



# 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](http://www.jdicseniors.ca)

Location: 10052-117 Street  
Ph: 780-488-4241 Fax: 780-488-6591  
Email: [jdic@shaw.ca](mailto:jdic@shaw.ca)

# Schmooze and News

July 2019/5779

## BAGEL



## The 2nd Annual Walk/Run/Roll

SUNDAY July 14 2019

Registration @ 10a.m. Warm Up @ 10:30a.m.

Walk/Run/Roll @10:50a.m.

*Details on page #5*



# CUBAN BRUNCH



Sunday, July 28 at 11:30a.m.

Experience **Cuba** with  
Cuban Movement Dance School performance,  
Caribbean Family Style Brunch and

Historical Overview.



Chef, Bozena, with our wonderful volunteers will prepare a sumptuous Caribbean-themed Brunch  
Suitable for all family members.

Please join us for this unique & fun event!

The cost is \$40 for members/\$50 for non-members.  
Please reserve your spot ASAP.

Limited seating. Full payment (cash or cheque only) by July 22, please.

### MENU

#### Appetisers:

Guacamole

Hummus

Mango Salsa

Corn Chips



### Main Course

Caribbean Green Salad

Cuban Fish

Rice with Black Beans and Veggies



### Dessert

Tart with lemon filling and Fresh Fruit

### Beverages

Surprise Drink

Spanish Coffee  
Herbal Teas

### BOARD OF DIRECTORS

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

**Presidential Appointee:** Sam Koplowicz

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

**Fitness Instructors:** Ilonka Wormsbecker & Bonnie Austen, **Ikebana Masters:** Jean-Marcel Duciaume & Brenda Jackson

# President's Column

The last two months have been very busy at the Centre. Thirty seven members went on the bus tour to the Rosebud Theatre in southern Alberta and all of them enjoyed it tremendously! Many of our members attended the Jewish Film Festival and we thank the volunteer drivers who provided the transportation to our members.

Travelogues are always interesting programs. Bonnie Austen took us to Dubai and Susan Devins took us to Bhutan.

Dr. Morris Maduro presented two very different topics. One was British Romantic Poetry and the other was International Law. Members have requested that Dr. Maduro speak again on International Law so stay tuned for when that is scheduled.

Shakespeare lovers were inspired by Dr. Robert Merrett to enhance their knowledge at the Freewill Shakespeare Festival. Those who attended had a great time.

Our new stove was dedicated with a ribbon cutting ceremony on May 27. Thank you to all friends of the Centre who contributed in memory of Hanna Pollack Z"ל and a very special thank you to our Anonymous Donors.

Classes are being organized for bridge, cribbage and Mah Jong. If you are interested please add your name to the sign-up sheets either in person or by phoning the Centre.

All of our members, their families and friends are invited to attend our second annual Bagel Loop. Walk/Run/Roll in Victoria Park on Sunday, July 14 beginning at 10:00 AM. There will be fun races, entertainment, a picnic and other intergenerational activities. We look forward to seeing you in Victoria Park.

Lewis Wasel, President



**The Ribbon Cutting Ceremony 2019**

# Learning in Retirement

## Jewish Senior Citizen's Centre

presents

16th Annual Six Week Series  
October 28 - December 5, 2019



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

→ ***Politics: Edmonton & Alberta***

Instructor: Stephen Mandel

Mondays, October 28, November 4 & 11, 2019 10:00a.m. –12:00p.m. (noon)  
(fee \$40 members/ \$55 non-members)

→ ***Solo Flight :The Concerto from Vivaldi to Ravel***

Instructor: Michael Thomas Roeder

Tuesdays, October 29 — December 3, 2019 1:00p.m.—3:00p.m.

→ ***REVOLUTIONARY EXPLOITATION -  
ROCK 'N ROLL'S FIRST TUMULTUOUS DECADE***

Instructor: D.T. Baker

Wednesday, October 30 — December 4, 2019 10:00a.m. –12:00p.m. (noon)

→ ***YEG's PUBLIC ART***

Instructor: Kathleen Silverman

Thursdays, October 31 — December 5, 2019 1:00p.m. – 3:00p.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 1 to August 31)**

**Enjoy our Famous Lunches!**

## IMPORTANT ANNOUNCEMENT

We are pleased to announce that our Centre has received funding from New Horizons (the Government of Canada) for the project

***From Survival to Thrival: Shared Historical Experiences.***

We will be partnering with the Indigenous community to look for commonalities in the effects of persecution, stereotyping, oppression, humiliation and attempts to destroy culture and spiritual practices.

