



# 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](mailto:jdic@shaw.ca)

## Schmooze and News

January – February 2019/5779

### Brunch français & Special Performance with Melanie Gall as Piaf



Join us and bring your  
loved ones for a very  
special treat

**Sunday, January 27**  
**at 11 a.m.**

*"Gall has an astounding voice  
that leaves audiences breathless.  
A beautifully rendered and lov-  
ing homage." - CBC*

We are very pleased to welcome Melanie back to Edmonton from New York for the only scheduled performance of her unique program featuring the songs of legendary singer, Edith Piaf.

Chef, Bozena, will prepare a sumptuous French-themed Brunch, suitable for all family members. Please join us for this unique event. **The cost is \$40 for members/\$50 for non-members, including a tax receipt for \$25.**

**Please reserve your spot ASAP.**

**Full payment (cash or cheque only, please)  
required by January 20, 2019**

**JDIC Senior's Centre, 10052-117 Street  
Ph: 780-488-4241; Email: [jdic@shaw.ca](mailto:jdic@shaw.ca)**

#### 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 **Chef:** Bozena Szopiak

## PRESIDENT'S COLUMN

Hanukkah was early this year. I extend best wishes for the New Year to all of our members. Special thank you to Bozena and our amazing volunteers for making Hanukkah celebration so special!

Our very successful Learning In Retirement series highlighted the months of October and November. More than 95 participants enjoyed an exciting variety of courses. Thank you to Faye Kay, Sue Winestock, Judy Goldsand and Sue Lieberman for organizing this tremendous program.

41 members thoroughly enjoyed the opera La Traviata on October 23. We are planning another group attendance at the next opera Hansel & Gretel on Tuesday, February 5, 2019. A special treat will be Dr. Maduro's pre-opera talk on Wednesday, January 30 at 10:00 AM. If you attend, you will be able to enjoy the opera as a pro!

At our Wedding Reception we had a full-house of elegantly dressed guests. Everyone admired the beautiful collectable wedding dresses, enjoyed relevant stories and a Chuppah Ceremony led by Jack Goldberg. Thank you to all involved!

Kathryn Merrett was our guest speaker at Lunch "n Learn on November 22 and she shared with us interesting stories about the history and role that Edmonton Downtown Market plays in the life of the city.

Many of our members made donations in memory of Hanna Pollack z'l. Please continue to make those donations as the funds will be placed into a "Stove Fund" to purchase a new commercial stove for our kitchen next year.

We would like to thank the Jewish Federation of Edmonton for their grant support in a sum of \$10,260. This amount will help us to continue to provide all important services to our members.

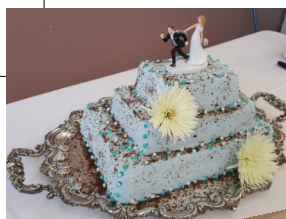
*Lewis Wasel, President*



Dr. Maduro's class *Opera Anyone?*



Wedding Reception 2018 with Jack Goldberg and our special guests







## Trip to the River Cree Resort

**Monday, February 11 @ 10a.m.**



Transportation to and from the casino will be provided (let us know in advance if you need space for your walker). The bus will depart from the centre at 10:15 a.m. and depart the casino at 2:45p.m. The casino will provide you with \$5.00 in free play money and lunch at TheTap25 restaurant (There will be a specific menu with 4 or 5 options to choose from. Drinks and gratuity not included)

Registration with the Office is a must. Deadline for registration is Thursday, January 31. Fee: \$5.00

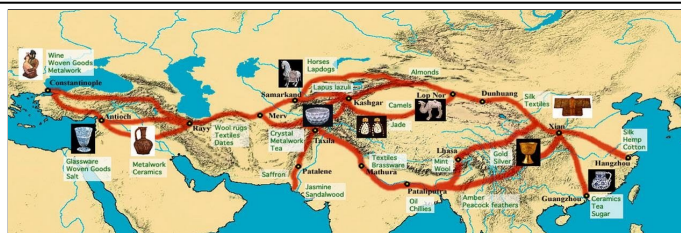
## ARMCHAIR TRAVELLER

*From Croatia to Israel*  
*With Howie & Debbie Sniderman*  
**Thursday, January 24 @ 12p.m.**



Join us for Israeli lunch and learn more about Croatia and Israel from first hand.

