

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

Summer Greek Brunch with Concert | Sunday, August 10 at 11a.m.



Fee: \$36 for members | \$45 for non-members
RSVP ASAP

Bring the dearest people in your life to enjoy a delicious brunch with complimentary Sangria (Red or White) and enjoy the performance of the "High Level Trio".

Menu:

Greek Veggie Frittata with Baked Potatoes
Spanakopita
Greek Salad
Tzatziki & Crackers
Baklava

*This concert has been sponsored by Wendy Davis.
Thank you, Wendy!*

Membership Lunch

Thursday, September 11 at 12p.m.

With a very special guest Esther Starkman, Sponsor of HMCS Edmonton, Former Chair of EPSB.

It's the Most Wonderful Time of the Year!
Renew your exclusive \$35 per person annual membership!

Fee: \$18 for members | \$28 for non-members

Sign up a friend as a new member and receive either complimentary lunch that day or enter the draw to win:

- 2 chances to win a Lunch Card for 5 lunches
- 1 chance to win a Learning in Retirement course of your choice
- 2 chances to win a Fitness Card for 5 classes
- 1 chance to win 6 Frozen Soups (500ml each) of your choice
(No cash replacement prizes)

Only those members who sign a new member are eligible to enter the draw.

You must be present at lunch to receive your prize.



Family Fun, Fitness & Festivities at the 2025 Bagel Loop: Walk. Run. Roll in Victoria Park

Magical sunshine, smiles, and a whole lot of treats! On Sunday, July 20, Victoria Park was alive with laughter, balloons, and bustling feet as more than 90 community members gathered for the *Bagel Loop: Walk/Run/Roll* event in support of the Jewish Senior Citizen's Centre.

Now a cherished summer tradition, this year's event was a lively showcase of intergenerational fun, fitness, and food — with participants ranging from 2 to 97 years old. Registration began at 10 a.m., where guests were greeted with fresh coffee, tea, and a delightful selection of pareve muffins and other delights lovingly prepared by Centre chef Daniella Drisdell.



The pre-walk warm-up featured our dynamic fitness instructor Wendy Kinsman. Her energy set the tone for a cheerful kickoff at 11:00 a.m.

As walkers, runners, and rollers made their way through the park loop, volunteer cheerleaders waved to the participants. Many guests bought a lucky Ping-Pong Ball Raffle and 50/50 Raffle. From diamond earrings to amazing gadgets, gift cards from Unity Square businesses, and lunch cards for the Centre's famous 12 p.m. meals, every ping-pong ball held a winning surprise. Prizes were generously donated by community sponsors, with a full list published in this edition of our Newsletter. Massive thanks go to event co-chairs Barb Mickelson and Hans Pilz for their prize-hunting hustle!

After the walk, guests gathered for a festive kosher picnic. Daniella and our amazing volunteers wowed attendees with an elegant spread including beef and veggie dogs, creamy potato salad, coleslaw, chips, fresh fruit, and an irresistible array of pareve pastries. Attendees left with both full stomachs and full hearts.

The fun and flow of the day were made possible by a hardworking team of volunteers who kept everything running smoothly.





A Sincere Thank You

A heartfelt thank you to **Marty (Magic by Marty)**, whose enchanting performance captivated every single guest — from toddlers to our most senior participants. With wide eyes and joyful laughter, the crowd was swept up in pure wonder. Marty reminded us all that no matter your age, a little magic can still leave you speechless.

To every participant, volunteer, supporter, and friend — thank you. Your presence, enthusiasm, and generosity brought warmth and meaning to every moment of the Bagel Loop. Whether you joined us for the first time or have been part of this journey for years, your support helps sustain the vibrant programs and inclusive community spirit of the Jewish Senior Citizen's Centre.

We truly couldn't have done it without you.

We are thrilled to share that thanks to the incredible generosity of our participants, donors, and sponsors, the 2025 *Bagel Loop* raised an outstanding **\$9,000** in support of Your Centre!

Every dollar raised goes directly toward enhancing the Centre's programs and services — from wellness classes and cultural celebrations to educational workshops and daily lunches. These funds help us continue our mission of fostering friendship and joy for seniors in our community.

**Let's keep walking, running, and rolling together
— until next year!**



Special Events & Presentations

Jewish Family Services Edmonton (JFSE)

**Meital Siva-Jain, RSW, MSW,
Outreach Services Manager
presents**



Thursday, August 7 at 1p.m.

