



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

March – April 2019/5779

PURIM



Thursday, March 21

11a.m. Megillah Reading with Rabbi Mendy

\$15 for members

11:30a.m. Purimspiel

\$18 for non-members

12p.m. Lunch

Pre-order your HAMANTASHEN (\$14 per dozen poppy seeds or fruits) last order day March 18.

**Edmonton Musical Theatre
presents**

Sunday, March 3 at 1p.m.

Broadway

Join us for lunch

with a Russian twist and stay

to enjoy the performance

Fee: \$13 members & \$15 non-members

Please RSVP ASAP



Tuesday, April 30 at 12p.m.

You loved it before, come and enjoy it again! Do you enjoy your pancakes with butter, syrup, applesauce or berries? Why not try them all!

The men will be serving for one day only.

Mr. Ron Wunder, known as a One Man Band will perform Traditional Melodic Jazz for the enjoyment of all!

Fee: \$10 members \$13 non-members

BOARD OF DIRECTORS

President: Lewis Wasel, **Vice -President/Secretary:** Danny Assh, **Past President:** Mark Salkie, **Treasurer:** Elaine Salkie, **Fundraising Chair:** Leslie Morgenstern, **Program Chair:** Shirley Grossman, **Transportation Chair:** Hans Pilz, **Volunteer Coordinator:** Louise Percheson-Kagan **Directors:** Sveta Bass, Lauren Baram, Marcia Czitron

Executive Director: Svetlana Pavlenko **Program Manager:** Maya Feldman **Chef:** Bozena Szopiak

President's Column

I have just returned a few days ago from a month long winter vacation. I have heard of bad news and good news during the time I was away.

The bad news is that two of our dear valued volunteers have passed away. Miriam Rabinovitch z"l was a board member and enthusiastic volunteer in various ways at the Centre. Freda Braude z"l was a committed volunteer who helped to prepare and serve lunches. Please read elsewhere in this letter of the plans to honour the memories of Miriam, Freda, and also Hanna Pollack who passed away a few months ago.

The good news I have heard about the past month is that the centre has been very busy with many wonderful programs. The Wednesday Winter Lecture Series was a great success featuring well-known speakers such as the Honorable Paula Simons, the Honorable Anne McLellan, Dr. Morris Maduro, Dr. David Wangler, Dr. Margaret-Ann Armour and Dr. Michael Phair. An average of thirty guests attended each provocative and informative session.

We look forward to more good news in the coming months!

Our Purim Shpiel at 11a.m. on Thursday, March 21 is a fun event that you will not want to miss.

The last opera of the season will be The Misadventures of Count Ory on Tuesday, April 9. Dr. Maduro will be here to explain the nuances of that opera on Wednesday, April 3 at 10:00 AM. Don't forget to purchase your ticket for the opera.

The centre will be closed for Pesach (Passover) from April 19 to 28. Join us for [Post Pesach Pancake Party](#) on Tuesday, April 30.

Lewis Wasel, President



Photo 1 & 2: Brunch François' organizers & Melanie Gall

**Photo 3: Misha Smulovich performs for
Sunday Club members and guests.**

In Honour of Our Dedicated Friends of the Centre

It is with great sadness that we have said goodbye to three exceptional volunteers and great women:

Hanna Pollack Z" L, Miriam Rabinovitch Z" L and Freda Braude Z" L.

In Hanna's memory we established a Fund to replace our 20 year old stove. A new Commercial Stove will cost \$10,000. Help us to reach our goal and commemorate Hanna's devotion to Our Kitchen.

In Freda's memory we started a Fund to purchase a Commercial Mixer to ensure that Freda's famous South African Scones will continue to be a part of Our Menu.

In Miriam's memory we created a special section on our Shalom Wall, headed by a double plaque recognizing Miriam Rabinovitch as an Exceptional Volunteer and acknowledging her life-long dedication to Centre. This section will be used to name other outstanding volunteers who give generously of their time to make our Centre so special.

Join us on

Thursday, April 18

at 12p.m.

for a Special Lunch in
memory of

Miriam

Rabinovitch Z" L

Lunch is complimentary.
Donations
will be appreciated.



