

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



In partnership with NUOVA Vocal Arts **Morning Harmonies: Brunch & Song** Sunday, June 14 at 11a.m. | \$40 per guest RSVP ASAP

Begin your day with warmth, music, and community at Morning Harmonies, a relaxed brunch and performance experience featuring artists of the NUOVA Vocal Arts Festival.

Enjoy a brunch alongside a light, uplifting program of vocal music, from charming selections performed by Canada's leading emerging singers. Designed to feel welcoming and intimate, this event invites you to savour both food and song in equal measure.

A gentle, joyful start to your Sunday – where good company, good music, and a shared table come together.

Menu

Frittata

Freshly baked muffins, buttery croissants, and classic scones

Seasonal fresh fruit selection

Assorted jams and cheeses

Orange juice

Coffee/Tea

Pre-Shabbat Dinner Friday, June 19

Doors open at 6p.m

Dinner starts at 6 :30p.m.

Where beautiful traditions & new friends meet! Dr. Jerry Katz will bless the wine & the challah with traditional prayers & entertain with some special songs.

Please reserve your seats by June 11.

Fee Per Guest

Adults \$45 | Youth \$30 | Children under 6 \$5

Red or white wine will be available for \$6 per glass or \$30 per bottle. **Please pre-order.**



Menu

Roasted Red Pepper Bisque

Gefilte Fish

Baked Salmon with Roasted Veggies

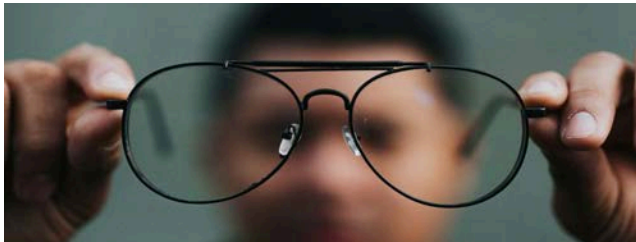
Summer Berry Salad

Napoleon Cake

Challah & Challah buns

Special Presentations

Prairie Eye Care: Guided by Your Vision



Thursday, June 11 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.

Why the Courts matter in a democracy

May 7, 14, 21 & 28 at 1p.m.

Fee for Series: \$54 members / \$64 non-members

Join **His Justice Rob Gaesser** for a powerful 4-week course exploring the rule of law, Charter rights and freedoms, and growing threats to democratic institutions at home and abroad. We'll also tackle public confidence in the justice system—and what you can do to make a difference.

Mother's Day Brunch PLUS Live Concert in Puerto Vallarta!



Make this Mother's Day extra special—great food, great music, and even better company!

Sunday, May 10 at 11a.m.

RSVP ASAP

Fee: \$36 per person

Bring your dearest people to enjoy a delicious Mexican-style brunch with complimentary Sangria (Red or White) and adore

our famous Young At Heart Choir.

Dress to impress in your best tropical outfits and bring your favorite people along for a morning full of flavor, music, and sunshine!

Menu Highlights:

Huevos Rancheros
Herbs & Cheese Pâté
Fresh Fruits
Chocolate Mousse

Jewish Film Festival at Your Centre

"LOVE, STATISTICALLY SPEAKING" (Israel, 90 minutes)



Thursday, May 7
at 3:30p.m

Complimentary Event |
Popcorn will be provided

RSVP ASAP

When Reuben, an 80-year-old actuary who lives by statistics, loses both his wife and her insurance money at the swimming

pool, he's forced into a reluctant partnership with his free-spirited granddaughter. Their bumbling investigation among eccentric pool regulars turns into a funny, heartfelt journey proving that while you can calculate almost anything, you can't predict love or family.

"NANDAURI" (Israel/Italy, 94 minutes)



Monday, May 11
at 3:30p.m

Complimentary Event |
Popcorn will be provided

RSVP ASAP

In a small forgotten village up the snowy mountains of Georgia, the arrival of a

foreign woman disturbs the peace. Israeli Lawyer Marina seems to have escaped her suffocating traditional Georgian roots. Now she comes back to Georgia, representing Nino, who left Georgia 11 years ago, leaving her son behind and now wants him back.

In partnership with NUOVA Vocal Arts Discover Mozart's Cosi

Thursday, June 4 at 7p.m.



Dive into the wit, romance, and irresistible music of Cosi fan tutte in this lively evening of curated selections and insight. Discover the brilliance of Wolfgang Amadeus Mozart's beloved opera through its most captivating arias and ensembles – curated by director Rob Herriot.

The evening will feature members of the cast from NUOVA's bold Canadian reimagining, conceived and designed by Sheldon Johnson, this performance offers a unique preview into the Festival's fresh take on this sparkling and refreshing work running June 18-21 at the Capitol Theatre in Fort Edmonton Park.