Session #1: We're Here to Help: How JFSE Can Support You!

In this presentation, we will introduce participants (and reintroduce some) to the work of Jewish Family Services Edmonton. We will explore the work we do, the programs we offer, and our continued connection to the Edmonton Jewish community.

Expect some conversation, information, and opportunities to have your questions answered.

Monday, September 8 at 12:30p.m.

Session #2: Is Counselling for Me? Understanding and Overcoming Barriers to Getting Help

In this workshop we will explore what counselling is and how it can help you better your life. Focus will be placed on the barriers that get in the way of starting, and staying with, counselling and how we can overcome them. Expect several short activities, conversation, and opportunities to have your questions answered.

Monday, September 15 at 12:30p.m.

Session #3: Change is in the Air: Adapting to Life's Changing Seasons

In this workshop, we will explore the changes that come with life and aging. Learn more about how to navigate transitions, overcome challenges, and embrace growth in every season of life. Expect several short activities, conversation, and opportunities to have your questions answered.



Seniors & Climate Change

Tuesday, August 19 at 1p.m.



Join the representatives (Victor, Lynne & Gerry) of organization SCAN!Edmonton (Seniors for Climate Action Now) to learn about individual and learn actions that can make difference in the area of climate change. This organization began as a small group of seniors who got together in winter 2024. Our group immediately started planning for the “Later Is Too Late” National Seniors Day for Climate Action on October 1 and have since formed collaboration, education, communications, actions, and coordinating committees.

The Media: It's Challenges and Future with John Hanlon

Thursday, August 28 at 1p.m.

Mainstream media struggles to survive. As each financially-troubled news outlet closes, we lose another trustworthy source of information to help us make decisions that affect our lives. For a look at this development and its consequences, join retired CBC broadcaster John Hanlon.

John hosted information programs on CBC Radio and TV in Edmonton and Calgary from

1976 to 1996. After leaving the CBC, John joined Japan's public broadcaster, NHK. There he worked in a variety of capacities on its English-language satellite TV service until his retirement in 2015. Though retired, John maintains a strong interest in the challenges faced by today's media.

Our wonderful member Erika Lafevre will do two unique presentations for you:

Alberta History.

**The Story of the Three Sareptas:
Zareptha (Lebanon),
Old Sarepta (Russia), and
New Sarepta (Alberta)**

Thursday, August 14 at 1p.m.

Mathieu Lefevre: “Irony as Method”

**Honouring Contemporary Artwork of
late Mathieu Lefevre**

Tuesday, August 26 at 1p.m.



“Mathieu Lefevre’s work often relies on humour and mockery. As such, one can place Lefevre in a tradition Pierre-Michel Menger has called the “mocking and ironic avant-garde,” an avant-garde tradition descended from Dada and Marcel

Duchamp—Schwitters, Cage, Warhol, Damien Hirst. Thumbing their noses at a classical tradition that conceived art as a privileged means of elevating oneself above the banal, these artists delighted in reducing art to the level of triviality, in exposing it to the worst degradations.”

(Fabien Loszach)

Photo by Chieu-Anh Le Van

Menswear Success in Edmonton: Phil & David Gold

Tuesday, September 9 at 12p.m.



Photo by Edmonton Journal 2013

Join the fashion legends of Edmonton to hear an amazing life story.

Armchair Traveller: Luxemburg, Holland & Belgium

Thursday, August 21 at 1p.m.



Join our vivid traveller Wei Woo to be fascinated by stories about his recent trips to these countries. Join us at 12p.m. for the Benelux Lunch.

Special Thank you to our Bagel Loop: Walk/Run/Roll Ping-Pong Ball Raffle Sponsors

- | | |
|--|---|
| Evolution 11958 – 104 Ave | Arch Greenhouses 3151 – 97 Street 780-438-4349 |
| McBain Camera 10452 Mayfield Rd. | Starbucks Brewery District on 104 Ave 11926 104 Ave |
| Nandos 11940 – 104 Ave | The Sweet Spot 8412 -109 Street 780-432-0350 |
| Freshii 12060 – 104 Ave | Bella from Booster Juice 11934 – 104 Ave 587-855-7094 |
| London Drug 11704 – 104 Ave | Lynnette Khy |
| Doughnut Party 11980 – 104 Ave | Bonnie Austen |
| Tommy Guns Original 11932 – 104 Ave | Connie & Steven Snyder |
| Brio Bakery 12021 – 102 Ave | Susan Baram |
| Acquired Taste Tea Company 10122 – 124 Street | Mary Jane Klein |
| Sinead from Carriel Hair Salon 11414 – 100 Ave | Barb Mickelson |
| Make Me Blash 9557 -75 Ave | Alexis Baptista |
| Shoppers Drug Mart | Hans Pilz |
| Mr. Meltem den Heyer, | Elaine & Mark Salkie |
| Andi Ellacott & amazing staff 102, 11962 104 Ave 780-670-6922 | Lilia Shlomovitch |
| | Svetlana & Aleksey Pavlenko |
| | Daniella Drisdell |
| | Luba Allen |

