

Schmooze & News

October - December 2025/5786



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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programmer@jdicseniors.ca

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 – October 27 at 6p.m.:

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

🎵 Night Two – November 3 at 6p.m.:

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

🎵 Night Three – November 10 at 6p.m.:

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!

Fee: Members \$80 & Non-members \$95



Hanukkah Celebration Party

**Thursday, December 18
at 11a.m**

Join us for Hanukkah Latke Lunch
& Concert with our famous
Young At Heart Choir!

50/50 and more fun!

**Please RSVP by
Thursday, December 4**

**Fee: \$18 members and
\$21 for non-members**



Please pre-order your latkes

**\$24 per dozen — Last day to order is November 27.
Pick up will be available after December 11**

In partnership with ORT Edmonton

22nd Annual Learning in Retirement Series For the Intellectually Curious

October – December 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?

From Page to Screen: Film Adaptations of Jane Austen's Masterpieces

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

Instructor: Prof. Emerita Nora Foster Stovel
Fee: Members \$75 Non-members \$95



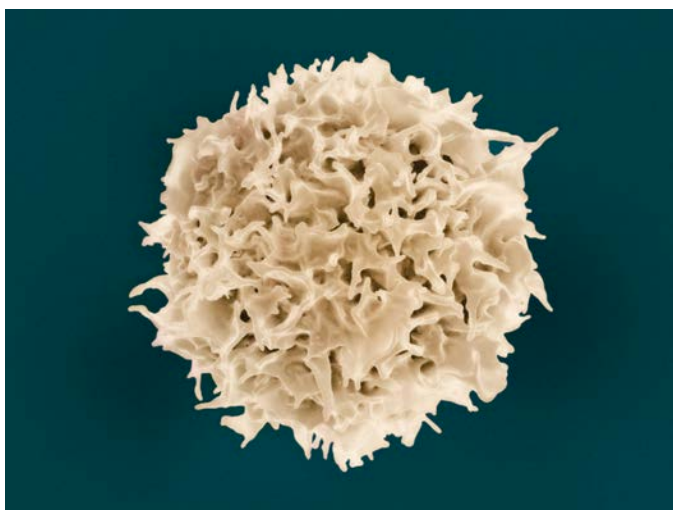
Please Join Prof. Stovel, from the University of Alberta's Department of English and Film Studies, in viewing one of the most appealing film adaptations of each of Jane Austen's literary genius, and finish with a vote on the success of each adaptation and a final ranking by you, the audience, of the six recent movies.

Prof. Stovel has the Honours BA, Honours MA, and Ph.D. from McGill, Cambridge, and Dalhousie Universities respectively, followed by SSHRC and University of Calgary Postdoctoral Fellowships.

Why are cancers so hard to cure?

Tuesdays, December 2, 9 & 16
1p.m. - 3p.m

Instructor: Prof. Emerita Mary Hitt
Fee: Members \$36 Non-members \$46



Although “cancer” is really over 200 different diseases, there are some characteristics, called “Hallmarks of Cancer” (a term coined by D. Hanahan and R. Weinberg), that cancers have in common. These Hallmarks of Cancer are characterized by the loss of regulation of specific processes that are under tight control in normal cells and tissues. Dr. Hitt’s lectures will provide an introduction to the Hallmarks of Cancer, highlighting the challenges they pose to conventional and modern cancer therapies.

Dr. Mary Hitt is a Professor Emerita, recently retired from the Department of Oncology at the University of Alberta. She obtained her PhD in Biochemistry at University of California in Berkeley, California (USA) in 1986, and was post-doctoral fellow at the Royal Postgraduate Medical School in London (UK), the University of Washington in Seattle (USA), and McMaster University in Hamilton, Ontario.

Why a Trump Presidency was Inevitable: A Critical Reinterpretation of American History

**Mondays, November 17 & 24, December 1,
8 & 15 1p.m. - 3p.m**

Instructor: Prof. Emeritus Alvin Finkel
Fee: Members \$65 Non-members \$75



Liberal critics of Donald Trump suggest that his regime amounts to a rejection of the “liberal order” that the United States supposedly stood for in past decades and centuries. From that point of view, the retrograde policies of Donald Trump represent the overthrow of the United States as a beacon of democracy and enlightened thought. This course suggests that such viewpoints are based on carefully designed mythologies of the pre-Trump United States that don’t stand up to historical scrutiny. The course takes a close look at the United States from the founding of the Thirteen Colonies to the Civil War to the world wars, the Cold War, and the Cold War aftermath to search for the precedents that have created the openly anti-democratic, paranoid, racist, and misogynistic Trump regime. The course does not deal with Trump himself or his time in government, but rather with the realities of pre-Trump America that should have prepared us for what is now happening in the United States and with the United States’ dealings with the rest of the world

Emilio De Mercato performs for You at the Centre with Bert Malo as MC

Wednesday, October 29th at 6:00p.m.