We have invited the Holocaust committee of the Jewish Federation of Edmonton and other Jewish organizations to participate in this important project and we are looking forward for our collaboration.

This will be a forward looking project in which we will examine how both peoples have survived the past and can now go on to successful futures.

Look for the first Community gathering to be announced soon.

Please approach the Office for more details and your potential involvement.

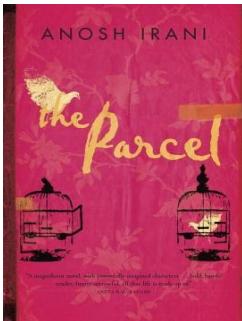


Anna Marie  
Sewell  
welcomes  
our  
Indigenous  
Guests from  
the Victoria  
School of  
Arts

### **Book Discussion Group** Wednesdays, July 24 @ 1p.m.

Our book club is facilitated by a librarian and often attended by guest speakers.

*The Parcel* by Anosh Irani



***“A magnificent novel, with powerfully imagined characters...bold, bawdy, tender, funny, sorrowful, all that life is made up of.”***  
***Anita Rau Badami***

## 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.

Wednesday, July 24 at 10a.m.

# BAGEL LOOP

RSVP 780-488-4241

jdic@shaw.ca

*Family - Friendly Event*

*CREATED BY SENIORS*

Pick up your Pledge form and approach your service providers (doctors, hairdressers, store owners), neighbours, family and friends with request to sponsor your participation in the Bagel Loop. When you tell them you are looking for donation to support programming at your senior Centre they will be pleasantly surprised and impressed and generous with their donation.



Donation also can be done on-line:

<https://www.canadahelps.org/en/charities/jewish-senior-citizens-centre/>

## Sunday, July 14 2019 – Victoria Park

Registration @ 10a.m.

Warm Up @ 10:30a.m.

Walk/Run/Roll @10:50a.m.

**GAMES, PRIZES & GIVEAWAYS POST RACE MUNCHIES, MULTICULTURAL EXPERIENCES & PICNIC**

**Registration:** Family \$50 Adults \$25 Kids 10-13 \$15 Kids under 10 FREE

We invite all of our members, their families and friends to actively participate in our

**Second Annual Bagel Loop** in Victoria Park **on Sunday, July 14** beginning at 10:00a.m. You can walk, run or roll to support your Centre as many kilometres as you wish beginning with one. Walkers and wheelchairs are welcome. There will be prizes, giveaways, post race munchies and a picnic with entertainment.

Register your Family just for \$50, \$25 for adults, \$15 for children aged 10 to 13, and free for children under 10. Coming for the picnic only? Cost \$10 per person. You can support the Centre by attending this event, by getting sponsors, by collecting pledges and by volunteering. Forms for signing up sponsors are available at the Centre.



**Thank you to the Kyrgyz Association in Alberta for their generous donation and support for the event this year.**

# Lunch & Learn

**Gefilte Fish, Herring and Other Fishy Tales**

**Tuesday, July 2 at 12pm**

**Dr. Moira Sacks**

Do not expect to discover secret family recipes, you will learn some Jewish history over the centuries and how it affects us today.

**What gives a building historical significance?**

**Valleyview Manor and the Winspears.**

**Thursday, July 4 at 12pm**

**Kathryn Merrett**

Valleyview Manor, 12207 Jasper Avenue, is a designated municipal resource and is on the Provincial Government's Register of Historic Places. What qualities are required in order for it to be deemed an "historic building?" Kathryn Merrett will tell the story of the building and some of the well-known Edmontonians who lived there and will describe the process of historical designation.

**Hearing issues: screening tests, hearing aids and repairs**

**Tuesday, July 9 at 12pm**

**Dr. Michael Shields**

Accent Associates Hearing Aid Services Ltd, on keeping pace with new technology in the Hearing Industry.

**Laughter Yoga**

**Thursday, July 11 at 12pm**

Please join Franklin Paul in laughing for fun and health. Learn about the benefits of laughter in your life.

**Update on Israel**

**Tuesday, July 16 at 12pm**

Abe Silverman will bring the latest news about Israel.

**Thursday, July 18, at 12pm**

**Plans for Downtown Edmonton Development**

Join Mark Huberman, transportation engineer, as he discusses future transportation plans for downtown Edmonton.

**Tuesday, July 23 at 12pm**

**Fasting in Judaism: Why and How**

Rabbi Mendy will talk about fasting.

**Thursday, July 25 at 12pm**

**The Art of Floral Design**

Join Heather de Kok, one of Canada most recognized professional florist, to hear about her journey and commitment to excellence.