Book Discussion Group

Wednesdays @ 1p.m.

March 27

April 17

May 22

June 26



*** Book titles are chosen at each meeting.**



Elder's Circle

Don and Lee Sax invite you to join the "Circle of Wisdom" to discuss local economic, political and cultural news and issues in our community. We can all bring our years of experience and expertise to initiate change.

First discussion will take place on

Wednesday, March 6 at 10a.m.

ROSEBUD THEATRE TRIP



Thursday, May 9

A toe-tapping musical set in the Blue Ridge Mountains of North Carolina, just after WWII and written by comedian *Steve Martin*, and singer-songwriter *Edie Brickell*, *Bright Star* is an epic story of love lost and love reborn. Its unforgettable music will ignite your heart.

**OUR LUXURY COACH WILL
LEAVE THE CENTRE (10052 -117 Street) AT 8:00am AND
RETURN AT APPROXIMATELY 6:30pm**

A delicious brunch will be served at the theatre when we arrive.

**THE SPECIAL PRICE OF
\$99.00 IS AVAILABLE FOR MEMBERS,
\$120 FOR NON-MEMBERS**

**PLEASE RESERVE YOUR SPOT WITH PAYMENT BY MARCH 14
AS THIS IS SURE TO SELL OUT QUICKLY**

Dr. Morris Maduro

Does International Law work in the Modern World?

Monday, March 18 10a.m.—12p.m.

International Law covers a wide area of legal relations ranging, among other areas, from extradition, to human rights, to the law of the sea and oceans, to airspace, to governance of the Arctic, to international humanitarian law.

But how effective, observed and relevant is it in the modern world?

These are the questions we will be addressing in this short course.

Fee: \$15 for members and \$20 for non-members RSPV with payment by March 14.

Lunch & Learn



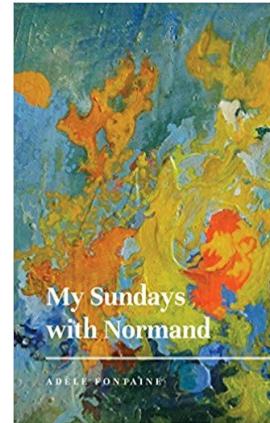
Thursday March 7 at 12p.m.

International Women's Day Celebration with Talmud Torah Kids.

Come enjoy lunch and a special quiz, plant spring bulbs with the kids to beautify our dining tables.

Tuesday, March 12 at 12p.m.

Adèle Fontaine grew up in St. Paul, Alberta, and has lived in Edmonton most of her life. She attended the UofA and graduated from Campus Saint-Jean. She has travelled extensively and received teachings from the Dalai Lama. She was married to Normand Fontaine for fifty-three years, has seven children, some wonderful sons and daughters-in-law, fourteen grandchildren and two great-granddaughters. *My Sunday with Normand* is a selection of the poems written by Adèle every Sunday morning since her husband of 53 years passed away.



Thursday, March 14 at 12p.m.

Len Dolgoy from Witten LLP on Wills and Estates.

Learn about Wills and Estates from seniors' prospective. Prepare your important questions and receive your answers.

Tuesday, March 19 at 12p.m.

Presentation from Rhonda (SMART program Coordinator) and Robert (Executive Director) from Jewish Family Services on the variety of services they offer.

Tuesday, March 26 at 12p.m.

Dr. Tammy O'Rourke

Collaborative Community Care for Seniors: Health Services at Sage

Learn how the University of Alberta Faculty of Nursing and Sage developed a Senior-centered solution, driven by Senior engagement and supported by relevant evidence. The health clinic opened March 1, 2018 and has provided both primary care and community services to almost 500 clients. Dr. O'Rourke is a recognized leader in the development and implementation of innovative nurse practitioner led inter-professional initiatives.

Thursday, April 11 at 12p.m.

Meet *Theresa Shea*,

Edmonton writer.

The author of

The Unfinished Child.



Tuesday, April 16 at 12p.m.

URBAN POLING

Great News! Our very own *Bonnie Austen* is a certified instructor now for this fashionable and incredible type of fitness activity that we want to incorporate in our Fitness Classes.

