



JEWISH SENIOR CITIZEN'S CENTRE

All Seniors Welcome

Drop In For Lunch or Attend a Program

Mailing Address: Box 17017
Edmonton, AB T5K 0G4
www.jdicseniors.ca

Location: 10052-117 Street
Ph: 780-488-4241 Fax: 780-488-6591
Email: jdic@shaw.ca

Schmooze and News

May- June 2018/5778

Spanish Culture Day

Join us for a traditional Spanish Lunch and stay to enjoy the Las Palomas Spanish Flamenco Dancers.

Sunday, May 6 at 12p.m.

Fee: \$15 RSVP with payment ASAP



Morinville Hutterite Colony Trip & Lunch

Monday, May 14 join us for a tour,

where you will have the opportunity to learn about the life and traditions of the people who live in this **COLONY**!

See a private home, the school and factory. Eggs and vegetables may be available for sale.

Register NOW with payment - space is limited

Fee: \$35 (lunch will be provided by the Centre included)

\$45 for non-members (lunch will be provided by the Centre included)



BOARD OF DIRECTORS

President: Lewis Wasel, **Past President:** Mark Salkie, **Treasurer:** Elaine Salkie, **Secretary:** Danny Assh, **Membership Chair:** Miriam Rabinovitch, **Program Chair:** Shirley Grossman, **Transportation Chair:** Hans Pilz, **Volunteer Coordinator:** Louise Percheson-Kagan, **Communication Chair:** Debby Waldman, **Directors:** Laurie Mozeson, Dmitry Alman.

Presidential Appointee: Leslie Morgenstern **Honorary Members:** Hanna Pollack **Honorary Advisor:** Larry Derkach
Executive Director: Svetlana Pavlenko **Office Administrator:** Erika Damjanovic **Chef:** Bozena Szopiak

President's Column

In my last column I expressed my excitement about the upcoming Purimspiel. I can now say that it was a great success and enjoyed by a large crowd. I can hardly wait to see what we do for Purim next year.

Another highlight in March was the visit of David Shepherd, MLA for Edmonton-Centre, who gave us a comprehensive interesting report on what is taking place at the Alberta legislature.

The Centre was closed for Pesach and today we had our Post Pesach Pancake Party with musical entertainment by Ron Wunder. Thank you to all the volunteers involved with preparing and serving the lunches.

Please mark your calendars for some upcoming programs. On Sunday, May 6 we will be having a Spanish lunch with entertainment by the Las Palomas Spanish Flamenco Dancers. We will be visiting a Hutterite colony near Morinville on Monday, May 14. Reservations for these events can be made by phoning or personally at the Centre.

When looking for a charity to make donations for sympathy cards, get well wishes, birthday and anniversary greetings, etc. please consider the Jewish Senior Citizen's Centre. Cards can be done for \$10.00, \$18.00, \$36.00, and \$54.00. Of course, larger donations are welcome and plaques for the Shalom Wall are \$85.00 (single) and higher (double, triple, quad plaques). Please inquire at the Centre office if you are interested in more details. Donations can also be made online via Canada Help website <https://www.canadahelps.org/en/charities/Jewish-senior-citizens-centre/> w33

Enjoy the changing weather and have a pleasant spring!

Lewis Wasel, President



Photo: Dr. Jonathan Schaeffer, UofA Dean of Science, shared his research on Artificial Intelligence

Books Discussion Group

Wednesdays

May 23:

- Back of the Turtle by Thomas King

June 27:

- 419 by Will Ferguson



CASINO TRIP

Sunday, April 29

Please join us for an exciting trip to the River Cree Casino. Each registered guest will receive \$5.00 in free play money and

a complimentary lunch at Tap 25.

Bus will depart the Centre at 10a.m. and return around 2:30p.m.

Please register and pay \$5 to secure your spot ASAP. Bus only holds 24 persons. First come – First served.

If you want to join us and drive yourself to the Casino, please call the Office 780-488-4241.

Upcoming Events



OPEN HOUSE Tuesday, June 5

10a.m. – 12p.m. Complimentary Tea & Tours

10:45 – 11:45a.m. Complimentary Fitness Class

12p.m. Lunch with Entertainment (members' price of \$10 available to all guests)

1p.m. Ikebana Class



Thursday, June 7 Lunch & Learn: Jennifer Stewart: Moments, Lives and Legacies

Friday, June 8 Shabbat Dinner at 5:30p.m.