For more details on performances schedule & tickets, please visit <https://nuovavocalarts.ca>

Complimentary Event Donations are always welcomed



Bagel Loop 2023/2025

Armchair Traveller

Panama Canal



Tuesday, May 12 at 1p.m.

Join Bonnie Austen, fitness leader at the Centre as she talks about the building of the Panama Canal. The canal, completed in 1914, is considered to be one of the engineering feats of the world. Bonnie visited the canal in February and will share some of her impressions. A documentary on the canal will be shown. Come along and be ready to be impressed by this engineering wonder.

Patagonia Adventure with Michael Splinter & Fiona Salkie



Thursday, June 4 at 1p.m.

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.

South Korea



Thursday, June 25 at 1p.m.

Ready to explore Korea without leaving your seat?

Join our vivid traveler, Wei Woo, as he shares stunning photos and captivating stories from his recent journey through this fascinating country. From vibrant city streets to serene landscapes, discover the culture, cuisine, and hidden gems that made his trip unforgettable.

✨ **No passport required — just your curiosity!** ✨

Come be inspired, ask questions,
and travel through stories.

Israel Update with Abe Silverman

Tuesday, June 23 at 1p.m.

Looking to better understand the latest developments in the Middle East?

Join Abe Silverman for an engaging and informative session covering recent political changes involving Israel and the broader region. Abe will break down complex events, provide context, and share insights to help you stay informed.

Have questions?

This is your chance to ask them and be part of the conversation.

“Will Takes to the Woods; or, The Bard in the Bushes”



Tuesday, June 9 at 1p.m.

Fee: \$12.50 per person

Please join **Eileen Conway** for a two-hour introduction to *As You Like It*, the play chosen by Freewill Players to celebrate their Triumphant Return to the beautiful pavilion in renovated Hawrelak Park. We’ll discuss some sources, the eccentric characters — the “Gender Question” — and why everyone should see this great play!

Join us for a new three-week course

🎉 🇨🇦 Back by Popular demand! 🇨🇦 🎉
Ready to Shuffle, Stack & WIN?

Mah Jongg Lessons with Rhonda are coming your way!

📅 July 17 Tuesdays: May 26, June 2, 9 & 16

🕒 9:30 a.m. – 11:30 a.m.

💰 \$36 for the full 4-week series

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

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! 🏆

Life on the Range: A Conversation about Correctional Education in the Remand Centre

Mondays 1 - 3p.m. June 15, 22 & 29

Fee: \$36 for members / \$46 for non-members

Sheilagh McBride with support of Ruschell Moorhouse will present a fascinating talk.

Session #1: The Range – A talk about the Dynamic Space where Inmate Subculture develops

Session #2: A Correctional Academics Perspective

Session #3: A talk about Personal Development Courses & the Stage of Group development.

Sheilagh McBride B.Sc. (Honours, 1976), B.Ed. (1977) UofT. She currently teaches at the Edmonton Remand Centre. Her teaching career has involved marginal learners with a history of trauma, violence, and abuse.

Raschell Moorhouse is a Certified Lifeskills Coach & Intercultural Communications Practitioner with a Social Work and Education background.

Both presenters have extensive training with ESL and at-risk populations, and over 16 years of experience working with individuals who have a history of incarceration.



Bagel Loop 2019/2025

6th Annual



BAGEL L P

WALK / RUN / ROLL

Sunday, June 7, 2026 — Victoria Park

Registration @ 10:00am

*“On Your Feet
or On Your Seat”*

SUPPORT YOUR SENIORS

Bring cash – win amazing Raffle prizes!

Pre Race Munchies & BBQ Included



Seniors' Centre
All Seniors Welcome

780-488-4241 jdicseniors.ca

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

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

**WITH THANKS
FOR YOUR SUPPORT**



Jewish Federation
OF EDMONTON
Powered by United Jewish Appeal



It's time for the annual **BAGEL LOOP Walk/Run/Roll 2026 Walk-A-Thon!**

Support **Jewish Senior Citizen's Centre (aka JDIC Seniors' Centre)**

Sunday, June 7th, 2026 at VICTORIA PARK, Check-in time 10a.m.

Name: _____

Dear Friend,

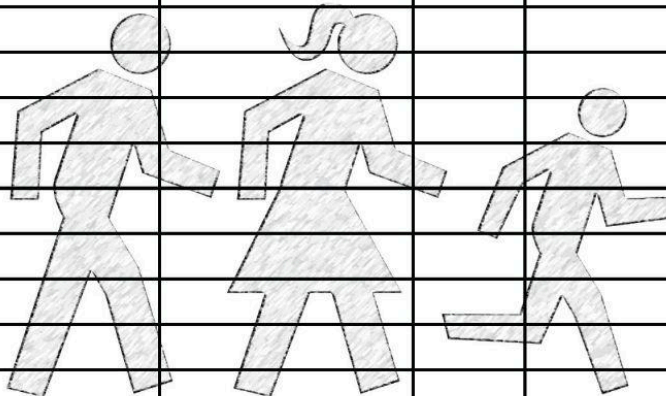
Please sponsor my participation in the **Jewish Senior Citizen's Centre (aka JDIC Seniors' Centre)** Walk-A-Thon. All proceeds will help fund the Centre's **programming for ALL seniors at the Centre**. This is a family friendly event created **by seniors to support seniors**.

