



JEWISH SENIOR CITIZEN'S CENTRE

All Seniors Welcome Drop In For Lunch or Attend a Program

Mailing Address: Box 17017
Edmonton, AB T5K 0G4

Location: 10052-117 Street
Ph: 780-488-4241
Fax: 780-488-6591

www.jdicseniors.ca
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Schmooze and News

March – April 2020/5780

Rosebud Theatre Trip

Sunday May 24, 2020

GLORIOUS!

By Peter Quilter.

This is the story of how a massively optimistic spirit inspires as well as unwittingly entertains. Florence Foster Jenkins packed Carnegie Hall, and in the process created community. I love that! She couldn't sing, but she sang anyway. For all of us shower singers who wish we could perform for real, this is a story about someone who did just that - and it worked!

Morris Ertman, Rosebud Theatre Artistic Director

OUR LUXURY COACH WILL

LEAVE THE CENTRE (10052 -117 Street) at 8:30am & RETURN at 6:30pm (approx.)

A delicious brunch will be served at 12p.m. at the theatre

THE SPECIAL PRICE OF

\$120 IS AVAILABLE FOR MEMBERS or

\$160 FOR NON-MEMBERS

PLEASE RESERVE YOUR SPOT WITH PAYMENT ASAP

AS THIS IS SURE TO SELL OUT QUICKLY



February 2020 was a most happening month at the Jewish Senior Citizen's Centre. Several varied and interesting talks were presented as part of the Winter Lecture Series - we again extend thanks to our excellent presenters, Professors John Law, Rod MacLeod, David Barnet and Rabbi Claman. It was fun to try our theatrical talents by participating in exercises with the GeriActors & Friends led by David Barnet.

We now look forward to Professor Emeritus Robert Merrett's unique and enlightening 4 part Series on 'Reader's Sixth Sense: Intuiting Narrative Landscape' - how landscapes extend our perception and intuition and demonstrating humans' interaction with topography.

Bonnie's and Ilonka's exercise classes were in full swing keeping our members smiling as they worked on their agility and strength. The Office can confirm that energy used during fitness classes was restored by our lunch programs, led by our new chef Lilia, sous-chef Helen and our amazing volunteers.

As Armchair Travelers we sailed the Fjords of Norway with Donna and in April we will explore all corners of Portugal with Enneke. Lunch and Learn programming stimulated our appetites and minds with talks on healthy neighbourhoods, City Council's Seniors' Initiative, literature, brain training. There is much more coming such as Jess' 'Pediatric Intensive Care Nursing', Orly Netzer's 'Holocaust Testimony & Problems of Racism in Canada', Nina Hardin's 'Nutrition for Seniors'.

The month ended with a BANG - Bozena's Farewell and Birthday Thursday with Dr. Jerry Katz. What a celebration this turned out to be - speeches, music, jokes, and **dancing in the aisles**. Bozena and her family in attendance, was feted with flowers, cards, gifts and all her Centre friends who thanked her for her years of excellent service and wished her well in future endeavors. It was a terrific party - Jerry had us all singing and clapping, Bonnie & Connie had us dancing to the music, and Ed Mickelson was swinging in his chair. A memorable luncheon enjoyed by all.

And now we look forward to Purim. Don't miss this Satirical Extravaganza starring Lewis Wasel as King Achashverosh, Hans Pilz as Haman, Ed Mickelson as Mordechai, and Bev Sonmor as Queen Esther; Beryl Nahornick as producer. This important date is Tuesday, March 10 at 11:00. Rabbi Mendy will start with a Megillah Reading, then Purimspiel, followed by a special lunch with Hamantashen.

Don't forget to costume up and join the fun!





Post PESACH Pancake Party

Thursday, April 23 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! Come and enjoy performance of Talmud Torah kids. **Mr. Ron Wunder** known as a One Man Band will perform Traditional Melodic Jazz for the enjoyment of all!

The men will be serving for one day only.

Fee: \$10 members \$15 non-members



LUNCH & LEARN



Thursday, March 12 at 12p.m.
Meet **Jessica Hogan**, a pediatric Stollery transport intensive care nurse, to learn about her view on access to emergency pediatric care in Canada and abroad.

