

# Schmooze & News



Seniors' Centre  
All Seniorz Welcome

Mailing Address:  
Box 17017 Uptown PO  
Edmonton, AB T5K 0G4  
Location: 10052-117 Street

Ph: 780-488-4241  
Fax: 780-488-6591  
www.jdic seniors.ca  
programmer@jdic seniors.ca



## Celebrate Purim with Fun at Your Centre!

Tuesday, March 3, 2026 at 11a.m.

Join us for a festive Purim event filled with laughter, entertainment, and delicious treats! Learn about the historic and joyful traditions of this beloved holiday from **Rabbi Mendy Blachman, who will do Megillah reading.**

Come ready to enjoy a lively **Purimspiel** (a fun retelling of the Purim story) presented by **Beryl Nahornick Production Inc. and our mega talented actors (ALL our actors are Oscar nominees 2027)!**

### **Delicious Purim Lunch:**

Enjoy a special holiday lunch complete with irresistible **hamantaschen** — the sweet triangular cookies that are a Purim favourite!

### **Dress Up & Delight:**

Come in costume — whether you're a queen, king, hero, or jester — and add to the playful Purim spirit! Costumes helped make this holiday memorable, in honour of the story of Queen Esther and Mordechai.

Bring your friends, bring your smile, and help us make this Purim a joyful highlight of the season! 

**Fee: \$15 for members & \$18 for non-members**



### **Order**

Order Your **Hamantaschen**

(poppy seeds or mixed fruits)

\$20 per dozen by **February 26.**

**Pick up anytime between 10a.m. & 4p.m. on Thursday, Feb. 26**

# 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.***

Funded by the  
Government  
of Canada

Financé par le  
gouvernement  
du Canada

**Canada**

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

Please register with payment via email [programmer@jdicseniors.ca](mailto:programmer@jdicseniors.ca) or phone **780-488-4241**



**Seniors' Centre**  
All Seniors Welcome

10052 -117 Street Edmonton



## 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

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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.  
March 2, 9 & 16**

**Instructor:** Eileen Conway

**Fee:** Drop-in \$12

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.

## Armchair Traveler: Patagonia adventure with Michael Splinter & Fiona Salkie.

**Date of the presentation TBA**



The O Circuit was the focus of our South American trip and was a challenging, unforgettable trek through mountain passes, forests, and vast valleys that, while very popular, is still relatively isolated from the modern world. After Patagonia’s extremes, our trip shifted north to Santiago and Valparaiso both with their amazing food and very cool city neighbourhoods.

### Highlights from Tropical Brunch



## Lunch & Learn

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

Thursday, March 5 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.

### The Zebra Child & Youth Advocacy Centre: Supporting Young Voices

Tuesday, March 10 at 12p.m.

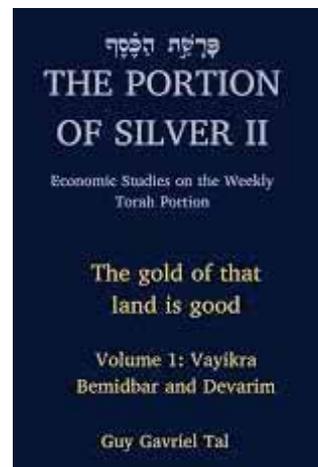
Join us for an informative presentation about **The Zebra Child & Youth Advocacy Centre** and the vital work they do to support **children and youth who have experienced abuse**.

Learn how The Zebra guides young people through the **investigative, justice, and healing process**, working closely with community partners to provide coordinated, compassionate care.

An important session for anyone interested in child advocacy, community support, and creating safer futures.

Join us for a special presentation with  
**Rabbi Guy Gabriel Tal,**  
Spiritual Leader of  
Edmonton's Beth Israel  
Synagogue, who will present  
his new book *Parashat  
HaKeseif*  
(The Portion of Silver)

Tuesday, March 17 at 12p.m.



In this engaging talk, Rabbi Dr. Tal explores how the weekly Torah portions illuminate today's economic realities. Drawing on Talmudic wisdom and classic commentators such as Rashi, Ibn Ezra, and the Ohr HaChaim, he connects ancient Jewish thought with modern themes including

macroeconomics, behavioral finance, management, and Jewish ethics.

Rabbi Dr. Tal—raised in Northern Israel, educated at leading yeshivot, and holding advanced degrees in Jewish Studies and the History of Thought—brings together Torah scholarship and financial insight in a unique and timely way.