Fee: \$40 (including a glass of Sangria (red or white) & hors d'oeuvre)



Program

L. V. Beethoven

Sonata Quasi una Fantasia in C-sharp minor
Op.27 No.2 "Moonlight"

Adagio Sostenuto

Allegretto

Presto agitato

F. Chopin

Nocturne in B-flat minor Op.9 No.1

Nocturne in C-sharp minor Op.27 No.1

Scherzo in B minor No.1 Op.20

----- Intermission -----

S. Rachmaninoff

Prelude in C-sharp minor Op.3 No.2

Prelude in G minor Op.23 No.5

F. Liszt

Sonetto del Petrarca No.104

Après une lecture du Dante (Fantasia quasi
Sonata)

Emilio De Mercato

Italian concert pianist, composer and conductor, Emilio De Mercato holds Master's Degrees in Piano and in Composition from the Conservatory of Music "Giuseppe Verdi" in Milan, Italy, and the Konzertdiplom in Piano from the Hochschule für Musik in Bern, Switzerland. Since his move to Canada in 2012, he has been a featured pianist and conductor on many stages, performing in numerous tours and festivals. Since 2015 he is the founder and Music Director of the Alberta Symphony Orchestra which presented events such as Symphony of Hope, Celebrate The Season at the Alberta Legislature Building, A Stradivarius for the People, Tribute to Renoir, Music in the Air, Ode to Humanity 2022/23 Series, Verdi-ssimo, and Tribute to Glenn Gould for Canada's 150th anniversary at the Winspear Centre for Music in partnership with the Toronto Symphony Orchestra, featuring 55-piece ASO and Emilio as the pianist and conductor. In 2017 Emilio debuted in a piano recital at the renowned 63rd Puccini Festival in Torre del Lago, Italy. He is a member of the Piano Faculty at the Mount Royal University Conservatory in Calgary. In 2025 Emilio performed a Piano Tour with stops in Edmonton, Red Deer, Calgary, Ottawa, Vancouver, leading up to his piano recital debut in **New York at the Carnegie Hall**. Full biography and concerts schedule available at www.emiliodemercato.com.



Cooking with Chef Daniella

Special Community Cooking Series

Join us for an inspiring culinary experience that brings generations together through tradition, taste, and storytelling!

In preparation for the Second Edition of the Jewish Senior Citizen's Centre Cookbook, we invite you to Cook with Chef Daniella – a warm, welcoming hands-on workshop celebrating the flavours and stories of Jewish cuisine.

Sunday, November 30, 2025 1-3p.m.:

Fillo Dough (savory options)

Sunday, January 25, 2026 1-3p.m.:

Carrot-Ginger Soup

Sunday, February 22, 2026 1-3p.m.:

Puff Pastry (sweet options)

Sunday, March 29, 2026 1-3p.m.:

Make your own Condiments & Dressings

What to Expect:

- 🍳 Live cooking demo by Chef Daniella featuring classic and modern Jewish recipes
- 📖 Share YOUR family recipe to be considered for our Second Edition Cookbook
- 🍷 Sample the dishes, socialize, and share memories
- 📷 Optional: Get your photo taken for the cookbook or social media wall!
- 🧠 Learn about the history and heart behind the dishes from Chef Daniella and our community members

All ages welcome – bring a friend, a grandchild, or come solo and meet new people!

Fee: \$15 per session (all ingredients included)

Funded by the
Government
of Canada

Financé par le
gouvernement
du Canada

Canada

We acknowledge funding support of this project by the New Horizons for Seniors, Government of Canada.

Whimsical Wednesdays

Not Boring Book Club (via Zoom)

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

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

Cookbook Project 2025 – 2026

We produced our first ever
Cookbook in 2014

**“Traditional to Modern Cooking:
An Intergenerational Cookbook”**

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!



Young at Heart Choir

The Choir rehearses on Mondays at 10 a.m.

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.



Health & Wellness

YOGA Classes with Sandy Mah

Mondays @ 9:00a.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

Tai Chi with Randy Baker

Tai Chi is performed as a gentle, low-impact movement in which practitioners perform a series of deliberate, flowing motions while focusing on deep, slow breaths.