Sunday, June 17 at 10:30a.m. Literature Heritage of the famous Kyrgyz writer Chingiz Aitmatov and tea with traditional Kyrgyz Sweets

Wednesday, June 20

A day out in Camrose. Details to follow

Thursday, June 28 Pre-Canada Day Celebration with MLA D. Shepherd and Birthday Thursday

Sunday, August 12 Annual Membership Picnic & Something Special! Stay Tuned!

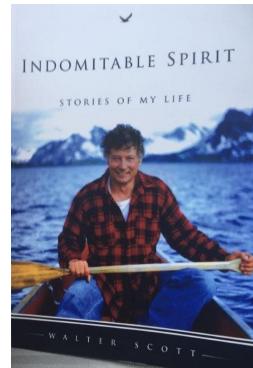
Lunch & Learn

Tuesday, May 8 at 12p.m.

Book Presentation on "Indomitable Spirit: Stories of My Life," Walter Josef Scott

Ms. Jennifer Stewart

"Indomitable Spirit: Stories of My Life" is a beautiful and dramatic memoir by Walter Josef Scott. To read this compilation of stories is to open a window on the post-war immigrant experience to Canada from the viewpoint of a young man with no safety net, struggling to find his feet. Scott's book chronicles his struggles, adventures, and achievements. Jan Scott contributed an Epilogue to the book, a loving tribute to her husband and a poignant reflection on their life together.



Jennifer Stewart is a writer and editor who helped Walter and Jan Scott to publish the memoir. She is currently working on an installation, "Moments, Lives, Legacies," for the Bleeding Heart Art Space in Edmonton. This project will bring Scott's stories to a wider audience and collect stories from newcomers and their families about life-changing moments of connection in their lives.



Tuesday, May 15 at 12p.m.

Pre- Shavuot Celebration with Rabbi Mendy. Come and learn about the meaning and traditions of Shavuot. Ask your questions and enjoy a dairy lunch.

Thursday June 7 at 12p.m.

Presentation on "*Moments, Lives, Legacies*" by Jennifer Stewart

This presentation will outline my work on the installation "Moments, Lives, Legacies" and set the stage for gathering stories from the audience about their own experiences or those of their parents or grandparents as newcomers to Canada. A memoir by Walter Josef Scott, "Indomitable Spirit: Stories of My Life" published in 2016 is the focal point for this exploration. I will share Scott's stories and invite others to tell their stories. These stories touch on subjects and themes that are timely and universal to the experience of coming to a new country and forging a life, how all of us need help, and how moments of connection – big and small, caring, and support, change lives and live on.

Jennifer Stewart is a writer and researcher. My project, "Moments, Lives, Legacies" honours Walter Scott's vision of helping and encouraging newcomers to Canada through sharing his stories. I hope that it will contribute to building community in Edmonton as well as begin to build a collection of stories about the experience of newcomers focused on life-changing moments of connection.

Thursday, July 19 at 12p.m.

Dr. Keith Aronyk, Clinical Department Head of Neurosciences with Alberta Health Services, will tell us about the fascinating new **Gamma Knife** at the University Hospital. Gamma Knife technology makes it possible for surgeons to perform brain operations scalpel free!

Health & Wellness

Use it or Lose it with Bonnie Austen!

Features:

Cardio & strength training, flexibility, balance, music & laughter

TUESDAYS @10:45a.m.

May 1, 8, 15, 22 & 29

June NO CLASSES

On Your Seat or On your Feet!

with Ilonka Wormsbecker!

Use of Weights & Stretch Bands

Flexibility & Strength

Laughter & Music

THURSDAYS @ 10:45a.m.

May 3, 10, 17, 24 & 31

June 7, 14, 21 & 28



Invest in a New You! Buy a Card as a Present!

Our Exercise Cards have NO expiry date!

Available to **our members only**

Treat yourself to:

6 classes for \$30

10 classes for \$50

(Drop in fee per class \$6)

Good for any exercise class at the centre!

Special Presentations



Thursday, May 10 at 1p.m.- 3p.m.

Abe Silverman will present the 2017 National Audit on anti-Semitism in Canada and discuss its implications.

He will also give us an update on Israel. Fee: \$3



Tuesday, June 19 at 10:45a.m – 11:45a.m.

