

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



Photos from our Wonderful Membership Luncheon

Shalom,

Allow me to introduce myself I'm Susan Baram. It is my privilege to serve as President of the Jewish Senior Citizen's Centre. It is with great enthusiasm that I step into this role. I believe in the mission, values, and future of the Jewish Senior Citizen's Centre.

The Centre kicked off the 2027 membership year with a wonderful time connecting, sharing, and enjoying each other's company. Lunch was served followed by an engaging speaker. Lisa Miller shared fascinating stories and anecdotes from her remarkable career as a sports broadcaster. She shared her journey of breaking new ground in sports announcing. She spoke about overcoming obstacles through determination and perseverance. Her message inspired us to believe in ourselves, and pursue our passions. Age should never be a barrier to try something new, and embrace new opportunities. A delicious lunch was enjoyed by all thanks to Daniella and our wonderful, dedicated team of volunteers. If you weren't able to join us this time, hope you will join us for our next gathering!

We are truly blessed with ongoing amazing programs and activities throughout the year to meet everyone's needs and interests. Fitness programs such as yoga, tai chi, and regular exercise designed

to help us stay active, healthy and fit. There is NO age limit on fun and friendship.

Our Young at Heart Choir meets every Monday, filling the Centre with music as we get ready for the annual Chanukah concert and performance. It's not too late to join us in song and share the joy of music.

Starting soon our famous Learning and Retirement Series begins to support and connect with our members. There is always something for everyone to enjoy. Wonderful speakers have been lined up to engage our minds, spark new ideas and inspire us. Stay tuned for more details as registration begins soon.

Luba is working diligently to bring you the very best programs and speakers. Thank you Luba for all your hard work in making these wonderful programs happen.

Join the Sunday Russian Club every Wednesday at lunchtime, and enjoy good conversation, friendship, learning and fun.

For those interested in learning and speaking conversational Yiddish be part of the Mamaloshen Club. It's a great place to connect and practice. The Club meets (via zoom) every Wednesday afternoon.

Curious about Mah Jongg? Now's your chance to learn the game everyone is talking about. Come join Rhonda Eidelman on Tuesday mornings. She will guide you through the fun and excitement of Maj. Don't dash after Maj, stay for a delicious lunch with friends, and keep the fun going.

Book lover at heart! Join our Not Boring Book Club led with passion by Debbie Waldman. The book club meets once a month via zoom. Interested? Give the Centre's office a call, and they will send you the link to join.

As you can see the Centre offers a wonderful selection of programs and activities for all to enjoy.

Renew your membership today and stay connected!

Our much anticipated cookbook has finally arrived! It is available for \$25. Proceeds from the sale will help support the Centre's fundraising initiatives.

The Centre always has homemade soups, challah, and other goodies available for purchase. You can always count on something delicious prepared by Daniella.

Wishing a happy, healthy, and sweet New Year to everyone—those celebrating the High Holidays, and those who are not. May the year ahead bring peace, joy and happiness to all.

Let's move forward together, building a stronger Centre where everyone feels welcome, valued, and connected.

Thank you for being part of our community. Warmest wishes to everyone. Stay well and take care!

Susan Baram



Reminder

The Centre will be closed starting
Friday, September 11th,
and will reopen on
Monday, October 5th.

2nd Edition Cookbook



Our new cookbook “What’s Cookin’ at your Centre” is hot off the press and it is a treat to read. The recipes, sometimes enhanced by a personal story, are great, the book includes a short history of your Centre and the pictures of our members, friends old and new, some of whom are no longer with us but were great members in their day, are wonderful.

**On sale now
at your Centre**

Only \$25 each

This is our second cookbook; the first “Traditional to Modern Cooking; an intergenerational cookbook” was produced in 2014 and was a sellout success. We have been able to keep the price the same so the new one is a bargain.

Both books were compiled by our then Executive Director Svetlana Pavlenko. Thanks are due to her in her absence.

All proceeds from the sale of the cook book go towards programming and running the Centre. So please support your Centre by buying your personal copy, and remember it makes a great present for friends and relatives.

