



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

September – October 2017/5778

Membership Lunch

Thursday, September 7 at 12p.m.

It is time to renew your \$30 annual membership! *See inside for details.*

Melanie Gall brings us songs of Vera Lynn!

Israel: Summer Update

Monday, September 11 at 10:30a.m.

Join **Abe Silverman** for his interactive and fact based lecture - discussion.

Special Presentation & Dinner

with

Mr. Harald W. Kuckertz

Honorary Consul of the Federal Republic of Germany

Wednesday, September 13, 2017

See inside for details.

BOARD OF DIRECTORS

President: Mark Salkie , **Past President:** Hal Simons, **Membership Chair:** Miriam Rabinovitch, **Treasurer:** Hans Pilz
Secretary: Odette Masliyah, **Program Chair:** Elaine Salkie, **Volunteer Coordinator:** Louise Percheson-Kagan.
Directors: Dmitry Alman, Shirley Grossman, Lewis Wasel.

Honorary Members: Hanna Pollack **Honorary Advisor:** Larry Derkach.

Executive Director: Svetlana Pavlenko; **Executive Assistant:** Marian Jenkins; **Chef:** Bozena Szopiak

President's Column

We are now leaving summer and approaching Rosh Hashanah and the start of a new year. Among the many programs to look forward to we have the new series of Learning in Retirement which include Rabbi Mendy Blachman's presentation "Survival of a Nation" discussing the "Six Day War" from a Torah perspective. Other courses in the series are: The Specter Haunting Europe: A History of Socialism by Angeles Espinaco-Virseda; Canadian Art @ 150 by Kathleen Silverman and Broadway Updated by D.T. Baker. Be sure to check out the brochure and sign up for one or more courses. Thanks as always to the Learning in Retirement committee for putting together such an interesting series.

We all are aware of how much Svetlana has done for the Centre in the seven years that she has been our first Executive Director. Through her vibrant personality and a great deal of hard work she has transformed us from a sleepy little Centre to a centre of activity well known and respected throughout the wider Edmonton community. Those of us living in the West End are aware that she is running for a position on the City of Edmonton Council representing Ward 5. As President of the Board I am apolitical, but knowing how gifted Svetlana is I wish her success in her campaign and I know that if elected she will be a wonderful advocate on behalf of the Centre.

Why not have a look at her website for more information: <http://www.svetlanapavlenko.ca>

Let's show the influence and power we seniors have in society by convincing all our friends to vote in the upcoming municipal election!

Wishing you all a sweet and Happy New Year!

President, Mark Salkie



Health & Wellness

Use it or Lose it *with Bonnie Austen!*

Features:

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

Starts: Tuesday, Oct 17 @10:45a.m.

Please note Time changed to 1 pm

for following dates:

October 24 & 31 & November 7, 14, 21
& 28

On Your Seat or On your Feet!

with Ilonka Wormsbecker!

Use of Weights & Stretch Bands

Improving Bone Density

Flexibility & Strength

Laughter & Music

THURSDAYS @ 10:45a.m.

Starts: October 26, Nov 2, 9, 16, 23 & 30

Invest in a New You!

Take a chance!

Buy a Card!

**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!**

URBAN POLING

with Kerri Gladwin

Wednesdays @10:50a.m.– 11:50a.m.

Starts: October 25, November 1, 8, 15, 22 & 29

Urban Poling:

- provides many **core strengthening** benefits; in addition to improving, assisting and promoting proper standing and walking posture.
- improves stability, balance and **confidence** while walking
- is a **low impact** activity; it can transfer weight and stress off of the hips, knees and ankles to the upper body and core muscles.

Cost \$6 drop-in or \$5 per session for 6 weeks with pre-purchased exercise card.

Bring your own poles or rent poles \$5 session from Kerri. Please let us know if you require poles as Kerri may not have enough for everyone needing them.

In order to run this class we need 10 participants.

Special Presentation & Dinner

a Very Special Evening with

Mr. Harald W. Kuckertz

Honorary Consul of the Federal Republic of Germany

Wednesday, September 13, 2017

Please join us for dinner and learn about the ordeal of Dr. Berta Kuckertz who because she was Jewish was forced to hide with her father in the German countryside during the Nazi regime.