Join **Gwen Petryk**, Geriatric Consultant Pharmacist, to learn useful information on managing your medication.

Fee: \$3



Tuesday, July 17 at 10a.m.- 12p.m.

Memories of Edmonton Panel

Naomi Amato, Beryl Nahornick, Mitch Klimove, Mel Wyne, and Miriam Rabinovitch will share their memories about growing up in Edmonton.

Fee: \$3

Sunday Club

May 6:

Spanish Culture Day. Lunch at 1p.m. followed by a performance by Las Palomas Spanish Flamenco Dancers.

May 13:

Victory Day Celebration. Concert & Lunch

May 20:

The life and Destiny of Andrei Voznesensky with Zoya Pavlova & Lunch

May 27:

Birthday Celebration with Emma & Misha Shmuilovich, Concert & Lunch

June 17 at 10:30a.m.

Literature Heritage of the famous Kyrgyz writer Chingiz Aitmatov and tea with traditional Kyrgyz Sweets

PRE-SHABBAT DINNER



Where beautiful traditions and new friends meet!

Friday, June 8

Doors open at 5:30p.m.
6p.m. Dinner

7p.m. Entertainment

Fee: Adults – \$40

Youth – \$25 and Children under 6 Free

Red or white wine will be available \$6 per glass and \$30 per bottle.

RSVP with payment by May 31, 2018

Menu

No Chicken- Chicken Soup with Matza balls
 Baked Fish with Roasted Potatoes
 Brussels Sprouts
 Garden Salad
 Apple Strudel
 Challah Buns & Challah
 Tea/Coffee

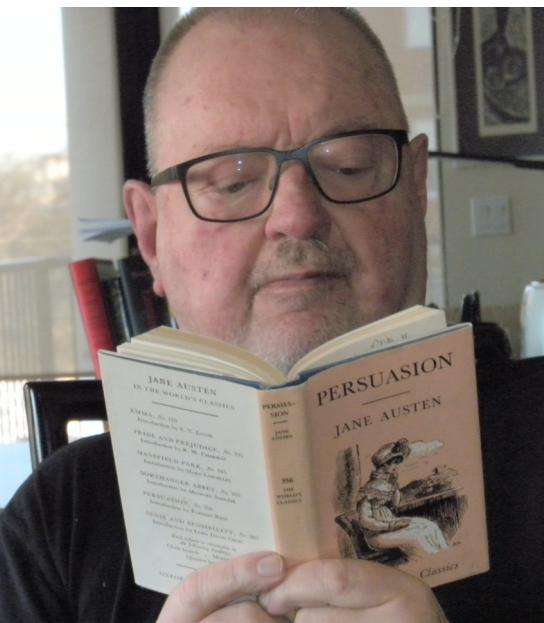
Rediscover Jane Austen

Jane Austen's novels are popular because of their relevance to domestic realities and personal relations. In addition, social and political issues inform her plots: legal rules for inheritance, housing modes and architecture, landscape gardening, stewardship of property, the relations between ecology and economy, and the effects of empire upon rank, class and rural communities. Such topical breadth explains why her stories lend themselves to filmic and theatrical adaptations. Most importantly, Austen upholds the novel as a literary genre to heighten the emotional and intellectual experience of readers.



In Northanger Abbey, she insists that "the greatest powers of the mind" are displayed in novels, "the most thorough knowledge of human nature, the happiest delineation of its

varieties, the liveliest effusions of wit and humour" thereby "conveyed to the world in the best chosen language." This course will begin to justify why this statement applies to her six novels.



Instructor: **Robert Merrett**, emeritus professor of English, University of Alberta, has published widely on English literature and specialised in eighteenth-century texts.

Mondays from 10am to noon on July 9th, 16th, 23rd and 30th

Register by June 28, 2018

Fee: \$ 40 for members- \$50 non-members

Thank you for Supporting your Centre!

Call the Office 780-488-4241 for Birthday Cards

We try to be as accurate as possible. If we have it wrong please let us know.