Wednesday, March 18 at 12p.m.

Join **Orly Netzer**, a PhD student with UofA for a presentation
Holocaust Testimony & Problems of Racism in Canada Today



Tuesday, March 24 at 12p.m.



Join **Nina Hardin**, a retired Nutritionist, to learn more about
Nutrition for Seniors

BOARD OF DIRECTORS

President: Lewis Wasel, **Past-President:** Mark Salkie, **Treasurer:** Elaine Salkie, **Secretary:** Susan Binnington, **Fundraising Chair:** Leslie Morgenstern, **Program Chair:** Shirley Grossman, **Transportation Chair:** Hans Pilz, **Directors:** Louise Percheson-Kagan, Sveta Bass, Sam Koplowicz and Paula Globerman

Executive Director: Svetlana Pavlenko, **Executive Assistant:** Luba Allen

Chef: Lilia Wert, **Sous-chef:** Helen Litvsova **Fitness Instructors:** Ilonka Wormsbecker & Bonnie Austen

Ikebana Masters: Jean-Marcel Duciaume & Brenda Jackson

Spring Lecture Series

Join our Professor Emeritus in Residence **Robert Merrett**, for a unique course

Readers' Sixth Sense: Intuiting Narrative Landscape.

Do you ever wonder how much landscapes limit selfhood and deepen loneliness? Further, do you wonder how landscapes might extend our perception and intuition while giving scope to domestic and social imagination?

Be ready for new discoveries and amusement!

- You will enjoy a comparison of the presentation of landscape in creative non-fiction and classic fiction.
- You will study passages that demonstrate human interactions with topography and that shape readers' appreciation of various international writers (Ivan Turgenev, George Eliot, Thomas Hardy, W. O. Mitchell, Annie Dillard).

Please approach the Office for the list of suggested literature.

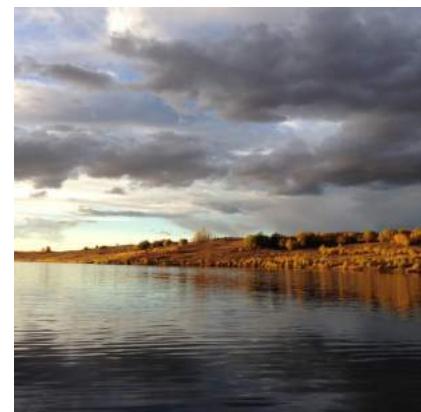
The course will run for 4 weeks on Wednesdays

March 11, 18 & 25 April 1

from 10a.m to 12p.m. (noon)

\$50 members/ \$65 non-members

Complimentary refreshment will be provided for the course.



IKEBANA CLASSES

Wednesdays, March 11 & 25
April 8 & 22, May 13 & 27

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 9

Sunday, March 29 at 11:30a.m.

Celebrate
Multicultural Day
 with the
 Kyrgyz
 Association in Alberta.



*Cultural presentations,
 entertainment,
 great food and fun!*

Fee: \$10 members & \$15 non-members

Health & Wellness

Bonnie's Use it or Lose it!

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

TUESDAYS @10:45a.m.

March 10 (Please note: due to Purim it will be @10a.m.), 17, 24 & 31
April 21 & 28

Ilonka's On Your Seat or On your Feet!

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

THURSDAYS @ 10:45a.m.

March 5, 12, 19 & 26
April 2, 23 & 30



From Survival to Thrival: Shared Historical Experiences

Sessions & Writing Workshops on Mondays at 1p.m.

All participants are welcome to come for complimentary lunch at 12p.m.

