ 10:00am

*“On Your Feet
or On Your Seat”*

SUPPORT YOUR SENIORS

A fund-raising walk/run/roll for ALL ages

PRIZES & GIVEAWAYS Post Race Munchies & Picnic Included

Registration: Family \$50 | Adults \$20 | Kids over 10 \$15 | Kids under 10 FREE
(any 4 members)



Seniors' Centre
All Seniors Welcome

780-488-4241 jdicseniors.ca

We are a Registered Charity | CRA 118974427RR0001
100% of raised funds go towards our programming

It's time for the annual **BAGEL LOOP Walk/Run/Roll 2025 Walk-A-Thon!**
 Support **Jewish Senior Citizen's Centre (aka JDIC Seniors' Centre)**

Sunday, July 20, 2025 at VICTORIA PARK, Check-in time 10a.m.

Name: _____

Dear Friend,

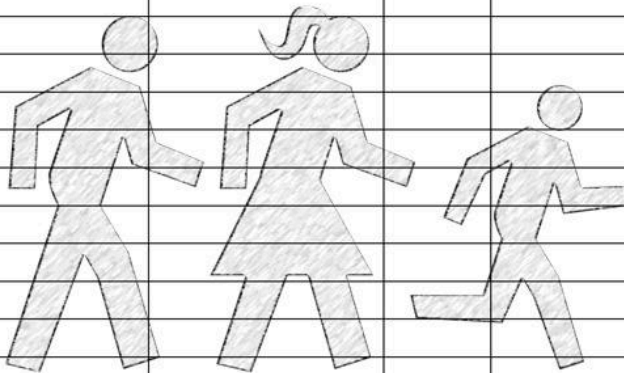
Please sponsor my participation in the **Jewish Senior Citizen's Centre (aka JDIC Seniors' Centre)** Walk-A-Thon. All proceeds will help fund the Centre's **programming for ALL seniors at the Centre**. This is a family friendly event created **by seniors to support seniors**.

Make checks payable to Jewish Senior Citizen's Centre write in memo: Bagel Loop 2025 or do E-transfer to 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
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Participants:

To reach our 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, July 20, 2025 at 10a.m**

 Cookbook Project 2025 – 2026 

We produced our first ever Cookbook “Traditional to Modern Cooking: An Intergenerational Cookbook” in 2014.

It was a great experience for all involved!

As of now we are starting to collect recipes for the Second Edition from June 1 till August 31, 2025. Please email or bring us your favourite (non-meat) recipe for soup, salad, entrée or dessert, with a three-sentence description of what this recipe means to you. Perhaps, this is your family recipe, or you got it from an ancient cookbook, or...

We believe there is a STORY behind every recipe! So, share it with the world!

**CANADA DAY
CELEBRATION 2025**

Tuesday, July 1 at 10a.m.

Join us for a delicious
Pancake Breakfast.



Karen Leibovici will be joining us to feed you with some very interesting stories about Canada.

Stay tuned for more info!



Fire Station Tour

Wednesday, July 9 at 10a.m.

Join us for
a fun filled tour and explore how
Edmonton firefighters work!

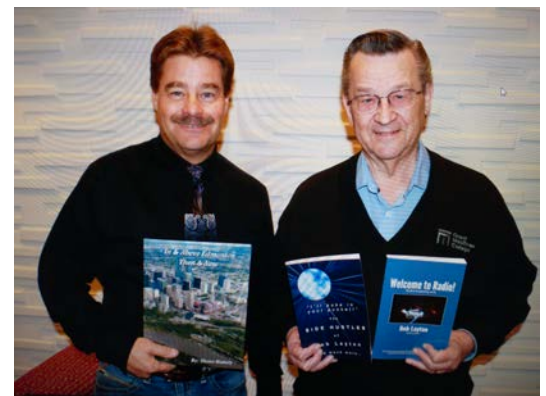
After the tour we will stop by for a coffee and return to the Centre for a delicious lunch!

Stay tuned for more info!

**Bob Layton & Shane Blakely
are calling!**

Thursday, July 10 at 1p.m.

Join these two amazing storytellers who will share bizarre stories of what goes on behind the scenes with lots of guaranteed laughs, some stories that may shock you or even make you feel a little misty.



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, **Vice-President:** Susan Baram, **Past-President:** Lewis Wasel, **Co-Treasurers:** Elaine Salkie & Lilia Shlomovitch, **Secretary:** Marina Starkman, **Transportation Chair:** Hans Pilz, **Volunteer Chair:** Cheryl Shur, **Sunday Club Chair:** Lina Kichnevskaja, **Directors:** Gordon Bushewsky, Marilyn Rolinger

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.