



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 2020/5780

WINTER WEDNESDAYS LECTURE SERIES

Fee: Members \$15 PER LECTURE OR \$75 FOR THE SERIES
Non-members \$20 PER LECTURE OR \$85 FOR THE SERIES

January 29 – March 4 2020

Please note time is very. See details inside.

Opera Master Class Birthday Thursday

Wednesday January 15 at 7p.m.

Join a unique master-class with Dr. Laurie Fagnan.

Please register for the class via email
carissa.fedoruk@edmontonopera.com

Thursday, January 30 at 12p.m.

Join our very own acclaimed musician Charlie Austin and sing along celebrating your friends birthdays.



BOARD OF DIRECTORS

President: Lewis Wasel, **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, Sam Koplowicz, Paula Globerman and Susan Binnington

Executive Director: Svetlana Pavlenko

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

President's Column

Dear Friends,

Our Annual General Meeting was held on November 26, 2019. We express our sincere thanks to Danny Assh who retired from the Board. Danny was our board secretary for the last two years and he has also done valuable service to the Centre by organizing our volunteer casino volunteers which resulted in substantial funds being raised. I extend a special welcome to two new board members, Paula Globerman and Susan Binnington.

The Learning In Retirement program came to a successful conclusion. I extend our appreciation to the committee for a job well done and I am really looking forward to another LIR next year.

The From Survival to Thrival program is continuing into the new year. The discussions with representatives of Indigenous and Jewish communities are stimulating and enlightening.

I wish all of our members a happy holiday season and all the best in the new year.

Lewis Wasel, President

ARMCHAIR TRAVELLER

Thursday, January 23 at 12p.m.

Join Svetlana to learn more about the unique system of the Russian Medical SPAs (sanatorium) in the Altai mountains.



OPERA SEASON

Tuesday, February 4 at 7:30pm

Join our members who will go and enjoy the Mozart's Masterpiece *The Marriage of Figaro* at Jubilee Auditorium

RSVP with Payment by January 16, 2020

Ticket: \$35 per person

Only 2 spots left.



LUNCH & LEARN

Thursday, January 9 at 12p.m.

A Familiar Story in Genesis: Let's Read Between the Lines

Join Rabbi Steven Schwarzman from Beth Shalom Synagogue. This will be a fun and close reading of the Rachel and Leah story from the Bible's Book of Genesis, with some fascinating insights from midrash (rabbinic interpretation).

Tuesday, January 14 at 12p.m.

You have a unique opportunity to learn from both our fitness instructors: Bonnie and Ilonka about Fall Prevention.

Tuesday, January 28 at 12p.m.

Join Elena Russell, Business Development Manager HomeEquity Bank, to learn about CHIP.

CHIP is a reverse mortgage, a loan secured against the value of the home. Unlike a loan or a regular mortgage, with CHIP you are not required to make regular mortgage payments. The loan is repaid only when the homeowners no longer live in the home. The homeowner is required to keep the property in good condition, up-to-date with property taxes and property insurance. The money received is tax-free and can be used however the homeowner wishes.

Book Discussion Group **ELDER'S CIRCLE**

Wednesday, January 22 at 1p.m.

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

Everyone is welcome!

The Marriage of Opposites
by Alice Hoffman

Join our Winter Wednesdays Series on January 29 at **9:45a.m.** to learn more about the protagonist of this book Camille Pissarro and Impressionism.

Wednesday, January 15 at 10a.m.

The New Format will be introduced.

Storytelling has earned its place as the most important tradition human possess. Every story contains a lesson learned. They teach us to love, to forgive others, to be just and to strive to be better than we are.

JDIC Senior Citizen's Centre (10052 -117 Street)

presents

WINTER WEDNESDAYS LECTURE SERIES

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

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

JANUARY 29, 2020 9:45a.m. – 11:45a.m.

