



# 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.jdic seniors.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 Smuilovich 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***



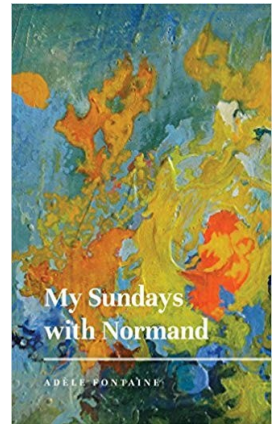
## **Thursday March 7 at 12p.m.**

***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**

**Thursday, April 4 at 12p.m.**



**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.

**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<br>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 Gioacchino 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!**

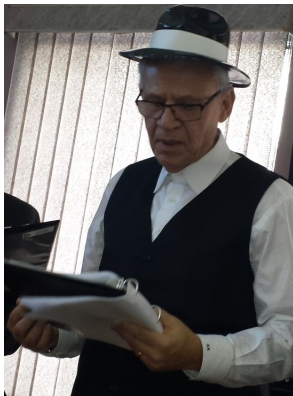
Send a special card to birthday boys and girls or order a  
Plaque on the Shalom Wall!

**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**

<p><b>MAZEL TOV</b>          To: Beryl Nahornick - 80th Bday          To: Bev Sonmor—80th Birthday          To: Naomi Wolfman—80th Bday</p>	<p><b>GET WELL</b>          To: Bonnie Austen          To: Donna Hamar          To: Betty McAfee          To: Don Sax          To: Morley Wolfman</p>	<p><b>SYMPATHY</b>  <b>To:</b> Linda Goody — loss of mother Jo Z”L  <b>To:</b> Sandra, Diane, Sheena, Cyril &amp; Family—loss of mother Freda Braude Z”L          To: Ed Mickelson &amp; Family—loss of brother Leo Z”L</p>
<p><b>MAZEL TOV</b>  <b>To: Beryl Nahornick—80th Bday</b>          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 &amp; Mel Wyne              Dr. Sam &amp; Eva Weisz              Fay Leigh              Myra &amp; Abie Kacew  <b>To: Naomie Wolfman – 80th Bday</b>          From: Karen Phillips              Cheryl &amp; Bob Gliener  <b>To: Ann Sectar – 90th Birthday</b>          Fr: Anita Sky &amp; Howard Davidow  <b>To: Paula Simons –</b>  <b>Congratulations on becoming an</b>  <b>Alberta Senator</b>          From: Natalie Jerwak</p>	<p><b>MAZEL TOV</b>  <b>To: Bev Sonmor—80th Birthday</b>          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 &amp; Mel Wyne              Dr. Sam &amp; Eva Weisz              Fay Leigh              Myra &amp; Abie Kacew  <b>GET WELL</b>  <b>To: Morley Wolfman</b>          From: Bozena and Eugene Szopiak &amp; Family  <b>SHALOM WALL</b>              Double Plaque in <b>Honour of</b>              <b>Dr. Bernie &amp; Miriam Adler</b>              in appreciation of their on-going              support to the Centre.              Single Plaque in Honour of  <b>Norm Schayer</b> 69th Birthday from  <b>Orest &amp; Betty Kisilevich.</b></p>	<p><b>SHALOM WALL</b>              Single Plaque in Memory of              <b>Hanna Pollack Z”L</b> from              <b>Bernie and Gail Estrin &amp; Family</b>  <b>SYMPATHY</b>  <b>All donations to the Braude</b>  <b>Family will go towards the</b>  <b>Freda Braude Z”L</b>  <b>Commercial Mixer Fund</b>              Freya &amp; Lewis Wasel              Anonymous              Hoda Cohen  <b>To: Sandra, Diane, Sheena, Cyril &amp;</b>  <b>Families — loss of Freda Braude Z”L</b>          From: Dr. Sam &amp; Eva Weisz              Marvin &amp; Brigitte Katz              Elaine &amp; Mark Salkie              Ruth Nolan              Robyn &amp; Geoff Sperber              Phyllis Nurgitz &amp; Mel Wyne              Erica Karabus              Linda Goody              Phil &amp; Tessa Gordon              Lorne &amp; Leslie Sherstobitoff              Frannie Simon              Lois &amp; Stephen Kathnelson              Sandra Miller              Sonia &amp; Gabe Goldberg              Michelle &amp; Hilton Dinner</p>