# UPCOMING EVENTS



Wednesday, August 28 10a.m. – 12p.m.

## *The Dead Sea Scrolls and the Stories They Tell with Dr. Peter Sabo*

Often hailed as the greatest archaeological discovery of the twentieth century, the Dead Sea Scrolls are ancient Jewish texts written between 250 BCE to 70 CE that were found in the caves of the Judaean Desert. Over 200 of the scroll manuscripts are copies of the Bible, providing some of the earliest Hebrew copies of the Bible by a thousand years. Hundreds of other manuscripts contain prayers and blessings, ancient commentary on the Bible, description of community rules during this time, and much more. This presentation will discuss the discovery of the scrolls in 1947, why the scrolls are important, and what light the scrolls shed on the vibrant world of ancient Judaism and beyond.

Dr. Sabo is an instructor of Religious and Jewish Studies at the UofA; his research focuses on the literary study of the Hebrew Bible, ancient Israelite history, as well as theory and method in the study of religion.

Fee: \$15 for members and \$ 20 for non-members. Please RSVP ASAP by August 6.

# Membership Lunch

Thursday, September 19 at 12p.m.

50/50 draw

Surprises & presents

**It is time to renew your \$30 per person annual membership!**

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

- \* 2 tickets to opera The Marriage of Figaro, Tuesday, February 4 2020 (value \$100)
- 1 chance at winning a Lunch card for 6 lunches (value \$78)
- 1 course of Learning in Retirement series of your choice (value \$85)
- 2 chances at winning a Fitness card for 6 classes (value \$36)

No cash replacement prizes.

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

(one entry

Special entertainment by  
Dr. Jerry Katz

**P.S. Avoid the hassle of membership renewal in September – do it now  
at the Office anytime!**

# Health & Wellness

## Use it or Lose it!

with *Wendy Kinsman!*

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

**TUESDAYS @10:45a.m.**

July 2, 9, 16, 23 & 30

*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!



## EVENING YOGA 101

**Wednesdays @ 5:30p.m. (doors open at 4:30pm)** July 10 & 24

In 2012 Samara tried yoga and fell in love with it from her first class. It was yoga that helped her overcome her personal health journey. Yoga became Samara's passion and profession that helps her to experience flexibility, stillness, clearness of mind and gives her an opportunity to share with others.

**Fee: Pay as You Can. This program is brought to you in partnership with Kyrgyz Association in Alberta.**

## URBAN POLING WITH BONNIE AUSTEN

**On Mondays at 10:45a.m.**

**July 8, 14 (Bagel Loop in the Victoria Park), 22 & 29, August 12 & 19**

Urban Poling (sometimes called Nordic Walking) is becoming popular in Canada for those interested in becoming more fit. It takes the benefits of

walking but uses more upper body motion as in cross country skiing. The Centre will offer Urban Poling classes this spring. Perhaps this something you would like to try. Bonnie Austen, fitness leader, will outline the benefits of it and will demonstrate the equipment required.

Get ready to step out and get moving.

**Fee:** Drop-in fee per class \$6 or use your Fitness Card





**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 July will be held on Thursday, July 25, 2019**

Jim Heilik	Terry Akintaro	Donna Bonan
Leon Miller	Betty Boyd	Irvin Raphael
Miriam Cooper	Minnie Emas	Lucille Hollands
Natalie Jerwak	Sue Jorgenson	Valda Levin
Galina Sinitzina	Phyllis Nurgitz	Cecil Paull
Donna Shagina	Mithal Shaul	Donna Stochinsky
Ina Sukonnik	Pat Wilson	Robert Gliener
Richard Theuman	Joel Tepper	Syd Bercov
Jerry Klein	Arni Faintuch	Lynn Hill



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!



#### Our New Members!

Lynne Robertson  
 Olive Thorne  
 Marcia Kugler  
 Don Morrish  
 Samson & Jacqueline Ng  
 Adele Beaudry  
 Audrey Rogerville  
 Carol Ritch  
 Avron (Ron) Ritch

#### MEL's SPECIAL BIRTHDAY



IPad classes

Tuesdays at 1p.m.