Discover how her German relatives at the risk of their own lives protected them and kept them safe.

Some of you may recall Dr. Kuckertz from the time when she practiced medicine near Southgate or, earlier, in Meadow Lake, Saskatchewan. All of her diaries that were written at the time have been donated to the Leo Baeck Institute in New York, USA.

Dinner menu:

Sweet Potato Soup

Cucumber Salad with fresh Dill

Red Cabbage Salad with Lemon

Steelhead Trout with garlic, lemon and
olive oil

Roast baby potatoes

Summer Cake

Tea and Coffee

Seating is Limited. Please reserve
your seat by

Thursday, September 7

phone 780-488-4241 or email jdic@shaw.ca

5:30p.m. Doors open

6:00p.m. Dinner served

7:00p.m. Presentation

Cost per person:

\$ 36

Wine will be available

at \$6 per glass or \$28 per bottle.

Cash & cheques only.



Books to Movies Discussion Group

Wednesday, September 13 @ 1p.m.

Wednesday, October 25 @1p.m.



Please check with the Office about books and movies - to be discussed.

Lunch & Learn

Thursday, September 14 at 12p.m.

Silence Between Two Rivers:

Perspectives on Inheriting Two Cultures

Anna Marie Sewell, Edmonton's 4th Poet Laureate (2011- 13) is of M'igmaq, Anishinabe and Polish heritage, and this mix of world views informs all her writing and performance work. She has lived and worked in Japan, Mexico and BC, and worked as an artist across Canada, but has called Edmonton home for longer than anywhere else. An award winning poet and multi-disciplinary artist, she is part of the creative team at work on *Ancestors & Elders*, a Shumka production that begins a dialogue between Slavic and Indigenous communities of Alberta, through the medium of Dance Theatre.

Anna Marie will present a suite of spoken word poetry and song, honouring her ancestors, and speaking of the beauty to be found in the life at the confluence, the many songs to be heard in that space where two rivers come together.

**Tuesday, September 19
at 12p.m.**

Join Rabbi Mendy

*To learn more about
the meaning, history and
traditions of*

Rosh HaShanah.

Wishing you a

**HAPPY & SWEET
NEW YEAR!**

Unresolved Mystery: 11-21-83

Tuesday, September 5 at 12p.m.

Former Edmonton Sun news editor Gary Poignant examines the strange unsolved deaths of a young city couple in a book released this summer.

The book, titled 11-21-83, is derived from the chilly Monday in 1983 when the bodies of Murray Sparrow, 21, and his girlfriend, Kathy Gilligan, 20, were found. Murray, a small-time drug dealer, had been stabbed at least 50 times and his body left outside a downtown parkade. Kathy's decomposing body was found fully-clothed in the empty bathtub of the north side apartment she shared with Murray.

The 10-chapter book explores the lives of those affected by the tragedy with a particular emphasis on Murray's mother, Florence.





WILLS WEEK



Edmonton Community Foundation is pleased to present this free public seminar that will provide professional information on wills and estates.

9:30 am - 11:30 am

JEWISH SENIOR CENTRE

10052 - 117 Street NW,
Edmonton

Wills Week 2017

Tuesday, October 3

Seminars are FREE, but seating is limited.
First come, first served.

6:30 pm - 8:30 pm

HILTON GARDEN INN

17610 Stony Plain Road NW,
Edmonton

Did you miss an exciting event? Sign up for email reminders!

Our members enjoyed some exciting trips over the last few months. We took a tour of Beverly by horse drawn carriage. A great guide and lovely weather made the evening one to remember. No date set yet, but we are looking forward to our next tour with the horse drawn wagon when we will visit yet another part of the Beverly area. Are you coming?

The Highlands area is a wonderful tree lined part of the city with grand homes and people who helped make Edmonton the great place it is today. Bobby Gimby who wrote the theme song for Canada's 100th birthday grew up in the Highlands. Two realtors, McGrath and Holgate, built some grand houses and became part of the history of Edmonton. Ada Boulevard is named after McGrath's wife Ada.