Wednesdays @ 11a.m.
Starts November 12, 2025

We need 10 people to sustain this class.
RSVP

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

October–December 2025 Schedule

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Sat |
|--------|--|--|---|--|---|-------|
| 19 | 20 9 a.m. Yoga with Sandy 10a.m. Young At Heart Choir 12p.m. Lunch | 21 10:45a.m. Fitness Bonnie 12p.m. Lunch & Learn 1-3p.m. Film Adaptations of J. Austen's Books with Prof. Stovel 1 | 22 12p.m. Sunday Club Lunch & Program: Conversational Russian & Chess Club 1-3p.m. Mozart with Prof. Roeder 1 1:30p.m. Zoom Yiddish Club | 23 11a.m. Fitness Anna 12p.m. Lunch & Learn 1-3p.m. Canada - USA Relations with prof. Smythe 1 | 24 | 25 |
| 26 | 27 9 a.m. Yoga with Sandy 10a.m. Young At Heart Choir 12p.m. Lunch 6p.m. Bert Malo presents: The Greatest Sopranos of the 20th Century. Evening #1 | 28 10:45a.m. Fitness Bonnie 12p.m. Lunch 1-3p.m. Film Adaptations of J. Austen's Books with Prof. Stovel 2 | 29 12p.m. Sunday Club Lunch & Program: Conversational Russian & Chess Club 1-3p.m. Mozart with Prof. Roeder 2 1:30p.m. Zoom Yiddish Club 6p.m Piano concert by Maestro Emilio De Mercato with Bert Malo as MC | 30 11a.m. Fitness Anna 12p.m. Lunch & Learn 1-3p.m. Canada - USA Relations with prof. Smythe 2 | 31 | Nov 1 |
| 2 | November 3 9a.m. Yoga with Sandy 10a.m. Young At Heart Choir 12p.m. Lunch 6p.m. Bert Malo presents The Greatest Tenors of the 20th Century. Evening #2 | 4 10:45a.m. Fitness Bonnie 12p.m. Lunch 1-3p.m. Film Adaptations of J. Austen's Books with Prof. Stovel 3 | 5 12p.m. Sunday Club Lunch & Program: Conversational Russian & Chess Club 1-3p.m. Mozart with Prof. Roeder 3 1:30p.m. Zoom Yiddish Club | 6 11a.m. Fitness Anna 12p.m. Lunch & Learn 1-3p.m. Canada - USA Relations with prof. Smythe 3 | 7 | 8 |
| 9 | 10 9a.m. Yoga with Sandy 10a.m. Young At Heart Choir 12p.m. Lunch 6p.m. Bert Malo presents: Live Performance by the Divas Opera Evening #3 | 11 10:45a.m. Fitness Bonnie 12p.m. Lunch 1-3p.m. Film Adaptations of J. Austen's Books with Prof. Stovel 4 | 12 11a.m. Tai Chi with Randy 12p.m. Sunday Club Lunch & Program: Conversational Russian & Chess Club 1-3p.m. Mozart with Prof. Roeder 4 1p.m. Not Boring Book Club 1:30p.m. Zoom Yiddish Club | 13 11a.m. Fitness Anna 12p.m. Lunch & Learn 1-3p.m. Canada - USA Relations with prof. Smythe 4 | 14 | 15 |
| 16 | 17 9 a.m. Yoga with Sandy 10a.m. Young At Heart Choir 12p.m. Lunch 1-3p.m. Trump Presidency with Prof. Finkel 1 | 18 10:45a.m. Fitness Bonnie 12p.m. Lunch 1-3p.m. Film Adaptations of J. Austen's Books with Prof. Stovel 5 | 19 11a.m. Tai Chi with Randy 12p.m. Sunday Club Lunch & Program: Conversational Russian & Chess Club 1-3p.m. Mozart with Prof. Roeder 5 1:30p.m. Zoom Yiddish Club | 20 11a.m. Fitness Anna 12p.m. Lunch & Learn 1-3p.m. Canada - USA Relations with prof. Smythe 5 | 21 | 22 |
| 23 | 24 9 a.m. Yoga with Sandy 10a.m. Young At Heart Choir 12p.m. Lunch 1-3p.m. Trump Presidency with Prof. Finkel 2 | 25 10:45a.m. Fitness Bonnie 12p.m. Lunch 1-3p.m. Film Adaptations of J. Austen's Books with Prof. Stovel 6 | 26 11a.m. Tai Chi with Randy 12p.m. Sunday Club Lunch & Program: Conversational Russian & Chess Club 1-3p.m. Mozart with Prof. Roeder 6 1:30p.m. Zoom Yiddish Club | 27 11a.m. Fitness Anna 12p.m. Lunch & Learn 1-3p.m. Canada - USA Relations with prof. Smythe 6 | 28 | 29 |
| 30 | December 1 9 a.m. Yoga with Sandy 10a.m. Young At Heart Choir 12p.m. Lunch 1-3p.m. Trump Presidency with Prof. Finkel 3 | 2 10:45a.m. Fitness Bonnie 12p.m. Lunch 1-3p.m. Why are cancers so hard to cure? With Dr. Hitt 1 | 3 11a.m. Tai Chi with Randy 12p.m. Sunday Club Lunch & Program: Conversational Russian & Chess Club 1p.m. Anna Akhmatova Poetry (Russian - English) with Ella, Pierrette & Randy 1:30p.m. Zoom Yiddish Club | 4 11a.m. Fitness Anna 12p.m. Lunch & Learn | 5 | 6 |
| 7 | 8 9 a.m. Yoga with Sandy 10a.m. Young At Heart Choir 12p.m. Lunch 1-3p.m. Trump Presidency with Prof. Finkel 4 | 9 10:45a.m. Fitness Bonnie 12p.m. Lunch 1-3p.m. Why are cancers so hard to cure? With Dr. Hitt 2 | 10 11a.m. Tai Chi with Randy 12p.m. Sunday Club Lunch & Program: Conversational Russian & Chess Club 1:30p.m. Zoom Yiddish Club | 11 11a.m. Fitness Anna 12p.m. Lunch & Learn | 12 | 13 |
| 14 | 15 9 a.m. Yoga with Sandy 10a.m. Young At Heart Choir 12p.m. Lunch 1-3p.m. Trump Presidency with Prof. Finkel 5 | 16 10:45a.m. Fitness Bonnie 12p.m. Lunch 1-3p.m. Why are cancers so hard to cure? With Dr. Hitt 3 | 17 The Centre is closed for Hanukkah Celebration Preparation | 18 11a.m. Hanukkah Celebration with Young At Heart Choir | 19 The Centre will be closed from December 22 till January 4 | 20 |