*Travel the Ancient Silk Road*  
*with Donna Hamar*  
**Tuesday, February 26 @ 1p.m.**



Before trains, planes, and circumnavigating ships, desired spices, pottery and silks were transported from the Far East to Rome and other centres from Xian, China. There were several routes, the main one to Rome was by camel caravan to Damascus and from there by sea. It was an ADVENTURE! (and misadventure), a challenge, a struggle to stay healthy and safe, a bonding experience with fellow travelers and in conclusion, a most memorable trip. Fee: \$3

## Book Discussion Group

**Wednesdays @ 1p.m.**

**Decemb**

**January 23**

**February 20**

**March 27**

**April 17**

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



## Charles Dickens: Readers' Great Expectations

Join Professor Merrett  
on Wednesday, January 9 & 16 at 10a.m.  
for the further discovery of Dickens' Literature Heritage.

# Health & Wellness

## Use it or Lose it!

*with Bonnie Austen!*

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

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

**January 8, 15, 22, 29**

**February 5, 12, 19, 26**

## On Your Seat or On your Feet!

*with Ilonka Wormsbecker!*

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

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

**January 10, 17, 24, 31**

**February 7, 14, 21, 28**



*Invest in a New You!  
Buy a Card.*

**Our Exercise Cards have  
NO expiry date!**

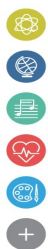
Available to  
**our members only**

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!



**Keep learning...  
stay connected!**

**Expert led, continuing education  
courses for adults 50 plus  
who want to keep learning and  
stay connected.**



Edmonton Lifelong Learners Association (ELLA), in partnership with the University of Alberta have scheduled **over 50 expert-led courses** plus a variety of noon-hour presentations during the **2019 Spring Session of April 29 to May 17**. All of them are located at the University of Alberta.

Registration begins **March 12, 2019** and you can participate in the learning and fun for the low-cost of only **\$275\***. There are no prerequisites, homework or marks and **everyone is welcome**.

Explore our programs  [my-ella.com](http://my-ella.com) or call 780.492.5055



EDMONTON  
**lifelong  
learners**  
ASSOCIATION



UNIVERSITY OF ALBERTA  
FACULTY OF EXTENSION

\*Bursaries available for participants in need of financial assistance.

# Fall Prevention

You have a unique opportunity to learn from both our fitness instructors.

**Lecture with Bonnie**

**Tuesday, January 29 at 12p.m.**  
(complimentary event)

&

**Workout with Ilonka**

**Thursday, January 31 at 10:45a.m.**

(regular admission)

# ***Lunch & Learn***

## *Transportation Safety Board of Canada*

**Tuesday, January 8 at 12p.m.**

Join **Jonathan Lee**, Manager, Regional Operations to learn about the Transportation Safety Board of Canada (TSB). The TSB is a federal agency that is responsible for conducting safety investigations into nationally regulated modes of transportation. He specializes in aircraft accident investigations.

He will talk about the history of aircraft accident investigation in Canada and how the TSB came to be in its present form and how the investigation process works.

## *Experiences of a high school teacher (and spouse) travelling around the world with teenage students*

**Thursday, January 10 at 12p.m.**

Freya, a retired high school teacher, will talk about the interesting experiences she and Lewis had while chaperoning teen age students on tours to various foreign countries.

## *Bitcoin Basics*

**Tuesday, January 15 at 12p.m.**

Dave McMillan has been investing and advising investors in cryptocurrencies since 2012. From 2001 to 2018, he taught Electronics Engineering Technology at the Northern Alberta

## *Kabbalat Shabbat Celebration with Talmud Torah Tods*

**Thursday, January 17 at 12p.m.**

## *Tu B'Shevat with Rabbi Mendy: Homeland or Holy Land: Our Dual Allegiances to the Land of Israel*

**Monday, January 21 at 12p.m.**

Celebrate the New Year of Trees with a feast of fruits and learn about spiritual tradition of this celebration and annual secular tree-planting activities in Israel.

## *Laurie Mozeson*

**Tuesday, January 22 at 12p.m.**

Laurie will talk about Judaism and Politics in the modern world.

## *Jewish Family Services of Edmonton*

**Thursday, January 31**

Robert and Rhonda speaking about the services offered by the Jewish Family Services.



# ***Lunch & Learn***

*Collaborative Family Law with Edmonton lawyer, Jill McMillan*

**Thursday, February 7 at 12p.m.**

Learn more about an alternative dispute resolution process where both sides work together to resolve legal issues out of court with the help of your own collaborative family lawyers.