This being the 150th birthday of Canada we had a tour through the Legislature and a lovely tea at the Haltain Building.

Our picnic was moved from the traditional Sunday to mid-week; from the Laurier Park to Hawrelak Park. The sun was shining: we enjoyed the extra parking, the walking trails and of course the food. Great as always. Why not join us next year.

We have exciting events happening all year round. Don't miss out on the adventures we have planned.

Membership Lunch

It is time to renew your \$30 annual membership

Thursday, September 7 at 12p.m.

Sign up a friend as a new member & enter the draw to win:

- 2 tickets for the opera Don Giovanni (April 17) (value \$100)
- 1 chance at winning a Lunch card for 10 lunches (value \$120 each)
- 1 course of Learning in Retirement series of your choice (value of \$85)
- 2 chances at winning a Fitness card (6 classes) (value \$36)

No cash replacement for prizes.

Only those members who sign a new member are eligible to enter the draw (one entry only) and you must be present at lunch to receive your prize.

Good Luck! See you soon!



DIRECT FROM THE EDINBURGH FRINGE!

MELANIE GALL brings **VERA LYNN**

to our MEMBERSHIP LUNCH!

Just back from a successful run at the Edinburgh Fringe, and with an upcoming performance at the Royal Albert Hall. Come and sing along to these beautiful, nostalgic wartime tunes!

'White Cliffs of Dover'

'We'll Meet Again'

Vera Lynn was awarded a Damehood, received the Burma Star campaign medal, and was the first centenarian to have a top 10 album. Melanie Gall takes you back to a time when the world was at war, and when Vera Lynn's music galvanized and inspired troops overseas. Come and sing along to these beautiful, nostalgic wartime tunes!

Upcoming events:

November 9: Dr. Darlene Auger IPK psych. @ 10 a.m. Topic: First Nations Life in Alberta

November 14: High Tea at MacDonald Hotel @ 2:30p.m.

November 19: Greek Culture Day at 11:30a.m.

November 21: AGM 2017 @ 12:45p.m.

December 14: Hanukkah Celebration @11:30a.m. with our wonderful Young at Heart Choir!

Sunday Club

September 3: Birthday Celebration Lunch & Concert with Emma Shmuilovich

September 10: Eugeni Evtushenko & Bella Ahmadulina with Zoya Pavlova

September 17: Review of ALEF magazine with Sveta Bass

The programs for October 8, 15, 22 & 29 will be announced later.

Reform Judaism in Modern Israel

Welcome Rabbi Caine from the Beth Ora synagogue and learn more about Reform Judaism in Modern Israel.

Thursday, October 26 at 1p.m.

Ikebana Classes

Fall Classes:

All Classes will begin at 1 p.m.

Tuesday, September 5 & 12

Tuesday, October 17 & 31

Tuesday, November 7 & 21

Tuesday, December 5



Be ready for High Holidays!

Pre-order HONEY CAKES

from the Centre.

Orders placed on Monday

will be ready for pick up on the following Thursday.

LAST DAY TO ORDER

Tuesday, September 12

Three sizes of cake are available:

Round big \$25,

Round Smaller \$20

Loaf Shape \$20

LUMINARIA

at the DEVONIAN GARDENS

Fire light. Star light. Snow light.

JOIN US

SUNDAY, DECEMBER 3

Bus will leave the Centre at 6p.m.

Tour 7- 9p.m.

Return to the Centre at 10p.m.

Cost: \$TBA

This popular event ignites the festive season with thousands of candles along the paths of the [Kurimoto Japanese Garden](#) in a breathtaking display – a quiet oasis of peace and light.

Visitors can count on their favorite elements: a stroll through the candle-lit pathways, hot apple cider beside the bonfires, ice sculptures, delightful "snow sprites". Enjoy hot food and beverage options.

Milky Way Days Star Party



Sunday, September 3, 2017

at ELK ISLAND PARK

6:00p.m. to 10:30 p.m.