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 \$11

| August–September 2025 Menu | | | | | | |
|----------------------------|---|--|----------------------------------|--|--------|--------------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Sat |
| 19 | 20 Tomato Soup Pasta Salad & Dessert | 21 Pickle Soup Fish Melt Salad & Dessert | 22 Special Lunch | 23 Carrot Ginger Soup Vegi Stir Fry with Rice Salad & Dessert | 24 | 25 |
| 26 | 27 Chili & Cornbread Salad & Dessert | 28 Birthday Lunch | 29 Special Lunch | 30 Moroccan Peanut Soup Mac & Cheese Salad & Dessert | 31 | Nov 1 |
| 2 | November 3 Mushroom Soup Bagel & Lox Salad & Dessert | 4 Broccoli Soup Mushroom Stroganoff Salad & Dessert | 5 Special Lunch | 6 Borscht Veggie Au Gratin Salad & Dessert | 7 | 8 |
| 9 | 10 Veggie Soup Sandwiches Salad & Dessert | 11 Pea Soup Pizza Salad & Dessert | 12 Special Lunch | 13 Bean Soup Fish Cakes Salad & Dessert | 14 | 15 |
| 16 | 17 Split Pea Soup Burekas Salad & Dessert | 18 Spinach Soup Salmon Pasta Salad & Dessert | 19 Special Lunch | 20 Carrot-Ginger Soup Spinakopita Salad & Dessert | 21 | 22 |
| 23 | 24 Bean Soup Bagel & Lox Salad & Dessert | 25 Birthday Lunch | 26 Special Lunch | 27 Thai Vegetable Soup Potato Kugel Salad, Dessert | 28 | 29 |
| 30 | December 1 Barley Soup Shepherd's Pie Salad & Dessert | 2 Mulligatawny Soup Lasagna Salad & Dessert | 3 Special Lunch | 4 Corn Chowder Quiche Salad & Dessert | 5 | 6 |
| 7 | 8 Pickle Soup Veggie Burger Salad/Dessert | 9 Veggie Soup Knishes Salad & Dessert | 10 Special Lunch | 11 Minestrone Soup Pizza Salad & Dessert | 12 | 13 |
| 14 | 15 Moroccan Peanut Soup Frittata Salad & Dessert | 16 Broccoli Cheddar Soup Spaghetti Salad & Dessert | 17 No lunch Prep for Hanukkah | 18 11a.m. Hanukkah Celebration | 19 | 20 |

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.