Bonnie will explain benefits of poling and importance to choose the right poles for you.

Lunch & Learn

Thursday, March 28 at 12p.m.

Blue Cross Travel Insurance presented by **Tanya Topolnyski**, Manager of Individual Products. In her 29 years with Alberta Blue Cross, Tania has become passionate about the importance of having travel insurance when you leave Alberta – no matter if your trip is for one day or for 365! She will be talking about your provincial coverage while travelling both in and out of Canada, as well as what to be aware of when you buy travel insurance including benefits, exclusions and what it all means to you.

DIAMONDS



Susan Devins was born and raised in Edmonton. For 14 years Susan worked in the Human Resources and Training Department at the Ekati Diamond Mine (in the Northwest Territories). The Ekati mine is renowned for the premium gem quality diamonds it produces. The largest gem quality diamond produced to date at the mine is a 186-carat diamond from the Pigeon pit, which was recovered and sold in 2016. Cumulative production to January 2017 has totalled approximately 67.8 million carats.

Thursday, April 4 at 12p.m.

Tuesday, April 9 at 12p.m.

JAHSENA: Jewish Archives

Colleen Paull talks about preserving our community's heritage from generation to generation.

Tuesday, April 2 at 12p.m.

Cannabis for Seniors: health benefits?

Join **Michelle Barritte** to learn more.

Sunday Club

March 3	Lunch and Edmonton Musical Theatre
March 10	International Women's Day - Concert and Lunch
March 17	Larisa Rubalskaia : Life and Poetry with Inna Zelezkina
March 24	Pahmutova and Dobronravov: Life, Career, and Music with Emma Shmuilovich - Lunch
March 31	Birthday Lunch - Concert and Lunch Emma and Michael Shmuilovitch



IKEBANA CLASSES

Wednesdays, March 13 & 27, April 10 & 17, May 8 & 29

Ikebana is a disciplined Japanese art form in which nature and humanity are brought together to produce floral arrangements that "give life to flowers". This course teaches the basics of Ikebana flower arrangements. You will learn the traditional, simple and modern forms of Ikebana.

Instructors: Jean-Marcel Duciaume and Brenda Jackson

Please call to register (780) 803-5690 by March 6

Health & Wellness

Use it or Lose it!

with *Bonnie Austen!*

Cardio & Strength training, Flexibility & Balance, Laughter & Music

TUESDAYS @10:45a.m.

March 5, 12, 19 & 26

April 2, 9, 16, 30

On Your Seat or On your Feet!

with *Ilonka Wormsbecker!*

Use of Weights & Stretch Bands, Flexibility & Strength, Laughter & Music

THURSDAYS @ 10:45a.m.

March 7, 14, 21 (at 10a.m.) & 28

April 4, 11, 18



Invest in a New You!
Buy a Card.
Our Exercise Cards have
NO expiry date!
 Available to
our members only
 Treat yourself to:
6 classes for \$30 or 10 classes for \$50
 (Drop-in fee per class \$6)
 Good for any exercise class at the centre!



OPERA SEASON

Opera Talk with Dr. Morris Maduro

Wednesday, April 3 at 10a.m.

Learn about Giacchino Rossini and *Le Comte Ory - The Misadventures of Count Ory*. Explore the nuances of this opera with this great inside information.

Fee: \$15 members and \$ 20 for non-members

If you would like a ticket for this opera performance on

Tuesday, April 9 at 7:30p.m. at the Jubilee Auditorium,

please RSVP with payment by March 20.

Ticket: \$30 per person. (The First Balcony)





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.

**Card and Shalom Wall plaques are always available to make
your friends' birthdays and other simchas more memorable and enjoyable!**

Birthday Celebration for March will be held on Thursday, March 28 2019

Austen Bonnie	Jacobson Lesley	Adler Bernie
Card Judi	Margolis Bob	Hardin Thomas
Grobman Doreen	Sector Ann	Grossman Shirley
Dorosh Barbara	McCracken Joan	Poluk Janie
Keller Patricia	McMillan Jan	Render Elizabeth
Horbanova Elza	Parr Sheila	Soroka Lillian
Hoyem Karen	Patrick Ruth	Valkova Lucy
Austin Charles	Hurtig Clyde	Ghitter Earl
Kalistratov Vilen	Popov Alexander	Shekhtman Vladimir



Make this day very special for your friends!