Please call at 780-488-4241

or e-mail jdic@shaw.ca

Cost is \$25 per person

Astotin Theatre: 7 pm Dark Sky Geocaching

8 pm Keynote Speaker: Reuben Gazer:

How do we know what we know about the Universe

Astotin Beach: 8:30 pm Night Astronomy

Please bring:

- a **red** flashlight or headlamp (no white lights please) *red tissue paper and elastic band works well on flashlights etc.*
- Snack and hot beverage (if you care to)
- Warm Jacket (touque/hat, mittens)
- Mosquito Repellent

A bus trip, buffet brunch and mystery theatre

Available only on Sunday, October 22

Cost \$70 (all inclusive)

Bus will leave the centre @ 10a.m.

We will return to the Centre from Wetaskiwin @ 4p.m.

A fun filled time An old theatre A trip to Wetaskiwin

Join us!



Learning in Retirement

Jewish Senior Citizen's Centre

presents

14th Annual Six Week Series
October 23 - November 29, 2017



For the Intellectually Curious

\$70 members & \$85 non-members per course

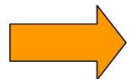


The SPECTER HAUNTING EUROPE: A HISTORY OF SOCIALISM

Instructor: Angeles Espinaco-Virseda

Mondays, October 23 - November 27, 2017

10:00 a.m. - 12:00 noon



CANADIAN ART @ 150!

Instructor: Kathleen Silverman

Mondays, October 23 - November 27, 2017

1 p.m. - 3 p.m.

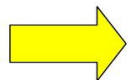


BROADWAY UPDATED

Instructor: D. T. Baker

Tuesdays, October 24 - November 28, 2017

10 a.m. - 12:00 noon



SURVIVAL OF A NATION

Instructor: Rabbi Mendy Blachman

Wednesdays, October 25 - November 29, 2017

1 p.m. - 3 p.m.



Location: 10052-117 Street (just south of Jasper Avenue)

Mailing Address: Box 17017, Edmonton, T5K 0G4

780-488-4241

www.jdicseniors.ca

jdic@shaw.ca

Become a Member just \$30 per year (September to September)

Enjoy our Famous Lunches!



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 September & October will be held on Thursday, October 26, 2017

Lionel Groberman

Andrew Dorosh

Harvey Emas

Ron Wolch

Martin Bankey

Douglas Irvine

Mitch Klimove

Ken McCarthy

Ram Romanovsky

Lina Kichnevskaya

Hal Zalmanowitz

Sue Winestock

Marielle Witten

Lee Sax

Sharon Cairns

Robyn Sperber

Gen Ashwell

Shirley Goldberg

Sondra Grosh

Stephanie Hendin

Rhonda Holloway

Barbara Wiseman

Sylvia King-Farlow

Ruth Markovich

Helen Markovich

Willa Messinger

Bella Oikhman

Norma Jean Olivier

Lois Pawl

Sylvia Pines

Alice Protz

Gertrude Rabinovitz

Cindie Thompson

Elaine Solez

Clarice Switzer

HAPPY BIRTHDAY TO ALL OUR MEMBERS!

Cyril Kay

Masha Khaykin

Michael Shmuilovich

Hal Simons

George Goldford

Nikolai Golosarsky

Arkady Shifrin

Harry Silverman

David Tankel

Evelyn Schayer

Jane Karstaedt

Shana Fefferman

Ed Mickelson

Carol Boychuk

Frances Chatrin

Sandra Miller

Florence Ovics

Jeni Adler-Magat

Audrey Brooks

Dimitra Drezick

Jean Filewych

Joan Ford

Anna Mae Gibson

Lilian Green

Ruth Katz

Wendy Kinsman

Phyllis Kopen

Lynn Odynski

Moira Sacks

Riquette Sherman

Lynn Weinlos

Beryl Forbes



Thank you for Supporting your Centre!