Make checks payable to Jewish Senior Citizen's Centre write in memo: Bagel Loop 2026 or do E-transfer to jdic@shaw.ca with memo, please.

All contributions of **\$25 and higher are tax-deductible**.

Thank you!

| | Name of Sponsor | Pledge amount | Tax Receipt | Address of sponsor for tax receipt purpose ONLY |
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Participants:

To reach our goal, we hope that each participant finds 10 sponsors. Please bring this form to the Centre or to the Victoria Park on the walk-a-thon day, **Sunday, June 7, 2026 at 10a.m**

Whimsical Wednesdays

Not Boring Book Club (via Zoom)

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

June 17: Book of Lives by M. Atwood’s memoir

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

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.

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.

Health & Wellness

You can use one Fitness card for all your sport activities at the Centre.

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



YOGA Classes with Sandy

Mondays @ 10:00a.m.

Use it or Lose it with Bonnie

Cardio & Strength training, Flexibility, Balance & Laughter

Tuesdays @ 10:45a.m.

Tai Chi with Master Ben

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.

Muscle in Motion with Anna

Use Balls, Bands & Weights to Exercise & Laugh

Thursdays @ 11:00a.m.

Event Details

| May–June 2026 Schedule | | | | | | |
|--|--|---|--|---|---|-----|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Fri | Sat |
| May 3 | 4 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 #4 | 5 10:45a.m. Fitness Bonnie 12p.m. Lunch & Lag B'Omer with Rabbi Mendy | 6 11a.m. Tai Chi with Ben Ma 12p.m. Sunday Club Lunch & Prog 12:30p.m. Conversational Russian 1:30p.m. Yiddish Club | 7 11a.m. Fitness Anna 12p.m. Lunch 1p.m. Why the Courts matter in a democracy? With His Justice Rob Graesser #1 3:30 - 5p.m. Jewish Film Festival at Your Centre: Love Statistically Speaking | 8 | 9 |
| 10 11a.m. Mothers' Day Brunch with our Young At Heart Choir | 11 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 #5 3:30 - 5p.m. Jewish Film Festival at Your Centre: Nandauri | 12 10:45a.m. Fitness Bonnie 12p.m. Lunch 1p.m. Armchair Traveller: Panama Canal with Bonnie | 13 11a.m. Tai Chi with Ben Ma 12p.m. Sunday Club Lunch & Prog 12:30p.m. Conversational Russian 1:30p.m. Yiddish Club | 14 11a.m. Fitness Anna 12p.m. Lunch 1p.m. Why the Courts matter in a democracy? With His Justice Rob Graesser #2 | 15 | 16 |
| 17 | 18 Closed Victoria Day | 19 10:45a.m. Fitness Bonnie 12p.m. Lunch & Learn | 20 11a.m. Tai Chi with Ben Ma 12p.m. Sunday Club Lunch & Prog 12:30p.m. Conversational Russian 1:30p.m. Yiddish Club | 21 11a.m. Fitness Anna 12p.m. Lunch 1p.m. Why the Courts matter in a democracy? With His Justice Rob Graesser #3 | 22 Shavuot | 23 |
| 24 | 25 10 a.m. Yoga with Sandy 12p.m. Lunch | 26 10:45a.m. Fitness Bonnie 12p.m. Birthday Lunch: Back by popular demand! Ms. Mary Stinchcombe - an amazing young singer | 27 11a.m. Tai Chi with Ben Ma 12p.m. Sunday Club Lunch & Prog 12:30p.m. Conversational Russian 1:30p.m. Yiddish Club | 28 11a.m. Fitness Anna 12p.m. Lunch 1p.m. Why the Courts matter in a democracy? With His Justice Rob Graesser #4 | 29 | 30 |
| 31 | June 1 10 a.m. Yoga with Sandy 12p.m. Lunch | 2 10:45a.m. Fitness Bonnie 12p.m. Lunch & Learn with Wendy Davis: presentation about her book 1-3p.m. Board. Games with T T children | 3 11a.m. Tai Chi with Ben Ma 12p.m. Sunday Club Lunch & Prog 12:30p.m. Conversational Russian 1:30p.m. Yiddish Club | 4 11a.m. Fitness Anna 12p.m. Patagonia Lunch 1p.m. Armchair Traveller: Patagonia with Michael & Fiona Splinter 7p.m. Evening with Nuova Vocal Art Cosi Fan Tutte | 5 | 6 |
| 7 10a.m. BAGEL LOOP: WALK.RUN.ROLL | 8 CLOSED | 9 10:45a.m. Fitness Bonnie 12p.m. Lunch | 10 11a.m. Tai Chi with Ben Ma 12p.m. Sunday Club Lunch & Prog 12:30p.m. Conversational Russian 1:30p.m. Yiddish Club | 11 11a.m. Fitness Anna 12p.m. Lunch & Learn: Prairie Eye Care: Guided by Your Vision with Dr. Dhaliwal | 12 | 13 |
| 14 11a.m. Morning Harmonies: Brunch & Song with Nuova Vocal Arts | 15 10 a.m. Yoga with Sandyr 12p.m. Lunch 1p.m. Life on the Range with Sheilagh McBride #1 | 16 10:45a.m. Fitness Bonnie 12p.m. Lunch | 17 11a.m. Tai Chi with Ben Ma 12p.m. Sunday Club Lunch & Prog 12:30p.m. Conversational Russian 1:30p.m. Yiddish Club | 18 11a.m. Fitness Anna NO LUNCH | 19 6p.m. Pre-Shabbat Dinner with Dr. Jerry Katz who will do blessings & entertain with some traditional songs | 20 |
| 21 | 22 10 a.m. Yoga with Sandyr 12p.m. Lunch 1p.m. Life on the Range with Sheilagh McBride #2 | 23 10:45a.m. Fitness Bonnie 12p.m. Israeli Lunch 1p.m. Israel Update with Abe Silverman | 24 11a.m. Tai Chi with Ben Ma 12p.m. Sunday Club Lunch & Prog 12:30p.m. Conversational Russian 1:30p.m. Yiddish Club | 25 11a.m. Fitness Anna 12p.m. Korean Lunch 1p.m. Armchair Traveller: Korea with Wei Woo | 26 | 27 |
| 28 | 29 10 a.m. Yoga with Sandy 12p.m. Lunch 1p.m. Life on the Range with Sheilagh McBride & Raschell Moorhouse #3 | 30 10:45a.m. Fitness Bonnie 12p.m. Lunch | | | | |