*Eldermove*

**Thursday, February 14 at 12p.m.**

Learn about moving, downsizing and relocation tips for seniors.

*Ella Zeltserman, a poet, Leaving the Soviet Union and immigrating to Canada*

**Tuesday, February 19th at 12p.m.**

Ella Zeltserman is an award-winning, Soviet-born poet living in Edmonton, Alberta. Her debut collection of poetry, *Small things left behind*, won the Robert Kroetsch Poetry Book Award and the Betty Averbach Foundation Prize, and was long-listed for the Edmonton Public Library's Reader's Choice Award. Her second poetry collection *The Air is Elastic*, was published by the Turnstone Press in the spring of 2018.

*Dr. Tammy O'Rourke*

*Collaborative Community Care for Seniors: Health Services at Sage*

**Thursday, February 21 at 12p.m.**

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 interprofessional initiatives. She has been a nurse for over 25 years now and her research focus is interprofessional team development in primary care.

*Stephen Mandel: Politics in Canada*

**Thursday, February 28 at 12p.m.**

Stephen Mandel was Edmonton's 34th mayor, serving since October 2004. He established initiatives to tackle homelessness, public safety, Aboriginal relations, seniors housing and integration of immigrant communities. He will talk about his new endeavours in politics.

# ***Sunday Club***

Sunday, January 6 at 1p.m. A. Dementiev: his Life, Poems and Songs with Aza.

Sunday, January 13 at 1p.m. The New 2019 Year Celebration with Misha & Emma

**Sunday, January 20 at 1p.m. All Centre members are invited to enjoy a Concert of Yiddish & International Songs and delicious lunch. Come. Sing. Meet New Friends!**

**Fee: Regular admission**

**Sunday, January 27 at 11a.m. Brunch François with Melanie Gall as Piaf  
RSVP by January 20 with payment**



**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 January will be held on Thursday January 31 , 2018**

Brenda McCollum	Nettie Jeane McIntyre	Sheena Fried
Denise Armstrong	Sophia Narovlyansky	Faye Kay
Leslie Goldstein	Khana Podjarskaya	Alan Lyons
Gertrud Janke	Beverly Sonmor	Dawn Milligan
Margaret Klingbeil	Esther Starkman	Beryl Nahornick
Malgorzata Kurowska	Joanne Trifunov-Wilde	Sarah Nyland
Esther Lainwand	LeeAnn Tyrell	Evelyn Prepes
Rena LaPointe	Kay Yui	Anna Shapiro
Barbara Leah	Lynn Hughes	Abe &Toby Silverman
Norman Schayer	Paul Vorstenbos	Frances Simon
Kathy Main	Allan Parr	Freya Wasel
	Percy Lerner	



**Birthday Celebration for February will be held on Thursday February 28 , 2018**

Svetlana Bass	Elizabeth Sindler	Larry Charach
Violet Brennand	Sally Walker	Bill Dolman
Wendy Danson	Eve Willox	Nick Zon
Lynn Einstein	Ilonka Wormsbecker	Donna Freedman
Avau Fast	Eugeniya Sidlina	Marika O'Breck
Valentina Flitsian	Ida Antflick	Anna Wolovich
Sylvia Frohlich	Naomi Beck	Ruth Ellen Shafir
Beth MacPhail	Pauline Bronstein	Yeva Shekhtman
Chandra Patel	Gertrude Brosch	



**WINTER WEDNESDAYS****LECTURE SERIES**

Cost: Members \$15 PER LECTURE OR \$75 FOR THE SERIES

Non-members \$20 PER LECTURE OR \$85 FOR THE SERIES

**JANUARY 30, 2019 – 10a.m. - 12p.m. (noon)**

**Professor Morris Maduro: Topic: *The Opera, Hansel & Gretel.***

Dr. Maduro will take us into the woods with the delightful brother and sister as we explore the opera based on the Brothers Grimm fairy tale. (The lecture is just in time for the Edmonton Opera production of *Hansel & Gretel* the following week.)

**FEBRUARY 6, 2019 – 10a.m. - 12p.m. (noon)**

**Dr. David Wangler. Topic: *Is Happiness Happening?***

Dr. Wangler returns to our Centre by popular demand. He taught educational psychology and history at the U of A for over 30 years.