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

Donations \$6.00, \$10.00, \$18.00, \$36.00 and up

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

Cards sent from the Board of Directors

SYMPATHY	SYMPATHY	SYMPATHY
To: Sandra Maygard- loss of husband Barry Greenspan z'l To: Gillian Horwitz & Family– loss of Aunt Doris z'l	To: Ruth Nolan - loss of daughter Carla z'l To: Jane Karstaedt - loss of husband Edgar z'l	To: Bill Campbell-loss of wife Joan Laird-Campbell
SYMPATHY	SYMPATHY	SYMPATHY
To: Donna Stochinsky & Family-loss of husband Bucky z'l From: Shirley & David Grossman From: Leslie & Rick Morgenstern To: Erin Silverman & Family-loss of father From: Shirley & David Grossman To: Mila Plots & Family-loss of mother From: Shirley & David Grossman To: Paula & Eric Weil-loss of daughter Sarena z'l From: Shirley & David Grossman Anita Sky & Howard Davidow Cheryl & Bob Gliener Elaine & Mark Salkie Jean & Aaron Oshry Hanna Pollack Bozena Szopiak & Family To: Gillian Horwitz & Family-loss of aunt Doris z'l From: Robyn & Geoff Sperber Miriam Rabinovitch Jean & Aaron Oshry	To: Sandra Maygard-loss of husband Barry Greenspan z'l From: Bozena Szopiak Miriam Rabinovitch Elaine & Mark Salkie Jane & Edgar Karstaedt Jerry & Mary Jane Klein To: Ruth Nolan - loss of daughter Carla z'l From: Mark & Elaine Salkie Marcia Bercov Miriam Rabinovitch Mel Wyne & Phyllis Nurgitz Svetlana Pavlenko & Marian Jenkins To: Jane Karstaedt - loss of husband Edgar z'l From: Freda Braude Mark & Elaine Salkie Gary & Beverley Smordin Jack & Marian Hoffman Neil & Curli Handelsman Marian & Svetlana To: Donni Stern-loss of husband Allan z'l From: Anita Sky	To: Solly Pokroy—loss of wife Roslyn z'l From: Elaine & Mark Salkie <h3 style="text-align: center;">GET WELL</h3> To: Clarice Switzer From: Miriam Rabinovitch Phyllis Nurgitz & Mel Wyne To: Beryl Nahornick From: :Phyllis Nurgitz & Mel Wyne Marian Jenkins & Svetlana Pavlenko To: David Grossman From: Leslie & Rick Morgenstern Mari Segal & Arnie Faintuch To: Aaron Oshry From: Jacob & Odette Masliyah <h3 style="text-align: center;">MAZEL TOV</h3> To: Gail Estrin-65th birthday From: Miriam Rabinovitch To: Abie & Myra Kacew - on marriage of son Dan From: Mel Wyne & Phyllis Nurgitz

Thank you for Supporting your Centre!

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

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Cards sent from the Board of Directors