KATHLEEN SILVERMAN

Camille Pissarro, Father of Impressionism: His Work and Influence

FEBRUARY 5, 2020 10a.m. - 12p.m. (noon)

Professor JOHN LAW

Capital Punishment in 18th Century England

FEBRUARY 12, 2020 10a.m.- 12p.m. (noon)

Professor DR. ROD MACLEOD

Characters from the Yukon Gold Rush, including the biography of Sir S. Steele

FEBRUARY 19, 2020 1:00p.m–3p.m.

Professor of Film Studies UofA, DR. BILL BEARD

***We will explore the significant themes in "The Grand Illusion"
an important film by Director Jean Renoir***

FEBRUARY 26, 2020 10a.m.-12p.m. (noon)

Professor of Drama, Actor & Director, DR. DAVID BARNET

DRAMA!?

MARCH 4, 2020 10a.m. – 12p.m. (noon)

RABBI ZOLLY CLAMAN

The Jewish Concept of the Soul: Its Travels Before, Through and After Life

RSVP with payment by Thursday, January 23

Email: jdic@shaw.ca Phone: 780-488-4241

Health & Wellness

Bonnie's Use it or Lose it!

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

TUESDAYS @10:45a.m.

January 7, 14, 21 & 28

February 4, 11, 18 & 25

Ilonka's On Your Seat or On your Feet!

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

THURSDAYS @ 10:45a.m.

January 9, 16, 23 & 30

February 6, 13, 20 & 27



Fall Prevention Workshop

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

Tuesday January 14 at 12p.m.: Lunch & Learn with Bonnie

Thursday, January 16 at 10:45a.m.: Workout with Ilonka (regular admission)

**From Survival to Thrival: Shared Historical Experiences
Sessions & Writing Workshops on Mondays at 1p.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
Dr. Auger & Dr. George Goldsand
Terry Lusty TBA
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 grant received from the Government of Canada, New Horizons for Seniors 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 December will be held on Thursday, January 30

Calderon Rosa	Horwitz Daphne	Snyder Paula
Chernets Oleksandra	Jandrey Rita	Wolfman Naomi
Conroy Helen	Kipnes Evelyn	Alman Dmitry
Delage Leah	Margolis Marjorie	Bell Randy
Devis Wendy	Moen Betty	Chetner Jack
Edelmann Judy	Wasel Lewis	Fernando Des
Reboh Joel	Rubenovitch Joyce	Frohlich Ned
Segall Mari	Saik Anna	Granholm Hans
Friedman Rhoda	Shea Nora	Hughes Doug
Heilik Bronia	Sklofsky Esther	Kacew Abie
Morgenstern Rick	Sperber Geoff	Lambshead Jim

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

Gloria Aaron	Jack Cooper	Leslie Goldstein
Denise Armstrong	Sheena Fried	Lynn Hughes
Gertrud Janke	Dwayne Jenkins	Faye Kay
Paul Vorstenbos	Margaret Klingbeil	Esther Lainwand
Rena LaPointe	Barbara Leah	Percy Lerner
Marika Lewitt	Alan Lyons	Kathy Main
Risa Margolus	Brenda McCollum	Linda McLennan
Kathryn Merrett	Robert Merrett	Dawn Milligan
Sarah Nyland	Allan Parr	Evelyn Prepes
Shirley Rae	Carol Ritch	Norman Schayer
Anna Shapiro	Toby Silverman	Franie Simon
Gaylene Soifer	Bev Sonmor	Esther Starkman
Olive Thorne	Natalia Trofimov	Freya Wasel
Eva Weisz	Bart West	Lynn Wolff
	Kay Yui	

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

GET WELL

To: Doreen Albert—speedy recovery
DONATION
From: Martyn Stollar

MAZEL TOV

To: Naomi Wolfman—Birthday
To: Paula Snyder –Birthday

My heartfelt thanks to all who sent me good wishes for a speedy recovery, as well, your donations to my favourite centre were greatly appreciated.
Paula Snyder

SYMPATHY

To: Diane Alkalay - loss of husband Michael Z" L
From: Suzan & Murray Lieberman
Franie Simon
Freya & Lewis Wasel
Odette & Jacob Masliyah