— Elaine Salkie

In partnership with ORT Edmonton

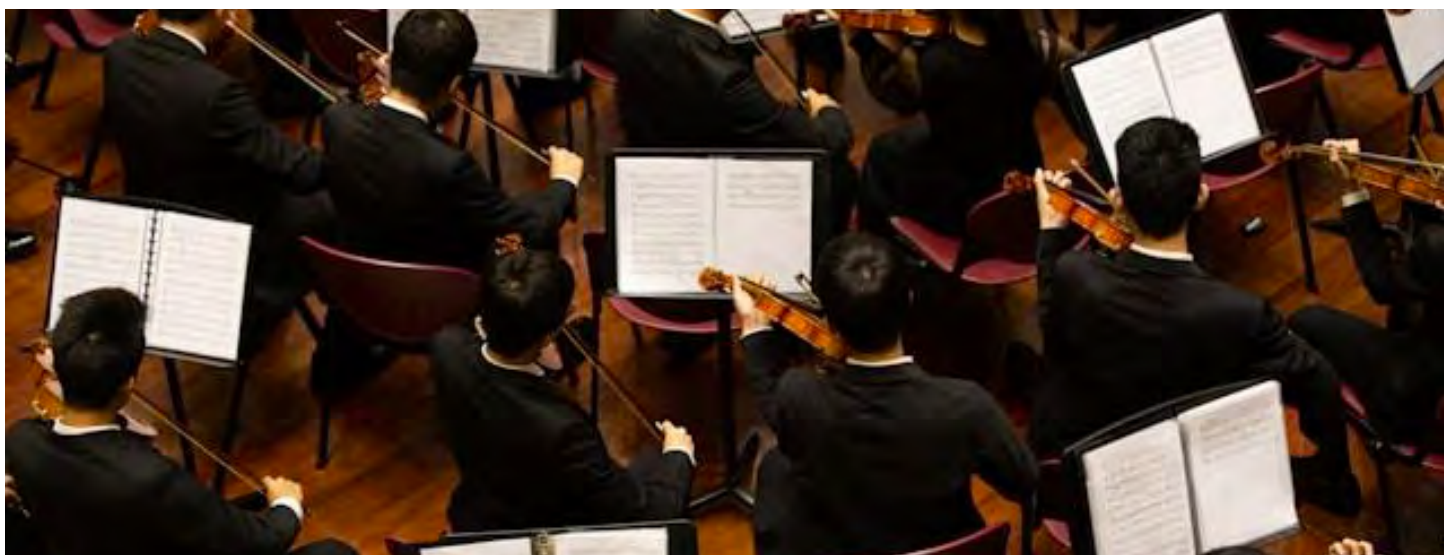
23rd Annual Learning in Retirement Series for the Intellectually Curious

October to December, 2026



Please register ASAP by emailing programmer@jdicseniors.ca or by calling **780-488-4241** for all Learning in Retirement Series programming.

All fees can be paid via [e-transfer to jdic@shaw.ca](mailto:jdic@shaw.ca) or in-person at your Centre.



The Symphonies of Brahms and Mahler: A Contrast of Bewildering Proportions

Instructor: Dr. Michael Roeder

Fee: \$75 members | \$95 non-members

Wednesdays October 7, 14, 21, 28, November 4, and 18 at 10:00a.m. to 12:00p.m.

Beethoven's nine symphonies hung over the 19th century like an inspiring, far-reaching legacy, yet they also were an encumbrance to composers who wished to follow in Beethoven's footsteps. Brahms knew any symphonic work he would create would inevitably be compared to the works of Beethoven; that is the main reason he postponed finishing his first symphony until he was 43. Brahms's 1st is in several ways influenced by works of the earlier symphonic master, as we will discover. While Brahms maintained his more classical-era approach even using a smaller orchestra than some contemporaries, Mahler expanded the orchestra in amazing ways and used the various instruments in brilliant and effective new ways and even, like Beethoven in his 9th, adds vocal forces and words to some of his symphonies to expand the breadth of communicative power of his music.