July 9, 16, 23, 30 and August 6 &13

Fee: \$5 per class for members & \$10 per class  
 for non-members or  
 \$20 per course for members & \$35 per course  
 for non-members

## 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

SYMPATHY	GET WELL	THANK YOU
<b>To: Brigitte, Marvin Katz &amp; Family—loss of mother, Gertrude Z”L</b>  <b>To: Rhonda Eidelman &amp; Family—loss of husband Marvin Z”L</b>	<b>To: Robyn Sperber—missing you at the Centre</b>  <b>To: Marcia Czitron—missing you at the Centre</b>	<b>To: Jean-Marcel Duciaume &amp; Brenda Jackson for Ikebana workshops and on-going support</b>
<b>SYMPATHY</b> <b>To: Jack Soroka &amp; Family—loss of wife Lillian Z”L</b> From: Eva & Sam Weisz  The Katz Family  <b>To: Howard Starkman on loss of your sister, Lillian Z”L</b> From: Robyn & Geoff Sperber  <b>To: Miriam Rabinovitch Z”L Fund</b> From: Naomi & Vic Amato  Paula Snyder & Family  <b>To: Naomi Wolfman &amp; Family—loss of brother Arnold Dressler Z”L</b> From: Cheryl & Bob Gliener Reva & Richard Theuman Shirley & Earl Ghitter Evelyn Prepes & Family Louise Percheson-Kagan Leslie & Rick Morgenstern Diane Marcovitch Phyllis Nurgitz & Mel Wyne Mari Segall & Arni Faintuch Anita Sky & Howard Davidow Bozena Szopiak & Family  <b>To: Gloria Hendin &amp; Family - loss of husband, Donny Z”L</b> From: Robyn & Geoff Sperber  <b>To: Brigitte, Marvin Katz &amp; Family, loss of mother, Gertrude Z”L</b> From: Paula, Steven & Connie Snyder Diane Marcovitch  <b>To: Clarice Switzer—loss of sister, Marion Rothstein Z”L</b> From: Lewis & Freya Wasel Phyllis Nurgitz & Mel Wyne	<b>SYMPATHY</b> <b>To: Rhonda Eidelman &amp; Family—loss of husband Marvin Z”L</b> From: Bozena Szopiak & Family Clarice Switzer (Haika) Brigitte & Marvin Katz  <b>To: Sue Winestock—loss of sister</b> From: Fay & Brian Leigh  <b>To: Sandra Maygard—loss of husband, Barry Greenspan Z”L</b> From: Leah Delage  <b>The Simons Family - loss of Hal Z”L</b> From: Lewis & Freya Wasel Rev. Audrey Brooks Ruth Nolan Paula Snyder & Family Betty Boyd Sylvia King-Farlow  <b>To: The Braude Family—loss of Freda Z”L</b> From: Paula Snyder Sylvia King-Farlow  <b>To: Jack Soroka &amp; Family—loss of Lillian Z”L</b> From: Eva & Sam Weisz  <b>Miriam Rabinovitch Z”L Fund</b> Naomi & Vic Amato  <b>To: Naomi Wolfman &amp; Family—loss of brother Arnold Z”L</b> From: Cheryl & Bob Gliener	<b>HAPPY BIRTHDAY</b> <b>To: Jack Goldberg—Special Bday</b> From: Elaine & Mark Salkie  <b>GET WELL</b> <b>To: Judy Edelmann, Happy to hear you are doing better.</b> From: Shirley Grossman  <b>To: Elaine &amp; Mark Salkie</b> From: Leslie & Rick Morgenstern  <b>To: Robyn Sperber</b> From: Leslie & Rick Morgenstern  <b>THANK YOU</b> <b>To: Francie Nobleman, Karen Farkas &amp; Clive Hurtig, Carol &amp; Ron Ritch, Lena &amp; Victor Linetsky, Connie &amp; Danny Zalmanovitz for organizing Rides to &amp; from the Jewish Film Festival</b> From: Sylvia King-Farlow  <b>CONGRATULATIONS</b> <b>To: Dr. Cyril Kay on receiving his Honourary Doctor of Science</b> From: Elaine & Mark Salkie Shirley Grossman Leslie & Rick Morgenstern Bonnie Austen & Lilian Green Naomi & Ron Wolch Svetlana & Maya  <b>To: Lewis &amp; Freya Wasel on being honoured by the JNF</b> From: Leslie & Rick Morgenstern

