



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

May – June 2019/5779

Dr. Robert Merrett presents

Fall in Love with Shakespeare on Monday Mornings

This 4 session course will bring you a deeper understanding of Shakespeare's comedy masterpieces and help you to enjoy them fully!

Mondays @ 10a.m. -12p.m. May 27, June 3, 17 & 24

Fee: \$15 for members & \$20 for non-members or

sign up for the whole course \$50 for members & \$75 for non-members. Details on page # 11

CENTRE'S OPEN HOUSE



10a.m. – 12p.m. Complimentary Tea & Tours

Wednesday, June 5

10:45a.m. – 11:45a.m. Complimentary Fitness Class

12p.m. Lunch with Entertainment (at member's price of \$10 for all guests)

Stay tuned for updates with our electronic Newsletter! Sign Up!

BAGEL



The 2nd Annual Walk/Run/Roll

SUNDAY July 14 2019

Registration @ 10a.m. Warm Up @ 10:30a.m.

Walk/Run/Roll @10:50a.m.

Details on page #6



BOARD OF DIRECTORS

President: Lewis Wasel, **Secretary/Casino Chair:** 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 **Program Manager:** Maya Feldman **Chef:** Bozena Szopiak

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

Tapping into your Creativity

We had the good fortune to find a very creative and skilled teacher with many talents. Liliana has agreed to offer instruction in:

- * embroidery, cross-stitch, petit point
- * more complex, creative stitchery for framing or wall hangings
- * making fabric or paper flowers for pictures or arrangements
- * macramé hangings
- * dream-catchers
- * knitting and crocheting instructions



Liliana can conduct singular subject classes or mixed classes (eg. crocheting and stitchery) in a weekday afternoon. To complete a project Liliana is suggesting 2 – 4 sessions of 2 hours each, depending on the project. Cost will be determined based on the length of each project and the materials needed. She will provide all the materials. The pictures above future some examples of her work:

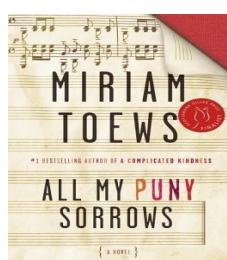
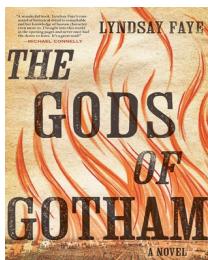
If any of the above is of interest to you, contact the Centre

Book Discussion Group Wednesdays @ 1p.m.

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

May 22
All My Puny Sorrows
by Miriam Toews
Guest Speaker Tina Kafka.

June 26
The Gods of Gotham
by Lyndsay Faye



Elder's Circle

Don and Lee Sax invite you to join the "Circle of Wisdom" to discuss local economic, political and cultural news and issues in our community. We can all bring our years of experience and expertise to initiate change.

Wednesday May 29 at 10a.m.

Wednesday June 26 at 10a.m.



GAMES

We are currently organizing new groups to play:
Bridge, Mah Jongg & Cribbage

Once the groups are formed, instructional sessions will be provided and then the group will continue playing under supervision and on your own at the Centre.

Call us to put your name on the list.

ROSEBUD THEATRE TRIP



SOLD OUT

Thursday, May 9

OUR LUXURY COACH WILL
LEAVE THE CENTRE (10052 -117 Street) AT 8:00a.m. AND
RETURN AT APPROXIMATELY 6:30p.m.

A delicious brunch will be served at the theatre when we arrive.

IKEBANA CLASSES Wednesdays at 1p.m. May 8 & 29, June 12 (last)

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



Tricks to wake up your brain

POSTPONED

Tuesdays from 1p.m. to 3p.m.

May 7, May 28, June 11 & June 25

Stimulate your writing creativity! Join Adele Fontaine facilitating this unique writing group. Adele will share the healing power of creative writing that she experienced herself after her husband passed away. She had never been one to write poetry, but something had shifted.

She found a new way to cope.

Fontaine's new self-published book, *My Sundays with Normand*, is a collection of some her deeply personal works.

She teaches English writing and will offer her expertise to our members who would like to utilise the healing power of creating writing.

Join this unique class that will wake up your brain creativity.