Johannes Brahms (1833-1897)

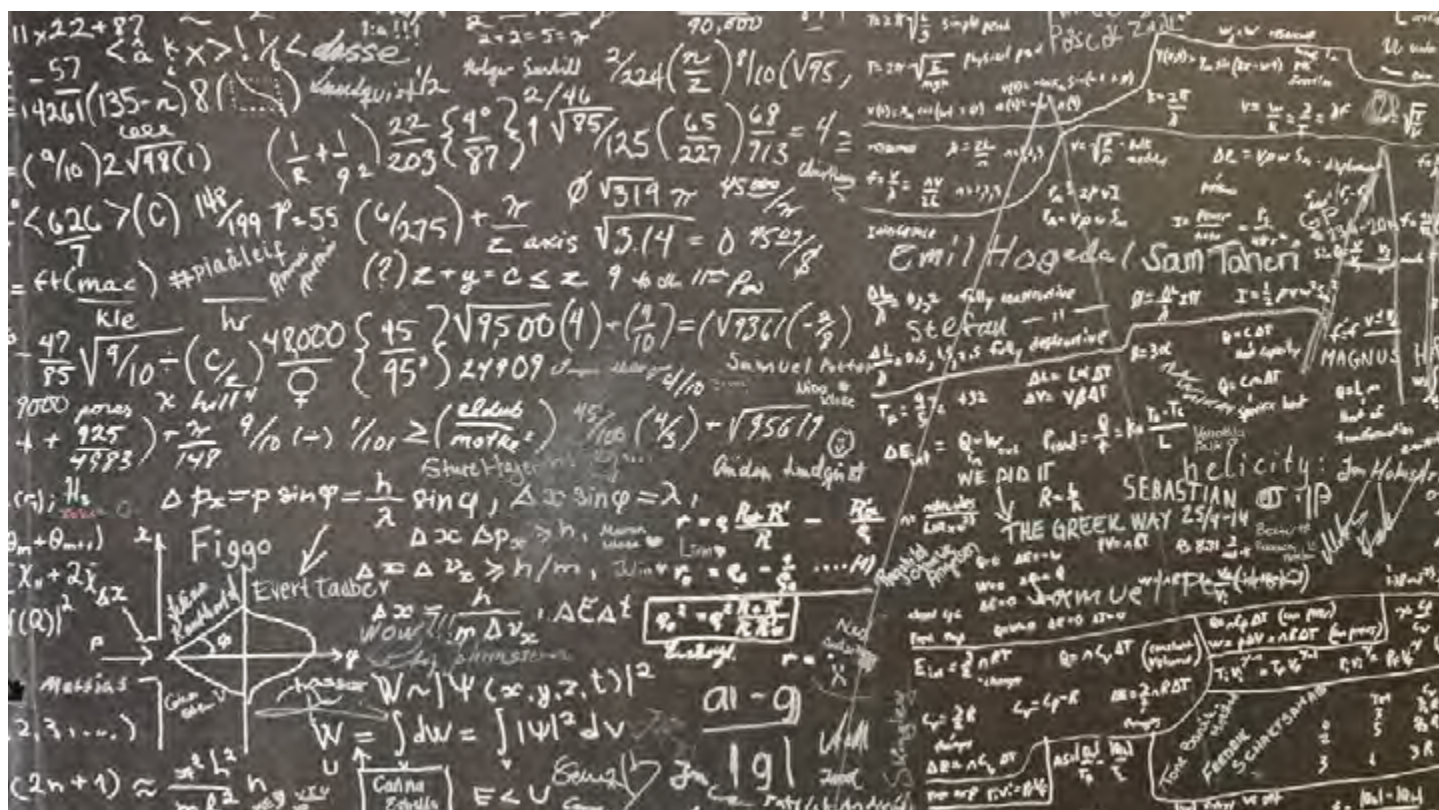


Gustav Mahler (1860-1911)

Our short course will open with a concise introduction to the history of the symphony up to and including Beethoven. Then we will explore selected works by our two composers. For Brahms, our focus will be on symphonies 1, 2, and 4. For Mahler, we will examine symphonies 1, 4, and 2.

