

Schmooze & News



Seniors' Centre
All Seniors Welcome

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Discover Alberta's Francophone Culture Through Music & Stories

Découvrez la culture francophone de l'Alberta à travers la musique et les histoires

An inspiring celebration of music, culture, and Francophone voices in Alberta.

Une célébration inspirante de la musique, de la culture et des voix francophones en Alberta.

Funded by the Government of Canada

Financé par le gouvernement du Canada



We acknowledge funding support of this project by the Canadian Heritage, Government of Canada.



Seniors' Centre
All Seniors Welcome

Sunday, February 8, 2026 at 11a.m.
Dimanche 8 février 2026 à 11h00

FEES
MEMBERS | \$36
NON-MEMBERS | \$46

An inspiring celebration of music, culture, and Francophone voices in Alberta. Une célébration inspirante de la musique, de la culture et des voix francophones en Alberta.

Join us for a wonderful brunch to experience an intimate evening celebrating Alberta's vibrant Francophone community. Join Jason Kodie, Daniel Gervais, Meera Sylvain, and Mireille Moquin—four talented musicians and singer-songwriters born and raised in different regions of Alberta—as they share their music, influences, and personal journeys.

Through live performances and heartfelt storytelling, these artists offer a unique perspective on what it means to be a Francophone artist in Alberta today. Hear the stories behind the songs, explore diverse musical styles, and discover how language, place, and identity shape their art.

Please reserve your seat asap.

To register, call 780-488-4241 or email programmer@jdicseniors.ca

A Few Words from the Past-President

At the recent AGM I reflected on my memories of the past five years as your President. When I began my first term we were in the first year of the COVID-19 pandemic amid all the restrictions and precautions and forced isolations we were experiencing. We discovered masks and disinfectant hand washes and Zoom meetings. I'm sure we all hope to never suffer those fears again. Fortunately, those days are in the past and we are now fully back in operation, and have been for some time. The last two years have seen a complete resurgence of our customary activities, including regular wonderful lunches, a variety of excellent fitness classes, an outstanding lineup of superior Learning in Retirement courses, and an exciting array of special lunch-time talks, wonderful evening musical concerts and entertaining outings, just to name a few.

This has all been possible only due to the devotion and selfless time donated by our amazing volunteers, the hard-working members of the Board of Directors, and our great staff: Executive Director Svetlana, Executive Assistant Luba, and Chef Daniella. We all owe them a tremendous amount of appreciation. I personally want to thank one and all for the support given to me and the Centre over the past year and indeed over all five years of my time as President. I am not running away, I will still be here as your Past President and plan to stay as involved as possible. And I want to offer our new President, Susan Baram, best wishes for a successful term and a promise of continued support and encouragement. I am sure we will be in capable hands going forward.

One thing I'm particularly proud of is the recent improvements to our basement classroom. It started with the old TV starting to fail, with the audio cancelling out at most inconvenient times during various lectures and presentations. That was replaced about a year ago with a really good 75-inch 4K smart television set accompanied by a superior sound system. More recently, a significant amount of acoustic panelling was installed on the walls, along with several full-length mirrors, to greatly enhance the usefulness of the room. It isn't just me, everyone can tell that it is much easier to hear speakers now in that space. Additionally, the

wonderful collection of DVD movies that was donated by the estate of Doug Hughes (Z"l) has been unpacked and installed in a new shelf, providing us with a large variety of Israeli, International and Classical American films for our enjoyment. There are certainly a number of potential film programs that could be cobbled together from this collection, and stay tuned, I'll be sorting that out in the near future.

We acknowledge the following who have given us grants and donations:

The City of Edmonton

Jewish Federation of Edmonton

ORT Edmonton

Edmonton Jewish Community Charitable Foundation and the Osten Fund

Jewish Agency for Israel:

Sam Ousher Switzer Charitable Foundation

Heritage Canada, Government of Canada:
Promoting intercultural understanding and inclusion & Be an Active Member of Your Community

New Horizons for Seniors, Government of Canada:
Our Cookbook Project #2 for 2026

I have held numerous executive positions in my life; I want to thank everyone involved for making this one of the most memorable and rewarding of all.

Sam Koplowicz



Hanukkah Celebration 2025 with our wonderful supporter



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

A new 6-week series “Women Writers in a Cold Climate”

Mondays 1p.m. – 3p.m.
February 2, 9 & 23 and March 2, 9 & 16

Instructor: Eileen Conway

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

A notable critic has claimed that the best fiction written in his (and our) time has been the work of “women in the chillier parts of North America.” We will look at the work of six of these writers: Margaret Laurence, Margaret Atwood, Alice Munro, Carol Shields, Joy Kogawa, and Gabrielle Roy.