**FEBRUARY 13, 2019, 10a.m.– 12p.m. (noon)**

**Honourable Paula Simons. Topic: TBA**

We are delighted to have Alberta's newly elected Senator deliver her first lecture as a Senator to our members.

**FEBRUARY 20, 2019 – 10a.m.– 12p.m. (noon)**

**Mr. Michael Phair Topic: *No Room at the University When Your Grandchild Applies?***

Mr. Michael Phair, former Edmonton City Councillor and currently an adjunct professor and the Chair of the Board of Governors UofA.

**FEBRUARY 27, 2019, 10a.m.-12p.m. (noon)**

**Dr. Margaret-Ann Armour, Topic: *Plastics: Blessing or Curse?***

Dr. Armour is a professor who has taught at the UofA since 1979, and is now an Associate Dean of Science, Diversity. Her awards include the Montreal medal of the Chemical Institute of Canada, a 3M Teaching Fellowship, twice named one of the top 100 most powerful women in Canada by the Women's Executive Network, a Governor General's Award in Commemoration of the Person's Case, the Order of Canada and 6 honorary degrees.

**FEBRUARY 27, 1p.m. - 2:30p.m.**

**The Honourable Anne McLellan, Topic: *Political Scan***

Former Deputy Prime Minister of Canada.

**RSVP with payment by Monday, January 21**



**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**

**To:** Sol Rolingerh-Congratulations on receiving the Alberta Order of Excellence

**To:** Rabbi Mendy Blachman-Mazel Tov on the birth of your son-Schneur Zalman!

**To:** Barbara Gleiberman- B-day

**To:** Naomi Wolfman – B-day

**GET WELL**

**To:** Bernie Estrin- Wishing you a complete and speedy recovery

**To:** Elaine Salkie- Get well!

**To:** Bev Sonmor- wishing you a speedy recovery!

**SYMPATHY**

**To:** Don & Lee Sax- Sympathies on the loss of Don's sister Bessie z'l

**A Special THANK YOU to the instructors of the Learning and Retirement Series 2018:**

**Morris Maduro**

**Kathleen Silverman**

**D.T. Baker**

**Garry Goldsand**

**SHALOM WALL**

Single plaque on Shalom wall in Memory of an amazing woman **Hanna Pollack z'l** donated by **Elaine & Mark Salkie**

Single plaque on Shalom wall in memory of **Norma Nozick z'l** donated by **Arni Faintuch, his boys & Mari Segall**