<u>Monday, July 1</u>	<u>Tuesday, July 16</u>	<u>Tuesday, July 30</u>
Closed	Quinoa Vegetable Soup	Broccoli soup
<u>Tuesday, July 2</u>	Fish and Chips	Pizza,
Barley soup	Salad, Dessert	Salad, Dessert
Sandwiches		
Salad, Dessert		
<u>Wednesday, July 3</u>	<u>Wednesday, July 17</u>	<u>Wednesday, July 31</u>
Cream of Spinach Soup	Basic Veggie Soup	Surprise Lunch
Salmon Loaf	Zucchini Quiche	
Salad, Dessert	Salad, Dessert	
<u>Thursday, July 4</u>	<u>Thursday, July 18</u>	
Vegetarian Kale soup	Carrot Soup	
Mac and Cheese	Potato Salad, Herring	
Salad, Dessert	Salad, Dessert	
<u>Monday, July 8</u>	<u>Monday, July 22</u>	
Chili	Minestrone Soup	
Bourikas	Cold Plate	
Salad, Desert	Salad, Dessert	
<u>Tuesday, July 9</u>	<u>Tuesday, July 23</u>	
Creamy Thai	Mushroom Soup	
Carrot Slicer Potato soup	Baked Omelet	
Onion Mushroom Kugel	Salad, Dessert	
Salad, Dessert		
<u>Wednesday, July 10</u>	<u>Wednesday, July 24</u>	
Pea Soup	Cauliflower Soup	
Spaghetti	Veggie Burger	
Salad, Dessert	Salad, Dessert	
<u>Thursday, July 11</u>	<u>Thursday, July 25</u>	
French Onion soup	Birthday Thursday Celebration	
Kish in the dish	Borsch	
Salad, Dessert	Tuna Melt Sandwich	
	Salad, Dessert	
<u>Monday, July 15</u>	<u>Monday, July 29</u>	
Closed	Creamy Green Soup	
	Salmon Patties	
	Salad, Dessert	

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

## **CUBAN BRUNCH**

**Sunday, July 28 at  
11:30a.m.**

Experience Cuba  
**Cuban Movement**  
**Dance School** performance,  
**Caribbean Family**  
**Style Brunch with Special  
drinks**  
and  
**Historical Overview.**

A sumptuous Caribbean -  
themed Brunch suitable for all  
family members.

Please join us for this unique &  
fun event!

***The cost is \$40 for members/  
\$50 for non-members.***

Please reserve your spot ASAP.

Full payment (cash or cheque  
only) by July 22, please.



# JULY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 CLOSED	2 10:45am Fitness <i>12pm L&amp;L</i> <i>Moira Sacks</i> <i>"Fishy" Tales</i>	3 12pm Lunch 1p.m. Games	4 10:45am Fitness <i>12pm L&amp;L</i> <i>Kathryn Merrett:</i> <i>Historical Significance of Edmonton</i>		<b>Wednesday</b> <b>August 28</b> <b>10am—12pm</b> <b>Dr. Peter Sabo</b> <b>The Dead Sea</b> <b>Scrolls &amp; the</b> <b>Stories they Tell</b>
7 1—3 Sunday Club	8 10:45am Poling with Bonnie  12pm Lunch	9 10:45am Fitness 12pm L&L Michael Shields: The Hearing Industry: technology  1pm I-Pad class 1	10 12pm Lunch 1p.m. Games  5:30 pm Yoga 101	11 10:45am Fitness 12pm L&L Yoga Laughter 1p.m. Games		<b>Thursday</b> <b>September 19</b> <b>12p.m.</b> <b>Membership</b> <b>Lunch</b>
14 <b>Bagel Loop</b> <b>10a.m.</b> <b>Registration</b>  <b>10:30a.m.</b> <b>Warm Up</b>  <b>10:50a.m.</b> <b>Walk/Run/Roll</b>  <b>12p.m. Picnic</b>	15 CLOSED	16 10:45am Fitness 12pm L&L Abe Silverman Update on Israel 1pm I-Pad Class 2  1p.m. Games	17 9:30 am Board Meeting  12pm Lunch 1p.m. Games	18 10:45am Fitness 12pm L&L Mark Huberman: Downtown Edmonton Development  1p.m. Games		
21 No Sunday Club	22 10:45am Poling with Bonnie	23 10:45am Fitness 12pm L&L Rabbi Mendy: Fasting in Judaism 1pm I-Pad Class 3	24 10am Elder's Circle  12 pm Lunch 1pm Book Club 1p.m. Games  5:30 Yoga 101	25 10:45 am Fitness <i>12pm L&amp;L</i> <i>Heather de Kok:</i> <i>The Art of Floral Design</i>		<i>Photo: Our</i> <b>Perogies Cooking Class</b>
28 11:30a.m. <b>Cuban Brunch</b>  	29 10:45am Poling with Bonnie  12pm Lunch 1p.m. Games	30 10:45am Fitness <b>12pm Lunch</b>  1pm I-Pad Class 4 1p.m. Games	31 12p.m. Surprise Lunch  1p.m. Games			