A new 4-week series “Modern Role of Nursing: Mental Health & other areas of Our Well-being”

Thursdays 1p.m. – 3p.m.
February 5, 12, 19 & 26

Instructor: Margot Jackson, PhD, MA, BScN & Special Guest Speakers

Fee: Members \$36 Non-members \$46

Join Margot Jackson, PhD, MA, BScN, Associate Professor in the Faculty of Nursing, for a 4-week course focused on mental health, health equity, and the social factors that shape care.

This course explores mental health across children, youth, families, and communities, with an emphasis on understanding lived experiences, reducing stigma, and promoting compassionate, effective nursing practice.

Lunch & Learn



Tuesday, January 6 at 12p.m.

An Overview of the Older Adult Services Program at JFSE

Presenters: Tatiana Kastner, Meital Siva

This presentation highlights the range of services offered through Social Prescribing, Hello Seniors, and the Holocaust Survivor Support Program. It also explores how these initiatives connect with other areas of the agency, including Outreach—engaging the community and supporting multi-generational households—and Counselling, which provides psychological support as part of the Older Adult Services program.

Change is in the Air: Adapting to Life’s Changing Seasons

Thursday, January 15

Presenters: Sarah Karesa, Meital Siva

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.

The Current Situation in Israel

Thursday, January 8 at 12:00 p.m.

Join Stacey Levitt-Wright, CEO of the Jewish Federation of Edmonton, as she shares insights from her recent trip to Israel. Stacey will discuss her firsthand experiences, provide key facts and figures, and offer context on the current situation.

Understanding Alzheimer's Disease and Related Dementias: Updated Info Session

Thursday, January 13 at 12p.m.

Join representatives from the Alzheimer Society of Alberta and Northwest Territories to:

- Learn what the difference is between Dementia and Alzheimer's Disease
- Learn practical tips to help yourself and those living with dementia have better quality of life
- Have your questions answered

Holocaust Remembrance Day

Tuesday, January 27 at 12p.m.

January 27th was designated as International Holocaust Remembrance Day by the U.N. in 2005 after the 60th anniversary of the liberation of Auschwitz. In the spirit of this day, we will be providing an opportunity to learn with the Jewish Federation's archivist and historian, Zion Barany. Zion will speak about a lesser-known case of medical experimentation during the Holocaust that shows how deeply embedded Nazi ideology was in every facet of German society.

Better Choices, Better Health: How to Manage Chronic Pain



Primary Care
Alberta

Tuesday, January 20 at 12p.m.

Join David Midiburo from Primary Care Alberta for an informative and empowering session on managing chronic pain. Learn practical, lifelong skills to help you better understand your condition, make informed choices, and improve your overall quality of life.

This talk is designed for anyone living with chronic pain or supporting someone who is, and focuses on strategies you can use every day to support better health and well-being.

The 39th Zionist Congress: What Happened & Why It Matters

Thursday, January 29 at 12p.m.

Join Howie Sniderman for an engaging presentation on the outcomes of the 39th Zionist Congress, held in Jerusalem from October 28–30, 2025.

Learn about the key decisions, ideas, and conversations that emerged from this powerful gathering—an event that brought together Jews from Israel and the Diaspora, connecting generations and shaping the future of Jewish life worldwide.

Insightful, timely, and meaningful—don't miss it.

Tu B'Shevat Celebration

Tuesday, February 3 at 12p.m.

Join us to celebrate the New Year for Trees with Jay Cairns, ED of the Jewish National Fund, and enjoy traditional holiday food.

Special Events & Presentations

Alberta's Turbulent Past in Stories and Songs: The Prohibition Era

Thursday, January 22 at 1p.m.

Join our dynamic musical duo, David Haas and Susan Lynch, for a lively and entertaining journey into Alberta's Prohibition era, brought to life through captivating stories (from real experiences) and unforgettable songs. Experience history in a fun, interactive way as music and storytelling transport you back in time.

Whimsical Wednesdays

Not Boring Book Club (via Zoom)

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

January 14: *The Uncommon Reader* by Alan Bennett

February 11: *I Who Have Never Known Men* by Jacqueline Harpman

March 11: *There are Rivers in the Sky* by Elif Shafak

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

ACTING 101 with Allison

Wednesday, January 14 1:00–3:00p.m.

Fee \$36 for 6 sessions



Join Allison to discover a new program at your Centre "Acting 101". Starting on Wednesday, January 14 1:00–3:00p.m. (Wednesdays January 21 & 28, February 4, 18 & 25). It is a low stress series with speech work, communication skills, character interpretation, very easy and relaxed atmosphere. Eventually will be working on acting scenes which will be delegated by the instructor.

Young at Heart Choir

The Choir rehearses on Mondays at 10 a.m.
New period will start on Monday, March 2, 2026

Choir fee is \$50 for the Spring period
(you will receive a \$20 tax receipt).