**MAZEL TOV**

**To:** Mr. & Mrs. Barry Smolkin- 60th Wedding Anniversary!

**From:** Evelyn Prepes

**To:** Naomi Wolfman- Special B-day

**From:** Evelyn Prepes & Family

**To:** Myra Kacew-Happy Birthday!

**From:** Sandra Kahn

Michael & Diane Alkalay

**SYMPATHY**

**To:** Hanna Pollack's family- loss of Hanna z'l

**From:** Jack & Lillian Soroka  
Robyn & Geoff Sperber  
Sheila & Allan Parr  
Bonnie Austen

**To:** Frank Sheckter- passing away of Sonia z'l

**From:** Karen Hering & Family

**To:** Benaron Gleiberman- the loss of father Norm z'l

**From:** Miriam Rabinovitch

**SYMPATHY**

**To:** Don & Lee Sax- passing of Don's sister Bessie z'l

**From:** Leslie & Rick Morgenstern  
Phyllis Nurgitz & Mel Wyne

**To:** Sue & Alvin Winestock – loss of Viola Goldstein z'l

**From:** Odette & Jacob Masliyah  
Ron & Naomi Wolch

**To:** David Warhaft & Family- loss of father, Harry Warhaft z'l

**From:** Marvin & Brigitte Katz

**GET WELL**

**To:** Bernie Estrin- Speedy recovery!

**From:** Miriam Rabinovitch

**To:** Bev Sonmor-Speedy recovery!

**From:** Clarice Switzer  
Phyllis Nurgitz & Mel Wyne  
Ilonka & Gordon Wormsbecker

**To:** Miriam Rabinovitch-Get well soon! Missing you at the centre.

**From:** Elaine & Mark Salkie

**To:** Paula & Eric Weil- Get well soon!

**From:** Bozena Szopiak & Family  
Svetlana & Aleksey Pavlenko

**DONATIONS TO THE CENTRE**

Lee Sax

Miriam McCartney

Margaret Armstrong

Bernie Adler

Steven Snyder & Connie Silva

Susan Brewster

**DONATIONS TO HANNA POLLACK'S STOVE FUND**

Marcia Bercov

Sylvia King-Farlow

Betty Boyd

Jack & Lillian Soroka

Sheila Parr

Geoff & Robyn Sperber

Bonnie Austen

Louise Kagan

Svetlana & Aleksey Pavlenko

Don & Lee Sax

Lewis & Freya Wasel

Elizabeth McAfee

Paula & Steven Snyder

Sam & Eva Weisz

Melvin Wyne & Phyllis Nurgitz

Beryl Nahornick

Elaine Salkie

Risa Margolus

Ruth Nolan

Dawn Milligan

Florie & David Axler

Janie Poluk

Wndy Danson & David Bai

Cyril & Faye Kay

Sari Schiff

Loretta Sharun

Ilonka Wormsbecker

**THANK YOU**

To our volunteers and Ikebana masters Jane-Marcel Duciaume and Brenda Jackson for the creation of the beautiful centerpieces for our Hanukkah celebration.

**Monday, January 7**

Barley soup  
Sandwiches  
Salad & Dessert

**Tuesday, January 8**

Tomato soup  
Veggie burgers  
Salad & Dessert

**Wednesday, January 9**

Potato leek soup  
Pizza  
Salad & Dessert

**Thursday, January 10**

Borscht  
Potato strudel  
Salad & Dessert

**Monday, January 14**

White soup  
Chili  
Salad & Dessert

**Tuesday, January 15**

Cabbage soup  
Tuna casserole  
Salad & Dessert

**Wednesday, January 16**

Pea soup  
Spaghetti  
Salad & Dessert

**Thursday, January 17**

Sweet potato soup  
Mac and Cheese  
Salad & Dessert

**Monday, January 21**

Tu B'Shevat Lunch

**Tuesday, January 22**

No chicken chicken soup  
Fish & chips  
Salad & Dessert

**Wednesday, January 23**

Lentil soup  
Onion mushroom strudel Salad  
Salad  
Dessert

**Thursday, January 24**

Israeli Lunch

**Monday, January 28**

Broccoli soup  
Pasta salad  
Salad & Dessert

**Tuesday, January 29**

Onion soup  
Garden quiche  
Salad & Dessert

**Wednesday, January 30**

Pickle soup  
Cheese muffins  
Salad & Dessert

**Thursday, January 31**

Mushroom soup  
Tuna melt sandwiches  
Salad & Dessert

**Monday, February 4**

Bean soup  
Greek frittata  
Salad & Dessert

**Tuesday, February 5**

Tomato soup  
Baked omelette  
Salad & Dessert

**Wednesday, February 6**

No chicken chicken soup  
Lasagna  
Salad & Dessert

**Thursday, February 7**

Carrot soup  
Spaghetti  
Salad & Dessert

**Monday, February 11**

No Lunch

**Tuesday, February 12**

Mushroom soup  
Zucchini quiche  
Salad & Dessert

**Wednesday, February 13**

Pea soup  
Fish & chips  
Salad & Dessert

**Thursday, February 14**

Minestrone soup  
Salmon loaf  
Salad & Dessert

**Monday, February 18**

Centre is closed

**Tuesday, February 19**

Borscht  
Pizza  
Salad & Dessert

**Wednesday, February 20**

Bok choy soup  
Potato salad  
Salad & Dessert

**Thursday, February 21**

Barley soup  
Sandwiches  
Salad & Dessert

**Monday, February 25**

Cabbage soup  
Cold plate  
Salad & Dessert

**Tuesday, February 26**

Potato leek soup  
Chili  
Salad & Dessert

**Wednesday, February 27**

Cauliflower soup  
Veggie burgers  
Salad & Dessert

**Thursday, February 28**

Onion soup  
Potato strudel  
Salad & Dessert



NEW MEMBERS  
Susan Sax-Willock

Shirley Rae

Dennis Cooper

Lauren Baram

Marian & Dwayne Jenkins

We would like to start a **CRIBBAGE** Group at the centre starting sometime in March!

If you know someone who would be a good Crib instructor, please let us know! Contact us at the office by email or phone.