Regulations for your Financial Advisor: How it affects retired investment clients

Thursday, September 18 at 1p.m.

Join **Wei Woo**, Investment Advisor, CIM, EPC who will provide you with updates in the investment world. Since 2009 implementation, there has been a new set of rules and reporting requirements on your non-registered, RRSP, and TFSA accounts. Is a regulatory initiative designed to help clarify investment performance, communication, and costs for investors, as well provide more transparency. Come join Wei as we discuss what this all means, and to find out if your financial advisor or investment advisor is doing what is in your best interest.

Entrepreneurship and navigating the business world as a woman in business

Tuesday, September 2 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.

The Life Story of My Father Paul Kagan Z"L

Tuesday, August 12 at 1p.m.

Dr. Leon Kagan was born and raised in Edmonton Alberta by his parents Paul and Clara Kagan. He graduated from Talmud Torah in Edmonton and later went to the University of Alberta to study medicine, initially beginning as a family doctor and eventually becoming a geriatric psychiatrist. His mother was a holocaust survivor from Poland who spent most of the war in a Soviet work camp in Kazakhstan before coming to Canada in 1948 with her two brothers and later was joined by her parents.

Clara settled with her family in Edmonton and married Paul Kagan at the old Beth Israel synagogue in Edmonton in 1951. Paul Kagan was a holocaust survivor from Vilna, Lithuania. Clara passed away in April, 2024 and Paul died October, 2008. Today Leon will tell the story of his father's life, detailing his courage to survive amongst the unspeakable horrors of the holocaust.

Three Enchanting Nights with Bertrand Malo:

Join our very own Bertrand Malo, acclaimed bass-baritone and captivating presenter, for three unforgettable Monday evenings celebrating the golden voices of opera!

Night One – November 10:


The Greatest Sopranos of the 20th Century
Experience the legendary voices that defined an era.

Night Two – November 17:

The Greatest Tenors of the 20th Century
A powerful tribute to the most iconic male voices in opera history.

Night Three – November 24:

Live Performance by the Divas Opera
A dazzling live show featuring the sensational Divas Opera.

 Enjoy complimentary hot hors d'oeuvres and wine each night!

Stay tuned for more details!

Join us for the continuation of this presentation

A Franco-Albertan's Story as Told Through Her Bilingual Writer's Journey

Une poète franco albertaine raconte sa trajectoire d'écrivaine bi-langue.

on Tuesdays, July 15 & 29 and August 5 & Wednesday, August 6 1p.m. – 3p.m.



Photo: Former Mayor Don Iveson with Edmonton local poets - incoming Laureate Pierrette Requier and outgoing Laureate Mary Pinkoski, 2015 (Photo by Edmonton Arts Council)

Pierrette Requier, Edmonton's 6th Poet Laureate, child of settlers of la grande prairie canadienne, is a bilingual Alberta poet, playwright, performer, producer, workshop designer and mentor. Her pieces come from some deep core of home in her, a rising up of words, of a rhythm, through the ears, like a heartbeat.

As a writer/performer/collaborator, her deepest interest is in sharing La langue vivante; language that is constantly evolving.

Pierrette Requier est une Uille du vent des grandes prairie canadienne, et femme de ville. Elle est poète, dramaturge, productrice et designer d'ateliers d'écriture ainsi que traductrice et mentore. Ecrivaine *bi-langue elle oeuvre au coeur de la vie littéraire de l'Alberta depuis 30 ans. Nommé Poète ofUicielle d'Edmonton, (2015-2017) elle se sert de l'oralité pour faire voyager et vibrer les mots. Elle collabore à d'importants événements interdisciplinaires et elle participe a plusieurs festivals au travers le Canada, et tout récemment à Mexico.

*Bi-langue : a coined word that has come to mean: enjoying, and loving the on-going learning of two languages that speak to one another constantly.