Sponsor CAKE, LUNCH or ENTERTAINMENT!

Send a **special card** to birthday boys and girls or order a
Plaque on the Shalom Wall!

Birthday Celebration for April will be held on Thursday May 30

Alkalay Diane	McAfee Elizabeth	Eidem Rod
Czitron Marcia	Modalen Lea	Khodorkovsky Alexandr
Gliener Cheryl	Ovics Josef	Mailev Ehon
Kahn Sandra	Salkie Elaine	Sheyvekhman Wiliam
Marcovitch Diane	Vaisman Elizabeth	Zabrovski Iouri
Boyd Catherine	Goldblatt Ann	Kingston Ollie
Gauf Barb	Horwitz Gillian	Lynch Susan
Ghitter Shirley	Kacew Myra	Paull Colleen
Globerman Paula	Khu Lynnette	Smarsh Diane
Koplowicz Sam	Tsypeniuk Berta	Winestock Alvin

PURIM 5779



The Edmonton Jewish Senior Citizen's Playhouse

presents **a Purimspiel—Musical Extravaganza**

Thursday, March 21

Starring:

Lewis Wasel - **King Achashverosh**

Abie Kecew - **Haman**

Ed Mickelson - **Mordechai**

Svetlana Pavlenko - **Queen Esther**



Producer: Beryl Nahornick

11a.m. Megillah Reading with Rabbi Mendy

11:30a.m. Purimspiel

12:00p.m. Lunch with Hamantashen



Pre-order your

**HAMANTASHEN (\$14 per dozen poppy seeds or fruits)
last order day March 18.**

\$15 for members

\$18 for non-members



Dear Members,

You've told us that you want to have more professional entertainers at the Centre. For this to happen more often we need members, their families and friends to sponsor such events. For example, Donna Hamar and Jan McMillan sponsored the Jacques Forestier concert, Sheila and Allan Parr sponsored the Melanie Gall performance.

Talk to Maya or Svetlana to find the best fit for your generosity! Why not to be a proud sponsor for artists like Marty Chan (author & comedian), Jacques Forestier (violinist virtuoso), singers from the Edmonton Opera Chorus, Afternoon Teas' Entertainment and many more?

How wonderful would it be to enjoy these talents right at Your Centre?

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 made!

Cards sent from the Board of Directors

MAZEL TOV	GET WELL	SYMPATHY
To: Beryl Nahornick - 80th Bday To: Bev Sonmor—80th Birthday To: Naomi Wolfman—80th Bday	To: Bonnie Austen To: Donna Hamar To: Betty McAfee To: Don Sax To: Morley Wolfman	To: Linda Goody — loss of mother Jo Z”L To: Sandra, Diane, Sheena, Cyril & Family—loss of mother Freda Braude Z”L To: Ed Mickelson & Family—loss of brother Leo Z”L