Ghettos and Reservation
 Wannabe
 Living with Loss
 Image & Reality
 Living in Two Worlds
 Food as Connection

Oct 28th & Nov 4th
 Nov 25th & Dec 2nd
 Jan 13th & Jan 20th
 Feb 3rd & Feb 10th
 March 16th & 23rd
 April 27th & May 4th

Lewis Cardinal & Gillian Horwitz
 Dr. Tallbear & Dr. Morris Maduro
 Anna Marie Sewell & Dr. George Goldsand
 Terry Lusty & Elaine Salkie
 Norma Spicer & Abe Silverman
 Anna Marie Sewell TBA

Celebration & Results Sunday, June 7th 2020 at 11:30a.m. Brunch & Presentation

This program implementation is possible thanks to the grants received from the Government of Canada, New Horizons for Seniors Program and the Government of Alberta, Anti-Racism Community Grant Program.



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 26

Adler Bernie	Ghitter Earl	Kalistratov Vilen
Austen Bonnie	Grobman Doreen	Keller Patricia
Austin Charles	Grossman Shirley	Kravets Sarra
Beaudry Adele	Keller Patricia	MacGillivray Lynne
Card Judi	Hardin Thomas	Margolis Bob
Dorosh Barbara	Horbanova Elza	Margolis Terrie
Elson Ruthanna	Hoyem Karen	McCracken Joan
Hurtig Clyde	Jacobson Lesley	McMillan Jan

Make this day very special for your friends!

Sponsor the CAKE, LUNCH or ENTERTAINMENT!

Send a **special card** to birthday guys and gals or
order a **Plaque for the Shalom Wall!**

Birthday Celebration for April will be held on Thursday, April 30

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



SPECIAL PRESENTATIONS



Be an active volunteer with us!

Many of you put your names down for **Bridge** but unfortunately did not realize the program had already started, so please come & meet **Malcolm** on Tuesday, March 10 at 1:00pm

He will assess all of you and put you into groups according to your knowledge of bridge. Lessons will last approximately till 3:00pm. 6 lessons for \$20.

Thursday, April 23 at 1p.m.

Armchair Traveler: Portugal: Its' People, History, Culture, Food, Art & Music...

Join **Enneke Lorberg** to share her fascinating and mesmerizing travel experience that will be shown to you in full colour. She crossed that beautiful country from its South to its North and another time specifically from Porto to Lisbon. Enneke also will share with you her experiences touring the Jewish Heritage sites.

By the end of this presentation you will feel restless and motivated to go there right now!!



Photos:

- 1. Dr. Eric & Elexis Schloss' presentation*
- 2. Our February B'day Thursday cake*
- 3. Jacob Waschuk's presentation "Train Your Brain".*



PURIM 5780

The Edmonton Jewish Senior Citizen's Playhouse

presents a Purimspiel

Tuesday, March 10 at 11:30a.m.

Starring:

Lewis Wasel - **King Achashverosh**

Hans Pilz - **Haman**

Ed Mickelson - **Mordechai**

Bev Sonmor - **Queen Esther**

Producer: Beryl Nahornick



11a.m. Megillah Reading with Rabbi Mendy

11:30a.m. Purimspiel

12:00p.m. Lunch with Hamantashen

\$15 for members

\$18 for non-members



Pre-order your
HAMANTASHEN

Only \$14 per dozen
poppy seeds or dry
fruits

last order day
Monday, March 2



Book Discussion Group

Wednesdays @ 1p.m.