Fee: \$12 drop-in

Funded by the
Government
of Canada

Financé par le
gouvernement
du Canada

Canada

This project has been made possible by the Government of Canada (Department of Canadian Heritage).

Ce projet a été rendu possible grâce au gouvernement du Canada.

Medical Marijuana: Making Your Own 'High' Holidays!

Tuesday, September 16 at 1:00 p.m.



Curious about the medical use of cannabis? Want to understand how it's being used to support health, comfort, and quality of life — especially for seniors?

Join **Dr. Gary Wolch**, Associate Professor, Department of Oncology Director of Palliative Care, Royal Alexandra Hospital Board Member, Jewish Healthcare Association of Alberta for an enlightening and down-to-earth presentation.

Dr. Wolch will guide us through the science, myths, and realities of medical marijuana — including how it can be used safely and effectively as part of pain and symptom management.

Everyone welcome! Bring your questions, curiosity, and an open mind.

Join us for a new course with
Professor Emeritus
David Wangler

**Reason, Reality & Religion:
Is reconciliation realizable
or required? If it is too late,
that is fine, and we can stay
with original?**

Wednesdays, August 20 & 27 and
September 3 & 10 1p.m. – 3p.m.

Fee: \$45 for members | \$54 for non-members

Lecture 1:

Are there substantial reasons for religion? The two oldest religions are Judaism and Hinduism, and both are present and highly significant to this very day.

Lecture 2:

Are philosophy and religion or science and religion contradictory or complementary?

Lecture 3:

Does science provide valid knowledge about the physical world while only religion can provide valid knowledge about and a foundation for the moral world?

Lecture 4:

Are there two realms of human existence, the physical and the moral which are independent of one another but are both needed for humans?

In partnership with ORT Edmonton

22nd Annual Learning in Retirement Series For Intellectually Curious

October – November 2025

Wolfgang Amadeus Mozart

Wednesdays, October 22 & 29,
November 5, 12, 19 & 26
1p.m. - 3p.m.

Instructor: Prof Emeritus Michael Roeder

Fee: Members \$75 Non-members \$95



Leopold Mozart (1719–87) took his prodigy children, Wolfgang Amadeus (1756–91) and Maria Anna (“Nannerl” 1751–1829), on tour to display and exploit their gifts and to expose the boy to music and musicians in important musical centres of Europe. We will join W. A. Mozart on some of his journeys to discover various influences on his developing compositional style. By the time of his move from his birthplace in Salzburg to Vienna in 1781, Mozart had assimilated and merged these diverse musical influences into a remarkable personal style.

Mozart was the master of every medium and musical genre current in his time. His music, along with that of Haydn (1732–1809) and Beethoven (1770–1827), represents the height of the Viennese Classical style.

Mozart’s music runs the gamut from light entertainment music (divertimenti and serenades) to the most profound and deeply moving chamber music, symphonies, concertos, choral music, and, above all, operas, which were his passion. We will explore examples from each category in varying degrees of depth. Some works, like Symphony No. 40 in G Minor, K. 550, Piano Concerto in B-Flat, K. 456, String Quintet in G minor, K. 516; Sinfonia Concertante for Violin and Viola in E-flat Major, K. 364, and the opera Don Giovanni, will be studied in greater detail. Excellent audio and video recordings will enhance our experience.

Please join in this remarkable musical journey!

When the Elephant Goes Rogue: Canada-US relations from 1945-2025

**Thursdays, October 23 & 30,
November 6, 13, 20 & 27
1p.m. - 3p.m.**

Instructor: Prof Emerita Elizabeth Smythe
Fee: Members \$75 Non-members \$95



This course will deal with Canada-US relations from the post WWII period to the present.

As Pierre Elliot Trudeau once remarked about dealing with the US. It is like:

“sleeping with an elephant. No matter how friendly and even-tempered is the beast, if I can call it that, one is affected by every twitch and grunt.”

That remark captures two aspects of the reality of the relationship. One is the size and capacity of the United States economically and militarily and, thus, given Canada's proximity and dependence on the US, its capacity to harm Canada. Second, while Canada is often depicted as the closest ally and best friend of the US, that relationship is much more complicated and driven not so much by shared values as material interests. The course will examine relations thematically, rather than chronologically, focussing on three main themes:

- Borders, security and defence
- Trade, investment and economic integration,
- Political and diplomatic issues

The themes will be approached from a Canadian perspective looking at these relationships and key actors including national leaders, parties, corporations and sub-national governments (e.g. provinces). The course will address the perennial question: can Canada be fully sovereign and independent, especially in periods when it is facing unpredictable and hostile actions from the elephant? If so, how?