MAZEL TOV	MAZEL TOV	SHALOM WALL
To: Beryl Nahornick—80th Bday From: Shirley Grossman Robyn Sperber Florie and David Axler Hinda Lipshitz Ruth Mark Sylvia and Michael Alpern Clarice Switzer Sheila and Allan Parr Freya and Lewis Wasel Phyllis Nurgitz & Mel Wyne Dr. Sam & Eva Weisz Fay Leigh Myra & Abie Kacew	To: Bev Sonmor—80th Birthday From: Shirley Grossman Robyn Sperber Florie and David Axler Hinda Lipshitz Ruth Mark Sylvia and Michael Alpern Clarice Switzer Sheila and Allan Parr Freya and Lewis Wasel Phyllis Nurgitz & Mel Wyne Dr. Sam & Eva Weisz Fay Leigh Myra & Abie Kacew	Single Plaque in Memory of Hanna Pollack Z”L from Bernie and Gail Estrin & Family
To: Naomi Wolfman—80th Bday From: Karen Phillips Cheryl & Bob Gliener	GET WELL To: Morley Wolfman From: Bozena and Eugene Szopiak & Family	SYMPATHY All donations to the Braude Family will go towards the Freda Braude Z”L Commercial Mixer Fund Freya & Lewis Wasel Anonymous Hoda Cohen
To: Ann Secter—90th Birthday Fr: Anita Sky & Howard Davidow	SHALOM WALL Double Plaque in Honour of Dr. Bernie & Miriam Adler in appreciation of their on-going support to the Centre.	To: Sandra, Diane, Sheena, Cyril & Families — loss of Freda Braude Z”L From: Dr. Sam & Eva Weisz Marvin & Brigitte Katz Elaine & Mark Salkie Ruth Nolan Robyn & Geoff Sperber Phyllis Nurgitz & Mel Wyne Erica Karabus Linda Goody Phil & Tessa Gordon Lorne & Leslie Sherstobitoff Frannie Simon Lois & Stephen Kathnelson Sandra Miller Sonia & Gabe Goldberg Michelle & Hilton Dinner
To: Paula Simons— Congratulations on becoming an Alberta Senator From: Natalie Jerwak	Single Plaque in Honour of Norm Schayer 69th Birthday from Orest & Betty Kisilevich.	

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 made!

THANK YOU	THANK YOU	THANK YOU TO THE CENTRE
<p style="text-align: center;">Dear Friends,</p> <p>Thank you for your greetings and generous donations made in celebration of our Special Birthdays!</p> <p style="text-align: center;"><i>Love, Beryl & Bev</i></p>	<p style="text-align: center;">Special thank you to the Centre, Clarice Switzer, Phyllis Nurgitz and Mel Wyne, Ilonka & Gordon Wormsbecker for get well wishes after my surgery.</p> <p style="text-align: center;">Love, Bev Sonmor</p>	<p>Thank you to Staff and Volunteers at the Centre for giving me wonderful experience during my volunteer placement.</p> <p>I really appreciate you all for supporting me!</p> <p style="text-align: right;">Sincerely, Milli</p>
<p style="text-align: center;">DONATIONS</p> <p>Hanna Pollack Z" L</p> <p>Stove Fund (continuation)</p> <p>Dawn Milligan</p> <p>Phyllis Nurgitz & Mel Wyne</p> <p>Florie & David Axler</p> <p>Janie Poluk</p> <p>Wendy Danson & David Bai</p> <p>Cyril & Faye Kay</p> <p>Sari Schiff</p> <p>Loretta Sharun</p> <p>Ilonka & Gordon Wormsbecker</p> <p>Clarice Switzer</p> <p>Bev Sonmor</p> <p>Bernie & Gail Estrin & Family</p> <p>Natalie Jerwak</p> <p>Shirley Grossman</p> <p>Linda Goody</p> <p>Minnie Leibovitch (Leibo)</p> <p style="text-align: center;">SHALOM WALL</p> <p>Double Plaque in loving memory of a true friend to Israel Bond</p> <p>Miriam Rabinovitch Z" L</p> <p>From Len Shapiro (Chairman) and Phyllis D'Aguiar</p> <p>Single Plaque in memory of a Caring Woman,</p> <p>Miriam Rabinovitch Z" L</p> <p>from Elaine & Mark Salkie</p>	<p style="text-align: center;">SHALOM WALL</p> <p>Double Plaque fro Miriam Rabinovitch Z" L</p> <p>Exceptional Life-Long Volunteer From the Centre</p> <p>Miriam Rabinovitch Z" L</p> <p>Exceptional Lifelong Volunteer Fund</p> <p>Don & Lee Sax</p> <p>Phyllis Nurgitz & Mel Wyne</p> <p>Brigitte & Marvin Katz</p> <p>Shirley Grossman</p> <p>Frannie Simon</p> <p>Ruth Nolan</p> <p>Lillian & Jack Soroka</p> <p>Freya & Lewis Wasel</p> <p>Bozena Szopick & Family</p> <p>Bev Sonmor</p> <p>Beryl Nahornick</p> <p>Svetlana & Aleksey Pavlenko</p> <p>Louise Percheson-Kagan</p> <p>Anonymous</p> <p>Linda Goody</p> <p>Valda Levin</p> <p>Myra & Abie Kacew</p>	<p style="text-align: center;">SYMPATHY</p> <p>Linda Goody—loss of mother Jo Z" L</p> <p>From: Odette & Jacob Masliyah</p> <p>Clarice Switzer</p> <p>To: The Warhaft Family</p> <p>From: Phyllis Nurgitz & Mel Wyne</p> <p>To: Sybil Cooper — in memory of your mother</p> <p>From: Reva & Richard Theuman</p> <p>To: Ruth Nolan—loss of sister-in-law</p> <p>From: Elaine & Mark Salkie</p> <p>Robyn & Geoff Sperber</p> <p>To: Monica Miller & Family—loss of Esther Miller Z" L</p> <p>From: Faye & Cyril Kay</p> <p>Naomi Wolch</p> <p>To: Russ Joseph Z" L Family</p> <p>From: Linda Goody</p> <p>To: Ed Mickelson & Family—loss of brother Leo Z" L</p> <p>From: Glenn Laufer</p> <p>Elaine & Mark Salkie & Family</p> <p>Bozena Szopiak & Family</p> <p>Sylvia Frohlich</p> <p>Geoff & Robyn Sperber</p> <p>Anita Sky & Howard Davidow</p>