**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><b>Dear Friends,</b></p> <p>Thank you for your greetings and generous donations made in celebration of our Special Birthdays!</p> <p><i>Love, Beryl &amp; Bev</i></p>	<p><b>Special thank you to the Centre, Clarice Switzer, Phyllis Nurgitz and Mel Wyne, Ilonka &amp; Gordon Wormsbecker for get well wishes after my surgery.</b></p> <p><b>Love, Bev Sonmor</b></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>Sincerely, Milli</p>
<p><b>DONATIONS</b></p> <p><b>Hanna Pollack Z"L</b>  <b>Stove Fund (continuation)</b>  Dawn Milligan  Phyllis Nurgitz &amp; Mel Wyne  Florie &amp; David Axler  Janie Poluk  Wendy Danson &amp; David Bai  Cyril &amp; Faye Kay  Sari Schiff  Loretta Sharun  Ilonka &amp; Gordon Wormsbecker  Clarice Switzer  Bev Sonmor  Bernie &amp; Gail Estrin &amp; Family  Natalie Jerwak  Shirley Grossman  Linda Goody  Minnie Leibovitch (Leibo)</p> <p><b>SHALOM WALL</b></p> <p>Double Plaque in loving memory of a true friend to Israel Bond  <b>Miriam Rabinovitch Z"L</b>  From <b>Len Shapiro (Chairman) and Phyllis D'Aguiar</b></p> <p>Single Plaque in memory of a Caring Woman,  <b>Miriam Rabinovitch Z"L</b>  from <b>Elaine &amp; Mark Salkie</b></p>	<p><b>SHALOM WALL</b></p> <p>Double Plaque from  <b>Miriam Rabinovitch Z"L</b>  Exceptional Life-Long Volunteer  <b>From the Centre</b></p> <p><b>Miriam Rabinovitch Z"L</b>  <b>Exceptional Lifelong Volunteer Fund</b>  Don &amp; Lee Sax  Phyllis Nurgitz &amp; Mel Wyne  Brigitte &amp; Marvin Katz  Shirley Grossman  Frannie Simon  Ruth Nolan  Lillian &amp; Jack Soroka  Freya &amp; Lewis Wasel  Bozena Szopick &amp; Family  Bev Sonmor  Beryl Nahornick  Svetlana &amp; Aleksey Pavlenko  Louise Percheson-Kagan  Anonymous  Linda Goody  Valda Levin  Myra &amp; Abie Kacew</p>	<p><b>SYMPATHY</b></p> <p><b>Linda Goody—loss of mother Jo Z"L</b>  From: Odette &amp; Jacob Masliyah  Clarice Switzer  <b>To: The Warhaft Family</b>  From: Phyllis Nurgitz &amp; Mel Wyne  <b>To: Sybil Cooper — in memory of your mother</b>  From: Reva &amp; Richard Theuman  <b>To: Ruth Nolan—loss of sister-in-law</b>  From: Elaine &amp; Mark Salkie  Robyn &amp; Geoff Sperber  <b>To: Monica Miller &amp; Family—loss of Esther Miller Z"L</b>  From: Faye &amp; Cyril Kay  Naomi Wolch  <b>To: Russ Joseph Z"L Family</b>  From: Linda Goody  <b>To: Ed Mickelson &amp; Family—loss of brother Leo Z"L</b>  From: Glenn Laufer  Elaine &amp; Mark Salkie &amp; Family  Bozena Szopick &amp; Family  Sylvia Frohlich  Geoff &amp; Robyn Sperber  Anita Sky &amp; 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:</i> <i>Poet Ella Zeltserman's presentation</i></p>			
3 1p.m. <b>EDMONTON MUSICAL THEATRE</b>	4 12pm Lunch	5 10:45am Fitness 12pm Lunch	6 12pm Lunch	7 10:45am Fitness 12p.m. L&L: International Women's Day with TT kids	8	9
10 1-3pm Sunday Club	11 12pm Lunch	12 10:45am Fitness 12pm L&L: Poetry My Sun- days with Nor- mand	13 12pm Lunch <b>1pm Ikebana 1</b>	14 10:45am Fitness 12pm L&L: Len Dolgoy: Wills & Estates	 <p><b>Welcome</b></p> <p><b>New Member</b></p> <p><b>Iryna Shustova Marlen Shustov Gaylene Soifer Jack Cooper Catherine Boyd Kathryn Merrett Robert Merrett</b></p>	
17 1-3pm Sunday Club	18 <b>10a.-12pm Dr. Maduro International Law</b> 12pm Lunch	19 10:45am Fitness 12pm L&L: Jewish Family Services	20 Fast of Esther NO LUNCH	21 10:00am Fitness <b>11am Megillah Reading with Rabbi Mendy 11:30 Purim- speil 12pm Lunch</b>		
24 1-3pm Sunday Club	25 12pm Lunch	26 10:45am Fitness 12pm L&L: SAGE CLINIC with Dr. O'Rourke	27 12pm Lunch <b>1pm Ikebana 2 1pm Book CLub</b>	28 10:45am Fitness <b>12pm L&amp;L: BlueCross Travel Insur- ance with Tanya</b>	29	30
31 1-3pm Sunday Club				<p><b><u>Thursday, April 11 at 12p.m.</u></b> 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&amp;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  <i>1pm Ikebana 3</i>	11 10:45am Fit- ness 12pm L&L: Theresa Shea, Edmonton writer	<b><u>Wednesday, June 5</u></b> <b>Mark Your Calendar for</b> <b>the Centre's</b> <b>OPEN HOUSE!</b> <b>Stay tuned for</b> <b>the updates!</b> <b>Sign up for our electronic</b> <b>reminder.</b>	
14 1-3pm Sunday Club	15 12pm Lunch	16 10:45am Fit- ness <b>12pm L&amp;L: Urban Poling with Bonnie Austen</b>	17 12pm Lunch  <i>1pm Ikebana 4</i> <i>1pm Book Club</i>	18 10:45am Fit- ness <i>12pm Lunch to commemorate Miriam Rabinovitch Z"L</i>		
21 C	22 L	23 O	24 S	<i>Photo: Set up for Brunch François</i>		
28 Closed	29 Re-open No Lunch	30 10:45am Fit- ness <i>12pm Post Pesach Pancake Party</i>	<b><u>Wednesday, May 15 at 10a.m.</u></b> <b>Dr. Morris Maduro</b> <b>presents</b> <b>The Beauty of the Poetry of the British Romantic and Victorian Eras: Its Greatest Poets and its Relevance in our World Today.</b>			