



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

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 loving 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

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

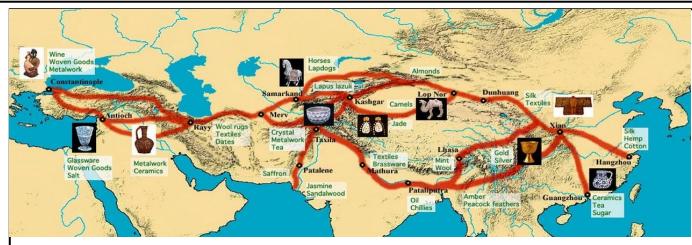
ARMCHAIR TRAVELLER

*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 or call 780.492.5055



**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

| | | |
|---|--|---|
| <p>MAZEL TOV</p> <p>To: Sol Rolingher-Congratulations on receiving the Alberta Order of Excellence</p> <p>To: Rabbi Mendy Blachman-Mazel Tov on the birth of your son-Schneur Zalman!</p> <p>To: Barbara Gleiberman- B-day To: Naomi Wolfman—B-day</p> | <p>GET WELL</p> <p>To: Bernie Estrin- Wishing you a complete and speedy recovery</p> <p>To: Elaine Salkie- Get well! To: Bev Sonmor- wishing you a speedy recovery!</p> | <p>SYMPATHY</p> <p>To: Don & Lee Sax- Sympathies on the loss of Don's sister Bessie z'l</p> <p>A Special THANK YOU to the instructors of the Learning and Retirement Series 2018:</p> <p style="text-align: center;">Morris Maduro Kathleen Silverman D.T. Baker Garry Goldsand</p> |
| <p>SHALOM WALL</p> <p>Single plaque on Shalom wall in Memory of an amazing woman Hanna Pollack z'l donated by Elaine & Mark Salkie</p> <p>Single plaque on Shalom wall in memory of Norma Nozick z'l donated by Arni Faintuch, his boys & Mari Segall</p> <p>MAZEL TOV</p> <p>To: Mr. & Mrs. Barry Smolkin- 60th Wedding Anniversary! From: Evelyn Prepes</p> <p>To: Naomi Wolfman- Special B-day From: Evelyn Prepes & Family</p> <p>To: Myra Kacew-Happy Birthday! From: Sandra Kahn Michael & Diane Alkalay</p> <p>SYMPATHY</p> <p>To: Hanna Pollack's family- loss of Hanna z'l From: Jack & Lillian Soroka Robyn & Geoff Sperber Sheila & Allan Parr Bonnie Austen</p> <p>To: Frank Sheckter- passing away of Sonia z'l From: Karen Hering & Family</p> <p>To: Benaron Gleiberman- the loss of father Norm z'l From: Miriam Rabinovitch</p> | <p>SYMPATHY</p> <p>To: Don & Lee Sax- passing of Don's sister Bessie z'l From: Leslie & Rick Morgenstern Phyllis Nurgitz & Mel Wyne</p> <p>To: Sue & Alvin Winestock—loss of Viola Goldstein z'l From: Odette & Jacob Masliyah Ron & Naomi Wolch</p> <p>To: David Warhaft & Family- loss of father, Harry Warhaft z'l From: Marvin & Brigitte Katz</p> <p>GET WELL</p> <p>To: Bernie Estrin- Speedy recovery! From: Miriam Rabinovitch</p> <p>To: Bev Sonmor-Speedy recovery! From: Clarice Switzer Phyllis Nurgitz & Mel Wyne Ilonka & Gordon Wormsbecker</p> <p>To: Miriam Rabinovitch-Get well soon! Missing you at the centre. From: Elaine & Mark Salkie</p> <p>To: Paula & Eric Weil- Get well soon! From: Bozena Szopiak & Family Svetlana & Aleksey Pavlenko</p> <p>DONATIONS TO THE CENTRE</p> <p style="text-align: center;">Lee Sax Miriam McCartney Margaret Armstrong Bernie Adler Steven Snyder & Connie Silva Susan Brewster</p> | <p>DONATIONS TO HANNA POLLACK'S STOVE FUND</p> <p style="text-align: center;">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</p> <p>THANK YOU</p> <p>To our volunteers and Ikebana masters Jane-Marcel Daciaume and Brenda Jackson for the creation of the beautiful centerpieces for our Hanukkah celebration.</p> |
| <p>PAGE 9</p> | | |