Monday, March 4

Potato Soup
Cabbage Rolls
Salad, Dessert

Tuesday, March 5

Carrot Soup
Best Roast
Salad, Dessert

Wednesday, March 6

Sweet Potato Soup
Tuna Casserole
Salad, Dessert

Thursday, March 7

Pea Soup
Pizza, Veggies
Salad, Dessert

Monday, March 11

Tomato Soup
Knish in the dish
Salad, Dessert

Tuesday, March 12

Mushroom Soup
Baked Omelette
Salad, Dessert

Wednesday, March 13

Pickle Soup
Fish and Chip
Salad, Dessert

Thursday, March 14

White Soup
Kasha with Mushrooms & Deviled
Eggs
Special Salad, Dessert

Monday, March 18

Broccoli Soup
Potato Strudel
Salad, Dessert

Tuesday, March 19

Borsch
Mac and Cheese
Salad, Dessert

Wednesday, March 20

no Lunch

Thursday, March 21

PURIM Party Lunch
11a.m. Megillah Reading with
Rabbi Mendy
11:30a.m. Purimspiel

12:00p.m. Lunch with Haman-
tashen

Monday, March 25

Chickpeas Soup
Onion Kugel
Salad, Dessert

Tuesday, March 26

Barley Soup
Sandwiches
Salad, Dessert

Wednesday, March 27

Cabbage Soup
Spaghetti
Salad, Dessert

Thursday, March 28

French Onion
Veggie Burgers & Salad
Birthday Cake

Monday, April 1

Veggie Soup
Knishes
Salad, Dessert

Tuesday, April 2

Borsch
Pizza
Salad, Dessert

Wednesday, April 3

Squash Soup
Lasagna
Salad, Dessert

Thursday, April 4

Pea Soup
Poached Eggs
Special Salad, Dessert

Monday, April 8

Carrot Soup
Onion Kugel
Salad, Dessert

Tuesday, April 9

Mushroom Soup
Cheese Muffins
Salad, Dessert

Wednesday, April 10

Potato - Leek Soup
Garden Quiche
Salad, Dessert

Thursday, April 11

Cabbage Soup
Fish and Chips
Salad, Dessert

Monday, April 15

Bok Choy Soup
Mac and Cheese
Salad, Dessert

Tuesday, April 16

French Onion Soup
Mock Chopped Liver
Salad, Dessert

Wednesday, April 17

Chilli with Garlic Toast
Special Salad, Dessert

Thursday, April 18

*Special Lunch in the memory of
Miriam Rabinovitch Z'L*

Please note:

The Centre will be closed
from April 19 to April 29.