All choir participants
must be paid members of the Centre.

Join our wonderful choir!



Hanukkah Performance by Young at Heart Choir 2025

Health & Wellness

YOGA Classes with Sandy Mah

Mondays @ 10:00a.m.

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.

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

Tai Chi with Wing or Randy

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.

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.

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.

SPRING IN THE AIR! JOIN US FOR
French Kiss: A Cabaret
BY BRIE, BAGUETTE, AND A BROAD



Sunday, March 15 at 12:00p.m.
FEES | \$36 (INCLUDING BRUNCH)

Step into a world of joie de vivre as singer Mireille Rijavec and pianist Roxanne Classen bring their signature cabaret back to life!

Performing together since their 2007 Edmonton Fringe debut, Brie, Baguette, and a Broad, this dynamic duo invites audiences into the intimate, playful world of cabaret—where beloved songs, storytelling, and spirited banter collide.

Blending the romance, humour, and drama of French life and love with a distinctly Albertan twist, French Kiss is a charming, interactive

experience that draws audiences right into the moment. Mireille's expressive interpretations and Roxanne's sparkling piano create a performance that is both heartfelt and hilarious.

Their acclaimed cabarets have delighted audiences at U of A's Campus Saint-Jean, l'Unithéâtre, Concerts in Care, and numerous private and public events.

Come laugh, listen, and fall a little bit in love—no passport required.

Please register with payment via email programmer@jdicseniors.ca or phone 780-488-4241

Event Details

January–February 2026 Schedule						
Sunday	Monday	Tuesday	Wednesday	Thursday	Fri day	Sat
4	5 10 a.m. Yoga with Sandy 12p.m. Lunch 1p.m. Understanding Religious Decision-Making A Talk & Discussion with Rabbi Hartley Perlmutter	6 10:45a.m. Fitness Bonnie 12p.m. Lunch & Learn: An Overview of the Older Adult Services Program at Jewish Family Services	7 11a.m. Tai Chi 12p.m. Sunday Club Conversational Russian 1:30p.m. Yiddish Club	8 11a.m. Fitness Anna 12p.m. Lunch & Learn: The Current Situation in Israel with Stacey Levitt-Wright, CEO of the Jewish Federation of Edmonton	9	10
11 11a.m. Tropical Brunch	12 10 a.m. Yoga with Sandy 12p.m. Lunch	13 10:45a.m. Fitness Bonnie 12p.m. Lunch & Learn: Understanding Alzheimer's Disease and Related Dementias: Updated Info Session	14 11a.m. Tai Chi 12p.m. Sunday Club Conversational Russian 1p.m. ACTING 101 Class 1 1:30p.m. Yiddish Club	15 11a.m. Fitness Anna 12p.m. Lunch & Learn: Change is in the Air: Adapting to Life's Changing Seasons with Jewish Family Services	16	17
18 11a.m. Being an Artist in Edmonton: What You Need to Know Workshop 1	19 10 a.m. Yoga with Sandy 12p.m. Lunch	20 10:45a.m. Fitness Bonnie 12p.m. Lunch & Learn: Better Choices, Better Health: How to Manage Chronic Pain	21 11a.m. Tai Chi 12p.m. Sunday Club Conversational Russian 1p.m. ACTING 101 Class 2 1:30p.m. Yiddish Club	22 11a.m. Fitness Anna 12p.m. Lunch 1p.m. Alberta's Turbulent Past in Stories and Songs: The Prohibition Era with David & Susan	23	24
25 1p.m. Cooking with Chef Daniella: Carrot-Ginger Soup	26 10 a.m. Yoga with Sandy 12p.m. Lunch	27 10:45a.m. Fitness Bonnie 12p.m. Lunch & Learn: International Holocaust Remembrance Day	28 11a.m. Tai Chi 12p.m. Sunday Club Conversational Russian 1p.m. ACTING 101 Class 3 1:30p.m. Zoom Yiddish Club	29 11a.m. Fitness Anna 12p.m. Lunch 1p.m. The 39th Zionist Congress: What Happened & Why It Matters with Howie Sniderman	30	31
February 1 11a.m. Being an Artist in Edmonton: What You Need to Know Workshop 2	2 10 a.m. Yoga with Sandy 12p.m. Lunch 1p.m. Eileen Conway Class 1	3 10:45a.m. Fitness Bonnie 12p.m. Tu B' Shevat Seder with Jewish National Fund	4 11a.m. Tai Chi 12p.m. Sunday Club Conversational Russian 1p.m. ACTING 101 Class 4 1:30p.m. Yiddish Club	5 11a.m. Fitness Anna 12p.m. Lunch 1p.m. Dr. M. Jackson presents Modern Role of Nursing 1	6	7
8 11a.m. Brunch "Discover Alberta's Francophone Culture Through Music & Stories" \$36 per person	9 10 a.m. Yoga with Sandy 12p.m. Lunch 1p.m. Eileen Conway Class 2	10 10:45a.m. Fitness Bonnie 12p.m. Lunch	11 11a.m. Tai Chi 12p.m. Sunday Club Conversational Russian 1p.m. Rabbi Zilbershtein presents TBA 1:30p.m. Yiddish Club	12 11a.m. Fitness Anna 12p.m. Lunch 1p.m. Dr. M. Jackson presents Modern Role of Nursing 2	13	14
15 Family Day	16 Family Day	17 10:45a.m. Fitness Bonnie 12p.m. Lunch	18 11a.m. Tai Chi 12p.m. Sunday Club 1p.m. ACTING 101 Class 5 1:30p.m. Yiddish Club	19 11a.m. Fitness Anna 12p.m. Lunch 1p.m. Dr. M. Jackson presents Modern Role of Nursing 3	20	21
22 1p.m. Cooking with Chef Daniella: Puff Pastry (sweet options)	23 10 a.m. Yoga with Sandy 12p.m. Lunch 1p.m. Eileen Conway Class 3	24 10:45a.m. Fitness Bonnie 12p.m. Lunch	25 11a.m. Tai Chi 12p.m. Sunday Club 1p.m. ACTING 101 Class 6 1:30p.m. Yiddish Club	26 11a.m. Fitness Anna 12p.m. Lunch 1p.m. Dr. M. Jackson presents Modern Role of Nursing 4	27	28