📖 Books will be available for purchase at the event for **\$15**, with an opportunity to receive a **signed copy from the author**. You can also pre-order it on Amazon. Please let the Centre's Office know ahead of time if you want to buy this book at the event.

## Fall Prevention: Strength, Balance & Confidence

Tuesday, March 24 at 12p.m.

Join us for an informative session on staying steady and strong with our life-long fitness instructor **Bonnie Austen**.

Falls are one of the leading causes of injury as we age—but many are preventable. In this engaging workshop, Bonnie will guide participants through simple, effective strategies designed to improve: Balance and coordination, Strength and flexibility, Posture and body awareness, Confidence in everyday movement.

Whether you're looking to maintain independence, reduce risk of injury, or simply feel more secure on your feet, this session offers valuable tools for healthy aging.

## Prairie Eye Care: Guided by Your Vision

Thursday, March 26 at 12p.m.

Join us for an informative and engaging presentation with **Dr. Shaminder Dhaliwal, O.D.**, of Prairie Eye Care.

As we age, changes in vision can affect independence, safety, and quality of life. Dr. Dhaliwal will discuss: Common age-related eye conditions, Preventative eye care and regular exams, Protecting your vision for years to come, Practical tips for maintaining eye health.

Come learn how to care for your eyes—because your vision matters.

## Curious About Hearing Loss?

Thursday, April 16 at 12p.m.

Join us for a special presentation on Hearing Health with Year to You ([yearstoyou.ca](http://yearstoyou.ca)).

Discover how hearing shapes our daily lives—and what you can do to protect it.

### Topics include:

- How the ear works
- The effects of untreated hearing loss
- The social impacts of hearing loss
- Hearing technology advancements through history
- Hearing clinics through the ages—and where Ears To You Mobile Hearing Clinic fits in

Whether you're experiencing changes in hearing or simply want to stay informed, this presentation offers valuable insights for maintaining lifelong hearing health.

## How to Talk About Israel with Civility

Thursday, April 23 at 12p.m.

A talk by **Alexander W. Marcus** (Assistant Professor of Jewish Studies at the University of Alberta) and **Howie Sniderman**.

This community conversation draws on Dr. Marcus's experience facilitating respectful dialogue about the Israel-Palestine conflict. He offers strategies for engaging in **difficult, sensitive discussions** with empathy and understanding, helping participants communicate across differences without inflaming tensions—especially on a topic that often evokes strong emotions and diverse perspectives.

# Special Presentations

“Life is Poetry – Poetry is Life”

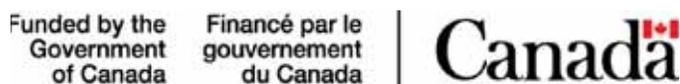


**Wednesday, March 18 at 1p.m.**

Join us for a moving literary presentation exploring the lives and works of the great Silver Age Russian poets, including Anna Akhmatova, Osip Mandelstam, and Nikolai Gumilyov.

Edmonton poets will bring their words to life through dramatic readings of poetry and biographical reflections, illuminating the passion, resilience, and artistic brilliance of this remarkable generation.

All are welcome to experience an afternoon where literature and history meet on stage.



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

# Investing Myths and Realities: Are you ready to separate fact from fiction in the world of investing?



**Thursday, March 19 at 1p.m.**

Join Wei Woo, Investment Advisor, CIM, EPC for an engaging seminar where we'll debunk common investing myths and uncover the realities that every investor should know. Whether you're a seasoned investor looking to refresh and update your knowledge, or just starting your investment journey in the financial markets due to the now much lowered GIC rates compared to the past 3 years, this seminar will equip you with valuable and modern insights to make informed decisions.



**Francophone Culture Brunch & Concert:**  
Lilia Shlomovich, Jason Kodie, Mireille Moquin, Svetlana Pavlenko, Meera Sylvain & Daniel Gervais

## Special Lecture Series

# Western Alienation and Alberta Sovereignty: Myth, Power, and Political Reality

Join us for a timely and thought-provoking two-part lecture series examining Alberta's separatist history, contemporary sovereignty debates, and the future of democracy in the province.

### Lecture #1:

## The Roots, Delusions, and Future of the Separatist Movement in Alberta With Alvin Finkel, Professor Emeritus

**Monday, March 23 1p.m.-3p.m.**

From its origins as a federally administered settler colony with limited Indigenous control, Alberta has experienced recurring waves of political tension with Ottawa. Early colonial settlers voiced resentment toward federal policies they believed favored "Eastern interests."