As always, our study will be enhanced by excellent audio- and video-recorded performances.

About the instructor: Our instructor, Michael, is a musicologist with over 5 decades of teaching experience whose love of music and communicating with his students earned him several teaching awards including a 3M Teaching Fellowship awarded to Canada's top university teachers. He is the author of *A History of the Concerto*, considered the foremost book on this subject



Mathematical Connections

Instructor: Len Bonifacio

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

Thursdays October 15, 22, 29, November 5, 12, and 19 at 1:00p.m. – 3:00p.m.

How does social distancing change the spread of COVID, why do cicadas only appear in prime numbered years, what do cell phone antennas, African villages, and Lord of the Rings movies have in common?

How is high school geometry now used to destroy kidney stones, how does a deck of cards hold more possibilities than there are grains of sand on earth, is there a best way to cut diamonds, how does UPC coding work?

How are prime numbers used to protect online transactions, why are Pringles potato chips all the same, how are the digits of Pi used in forensic accounting, why should contestants always change doors on Let's Make A Deal?

All of these have mathematical explanations. Let's explore these and other amazing connections between math and nature, music, art, finance, and more. Many hands-on activities.

About the instructor: Len has been involved in math education for over 50 years, as a teacher, department head, provincial examiner, and district consultant. He is a contributing author to the math textbooks used currently in high schools in Western Canada. He was a co-winner of the MCATA Math Educator of the Year in 2000, and was twice a semi-finalist for a provincial Excellence in Teaching award.



The False Promises of Direct Democracy

Instructor: Elizabeth Smythe,
Professor Emerita of Political Science
Fee: \$65 Members | \$80 Non-Members

Tuesdays November 17, 24, December 1, 8, and 15 at 1:00p.m. to 3:00p.m.

Tools of direct democracy such as referendums, recall, initiatives and consultations with citizens are often depicted as a way to enhance the direct voice of citizens on important issues and to hold governments accountable. They are designed, it is often claimed, to counter the limits of representative democracies where those elected to represent citizens are often seen to be unresponsive to citizen's concerns outside of election campaigns. But it is also clear that such tools can be open to manipulation and abuse, especially by authoritarian governments, who often use them to enhance their own power.

These lectures will examine the criticisms of representative democracy and critically assess tools of direct democracy drawing on examples and case studies, including that of the Alberta October 2026 referendum. They will address how vulnerable these tools are to manipulation by governments and other actors. Moreover, in the age of social media and artificial intelligence they leave citizens susceptible to disinformation produced, either for profit or in aid of foreign interference.

Finally, the course will offer suggestions as to what can be done to both address the limits of representative democracy and provide real opportunities for citizens to have a voice in ways that enhance and deepen democracy rather than threatening it.



About the instructor: Elizabeth Smythe Dr. Smythe is a professor emerita of political science. Her PhD is from Carleton University. She taught undergraduate courses in political science, including comparative, Canadian and International Politics and Canadian Foreign Policy for over 30 years at Concordia University of Edmonton until her retirement in July 2022.



A Lecture And Discussion Series

Dancing To The Altar In The Novels Of Jane Austen:

Instructor: Nora Foster Stovel

Fee: \$75 members | \$95 non-members

October 6, 13, 20, 27, November 3, and 10 at 1:00p.m. to 3:00p.m.

Please join Nora Foster Stovel for a six-week course on the six completed novels of Jane Austen. All sessions will include lectures, illustrated by clips from film adaptations of the novels, followed by group discussions. Reading Austen's novels before the sessions is recommended, not required.

Schedule Of Sessions:

October 6	Northanger Abbey
October 13	Pride and Prejudice
October 20	Emma
October 27	Mansfield Park
November 3	Sense and Sensibility
November 10	Persuasion



About the instructor: Dr Nora Foster Stovel is a Professor Emerita at the University of Alberta, where she taught in the Department of English and Film Studies from 1985 to 2015. She has published on Jane Austen, D.H.