Birthday Celebration for May will be held on Thursday, May 31 2018



Alexander Babchin	Ollie Finley	Fay Kletter
Sara Bonnell	Riva Gelfman	Richard Theuman
Susan Brewster	Bluma Goldberg	Pauline Uretsky
Joan Cowlin	Robbie Hill	Fira Valdin
Jack Cooper	Doreen Jampolsky	Ollie Finley
Aza Dobrusina	Janette Sorensen	Hans Pilz
Penny Lerner	Dr. Marvin Mitchell	Pavel Rodnyansky
Victor Melech	Ruth Nolan	Phyllis Solsberg
Ed Mickelson	Vladimir Proper	

Celebrate your Birthday with us!

Birthday Celebration for June will be held on Thursday, June 28 2018

Luba Allen	Elizabeth Duke	Alice Peters
Naomi/Victor Amato	Donna Hamar	Vladimir Proper
Daniel Assh	Vivian Jung	Mildred Ragosin
Susan Baram	Min Leibo	David Rees
Donna Bonan	Miriam McCartney	Don Sax
Bernice Dawe	Mel Wyne	Mark Salkie
Gail Deagle	Ruth Pakes	Inna Sapozhnikova
David Dobrusin	Nat Payne	Victor Sheyman
Stewart Douglas	Darlene Perry	Amilia Shmuilovich
June Simons	Anita Sky	Howard Starkman
Nelly Tepper	Bronislava Torgovetskaya	David Woolfson



Sponsor
Cake
Lunch
Entertainment!
Send a card to your friends
or order a plaque on the Shalom Wall!



Thank you for Supporting your Centre!

Call the office for Tribute Cards - (780) 488-4241

We try to be as accurate as possible - Please accept our apologies for any omissions or errors

Cards sent from the Board of Directors

GET WELL	THANK YOU	SYMPATHY
<p>To: Naomi Wolfman- speedy recovery</p> <p>To: Paula Weil – speedy recovery</p> <p>To: Elaine Salkie – speedy recovery</p>	<p>To: Ken McCarthy- Thank you for your amazing ongoing support and help to the Centre</p> <p>To: Bonnie Austen & Ilonka Worms-becker –for bringing fun and joy to the Centre and facilitation of the Fall Prevention Workshop</p> <p>To: Rabbi Mendy- thank you for your ongoing support</p> <p>To: Des Fernando – missing you at the Centre</p>	<p>To: Lilia & Peter Rogatko-loss of mother Bella Oikhman z'l</p> <p>To: Victor Sheyman -loss of wife Maria z'l</p> <p>To: Miriam Milavsky- loss of her sister Ethel Levene z'l</p> <p>To: Jeff Rubin & Family- loss of father Abner Rubin z'l</p>
<p>MAZEL TOV</p> <p>To: Abe Silverman- on your new position Manager of Public Affairs, Alberta with B'Nai Brith Canada</p> <p>To: Steve Friedenthal- Happy Retirement</p>		

SYMPATHY	SYMPATHY	From: Naomi & Vick Amato MAZEL TOV
<p>To: Luba Allen – loss of husband Clive Allen z'l</p> <p>From: Naomi & Morley Wolfman</p> <p>Dr. Bernie Adler</p> <p>Sandra & Nathan Kahn</p> <p>Cheryl & Bob Gliener</p> <p>Leslie & Rick Morgenstern</p> <p>Hoda Cohen</p> <p>Bozena & Eugene Szopiak</p> <p>To: Miriam Milavsky - loss of sister Ethel Levene z'l</p> <p>From: Mel Wyne & Phyllis Nurgitz</p> <p>Stephen & Barbara Ney</p> <p>Arlene Viner-Holmes, David & Michel Holmes</p> <p>Evelyn Viner</p> <p>To: Harry Warhaft - loss of wife Marlene z'l</p> <p>From: Dr. Bernie Adler</p> <p>Paula, Steven & Connie Snyder</p> <p>To: Karen Farkas - loss of brother</p> <p>From: Dr. Bernie Adler</p> <p>To: Bonnie Austen - loss of husband David z'l</p> <p>From: Leslie & Rick Morgenstern</p>	<p>To: Debby Waldman-loss of mother</p> <p>From: Mary Jane & Jerry Klein</p> <p>To: Charlene & Jerry Molotsky- loss of aunt Ethel z'l</p> <p>From: Arlene Viner- Holmes</p> <p>To: Carry & Mitch Broudy- loss of aunt Ethel z'l</p> <p>From: Arlene Viner- Holmes</p> <p>To: Jeff Rubin & family- loss of father Abner z'l</p> <p>From: Elaine& Mark Salkie</p> <p>Robyn & Geoff Sperber</p> <p>Marvin & Brigitte Katz</p> <p>Odette & Jacob Masliyah</p> <p>Louise Percheson – Kagan</p> <p>Lewis & Freya Wasel</p> <p>GET WELL</p> <p>To: Paula Weil</p> <p>From: Bozena Szopiak</p> <p>To: Stan Bronson</p> <p>From: Nathan & Sandra Kahn</p> <p>To: Bruce Mintz</p> <p>From: Nathan & Sandra Kahn</p> <p>To: Miriam Rabinovitch</p> <p>From: Leslie & Rick Morgenstern</p> <p>To: Faye Kaye</p>	<p>To: Dr. Eric Schloss- on receiving Order of Canada</p> <p>From: Dr. Bernie Adler</p> <p>To: Abe Silverman-on your new position as a Manager of Public Affairs with B'Nai Brith in Alberta</p> <p>From: Dr. Bernie Adler</p> <p>To: Shirley Grossman- Birthday</p> <p>From: Leslie & Rick Morgenstern</p> <p>To: Earl & Shirley Ghitter- Special Birthdays</p> <p>From: Mari Segall & Arni Faintuch</p> <p>Bob & Terrie Margolis</p> <p>Thank you</p> <p>To: Abie Kacew- thank you for your help</p> <p>From: Miriam Rabinovitch</p> <p>To: Sue & Alvin Winestock –thank you so much for the card</p> <p>From: Bozena & Eugene Szopiak</p>
		Welcome!
		Our new member Esther Lainwand