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

January–February 2026 Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
4	5 Pickle Soup Salmon Bagel Salad/Dessert	6 Borscht Pizza Salad & Dessert	7 Veggie Soup Mushroom Stroganoff Salad & Dessert	8 Carrot Ginger Soup Vegi Stir Fry with Rice Salad & Dessert	9	10
11 11a.m. Tropical Brunch <i>\$36 per person</i>	12 Moroccan Peanut Soup Mac & Cheese Salad & Dessert	13 Broccoli Soup Quiche Salad & Dessert	14 Special Lunch	15 Mushroom Soup Potato kugel Salad & Dessert	16	17
18 <i>11a.m. Being an Artist in Edmonton: What You Need to Know Workshop 1</i>	19 Broccoli Cheddar Soup Spaghetti Salad & Dessert	20 Lentil Soup Fish Melt Salad & Dessert	21 Special Lunch	22 Barley Soup Shepherd's Pie Salad & Dessert	23	24
25 1p.m. Cooking with Chef Daniella: Carrot-Ginger Soup	26 Split Pea Soup Burekas Salad & Dessert	27 Birthday Lunch	28 Special Lunch	29 Israeli Lunch	30	31
February 1 <i>11a.m. Being an Artist in Edmonton: What You Need to Know Workshop 2</i>	2 Mulligatawny Soup Lasagna Salad & Dessert	3 Tu B'Shevat Lunch with Jewish National Fund	4 Special Lunch	5 Minestrone Soup Pizza Salad & Dessert	6	7
8 11a.m. Brunch "Discover Alberta's Francophone Culture Through Music & Stories" \$36 per person	9 Veggie Soup Sandwiches Salad & Dessert	10 Carrot Ginger Soup Vegi Stir Fry with Rice Salad & Dessert	11 Special Lunch	12 Corn Chowder Quiche Salad & Dessert	13	14
15 Family Day	16 Family Day	17 Chili & Cornbread Loaded Salad & Dessert	18 Special Lunch	19 Bean Soup Bagel & Lox Salad & Dessert	20	21
22 1p.m. Cooking with Chef Daniella: Puff Pastry (sweet options)	23 Moroccan Peanut Soup Frittata Salad & Dessert	24 No-chicken - chicken Soup Frittata Salad & Dessert	25 Special Lunch	26 Tomato Soup Veggie Au Gratin Salad & Dessert	27	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: Susan Baram, **Past-President:** Sam Koplowicz, **Co-Treasurers:** Elaine Salkie & Lilia Shlomovitch, **Secretary:** Marilyn Rolingher

Sunday Club Chair: Lina Kichnevskaja, **Membership Co-Chairs:** Cory Felber & Lewis Wasel, **Casino Chair:** Gordon Bushewsky, **Fundraising Co-Chairs:** Hans Pilz & Barbara Mickelson

Bagel Loop Chair 2026: Dr. Jerry Katz

Executive Director: Svetlana Pavlenko

Executive Assistant: Luba Allen

Chef: Daniella Drisdell

Fitness Instructors: Bonnie Austen, Anna Kratochvil, Sandy Mah & Randy Baker



Hanukkah Celebration 2025