Lawrence, Margaret Laurence, Margaret Drabble, Margaret Atwood, Carol Shields, and Classical Ballet.



Back by Popular Demand

Life on The Range, The Sequel:

Instructor: Sheilagh McBride

Fee: \$50 members | \$60 non-members

Mondays November 9, 16, 23, and 30 at 1:00p.m. to 3:00p.m.

“A review of the mandate, mission and policies which direct academic and life skills programming in correctional settings in Canada and Alberta.”

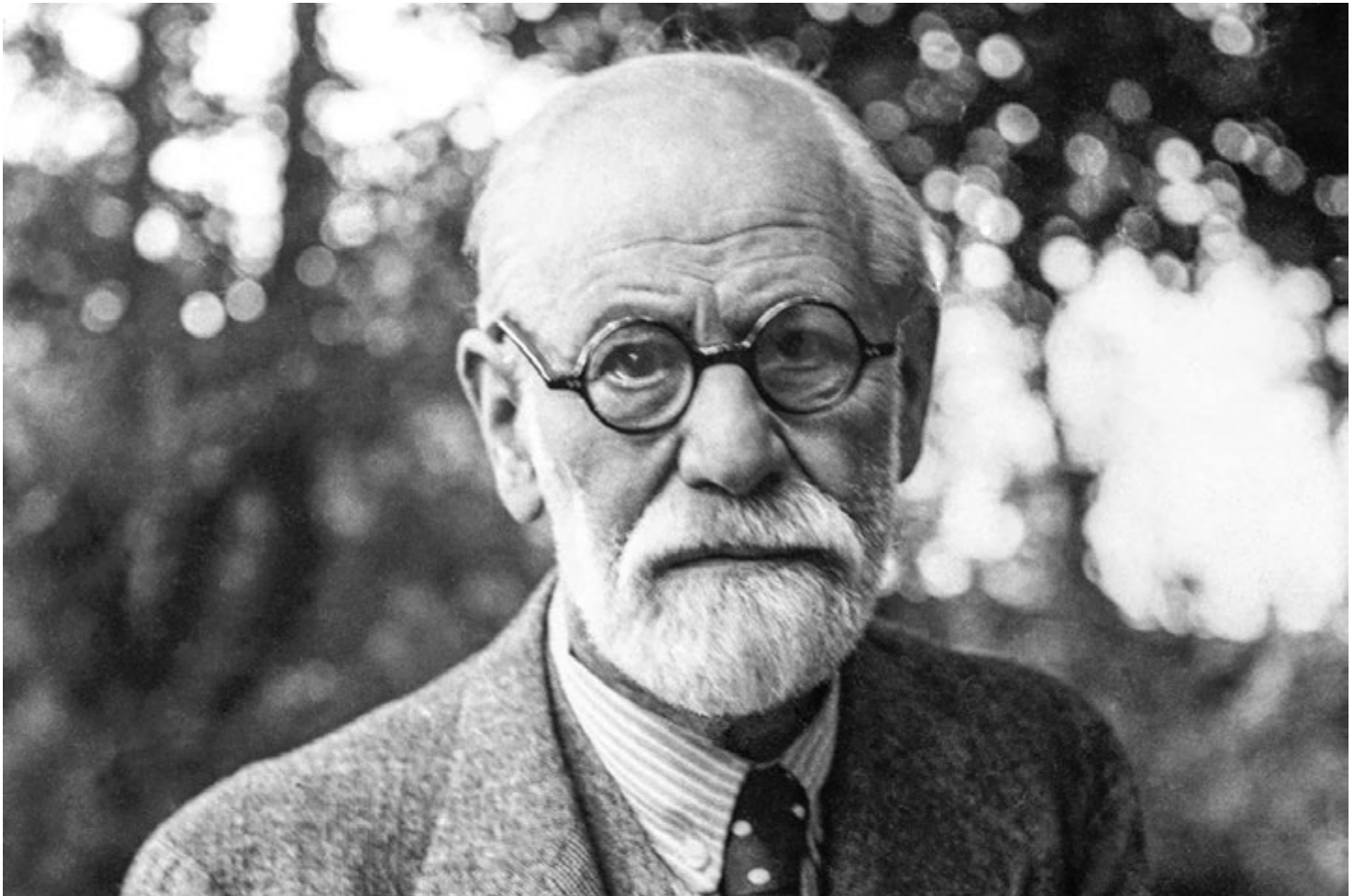
The series, over four weeks, will explore in depth the instructional challenges of teaching persons at the Edmonton Remand Centre, the largest facility in Canada which houses men and women awaiting