During oil booms and busts, petroleum interests—often dominant within Alberta's major political parties—leveraged Western alienation to intensify conflict with the federal government, at times echoing separatist rhetoric.

### This lecture explores:

- The historical roots of Alberta separatism
- The role of oil politics in shaping provincial identity
- The myths and realities behind Western alienation
- What the future may hold for separatist movements

### Lecture #2:

## Sovereignty and Democracy Alberta Style: A Reality or a Deception? With Elizabeth Smythe, Professor Emerita

**Monday, March 30 1p.m.-3p.m.**



An Alberta pension plan.  
An Alberta police force.  
Greater provincial control over federal judicial appointments.  
Frequent use of the notwithstanding clause to override Charter rights.  
What do these proposals have in common?

The current UCP Alberta government argues they are necessary steps toward greater autonomy and stronger democracy for Albertans. But are they?

### This lecture critically examines:

- The Alberta pension proposal
- The Alberta Next panel and its recommendations
- The use of disinformation and misinformation in public debate
- The implications for democratic accountability and the rule of law

Professor Smythe argues that many of these initiatives are accompanied by misleading narratives and questionable public consultation processes that may undermine, rather than enhance, democratic governance.

**Fee for series:** \$25 for members or \$36 for non-members

**Back by Popular Demand!**  
**David Wangler returns with**  
**a new 5-week course:**

## Rednecks or Reactionaries, Reformers or Radicals: Enemies or Adversaries?

**On Mondays 1p.m. – 3p.m.**  
**April 13, 20, 27 & May 4 and 11**

**Fee for series:** \$54 for members or \$64 for non-members

- *Do people on the political right and left live in the same reality?*
- *If science presents a unified picture of the physical world, why are interpretations of social and human reality so divided?*
- *Is human nature fixed—or open to change?*
- *Can philosophy or science help us understand who we are?*
- *Is reason our only tool for grasping reality?*

Join Professor Wangler for a thoughtful, in-depth exploration of politics, human nature, science, and reason in today’s polarized world.

## 🎉 🇨🇳 Ready to Shuffle, Stack & WIN? 🇨🇳 🎉

Mah Jongg Lessons with Rhonda are coming your way!

Ever wanted to master the tiles and impress your friends? Now’s your chance to become a Mah Jongg Pro with Rhonda!

📅 Tuesdays: March 10, 17, 24 & 31

🕒 9:30 a.m. – 11:30 a.m.

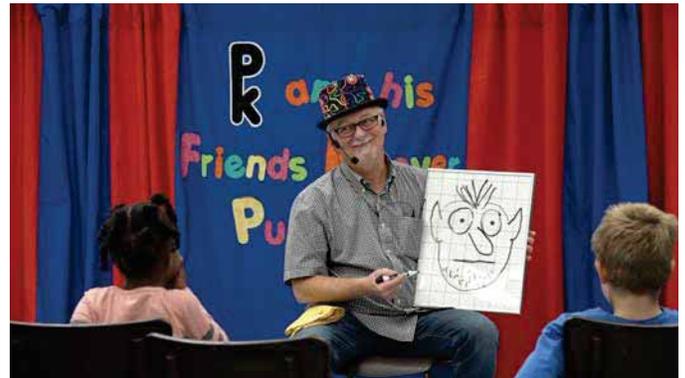
💰 \$36 for the full 4-week series

Whether you’re brand new or need a refresher, you’ll learn strategy, scoring, and all the secrets to playing

with confidence. By the end of the series, you’ll be calling “Mah Jongg!” like a champion! 🏆

Seats are limited—grab your spot and let the tiles do the talking!