Stay tuned for more details about the upcoming series!

**From Page to Screen:
Film Adaptations of
Jane Austen's Masterpieces**
with Nora Foster Stovel, Ph.D.
Professor Emerita, English and Film
Studies, UofA

**Tuesdays, October 21 & 28, November 4, 11,
18 & 25 1p.m. - 3p.m**

**Why a Trump Presidency
was Inevitable:
a Critical Reinterpretation of
American History**
with Alvin Finkel, Ph.D. Professor
Emeritus, History Department,
Athabasca University
**Mondays, November 17 & 24 and
December 1, 8 & 15 1p.m - 3p.m**

Whimsical Wednesdays

Not Boring Book Club (via Zoom)

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

September 10: We're going back in time to read
a classic: Anthony Trollope's 1857 novel,
"Barchester Towers".

If you're interested in joining our Club, please
connect with the Office.



Young at Heart Choir

The Choir rehearses on Mondays at 10 a.m.
Starts August 18

Choir fee is \$60 for the Winter period
(you will receive a \$25 tax receipt).

All choir participants
must be paid members of the Centre.

Join our wonderful choir!

The main performance will take place
on **Thursday, December 18 at 11a.m.**
at the Hanukkah Celebration.



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 August 1 till October 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!

Health & Wellness

YOGA Classes with Sandy Mah

Mondays @ 10:00a.m.

<https://shorturl.at/R0KtH>

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

August–September 2025 Schedule

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Sat |
|---|---|--|---|---|--------|-----|
| 3 | 4 10a.m. Yoga with Sandy Centre is Closed | 5 10:45a.m. Fitness Bonnie 12p.m. Lunch 1p.m. A Franco-Albertan's Story as Told Through Her Bilingual Writer's Journey with Pierrette #3 | 6 12p.m. Sunday Club Lunch & Program: Conversational Russian & Chess Club 1p.m. A Franco-Albertan's Story as Told Through Her Bilingual Writer's Journey with Pierrette #4 1:30p.m. Zoom Yiddish Club | 7 11a.m. Fitness Anna 12p.m. Lunch 1p.m. Jewish Family Services: our programs & services | 8 | 9 |
| 10 11a.m. GREEK BRUNCH with Concert | 11 10a.m. No Yoga with Sandy 10a.m. Young At Heart Choir 12p.m. Lunch | 12 10:45a.m. Fitness Bonnie 12p.m. Lunch 1p.m. Dr. Kagan: The Life Story of my Father Paul Z"L | 13 12p.m. Sunday Club Lunch & Program: Conversational Russian & Chess Club 1:30p.m. Zoom Yiddish Club | 14 11a.m. Fitness Anna 12p.m. Lunch & Learn 1p.m. Erika Lefevre: the History of Old & New Sarepta | 15 | 16 |
| 17 | 18 10 a.m. Yoga with Sandy 10a.m. Young At Heart Choir 12p.m. Lunch | 19 10:45a.m. Fitness Bonnie 12p.m. Lunch & Learn 1p.m. Seniors for Climate Change Actions | 20 12p.m. Sunday Club Lunch & Program: Conversational Russian & Chess Club 1p.m. David Wagner Reason, Reality, Religion #1 1:30p.m. Zoom Yiddish Club | 21 11a.m. Fitness Anna 12p.m. Lunch 1p.m. Armchair Traveller: Wei Woo talks about Luxembourg, Holland & Belgium | 22 | 23 |
| 24 | 25 10 a.m. Yoga with Sandy 10a.m. Young At Heart Choir 12p.m. Lunch | 26 10:45a.m. Fitness Bonnie 12p.m. Lunch 1p.m. Erika Lefevre: "Irony as Method" Honouring Contemporary Artwork of late Mathieu Lefevre | 27 12p.m. Sunday Club Lunch & Program: Conversational Russian & Chess Club 1 pm David Wagner Reason, Reality, Religion #2 1:30p.m. Zoom Yiddish Club | 28 11a.m. Fitness Anna 12p.m. Lunch 1p.m. The Media: It's Challenges and Future with John Hanlon | 29 | 30 |
| 31 | September 1 Labour Day Centre is Closed | 2 10:45a.m. Fitness Bonnie 12p.m. Lunch 1p.m. Danielle Woo: Entrepreneurship and navigating the business world as a woman in business | 3 12p.m. Sunday Club Lunch & Program: Conversational Russian & Chess Club 1 p.m. David Wagner Reason, Reality, Religion #3 1:30p.m. Zoom Yiddish Club | 4 11a.m. Fitness Anna 12 p.m. Membership Lunch: Special Guest Esther Starkman | 5 | 6 |
| 7 | 8 10 a.m. Yoga with Sandy 10a.m. Young At Heart Choir 12p.m. Lunch 1p.m. Jewish Family Services: Is counseling for Me? | 9 10:45a.m. Fitness Bonnie 12p.m. Lunch 1p.m. Menswear Success in Edmonton: Phil & David Gold | 10 12p.m. Sunday Club Lunch & Program: Conversational Russian & Chess Club 1 p.m. David Wagner Reason, Reality, Religion #4 1:30p.m. Zoom Yiddish Club | 11 11a.m. Fitness Anna 12p.m. MEMBERSHIP LUNCH:- Special Guest Esther Starkman | 12 | 13 |
| 14 | 15 10 a.m. Yoga with Sandy 10a.m. Young At Heart Choir 12p.m. Lunch 1p.m. Jewish Family Services: Adapting to Life's Changing Situations | 16 10:45a.m. Fitness Bonnie 12p.m. Lunch 1p.m. Medical Marijuana: Making Your Own 'High' Holidays! | 17 12p.m. Sunday Club Lunch & Program: Conversational Russian & Chess Club 1:30p.m. Zoom Yiddish Club | 18 11a.m. Fitness Anna 12p.m. Lunch & Learn: Rabbi Mendy Shofar Blowing 1p.m. Wei Woo Financial Workshop | 19 | 20 |
| 21 | 22 CLOSED Erev Rosh Hashanah | 23 CLOSED ROSH HASHANAH | 24 CLOSED | 25 The Centre is closed till October 19, 2025. We will re-open the Centre on Monday, October 20 | 26 | 27 |