trial and/or sentencing. Outcomes will be explored and definitions around success will be presented.

We encourage people to come and hear about the evolution of correctional education through research, the hows of implementing instructional programming and the role of trauma-informed methods.



About the instructor: Sheilagh is a semi-retired teacher at the Edmonton Remand Centre. Her teaching career has involved marginal learners with a history of trauma, violence, and abuse. Academic advising for the above learner profile with options academically and funding post release. Served on numerous boards regarding supports for inner city residents post release. as a team teaching colleague shares the same knowledge, challenger understanding of First Nation learners



Is Freud A Fraud?

Instructor: David Wangler, Professor Emeritus
Fee: \$50 members | \$60 non-members

Wednesdays November 25, December 2, 9, and 16 at 10:00a.m. to 12:00p.m.

Lecture 1 Most humans, especially those who have never read him, hate him. Why?

Lecture 2 Freud claimed that human nature was the same everywhere in that all human minds were made up of 3 parts, the ego, superego and id. The conflict among these 3 is the source of all human problems which were for him, unavoidable. He recommends resignation to this.

Lecture 3 Is there a dark, highly irrational, selfish, sexual and aggressive component in every human being?

Lecture 4 250 yrs ago, Ben Franklin said there are only 2 certainties in life, death and taxes. Many older humans are terrified of one of these. Why??

Freud claimed that the absolute reality of death cannot be rationally considered by most humans. Is this true?

— A 3-PART LECTURE SERIES —

The Greatest Mezzo-Sopranos and Baritones OF THE 20TH CENTURY

Explore the lives, voices and unforgettable legacies of the greatest **mezzo-sopranos** and **baritones** who defined opera and classical music in the 20th century.

SUNDAY OCTOBER 11, 2026 PART 1	SUNDAY OCTOBER 18, 2026 PART 2	SUNDAY OCTOBER 25, 2026 PART 3
--------------------------------------	--------------------------------------	--------------------------------------

 EDMONTON JEWISH DROP-IN CENTRE
A WELCOMING PLACE FOR OUR COMMUNITY

— SPEAKER —
BERTRAND MALO
Baritone, Opera Singer



 *Extraordinary voices. Timeless artistry. Enduring inspiration.*
JOIN US FOR THIS INSPIRING JOURNEY THROUGH OPERA HISTORY.

Fee: \$95 members | \$110 non-members | Fee includes a light breakfast



Seniors' Centre

A SERIES OF CLASSES ON
KABBALAH

— *with Local Rabbis* —

*Explore timeless wisdom.
Deepen your understanding.*



OCTOBER

19

RABBI GUY TAL

Beth Israel



OCTOBER

26

RABBI ALISA ZILBERSTEIN

Beth Shalom



NOVEMBER

2

RABBI MENDY BLACHMAN

Chabad of Edmonton



1:00 – 3:00 PM



ADMISSION FOR ALL THREE CLASSES

\$36 for Members | **\$46** for Non-Members



10052–117 St. NW • Edmonton, AB



REGISTER BY CONTACTING

programmer@jdicseniors.ca



Whimsical Wednesdays

Something New

Ukulele “Jam”



Starting Jan 6, 2027

Every second Wednesday
at 9:30a.m. – 11:00a.m.

Do you like to play your ukulele and sing along? Do you have a ukulele that is begging to be played? Is the ukulele an instrument you have been interested in learning to play?