## Friends Forever Puppets



**Thursday, April 30 @1p.m.**

**Fee:** \$12

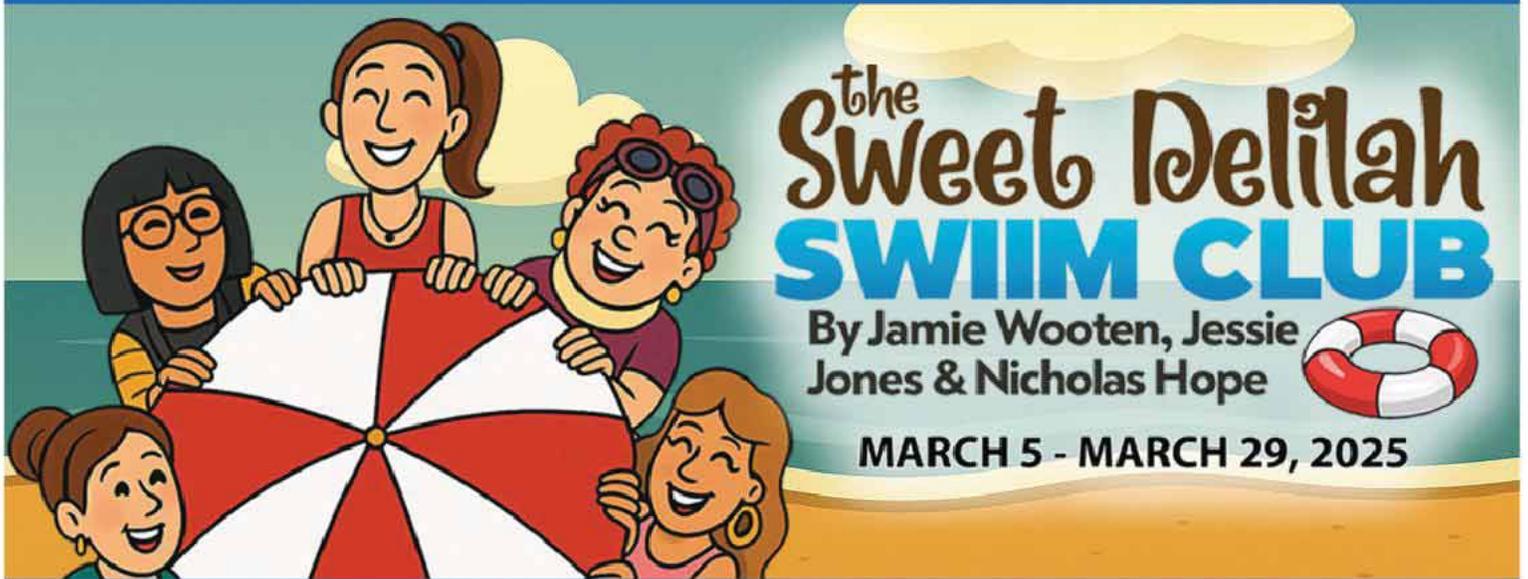
Join us for a delightful puppet performance by Ken Bishop, filled with laughter, stories, and charming characters brought to life on stage.

Experience the joy of puppetry as Ken Bishop entertains, inspires, and engages audiences of all ages—designed especially for seniors to enjoy a lively, interactive show. **Come laugh, be amazed & let your imagination soar!**



**Thank you to Rabbi Alisa Zilbershtain for an eye-opening presentation about Birobidzhan – the capital of Jewish Oblast (Region) in Russia.**

Join an adventurous trip to Lacombe County!  
**Cow Patti Dinner Theatre**  
PRESENTS



**Wednesday, March 25 at 9:30a.m.**

**FEES | \$100 FOR MEMBERS | \$135 FOR NON-MEMBERS**  
**PRICE INCLUDES TRANSPORTATION, BRUNCH, AND PERFORMANCE**

Our luxury coach will leave the Centre (10052 -117 Street) at 9:30a.m. and return approximately at 5p.m. You can park your car at the Centre.

A delicious brunch will be served at 11:30a.m. at the Theatre.

Please bring snacks for the return trip.

Please reserve your spot with payment by March 5.

**Please note:** Your ticket is transferable but not refundable.

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**Please register with payment no later than March 5th**  
via email [programmer@jdicseniors.ca](mailto:programmer@jdicseniors.ca) or phone **780-488-4241**

FOR THE INTELLECTUALLY CURIOUS

# Vast Waters:

## Marine Art Across History, Myth, and a Changing Sea



**Sundays, March 1, 8, 15, 22 & 29 10a.m. – 12p.m.**  
**FEES MEMBERS | \$75 NON-MEMBERS | \$95 | Includes a Light Breakfast**

**Instructor: Kathleen Silverman**

This course explores how artists have imagined and represented the sea across time and cultures. Moving from symbolic, and emotional seascapes to depictions of labour, myth, technology, and environmental change, the course explores the sea as both a physical space and a powerful cultural idea.