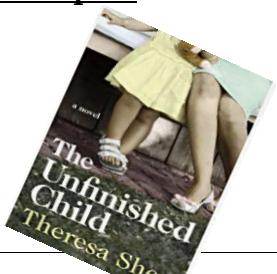
Tuesday, April 30

Post Pesach Pancake Party

**Please note the price of take out
soup will be
\$7 for the big container &
\$3.50 for the small container.**

***Please note that the Centre's Menu is
subject to change without notice.**

March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Pre-order your HAMANTASHEN (\$14 per dozen poppy seeds or fruits) last order day March 18.</p>		<p><i>Photo: Poet Ella Zeltserman's presentation</i></p>				
<p>3 1p.m. EDMONTON MUSICAL THEATRE</p>	<p>4 12pm Lunch</p>	<p>5 10:45am Fitness 12pm Lunch</p>	<p>6 12pm Lunch</p>	<p>7 10:45am Fitness 12p.m. L&L: International Women's Day with TT kids</p>	<p>8</p>	<p>9</p>
<p>10 1-3pm Sunday Club</p>	<p>11 12pm Lunch</p>	<p>12 10:45am Fitness 12pm L&L: Poetry My Sun- days with Nor- mand</p>	<p>13 12pm Lunch 1pm Ikebana 1</p>	<p>14 10:45am Fitness 12pm L&L: Len Dolgov: Wills & Estates</p>		<p>New Member</p> <p>Iryna Shustova Marlen Shustov Gaylene Soifer Jack Cooper Catherine Boyd Kathryn Merrett Robert Merrett</p>
<p>17 1-3pm Sunday Club</p>	<p>18 10a.-12pm Dr. Maduro International Law 12pm Lunch</p>	<p>19 10:45am Fitness 12pm L&L: Jewish Family Services</p>	<p>20 Fast of Esther NO LUNCH</p>	<p>21 10:00am Fitness 11am Megillah Reading with Rabbi Mendy 11:30 Purim- speil 12pm Lunch</p>		
<p>24 1-3pm Sunday Club</p>	<p>25 12pm Lunch</p>	<p>26 10:45am Fitness 12pm L&L: SAGE CLINIC with Dr. O'Rourke</p>	<p>27 12pm Lunch 1pm Ikebana 2 1pm Book Club</p>	<p>28 10:45am Fitness 12pm L&L: BlueCross Travel Insur- ance with Tanya</p>	<p>29</p>	<p>30</p>
<p>31 1-3pm Sunday Club</p>				<p>Thursday, April 11 at 12p.m.</p> <p>Meet Theresa Shea, Edmonton writer. The author of <i>The Unfinished Child</i>.</p>		

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat		
	1 12pm Lunch	2 10:45am Fit- ness <i>12pm L&L: Cannabis for Seniors</i>	3 10am-12pm Dr. Maduro: Opera Season 12pm L&L: ELLA	4 10:45am Fit- ness 12pm L&L: Dia- monds with Susan Devins	5	6		
7 1-3pm Sunday Club	8 12pm Lunch	9 10:45am Fit- ness 12pm L&L: Colleen Paull, Jewish Ar- chives <i>7:30pm OPERA The Misadven- ture of Count Ory</i>	10 12pm Lunch 1pm Ikebana 3	11 10:45am Fit- ness 12pm L&L: Theresa Shea, Edmonton writer	<p><u>Wednesday, June 5</u> Mark Your Calendar for the Centre's OPEN HOUSE! Stay tuned for the updates! Sign up for our electronic reminder.</p>			
14 1-3pm Sunday Club	15 12pm Lunch	16 10:45am Fit- ness <i>12pm L&L: Urban Poling with Bonnie Austen</i>	17 12pm Lunch 1pm Ikebana 4 1pm Book Club	18 10:45am Fit- ness <i>12pm Lunch to commemorate Miriam Rabinovitch Z"ל</i>				
21 C	22 L	23 O	24 S	<p><i>Photo: Set up for Brunch François</i></p>				
28 Closed	29 Re-open No Lunch	30 10:45am Fit- ness 12pm Post Pesach Pancake Party	<p><u>Wednesday, May 15 at 10a.m.</u> Dr. Morris Maduro presents The Beauty of the Poetry of the British Romantic and Victorian Eras: Its Greatest Poets and its Relevance in our World Today.</p>					