To: Reva Theuman—loss of husband Richard Z" L
From: Suzan & Murray Lieberman

GET WELL

To: Paula Snyder
From: Bogena Szopiak & Family
Shirley Grossman

To: Doreen Albert—speedy recovery
From: Franie Simon
Sam & Eva Weisz

To: Freya Wasel

From: Phyllis D'Aguias

MAZEL TOV

To: Debby Smolkin—Special B-day
From: Evelyn Prepes

To: Naomi Wolfman—Birthday
From: Evelyn Prepes

To: Leah Goldford—Special B-day
From: Elaine and Mark Salkie

MAZEL TOV

To: Rose Sheinwald – B-day
From: Shirley Grossman
To: Anna Linetsky – B-day
From: Anita Sky & Howard Davidow
Bozena Szopiak & Family

EXCITING NEWS:

Whilst we are sorry to see our long-term and dedicated Chef

Bozena Szopiak

leave us,

we are very pleased to announce that we have hired a new Chef

Lilia Wert.

We are looking forward to introducing you to Lilia who will be supported by our incredible volunteer team!

See you on Monday,
January 6 2020!

Upcoming Event:

Tuesday, February 4 at 7:30p.m.

Opera *The Marriage of Figaro*
at the Jubilee

Thursday, February 6 at 12p.m.

Celebrate Tu B'Shevat together with Talmud Torah's kids

Tuesday, February 11 1p.m. -3p.m.

Armchair Traveller with **Donna**,
Norway & Sweden

Thursday, Feb. 13 1p.m.-3p.m.

Eric and Elexis Schloss

Tuesday, February 18 at 12p.m.

Councillor **Andrew Knack**
The City of Edmonton Updates

Thursday, February 27 at 12p.m.

Birthday Celebration with our very special **Dr. Jerry Katz**

January

Sun Mon Tue Wed Thu Fri Sat

	<u>Thursday,</u> <u>February 27</u> Come and enjoy Dr. Jerry Katz who will perform at Birthday Thursday Celebration!		1 C L O	2 S E D	3	4
5 NO Sunday Club	6 12p.m. Lunch	7 <i>10am Fitness Bonnie</i> 12p.m. Lunch	8 12p.m. Lunch	9 <i>10am Fitness Ilonka</i> 12p.m. Lunch & Learn: Rabbi Schwarzman	10	11
12 <i>1-3p.m. Sunday Club</i>	13 12p.m. Lunch <i>1pm From Survival to Thrival: discussion session for Living with Loss</i>	14 <i>10am Fitness Bonnie</i> 12p.m. Lunch & Learn: Fall Prevention with Bonnie	15 <i>10a.m. ELDER'S CIRCLE</i> 12p.m. Lunch <i>7-8p.m. Opera Master class with Dr. Fagnan</i>	16 <i>10am Fitness Ilonka: Fall Prevention Practice</i> <i>12p.m. Lunch & Learn: Rabbi Schwarzman</i>	17	18
19 <i>1-3p.m. Sunday Club</i>	20 12p.m. Lunch <i>1pm From Survival to Thrival: writing session for Living with Loss</i>	21 <i>10am Fitness Bonnie</i> 12p.m. Lunch	22 12p.m. Lunch <i>1pm BOOK CLUB: The Marriage of opposites by A. Hoffman</i>	23 <i>10am Fitness Ilonka</i> <i>12p.m. Lunch & Learn: Russian Medical SPAs with Svetlana</i>	24	25
26 <i>1-3p.m. Sunday Club</i>	27 <i>9:30a.m. Board Meeting</i> 12p.m. Lunch	28 <i>10am Fitness Bonnie</i> 12p.m. Lunch & Learn: CHIP Mortgages with Ellena Russell & Maya Feldman	29 9:45a.m. -10:45a.m. <i>Winter Wednesdays Series 1:</i> K. Silverman, <i>Rediscovering Impressionism</i> 12p.m. Lunch	30 <i>10am Fitness Ilonka</i> 12p.m. Birthday Celebration sing along with Charlie Austin	31	