**Please register with payment**  
**via email [programmer@jdicseniors.ca](mailto:programmer@jdicseniors.ca) or phone 780-488-4241**

## The Power of Story: Exploring Indigenous Literatures of Canada



**Tuesday, April 14 at 12p.m.**

By engaging with stories we give ourselves the opportunity to grow in empathy and wisdom. In this regard, Indigenous stories have much to teach us. During this talk we will explore the stories Indigenous peoples are sharing with the world and what makes these narratives unique.

Our presenter is Kaylie Paton and she is a fourth year student at the UofA. Kaylie has a deep passion for learning and she is especially interested in topics related to literature, religion, and creative writing. Recently she has been directing her research towards Indigenous literature and she is always looking forward to growing in her knowledge of the subject.



*Thank you to our amazing dynamic duo Susan Lynch & David Haas.*

## Whimsical Wednesdays

### Not Boring Book Club (via Zoom)

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

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

**April 8:** *Boy from the North Country* by Sam Sussman

**May 13:** *Book of Lives: A Memoir of Sorts* by Margaret Atwood.

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.**

The new rehearsals 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**

## Join our Tai Chi Master

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 at 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

## March–April 2026 Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
March 1 10a.m. -12p.m. Vast Waters with Kathleen #1	2 10 a.m. Yoga with Sandy 10a.m. Young At Heart Choir 12p.m. Lunch 1p.m. Eileen Conway Class 4	3 11a.m. Purim Celebration	4 11a.m. Tai Chi 12p.m. Sunday Club Lunch & Prog 12:30p.m. Conversational Russian 1:30p.m. Yiddish Club	5 11a.m. NO Fitness with Anna 12p.m. Lunch & Learn: The 39th Zionist Congress results with Howie Sniderman	6	7
8 10a.m. -12p.m. Vast Waters with Kathleen #2	9 10 a.m. Yoga with Sandy 10a.m. Young At Heart Choir 12p.m. Lunch 1p.m. Eileen Conway Class 5	10 10:45a.m. Fitness Bonnie 12p.m. Lunch & Learn: The Zebra Child & Youth Advocacy Centre: Supporting Young Voices	11 11a.m. Tai Chi 12p.m. Sunday Club Lunch & Program: Conversational Russian & Chess CLUB 1:30p.m. Zoom Yiddish Club	12 11a.m. Fitness Anna 12p.m. Lunch & Learn	13	14
15 10a.m. -12p.m. Vast Waters with Kathleen #3 12p.m. French Kiss Cabaret with Brunch	16 10 a.m. Yoga with Sandy 10a.m. Young At Heart Choir 12p.m. Lunch 1p.m. Eileen Conway Class 6	17 10:45a.m. Fitness Bonnie 12p.m. Lunch & Learn: Rabbi Guy Gabriel Tal will present his new book The Portion of Silver	18 11a.m. Tai Chi 12p.m. Sunday Club Lunch 1p.m. "Life is Poetry - Poetry is Life"(special event in English) 1:30p.m. Zoom Yiddish Club	19 11a.m. Fitness Anna 12p.m. Lunch & Learn: Wei Woo about Investing Myths	20	21
22 10a.m. -12p.m. Vast Waters with Kathleen #4	23 10 a.m. Yoga with Sandy 10a.m. Young At Heart Choir 12p.m. Lunch 1p.m.-3p.m. The Roots, Delusions, and Future of the Separatist Movement in Alberta with Alvin Finkel, Professor Emeritus	24 10:45a.m. Fitness Bonnie 12p.m. Birthday Lunch & Learn: Fall Prevention: Strength, Balance & Confidence with Bonnie	25 The Centre is Closed Trip to Cow Patti Theatre Bus departs at 9:30a.m.	26 11a.m. Fitness Anna 12p.m. Lunch & Learn: Prairie Eye Care: Guided by Your Vision	27	28
29 10a.m. -12p.m. Vast Waters with Kathleen #5 1p.m. Cooking with Chef Daniella: making Condiments & Dressings (last class)	30 10 a.m. Yoga with Sandy 10a.m. Young At Heart Choir 12p.m. Lunch 1p.m. Sovereignty and Democracy Alberta Style: A Reality or a Deception? With Elizabeth Smythe, Professor Emerita	<b>The Centre will be closed from March 31 till April 9 for Pesach celebration.</b>		<b>The Centre will be reopened on Monday, April 13</b>		
12 10a.m. Yoga with Sandy 10a.m. Young At Heart Choir 12p.m. Lunch 1p.m. - 3p.m. Rednecks or Reactionaries, Reformers or Radicals: Enemies or Adversaries? with Prof. Wangler #1	13 10a.m. Yoga with Sandy 10a.m. Young At Heart Choir 12p.m. Lunch 1p.m. - 3p.m. Rednecks or Reactionaries, Reformers or Radicals: Enemies or Adversaries? with Prof. Wangler #1	14 10:45a.m. Fitness Bonnie 12p.m. Lunch 1p.m. Indigenous Literature with Kylie	15 11a.m. Tai Chi 12p.m. Sunday Club Lunch & Program: Conversational Russian & Chess CLUB 1:30p.m. Zoom Yiddish Club	16 11a.m. Fitness Anna 12p.m. Lunch & Learn: Curious About Hearing Loss?	17	18
19 10a.m. Yoga with Sandy 10a.m. Young At Heart Choir 12p.m. Lunch 1p.m. - 3p.m. Rednecks or Reactionaries, Reformers or Radicals: Enemies or Adversaries? with Prof. Wangler #2	20 10a.m. Yoga with Sandy 10a.m. Young At Heart Choir 12p.m. Lunch 1p.m. - 3p.m. Rednecks or Reactionaries, Reformers or Radicals: Enemies or Adversaries? with Prof. Wangler #2	21 10:45a.m. Fitness Bonnie 12p.m. Lunch	22 11a.m. Tai Chi 12p.m. Sunday Club Lunch & Program: Conversational Russian & Chess CLUB 1:30p.m. Zoom Yiddish Club	23 11a.m. Fitness Anna 12p.m. Lunch & Learn: How to Talk About Israel with Civility with Prof. Marcus and H. Sniderman	24	25
26 10a.m. Yoga with Sandy 10a.m. Young At Heart Choir 12p.m. Lunch 1p.m. - 3p.m. Rednecks or Reactionaries, Reformers or Radicals: Enemies or Adversaries? with Prof. Wangler #3	27 10a.m. Yoga with Sandy 10a.m. Young At Heart Choir 12p.m. Lunch 1p.m. - 3p.m. Rednecks or Reactionaries, Reformers or Radicals: Enemies or Adversaries? with Prof. Wangler #3	28 10:45a.m. Fitness Bonnie 12p.m. Birthday Lunch with Dr. Jerry Katz	29 11a.m. Tai Chi 12p.m. Sunday Club Lunch & Program: Conversational Russian & Chess CLUB 1:30p.m. Zoom Yiddish Club	30 11a.m. Fitness Anna 12p.m. Lunch 1p.m. Friends Forever Puppets with Ken Bishop		