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

August–September 2025 Menu

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Sat |
|--|--|--|---|---|--------|-----|
| 3 | 4 Heritage Day CLOSED | 5 Tomato Soup Pasta Salad & Dessert | 6 Surprise Lunch | 7 Pickle Soup Tuna Melt Dessert | 8 | 9 |
| 10 Greek Brunch with the Special Concert: High Level Trio | 11 Chili & Cornbread Salad & Dessert | 12 Carrot Ginger Soup Vegi Stir Fry with Rice Salad & Dessert | 13 Surprise Lunch | 14 Broccoli Soup Mushroom Stroganoff Salad & Dessert | 15 | 16 |
| 17 | 18 Pea Soup Pizza Salad & Dessert | 19 Moroccan Peanut Soup Mac & Cheese Salad & Dessert | 20 Mushroom Soup Bagel & Lox Salad & Dessert | 21 Borscht Veggie Au Gratin Salad & Dessert | 22 | 23 |
| 24 | 25 Veggie Soup Sandwiches Salad & Dessert | 26 Birthday Lunch | 27 Squash Soup Rice & Lentil Salad & Dessert | 28 Bean Soup Salmon Cakes Salad & Dessert | 29 | 30 |
| 31 | 1 Labour Day CLOSED | 2 Spinach Soup Salmon Pasta Salad Dessert | 3 Corn Chowder Quiche Salad & Dessert | 4 Thai Vegetable Soup Potato Kugel Salad, Dessert | 5 | 6 |
| 7 | 8 Split Pea Soup Burekas Salad & Dessert | 9 Mulligatawny Soup Lasagna Salad & Dessert | 10 Minestrone Soup Pizza Salad & Dessert | 11 MEMBERSHIP LUNCHEON Esther Starkman | 12 | 13 |
| 14 | 15 Barley Soup Shepherd's Pie Salad & Dessert | 16 Pickle Soup Vegi Burger Salad & Dessert | 17 Surprise Lunch | 18 Broccoli Cheddar Soup Spaghetti Salad & Dessert | 19 | 20 |
| 21 | 22 CLOSED Erev Rosh Hashanah | 23 CLOSED ROSH HASHANAH | 24 CLOSED | 25 The Centre is closed till October 19, 2025. We will re-open the Centre on Monday, October 20 | 26 | 27 |

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 Kichnevskaya, **Directors:** Gordon Bushewsky, Marilyn Rolingher, **Presidential Appointee:** Barbara Mickelson

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

Membership Committee

Transportation Committee

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