Monday, January 7

Barley soup
Sandwiches
Salad & Dessert

Tuesday, January 29

Onion soup
Garden quiche
Salad & Dessert

Wednesday, February 20

Bok choy soup
Potato salad
Salad & Dessert

Tuesday, January 8

Tomato soup
Veggie burgers
Salad & Dessert

Wednesday, January 30

Pickle soup
Cheese muffins
Salad & Dessert

Thursday, February 21

Barley soup
Sandwiches
Salad & Dessert

Wednesday, January 9

Potato leek soup
Pizza
Salad & Dessert

Thursday, January 31

Mushroom soup
Tuna melt sandwiches
Salad & Dessert

Monday, February 25

Cabbage soup
Cold plate
Salad & Dessert

Thursday, January 10

Borscht
Potato strudel
Salad & Dessert

Monday, February 4

Bean soup
Greek frittata
Salad & Dessert

Tuesday, February 26

Potato leek soup
Chili
Salad & Dessert

Monday, January 14

White soup
Chili
Salad & Dessert

Tuesday, February 5

Tomato soup
Baked omelette
Salad & Dessert

Wednesday, February 27

Cauliflower soup
Veggie burgers
Salad & Dessert

Tuesday, January 15

Cabbage soup
Tuna casserole
Salad & Dessert

Wednesday, February 6

No chicken chicken soup
Lasagna
Salad & Dessert

Thursday, February 28

Onion soup
Potato strudel
Salad & Dessert

Wednesday, January 16

Pea soup
Spaghetti
Salad & Dessert

Thursday, February 7

Carrot soup
Spaghetti
Salad & Dessert

**Thursday, January 17**

Sweet potato soup
Mac and Cheese
Salad & Dessert

Monday, February 11

No Lunch

NEW MEMBERS

Susan Sax-Willock
Shirley Rae
Dennis Cooper
Lauren Baram
Marian & Dwayne Jenkins

Monday, January 21

Tu B'Shevat Lunch

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

Tuesday, January 22

No chicken chicken soup
Fish & chips
Salad & Dessert

Tuesday, February 12

Mushroom soup

Zucchini quiche

Salad & Dessert

If you know someone who would be a

good Crib instructor, please let us know! Contact us at the office by email or phone.

Wednesday, January 23

Lentil soup
Onion mushroom strudel Salad
Salad
Dessert

Wednesday, February 13

Pea soup
Fish & chips
Salad & Dessert

Please note the price of the take out soup will be

Thursday, January 24

Israeli Lunch

\$7 for the big container &

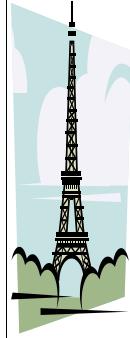
Monday, January 28

Broccoli soup
Pasta salad
Salad & Dessert

\$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 <i>10:45 Fitness Bonnie</i> 12p.m. Lunch <i>12p.m. L&L: Mr. J. Lee</i> <i>Transportation Safety Board of Canada</i> | 9 10-12p.m. Dickens' Course 12p.m. Lunch | 10 <i>10:45 Fitness Ilonka</i> 12p.m. Lunch <i>12p.m. L&L: Lewis & Freya</i> <i>Foreign Coun- tries Experience for kids</i> | 11 | 12 |
| 13 1-3p.m. Sun- day Club: The New Year Celebration | 14 12p.m. Lunch | 15 <i>10:45 Fitness Bonnie</i> 12p.m. Lunch <i>12p.m. L&L: Bitcoins with Dave McMillan</i> | 16 10-12p.m. Dickens' Course 12p.m. Lunch | 17 <i>10:45 Fitness Ilonka</i> 12p.m. Lunch <i>12p.m. L&L: Kabalah Shabbat Celebration with TT Tods</i> |  | Brunch François with Melanie Gall as Piaf January 27 at 11a.m. |
| 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 <i>10:45 Fitness Bonnie</i> 12p.m. Lunch <i>12p.m. L&L: Laurie Mozeson on Judaism & Politics</i> | 23 12p.m. Lunch 1-3p.m. Book Club | 24 <i>10:45 Fitness Ilonka</i> 12p.m. Lunch <i>12p.m. L&L: From Croatia to Israel with Howie & 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 <i>10:45 Fitness Bonnie</i> 12p.m. Lunch <i>12p.m. L&L: Falls Prevention with Bonnie Austen</i> | 30 <i>10-12p.m. Maduro: Opera Talk Hansel & Gretel</i> 12p.m. Lunch | 31 <i>10:45 Fall Pre- vention work- out with Ilonka</i> 12p.m. Lunch <i>12p.m. L&L: JFS with Rhonda & Robert</i> | | |

February 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---------------------------|---|---|--|--|---|-----|
| | | | | | 1 | 2 |
| 3 1-3p.m. Sunday Club | 4 12p.m. Lunch | 5 10:45 Fitness Bonnie 12p.m. Lunch 7:30p.m. Opera <i>Hansel & Gretel</i> | 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 Winter Wednesdays Lecture Series with payment by Monday January 21 2019 | |
| 10 1-3p.m. Sunday 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. Sunday Club | 18 Family Day Closed | 19 10:45 Fitness Bonnie 12p.m. Lunch 12p.m. L&L: a poet Ella Zeltzman | 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. Sunday 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 |  | |