# 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**

## March–April 2026 Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
March 1	2 Barley Soup Baked Vegetable Salad, Dessert	3 11a.m. PURIM CELEBRATION	4 Special Lunch	5 Carrot Soup Pizza Salad, Dessert	6	7
8	9 Mushroom Soup Quiche Salad, Dessert	10 Tomato Soup Mac & Cheese Salad, Dessert	11 Special Lunch	12 Broccoli Soup Pizza Salad, Dessert	13	14
15	16 Mulligatawny Soup Rice and Veggies Salad, Dessert	17 Borscht Tuna Patty Salad, Dessert	18 Special Lunch	19 Peanut Soup Shepherd's Pie Salad, Dessert	20	21
22	23 Pea Soup Baked Rotini Salad, Dessert	24 Corn Chowder Salmon Pasta Salad, Dessert	25 Special Lunch	26 Thai Vegetable Soup Potato Kugel Salad, Dessert	27	28
29	30 Minestrone Soup Frittata Salad, Dessert	31 The Centre will be closed from March 31 till April 9 for Pesach celebration.	April 1	2 The Centre will be reopened on Monday, April 13	3	4
12	13 Bean Soup Baked Veggie Salad, Dessert	14 Tomato Soup Mac & Cheese Salad, Dessert	15 Special Lunch	16 Borscht Soup Bagel & Lox Salad & Dessert	17	18
19	20 Mushroom Soup Potato kugel Salad & Dessert	21 Moroccan Peanut Soup Frittata Salad & Dessert	22 Special Lunch	23 Veggie Soup Sandwiches Salad & Dessert	24	25
26	27 Broccoli Cheddar Soup Spaghetti Salad & Dessert	28 Tomato Soup Fish & Chips Salad, Dessert	29 Special Lunch	30 Lentil Soup Fish Melt Salad & Dessert		

## 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 Koplowitz, **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



*Sunday Club members enjoy Tropical Brunch*