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 for members or \$13 for non-members

May–June 2026 Menu

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Sat |
|--|---|--|---------------------|---|---------------------------------------|-----|
| May 3 | 4 Special Lunch | 5 Special Lunch | 6 Special Lunch | 7 Ancient Grains Soup Puff Pastry Tart Salad/ Dessert | 8 | 9 |
| 10 11a.m. Mother's Day Brunch | 11 Broccoli Cheddar Soup Spaghetti Salad/ Dessert | 12 Panama Lunch | 13 Special Lunch | 14 Tomato Soup Mac & Cheese Salad/ Dessert | 15 | 16 |
| 17 | 18 CLOSED | 19 Borscht Tuna Patty Salad/ Dessert | 20 Special Lunch | 21 Moroccan Peanut Soup Frittata Salad/ Dessert | 22 | 23 |
| 24 | 25 Mushroom Soup Potato kugel Salad/ Dessert | 26 Corn Chowder Salmon Pasta Salad/ Dessert | 27 Special Lunch | 28 Thai Vegetable Soup Fried Rice with Fish Salad/ Dessert | 29 | 30 |
| 31 | June 1 Bean Soup Baked Veggie Salad/ Dessert | 2 Lentil Soup Fish Melt Salad/ Dessert | 3 Special Lunch | 4 Patagonian Lunch 7p.m. Evening with Nuova Vocal Art | 5 | 6 |
| 7 10a.m. BAGEL LOOP | 8 CLOSED | 9 Veggie Soup Sandwiches Salad/ Dessert | 10 Special Lunch | 11 Borscht Bagel & Lox Salad/Dessert | 12 | 13 |
| 14 11a.m. Morning Harmonies: Brunch & Song with Nuova Vocal Arts | 15 Minestrone Soup Frittata Salad/ Dessert | 16 Lentil Soup Fish Melt Salad/ Dessert | 17 Special Lunch | 18 NO LUNCH | 19 6p.m. Pre-Shabbat Dinner | 20 |
| 21 | 22 Mulligatawny Soup Rice and Veggies Salad/ Dessert | 23 Israeli Lunch | 24 Special Lunch | 25 Korean Lunch | 26 | 27 |
| 28 | 29 Pea Soup Baked Rotini Salad/ Dessert | 30 Carrot-Ginger Soup Puff Pastry Tart Salad/ Dessert | | | | |



Register Today

Visit jdicseniors.ca/bagel-loop to register for the 6th annual Bagel Loop Walk / Roll / Run!

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 Rolvingher

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 & Ben Ma



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