Tuesday, May 1

Mushroom Soup
Fish & chips
Salad/Dessert

Wednesday, May 2

Pickle Soup
Sandwiches
Salad/Dessert

Thursday, May 3

Carrot Soup
Macaroni and Cheese
Salad/Dessert

Monday, May 7

Cabbage Soup
Knish in dish
Salad/Dessert

Tuesday, May 8

White Soup
Pizza
Salad/Dessert

Wednesday, May 9

Minestrone Soup
Cheese muffins
Salad/Dessert

Thursday, May 10

Squash Soup
Onion kugel, tuna salad
Salad/Dessert

Monday, May 14NO LUNCHTrip to Hutterite ColonyTuesday, May 15

Sweet potato Soup
Cheese kugel
Salad/Dessert

Wednesday, May 16

No chicken, chicken Soup
Chili
Salad/Dessert

Thursday, May 17

Barley Soup
Tuna melt sandwiches
Salad/Dessert

Monday, May 21CLOSEDTuesday, May 22

Vegetable Soup
Potato strudel
Salad/Dessert

Wednesday, May 23

Borsht
Tuna casserole
Salad/Dessert

Thursday, May 24

Potato- leek Soup
Spaghetti
Salad/Dessert

Monday, May 28

Lentil Soup
Baked omelet
Salad/Dessert

Tuesday, May 29

Tomato Soup
Salmon loaf
Salad/Dessert

Wednesday, May 30

Celery Soup
Veggie burgers
Salad/Dessert

Thursday, May 31

Cream of broccoli
Garden quiche
Salad/Dessert

Monday, June 4

Bean Soup
Zucchini quiche
Salad/Dessert

Tuesday, June 5

Squash Soup
Cold plate
Salad/Dessert

Wednesday, June 6

Vegetable Soup
No meat, meat loaf
Salad/Dessert

Thursday, June 7

Tomato Soup
Sandwiches
Salad/Dessert

Monday, June 11

Corn Soup
Fish & Chips
Salad/Dessert

Tuesday, June 12

Lentil Soup
Potato salad, Tuna salad
Salad/Dessert

Wednesday, June 13

Broccoli Soup
Spaghetti
Salad/Dessert

Thursday, June 14

Carrot Soup
Tuna casserole
Salad/Dessert

Monday, June 18

White Soup
Veggie patties
Salad/Dessert
Barley Soup
Onion- mushroom kugel
Salad/Dessert

Wednesday, June 20No LunchThursday, June 21

Pickle Soup
Salmon loaf
Salad/Dessert

Monday, June 25

Pea Soup
Pizza
Salad/Dessert

Tuesday, June 26

Bock Choy Soup
Fish, rice
Salad/Dessert

Wednesday, June 27

Cabbage Soup
Macaroni & cheese
Salad/Dessert

Thursday, June 28

Mushroom Soup
Kishes
Salad/Dessert

Birthday CakeCanada Day Celebration

JAHSENA & OUR CENTRE
present

Challah Bread Baking

Wednesday, July 4
from 7p.m. to 8:30 pm

This program will feature a brief talk about the special foods associated with major Jewish festivals, as well as a challah making demonstration. Samples of the bread will be available, as well as a recipe for you to bake your own challah loaf.