<p>GET WELL</p> <p>To: Clairce Switzer</p> <p>To: Miriam Rabinovitch</p>	<p>GET WELL</p> <p>To: Beryl Nahornick</p> <p>To: David Grossman</p> <p>To: Aaron Oshry</p>	<p>MAZEL TOV</p> <p>To: Miriam & Bernie Adler—60th wedding anniversary</p> <p>To: Gail Estrin — 65th Birthday</p> <p>To: Miriam Adler - 85th Birthday</p>
<p>MAZEL TOV</p> <p>To: Doug Hughes-forthcoming marriage of his daughter</p> <p>From: Phyllis Nurgitz & Mel Wyne</p> <p>To: Daphne Horwitz - marriage of grand daughter</p> <p>From: Freda Braude</p> <p>To: Jennifer Hughes-on her forthcoming marriage</p> <p>From: Robyn & Geoff Sperber</p> <p>To: Dr. Stan & Rosemary Kitay - On your joint special birthday</p> <p>From: Sheena & Cyril Fried</p> <p>To: Marcia Bercov - on marriage of granddaughter</p> <p>From: Mel Wyne & Phyllis Nurgitz</p> <p>To: Mark & Elaine Salkie - birth of grandchild</p> <p>From: Rick & Leslie Morgenstern</p> <p>To: Bluma & Jack Goldberg - 50 years of marriage</p> <p>From: Mark & Elaine Salkie</p> <p>To: Linda & Eric Lerner & Family on Marc's engagement</p> <p>From: Phyllis Nurgitz & Mel Wyne</p>	<p><u>SHALOM WALL</u></p> <p>A SINGLE PLAQUE</p> <p>In honour of</p> <p>Phyllis Nurgitz & Mel Wyne</p> <p>From Hanna Pollack</p> <p>A SINGLE PLAQUE</p> <p>In honour of the Kidd Family</p> <p>From Hanna Pollack</p> <p>THANK YOU FROM</p> <p>THE CENTRE PLAQUE</p> <p>In Honour of ORT Canada</p> <p>DONATION</p> <p>Hanna Pollack</p> <p>Cindie Thompson</p> <p>Marian Jenkins</p> <p>Eva Weisz</p> <p>Robyn & Geoff Sperber</p> <p>Elaine & Mark Salkie</p> <p>Svetlana Pavlenko</p> <p>Naomi & Morley Wolfman</p> <p>Leslie & Rick Morgenstern</p> <p>Doug Hughes</p> <p>Sheila & Allen Parr</p>	<p>THANK YOU TO THE CENTRE</p> <p><i>Thank you so very much for the lunches on 22nd & 23rd of August, and making me feel so welcome. It was a pleasure meeting those who attended the Centre on the above dates.</i></p> <p><i>Alistair (Doug's brother)</i></p> <p><i>Thank you to the Board, Staff and Volunteers for the very thoughtful gift and flowers on my birthday.</i></p> <p><i>Bozena Szopiak</i></p> <p>THANK YOU FROM THE CENTRE</p> <p><i>To Odette & Jacob Masliyah for their great help with the Iraqi-Jewish Lunch and shared stories.</i></p> <p><i>To Hanna Pollack & her wonderful family from Israel for generous support.</i></p> <p><i>To Christina Reboh for providing recipes for the Moroccan Lunch.</i></p> <p><i>To Ms. Rhiannon Henze, Natural Living Manager at the Planet Organic Market for allowing us to display our newsletter there.</i></p>

September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
3 Elk Island Park Dark Sky Party Bus leave at 6p.m. Returns aprox. at 10:30p.m.	4 CLOSED	5 12p.m. Lunch & Learn: Gary Poignant presents his new book 11-21-83 1p.m. Ikebana	6 12p.m. Lunch 1-4p.m. Games	7 10:45a.m. Fitness with Ilonka 12 p.m. Membership Lunch	<p>Be ready for High Holidays!</p> <p>Pre-order honey cakes from the Centre.</p> <p>Orders placed on Monday will be ready to pick up on the following Thursday.</p> <p>The last day to order <u>Tuesday, September 12</u></p> <p><u>Three sizes of cake are available:</u></p> <p><u>\$25, \$20 & \$15</u></p>	
10 1-3p.m. Sunday Club	11 10:30a.m. Israel: Summer Update with Abe Silverman 12p.m. Lunch	12 12p.m. Lunch 1p.m. Ikebana	13 10a.m. Program Committee Mtg NO LUNCH 1p.m. Book club 6p.m. Dinner: Honourary Consul of Germany Mr. H. Kuckertz	14 10:45a.m. Fitness with Ilonka 12p.m. Lunch & Learn: Indigenous poet Anna Marie Sewell		
17 1-3p.m. Sunday Club	18 12p.m. Lunch	19 12p.m. Lunch & Learn: Rabbi Mendy 1-4p.m. Games	20 CLOSED	21 CLOSED		
22 THE CENTRE WILL BE CLOSED FOR HIGH HOLIDAYS from September 20 till October 16. <u>Office</u> will be open on Monday, October 16, 2017 <u>Lunch program</u> will resume on Monday, October 17, 2017						
24 C	25 L	26 O	27 S	28 E	29 D	30
<h1>Happy & Sweet New Year!</h1>						