If you nodded yes to any of these questions, come out to Ukulele “Jam” in January!

Several of us are going to get together to play and sing songs just for the fun of it. We will meet every two weeks at JDIC! You need to bring your ukulele and your voice! (A music stand would also be useful.) There is no charge to join in, but we may need to pitch in a small amount to cover the cost of music sheets.

Please let us know if you would like to join in
Call or send a message to the centre:
(780) 488-4241 or programmer@jdicseniors.ca

Not Boring Book Club

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

via Zoom | 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 at 1p.m. – 2p.m.

Practice your conversational Russian with Russian-speakers. Have fun and enjoy new experiences!

Chess Club



Every Wednesday at 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

Every Wednesday at 1:30p.m. – 3:30p.m.

via Zoom | 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.

Join us for a new four-week course

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

Mah Jongg Lessons with Rhonda are coming your way!

 **Tuesdays starting October 13**

 **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! 🏆

Health & Wellness

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

Fee: Drop-in: \$7 | Card of 10 Classes: \$60



YOGA Classes with Sandy

Mondays at 10:00a.m

Use it or Lose it with Bonnie

Cardio & Strength training, Flexibility,
Balance & Laughter

Tuesdays at 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 at 11a.m.

Muscle in Motion with Anna

Use Balls, Bands & Weights to Exercise & Laugh

Thursdays at 11:00a.m

Event Details

October 2026 Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Fri.	Sat.
				1 CLOSED	2	3
4 CLOSED	5 10 a.m. Yoga with Sandy 10a.m. Young At Heart Choir 12p.m. Lunch	6 10:45a.m. Fitness Bonnie 12p.m. Lunch 1-3p.m. Nora Stoval — Dancing in Jane Austen Novels (1)	7 10a.m.-12p.m. M. Roeder Sym. of Brahms & Mahler 1 11a.m. Tai Chi 12p.m. Lunch S. Club	8 11a.m. Fitness Anna 12p.m. Lunch 1p.m. Wei Woo MSC World America Cruise Talk	9	10
11 10a.m.-12p.m. Bert Malo Greatest Mezzo Sopranos & Bass / Baritines of 20th Century 1	12 Thanksgiving	13 10:45a.m. Fitness Bonnie 12p.m. Lunch 1-3p.m. Nora Stoval — Dancing in Jane Austen Novels (2)	14 10a.m.-12p.m. M. Roeder Sym. of Brahms & Mahler 2 11a.m. Tai Chi 12p.m. Lunch S. Club 1p.m. Book Club	15 11a.m. Fitness Anna 12p.m. Lunch 1-3p.m. Len Bonifacio (1)	16	17
18 10a.m.-12p.m. Bert Malo Greatest Mezzo Sopranos & Bass / Baritines of 20th Century 2	19 10 a.m. Yoga with Sandy 10a.m. Young At Heart Choir 12p.m. Lunch 1-3p.m. Rabbi Guy Tal	20 10:45a.m. Fitness Bonnie 12p.m. Lunch 1-3p.m. Nora Stoval — Dancing in Jane Austen Novels (3)	21 10a.m.-12p.m. M. Roeder Sym. of Brahms & Mahler 3 11a.m. Tai Chi 12p.m. Lunch S. Club	22 11a.m. Fitness Anna 12p.m. Lunch 1-3p.m. Len Bonifacio (2)	23	24
25 10a.m.-12p.m. Bert Malo Greatest Mezzo Sopranos & Bass / Baritines of 20th Century 3	26 10 a.m. Yoga with Sandy 10a.m. Young At Heart Choir 12p.m. Lunch 1-3p.m. Rabbi Eliza Zilberstein	27 10:45a.m. Fitness Bonnie 12p.m. Lunch 1-3p.m. Nora Stoval — Dancing in Jane Austen Novels (4)	28 10a.m.-12p.m. M. Roeder Sym. of Brahms & Mahler 4 11a.m. Tai Chi 12p.m. Lunch S. Club	29 11a.m. Fitness Anna 12p.m. Lunch 1-3p.m. Len Bonifacio (3)	30	31