May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10:45a.m. Fitness Bonnie 12p.m. Lunch 1-4p.m. Games	2 12p.m. Lunch 1-3p.m. Games	3 10:45a.m. Fitness Ilonka 12p.m. Lunch 1-3p.m. Games	4	5
6 12p.m. Spanish Lunch 12:40 p.m. Las Palomas Spanish Flamenco Dancers	7 12p.m. Lunch 1-3p.m. Games	8 10:45a.m. Fitness Bonnie 12p.m. Lunch & Learn with Jennifer Stewart 1p.m. Ikebana	9 12p.m. Lunch 1-3p.m. Games	10 10:45a.m. Fitness Ilonka 12p.m. Lunch 1-3p.m. Abe Israeli Up-date 1-3p.m. Games	11	12
13 1-3p.m. Sunday Club	14 Trip to Hutterite Colony with Lunch Bus will depart at 10a.m. will return at 3p.m. No Lunch at the Centre	15 10:45a.m. Fitness Bonnie 12p.m. Dairy Lunch with Rabbi Mendy 	16 12p.m. Lunch 1-3p.m. Games	17 10:45a.m. Fitness Ilonka 12p.m. Lunch 1-3p.m. Games	OPERA NUOVA Master Class A play about a Master Class given by opera diva Maria Callas. On Tuesday, June 12 at 8p.m. La Cite Francophone Ask the Office about Details	
20 CLOSED	21 CLOSED	22 10:45a.m. Fitness Bonnie 12p.m. Lunch 1p.m. Ikebana 	23 12p.m. Lunch 1p.m. Book Club 1-3p.m. Games	24 10:45a.m. Fitness Ilonka 12p.m. Lunch 	Are you interested in learning how to play Mah Jong or Bridge? Let us know and we will try to organize classes for you! New playing groups can be formed.	
27 1-3p.m. Sunday Club	28 12p.m. Lunch 1-3p.m. Games	29 10:45a.m. Fitness—Bonnie 12p.m. Lunch	30 12p.m. Lunch	31 10:45a.m. Fitness Ilonka 12p.m. Birthday Thursday 	JAHSENA & Our Centre present Challah Baking Wednesday, July 4 from 7 to 8:30 pm 	

June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 CLOSED from Private function	4 12p.m. Lunch 1-3p.m. Games	5 OPEN HOUSE Sign a new member & receive a special prize!	6 No Lunch	7 10:45a.m. Fit- ness Ilonka 12p.m. Lunch & Learn- Exhibit: Moments, Lives, Legacies with	8 Shabbat Dinner 5:30p.m. Doors open 6p.m. Dinner 7p.m. Entertainment <u>RSVP with payment by May 31</u>	
10 1-3p.m. Sunday Club	11 12p.m. Lunch 1-3p.m. Games	12 12p.m. Lunch	13 12p.m. Lunch	14 10:45a.m. Fit- ness Ilonka 12p.m. Lunch	Thursday, July 5 Special Lunch with Melanie Gall as Carmen Fee: \$15	
17 10:30a.m. Kyrgyz Tea & Special Cultural Presentation	18 12p.m. Lunch 1-3p.m. Games	19 10:45a.m.- 11:45a.m. Managing Medication with Gwen Petryk 12p.m. Lunch	20 10a.m. A day out in Camrose No Lunch	21 10:45a.m. Fit- ness Ilonka 12p.m. Lunch	Rediscover Jane Austen A 4 week course on Mondays at 10a.m. Starts July 9 Ends July 30 Fee: \$40 for members \$50 for non-members	
24 1-3p.m. Sunday Club	25 No Lunch 1-3p.m. Games	26 12p.m. Lunch <u>1p.m. Ikebana</u> 	27 12p.m. Lunch 1p.m. Book Club 	28 10:45a.m. Fit- ness Ilonka <u>Pre- Canada Day Celebration</u> Birthday Thursday	29 	30 