



# 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  
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[www.jdicseniors.ca](http://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!





# PPPP

## 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 Koplowlcz and Paula Globerman

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

**Chef:** Lilia Wert, **Sous-chef:** Helen Livtsova **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 28<sup>th</sup> & Nov 4<sup>th</sup>  
Nov 25<sup>th</sup> & Dec 2<sup>nd</sup>  
Jan 13<sup>th</sup> & Jan 20<sup>th</sup>  
Feb 3<sup>rd</sup> & Feb 10<sup>th</sup>  
March 16<sup>th</sup> & 23<sup>rd</sup>  
April 27<sup>th</sup> & May 4<sup>th</sup>

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 7<sup>th</sup> 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	Tsypeniuk 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 access 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**

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

**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 <b>No Lunch</b>	10 <b>PURIM</b> <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, <b>Readers 6th Sense 1</b>  12p.m. Lunch  1:00 Ikebana #1	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, <b>Readers 6th Sense 2</b> 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, <b>Readers 6th Sense 3</b>  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 11:30a.m. Celebrate <b>Multicultural Day</b> with Kyrgyz Association in Alberta	30 <b>9:30a.m. Board Meeting</b>  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, <b>Readers 6th Sense: Intuiting Narrative Landscape</b>  12p.m. Lunch	2 <i>10:45 Fitness Ilonka</i>  12 pm Lunch	3	4
5  <b>CLOSED</b>	6  <b>CLOSED</b>	7  <b>CLOSED</b>	8  <b>CLOSED</b>	9  <b>CLOSED</b>	10	11
12 <b>CLOSED</b>  <b>P</b>	13 <b>CLOSED</b>  <b>E</b>	14 <b>CLOSED</b>  <b>S</b>	15 <b>CLOSED</b>  <b>A</b>	16 <b>CLOSED</b>  <b>CH</b>	17	18
19  <i>1-3p.m. Sunday Club</i>	20  12p.m. Lunch	21 <b>Yom Hashoah</b> <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>  <i>12 p.m. Post Pesach Pan- cake Party with TT Kids, Entertainment by Ron Wander</i>  <b>1 -3pm Armchair Traveler, Portugal with</b>	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 <b>Yom Hazikaron</b> <i>10:45 Fitness Bonnie</i> <i>12p.m. Lunch &amp; Learn:</i> <i>Jewish Film Festival</i> <i>1-3pm Sam Koplowicz:</i> <i>Forms of Tradition in Contemporary Spain</i>	29 <b>Independence Day</b>  12p.m. Lunch	30 <i>10:45 Fitness Ilonka</i>  <i>12p.m. Birthday Lunch with Dr. Jerry Katz</i> 		