November 2026 Schedule

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
1	2 10 a.m. Yoga with Sandy 10a.m. Young At Heart Choir 12p.m. Lunch 1-3p.m. Rabbi Mendy	3 10:45a.m. Fitness Bonnie 12p.m. Lunch 1-3p.m. Nora Stoval — Dancing in Jane Austen Novels (5)	4 10a.m.-12p.m. M. Roeder Sym. of Brahms & Mahler 5 11a.m. Tai Chi 12p.m. Lunch S. Club	5 11a.m. Fitness Anna 12p.m. Lunch 1-3p.m. Len Bonifacio (4)	6	7
8	9 10 a.m. Yoga with Sandy 10a.m. Young At Heart Choir 12p.m. Lunch 1-3p.m. Sheilagh McBride (1)	10 10:45a.m. Fitness Bonnie 12p.m. Lunch 1-3p.m. Nora Stoval — Dancing in Jane Austen Novels (6)	11 12p.m. REMEMBRANCE DAY Community Lunch 1p.m. Book Club	12 11a.m. Fitness Anna 12p.m. Lunch 1-3p.m. Len Bonifacio (5)	13	14
15	16 10 a.m. Yoga with Sandy 10a.m. Young At Heart Choir 12p.m. Lunch 1-3p.m. Sheilagh McBride (2)	17 10:45a.m. Fitness Bonnie 12p.m. Lunch 1-3p.m. Elizabeth Smythe (1)	18 10a.m.-12p.m. M. Roeder Sym. of Brahms & Mahler 6 11a.m. Tai Chi 12p.m. Lunch S. Club	19 11a.m. Fitness Anna 12p.m. Lunch 1-3p.m. Len Bonifacio (6)	20	21
22	23 10 a.m. Yoga with Sandy 10a.m. Young At Heart Choir 12p.m. Lunch 1-3p.m. Sheilagh McBride (3)	24 10:45a.m. Fitness Bonnie 12p.m. Lunch 1-3p.m. Elizabeth Smythe (2)	25 10a.m.-12p.m. David Wangler "Is FREUD a FRAUD" (1) 11a.m. Tai Chi 12p.m. Lunch S. Club	26 11a.m. Fitness Anna 12p.m. Lunch	27	28
29	30 10 a.m. Yoga with Sandy 10a.m. Young At Heart Choir 12p.m. Lunch 1-3p.m. Sheilagh McBride (4)					

December 2026 Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:45a.m. Fitness Bonnie 12p.m. Lunch 1-3p.m. Elizabeth Smythe (3)	2 10a.m.-12p.m. David Wangler "Is FREUD a FRAUD" (2) 11a.m. Tai Chi 12p.m. Lunch S. Club	3 11a.m. Fitness Anna 12p.m. Lunch	4	5
6	7 10 a.m. Yoga with Sandy 10a.m. Young At Heart Choir 12p.m. Lunch	8 10:45a.m. Fitness Bonnie 12p.m. Lunch 1-3p.m. Elizabeth Smythe (4)	9 10a.m.-12p.m. David Wangler "Is FREUD a FRAUD" (3) 11a.m. Tai Chi 12p.m. NO LUNCH 1p.m. Book Club	10 12p.m. Chanukah Lunch	11	12
13	14 10 a.m. Yoga with Sandy 12p.m. Lunch	15 10:45a.m. Fitness Bonnie 12p.m. Lunch 1-3p.m. Elizabeth Smythe (5)	16 10a.m.-12p.m. David Wangler "Is FREUD a FRAUD" (4) 11a.m. Tai Chi 12p.m. Lunch S. Club	17 11a.m. Fitness Anna 12p.m. Lunch	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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 Kichnevskaya,
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:

Executive Assistant: Luba Allen

Chef: Daniella Drisdell

Fitness Instructors: Bonnie Austen,
Anna Kratochvil, Sandy Mah & Ben Ma