MENU FOR SEPTEMBERMONDAY, September 4**CLOSED**

Fish, mashed potatoes

Salad & Dessert

TUESDAY, September 19

Mushroom Soup

TUESDAY, September 5

Lentil Soup

Salmon Loaf

Salad & Dessert

WEDNESDAY, September 6

White Bean Soup

Tuna Casserole

Salad & Dessert

Chilli

Salad & Dessert

Our new members!THURSDAY, September 7**MEMBERSHIP LUNCH**

Cabbage Soup

Sandwiches

Salad & Dessert

Rhea Little**Avau Fast****Bessie Sax**MONDAY, September 11

Carrot Gingered Soup

Spaghetti

Salad & Dessert

TUESDAY, September12

French Onion Soup

Poached Egg

Salad & Dessert



Odette told the stories about her life
in Baghdad.

WEDNESDAY, Sep-tember 13**NO LUNCH****6p.m. DINNER**THURSDAY, September 14

Potato Soup

Lasagna

Salad & Dessert

MONDAY, September 18

Broccoli Soup

Be ready for
High Holidays!

Pre-order
HONEY CAKES
from the Centre.

Orders placed on Monday
will be ready for
pick up on the following
Thursday.

LAST DAY TO ORDER

Tuesday,
September 12

*Three sizes of cake are
available:*

\$25, \$20 & \$15



Walnut Raisin Cake



Jacob and Bronia making the Zucchini Casseroles

October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Closed	2 Closed	3 9-12p.m. Wills Week Edmonton Community Foundation 12p.m. Lunch 1-4p.m. Games	4 Closed	5 Closed	<u>TUESDAY, October 17</u> Tomato Soup Buracas Salad & Dessert <u>WEDNESDAY, October 18</u> Pea Soup Veggie Burgers Salad & Dessert <u>THURSDAY, October 19</u> Sweet Potato Soup Fish & Chips Salad & Dessert <u>MONDAY, October 23</u> Squash Soup Pizza Salad & Dessert <u>TUESDAY, October 24</u> Barley Soup Sandwiches Salad & Dessert <u>WEDNESDAY, October 25</u> White Soup Potato Salad, Tuna salad Dessert <u>THURSDAY, October 26</u> Borsht Garden Quiche Salad & Dessert & Cake <u>MONDAY, October 30</u> No Chicken Chicken Soup Cold Plate Salad & Dessert <u>TUESDAY, October 31</u> Pickle Soup Salmon Patties Salad & Dessert	
THE CENTRE WILL BE CLOSED FOR HIGH HOLIDAYS from October 4 till October 15. <u>Office</u> will be open on Monday, October 16, 2017 <u>Lunch program</u> will resume on Tuesday, October 17, 2017		Annual General Meeting 2017 <u>On Tuesday</u> <u>November 21st</u> <u>at 12:45p.m.</u>		12 Closed		
15 1-3p.m. Sunday Club	16 Re-Opened	17 10a.m. Fitness with Bonnie 12p.m. Lunch 1p.m. Ikebana	18 12p.m. Lunch	19 10:45a.m. Fitness with Ilonka 12p.m. Lunch 1-4p.m. Games		
22 10a.m. Bus leave the Centre to Wetaskiwin for buffet brunch & Mystery Theatre	23 10a.m. LinR : Socialism 1 12p.m. Lunch 1p.m. LinR: Art @150 1	24 10a.m. LinR: <i>Broadway`</i> 12p.m. Lunch 1p.m. Fitness with Bonnie 1-4p.m. Games	25 12p.m. Lunch 1p.m. Book Club <i>1p.m LinR: Rabbi Mendy 1</i>	26 10:45a.m. Fitness with Ilonka 12p.m. Lunch 1-3p.m. Reform Judaism in Modern Israel with Rabbi Caine		
29 1-3p.m. Sunday Club	30 10a.m. LinR: Socialism 2 12p.m. Lunch 1p.m. LinR: Art @150 2	31 10a.m. LinR: <i>Broadway 2</i> 12p.m. Lunch 1p.m. Fitness with Bonnie 1p.m. Ikebana				