**Please note the price of the take out soup will be**

**\$7 for the big container &**

**\$3.5 for the small container.**

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

# January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 CENTRE CLOSED	2 CENTRE CLOSED	3 CENTRE CLOSED	4 CENTRE CLOSED	5 CENTRE CLOSED
6 CENTRE RE- OPENS 1-3p.m. Sun- day Club	7 12p.m. Lunch	8 10:45 <i>Fitness Bonnie</i> 12p.m. Lunch 12p.m. L&L: <i>Mr. J. Lee</i> <i>Transportation Safety Board of Canada</i>	9 10-12p.m. <b>Dickens' Course</b> 12p.m. Lunch	10 10:45 <i>Fitness Ilonka</i> 12p.m. Lunch 12p.m. L&L: <i>Lewis &amp; Freya</i> <i>Foreign Countries Experience for kids</i>	11	12
13 1-3p.m. Sun- day Club: The New Year Celebration	14 12p.m. Lunch	15 10:45 <i>Fitness Bonnie</i> 12p.m. Lunch 12p.m. L&L: <i>Bitcoins with Dave McMillan</i>	16 10-12p.m. <b>Dickens' Course</b> 12p.m. Lunch	17 10:45 <i>Fitness Ilonka</i> 12p.m. Lunch 12p.m. L&L: <i>Kabalat Shabbat Celebration with TT Tods</i>	 <p>Brunch François with Melanie Gall as Piaf January 27 at 11a.m.</p>	
20 1-3p.m. Sun- day Club invites all to Yiddish & International Songs Concert with Lunch	21 12p.m. Tu B'Shevat Lunch with Rabbi Mendy	22 10:45 <i>Fitness Bonnie</i> 12p.m. Lunch 12p.m. L&L: <i>Laurie Mozeson on Judaism &amp; Politics</i>	23 12p.m. Lunch 1-3p.m. Book Club	24 10:45 <i>Fitness Ilonka</i> 12p.m. Lunch 12p.m. L&L: <i>From Croatia to Israel with Howie &amp; Debbie Sniderman</i>	25	26
27 11a.m. Brunch François with Melanie Gall as Piaf RSVP by Janu- ary 20 with payment	28 12p.m. Lunch	29 10:45 <i>Fitness Bonnie</i> 12p.m. Lunch 12p.m. L&L: <i>Falls Prevention with Bonnie Austen</i>	30 10-12p.m. <i>Maduro: Opera Talk Hansel &amp; Gretel</i> 12p.m. Lunch	31 10:45 <i>Fall Prevention work-out with Ilonka</i> 12p.m. Lunch 12p.m. L&L: <i>JFS with Rhonda &amp; Robert</i>		



# February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 1-3p.m. Sun-day Club	4 12p.m. Lunch	5 10:45 Fitness Bonnie  12p.m. Lunch  7:30p.m. Opera Hansel & Gretel	6 10-12p.m. Dr. Wangler Lecture: Is Happiness Happening?  12p.m. Lunch	7 10:45 Fitness Ilonka  12p.m. Lunch 12p.m. L&L: Collaborative Family Law with Jill McMillan	Sign up for <b>Winter Wednesdays Lecture Series</b> with payment by Monday January 21 2019	
10 1-3p.m. Sun-day Club	11 10:15-2:45p.m. Casino Trip No Lunch	12 10:45 Fitness Bonnie  12p.m. Lunch	13 10-12p.m. Lecture with Honourable Paula Simons, Senator  12p.m. Lunch	14 10:45 Fitness Ilonka  12p.m. Lunch  12p.m. L&L: Eldermove: downsizing & relocation	15	16
17 1-3p.m. Sun-day Club	18 Family Day Closed	19 10:45 Fitness Bonnie  12p.m. Lunch  12p.m. L&L: a poet Ella Zeltzerman	20 10-12p.m. Lecture with Chair of Board of Governors, UofA, Michael Phair  12p.m. Lunch	21 10:45 Fitness Ilonka  12p.m. Lunch  12p.m. L&L: Seniors' Clinic at Sage with Dr. Tammy O'Rourke	Young At Heart Choir 2018 Hanukkah Performance	
24 1-3p.m. Sun-day Club	25 12p.m. Lunch	26 10:45 Fitness Bonnie 12p.m. Lunch 1-2:30p.m. Armchair Traveler: Donna Hamar Silk Road	27 10-12p.m. Lecture with Dr Armour, Plastics: Blessing or Curse? 12p.m. Lunch 1-3p.m. Book Club 1-3p.m. Lecture with Honourable Anne McLellan, Political Scan	28 10:45 Fitness Ilonka  12p.m. Lunch  12p.m. L&L: Stephen Mandel		