March 25

April 22

May 27

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

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



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	MAZEL TOV	THANK YOU
<p>To: Doug Hughes - loss of sister Z"ל</p> <p>To: Rabbi S. Schwarzman – loss of mother, Betty Z"ל From: Shirley Grossman</p> <p>To: Mark Katzeff & Family, loss of Dad Z"ל From: Robyn & Geoff Sperber</p> <p>To: Lois Sorokin – loss of brother, Marvin Mitchell Z"ל From: Gillian & Billy Horwitz</p> <p>To: Lee Sax – loss of husband, Don Z"ל From: Shirley Grossman</p> <p>To: Doug Hughes – loss of sister, Z"ל From: Robyn & Geoff Sperber</p> <p>To: Linda Goody – loss of dear friend, Risa Margolus Z"ל From: Gillian & Billy Horwitz</p> <p>To: Heather Vickar – loss of mother Z"ל From: Gillian & Billy Horwitz</p>	<p>To: Jacob & Odette Masliyah – on being JNF honourees 2020</p> <p>To: Bozena Szopiak – a double plaque on Shalom Wall to acknowledge her dedication to the Centre</p> <p>SYMPATHY</p> <p>To: Allan Smith & Penny Tappenden – loss of mother Z"ל From: Gillian & Billy Horwitz</p> <p>To: Gail Tallman – loss of father Z"ל From: Gillian & Billy Horwitz</p> <p>To: Mark & Sharon Katzeff & Family – loss of Mark's mother Z"ל From: Gillian & Billy Horwitz</p> <p>To: Diane Alkalay – loss of husband, Z"ל From: Gillian & Billy Horwitz</p> <p>MAZEL TOV</p> <p>To: Beryl Nahornick- Happy Bday From: Sandra Miller</p> <p>To: Bev Sonmor - Happy Bday From: Sandra Miller</p> <p>To: Florie Axler—Happy Special Birthday From: Elaine & Mark Salkie</p>	<p>For wonderful presentations to: Kathlyn Silverman Prof. John Law Prof. Rod MacLeod Prof. David Barnet Rabbi Zolly Claman</p> <p>MAZEL TOV</p> <p>To: Bozena Szopiak Happy Retirement! From: Lewis & Freya Wasel</p> <p>Bev Sonmor</p> <p>Beryl Nahornick</p> <p>Donna Hamar</p> <p>Marg Armstrong</p> <p>Elaine & Mark Salkie</p> <p>Paula Snyder</p> <p>Diane Marcovitch</p> <p>Robyn & Geoff Sperber</p> <p>Naomi Wolfman</p> <p>Lee Sax</p> <p>SHALOM WALL</p> <p>Plaques to acknowledge Bozena Szopiak's dedication to the Centre from Lee Sax & Robyn Sperber</p>

**THURSDAY, March 5**

Borscht
Sandwiches
Salad/Dessert

MONDAY, March 9

NO LUNCH
Preparation for PURIM

TUESDAY, March 10

PURIM
10am Fitness Bonnie
11a.m. Megillah Reading with
Rabbi Mendy
11:30a.m. Purimspiel
12:00p.m. Lunch

WEDNESDAY, March 11

Surprise Lunch

THURSDAY, March 12

Fancy Noodle Soup
Vegetable Melange Salad
Dessert

MONDAY, March 16

Rice Soup
Cheese Sticks & Fried Eggs
Salad/Dessert

TUESDAY, March 17

Carrot Soup
Sandwiches
Salad/Dessert

WEDNESDAY, March 18

Surprise Lunch

THURSDAY, March 19

Sweet Potato Soup
Baked Fish
Salad/Dessert

MONDAY, March 23

Broccoli Soup
Old Style Buckwheat
Salad/Dessert

TUESDAY, March 24

Barley Soup
Potato Cream Salad & Herring
Dessert

WEDNESDAY, March 25

Surprise Lunch

THURSDAY, March 26

Lagman Soup
Baked Omelet
Salad/Dessert

MONDAY, March 30

Vegetable Soup
Poutine
Salad/Dessert

TUESDAY, March 31

Melange Pot
Cheese Sticks
Salad/Dessert

WEDNESDAY, April 1

Squash Soup
Fried Rice with Tuna
Salad/Dessert

THURSDAY, April 2

Pizza Soup
Spinach Pie
Salad/Dessert

MONDAY, April 20

Pickle Soup
Vegetable Pie
Salad/Dessert

TUESDAY, April 21

Sweet Potato Soup
Pizza
Salad/Dessert

WEDNESDAY, April 22

Surprise Lunch

THURSDAY, April 23

Borscht
Perogies
Salad/Dessert

MONDAY, April 27

Mushroom Soup
Sorrentino Casserole
Salad/Dessert

TUESDAY, April 28

No-chicken Chicken Soup
French Potato
Salad/Dessert

WEDNESDAY, April 29

Surprise Lunch

THURSDAY, April 30

*Birthday Thursday
with Dr. Jerry Katz*
Lagman Soup
Baked Omelet
Salad
Birthday Cake

MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 12 pm Lunch	3 <i>10am Fitness Bonnie</i>	4 10am—12 Rabbi Zolly Claman, Winter Wednesday Series # 6— ‘The Jewish Concept of the Soul’	5 <i>10:45 Fitness Ilonka</i> 12 pm Lunch <i>1p.m. Abe Silverman: “The Deal of the Century”: what it means for the Middle East</i>	6	7
8 <i>1-3p.m. Sunday Club</i>	9 No Lunch	10 PURIM <i>10am Fitness Bonnie</i> 11a.m. Megillah Reading with Rabbi Mendy 11:30a.m. Purimspiel 12:00p.m. Lunch	11 10am— 12p.m. Dr. Merrett, Readers 6th Sense 1 12p.m. Lunch	12 <i>10:45 Fitness Ilonka</i> 12p.m. Lunch & Learn: Jessica Hogan: The Stollery Transport Pediatric Program	13	14
15 <i>1-3p.m. Sunday Club</i>	16 12p.m. Lunch <i>1pm From Survival to Thrival: discussion session for Living in Two Worlds</i>	17 <i>10:45 Fitness Bonnie</i> 12p.m. Lunch 7:30 Opera “Candide”	18 10am— 12p.m. Dr. Merrett, Readers 6th Sense 2 12pm Lunch & Learn: Orly Netzer, Holocaust Testimony & Problems of Racism in Canada Today’	19 <i>10:45 Fitness Ilonka</i> 12p.m. Lunch	20	21
22 <i>1-3p.m. Sunday Club</i>	23 12p.m. Lunch <i>1pm From Survival to Thrival: writing session for Living in Two Worlds</i>	24 <i>10:45 Fitness Bonnie</i> 12p.m. Lunch & Learn: Nina Hardin: Nutrition for Seniors	25 10am— 12p.m. Dr. Merrett, Readers 6th Sense 3 12p.m. Lunch 1:00 Ikebana #2 <i>1pm BOOK CLUB</i>	26 <i>10:45 Fitness Ilonka</i> 12p.m. Birthday Lunch with Dr. Jerry Katz	27	28
29 <i>11:30a.m. Celebrate Multicultural Day with Kyrgyz Association in Alberta</i>	30 9:30a.m. Board Meeting 12p.m. Lunch	31 <i>10:45 Fitness Bonnie</i> 12p.m. Lunch & Learn: Rabbi Mandy, Pre-Pesach				

APRIL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10am – 12p.m. Dr. Merrett, Readers 6th Sense: Intuiting Narrative Landscape 12p.m. Lunch	2 <i>10:45 Fitness Ilonka</i> 12 pm Lunch	3	4
5 CLOSED	6 CLOSED	7 CLOSED	8 CLOSED	9 CLOSED	10	11
12 CLOSED	13 CLOSED	14 CLOSED	15 CLOSED	16 CLOSED	17	18
P	E	S	A	CH		
19 <i>1-3p.m. Sunday Club</i>	20 12p.m. Lunch	21 Yom Hashoah <i>10:45 Fitness Bonnie</i> 12p.m. Lunch	22 12p.m. Lunch 1:00 Ikebana #4 <i>1pm BOOK CLUB</i>	23 <i>10:45 Fitness Ilonka</i> 12 p.m. Post Pesach Pancake Party with TT Kids, Entertainment by Ron Wander <i>1 -3pm Armchair Traveler, Portugal with</i>	24	25
26 <i>1-3p.m. Sunday Club</i>	27 12p.m. Lunch <i>1pm From Survival to Thrival: discus- sion session for Food as Connection</i>	28 Yom Hazikaron <i>10:45 Fitness Bonnie</i> <i>12p.m. Lunch & Learn: Jewish Film Festival</i> <i>1-3pm Sam Koplowicz: Forms of Tradition in Contemporary Spain</i>	29 Independence Day 12p.m. Lunch	30 <i>10:45 Fitness Ilonka</i> <i>12p.m. Birthday Lunch with Dr. Jerry Katz</i> 		