Fee: Drop-In Fee \$15 for members & \$20 for non-members

or pay for the course \$50 for members and \$75 for non-members

Refreshments & snacks will be provided.

Lunch & Learn

My life long real estate journey with Murray Glick.



Tuesday, May 7 at 12p.m.



Tips & Tricks of Modern Dry Cleaning

Tuesday, May 14 at 12p.m.

Join John Hayes, Distribution & Sales Manager of the Press Gallery – Edmonton's Premier Dry Cleaner to learn about new services they provide for seniors.



JEWISH FILM FESTIVAL

Thursday, May 16 at 12p.m.

Join Sam Koplowicz who will talk about the Jewish Film Festival on how they choose the movies and what their choices were this year: Shoelaces, From Cairo to the Cloud, Tel Aviv on Fire, The Museum, The Last Suit, Leona, The Waldheim Waltz, Between Worlds, Good Thoughts, Good Words, Good Deeds.



The Edmonton Urban Coyote Project

Thursday, May 23 at 12p.m.

This project is a multi-faceted study on coyotes based in the lab of **Dr. Colleen Cassady St. Clair** at the University of Alberta that works collaboratively with the City of Edmonton and Animal Damage Control.

They aim to provide information that will promote coexistence between people and wildlife, minimizing the need for lethal management of coyotes and maintaining a sense of security and enjoyment of nature for people.

GARDEN SUITES

Tuesday, May 28 at 12p.m.

Join **Sandra Lee** to learn how homeowners across the world are realizing that one of the simplest ways to save money on heating, lighting and food is to move in with the plants. Greenhouses don't have to be purely recreational hobby spaces exiled to the backyard.

Living inside them can provide insulation for an existing structure, define space in an open floor plan or give your kitchen herbs the sunlight they need to thrive.

Practical considerations aside, greenhouses can also be turned into really beautiful places to call home.



Jewish Senior Citizen's Centre

INVITES YOU TO PARTICIPATE IN THE 2nd ANNUAL

RSVP 780-488-4241

jdic@shaw.ca

Family - Friendly Event
CREATED BY SENIORS
TO SUPPORT SENIORS



BAGEL LOOP



Sunday, July 14 2019 – Victoria Park

Registration @ 10a.m. Warm Up @ 10:30a.m.

Walk/Run/Roll @10:50a.m.

GAMES, PRIZES & GIVEAWAYS POST RACE MUNCHIES, MULTICULTURAL
EXPERIENCES & PICNIC

Registration: Family \$50 Adults \$25 Kids 10-13 \$15 Kids under 10 FREE

We invite all of our members, their families and friends to actively participate in our **Second Annual Bagel Loop** in Victoria Park on Sunday, July 14 beginning at 10:00a.m. You can walk, run or roll to support your Centre as many kilometres as you wish beginning with one. Walkers and wheelchairs are welcome. There will be prizes, giveaways, post race munchies and a picnic with entertainment.

Register your Family just for \$50, \$25 for adults, \$15 for children aged 10 to 13, and free for children under 10. Coming for the picnic only? Cost \$10 per person. You can support the Centre by attending this event, by getting sponsors, by collecting pledges and by volunteering. Forms for signing up sponsors are available at the Centre.



Thank you to the Kyrgyz Association in Alberta for their generous donation and support for the event this year.

Lunch & Learn

Transportation Safety Board of Canada

Tuesday, June 4 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.

Indigenous Dancers from Victoria School

Thursday, June 15 at 12p.m.

New Research about The Legacy of Jane Austen

Thursday, June 20 @ 12p.m.

Nora Foster Stovel is Emeritus Professor at the University of Alberta, where she taught in the Department of English and Film Studies 1985-2014. She has the Honours BA, Honours MA, and Ph.D. from McGill, Cambridge, and Dalhousie Universities respectively, followed by SSHRC and University of Calgary Postdoctoral Fellowships.



She has published books and articles on Jane Austen, and she is coming to tell us all about them.



Travel Insurance

Tuesday, June 25 @12p.m.

Tania Topolnyski, Manager, Individual Products Travel, Alberta Blue Cross. In her 29 years with Alberta Blue Cross, Tania has become passionate about the importance of having travel insurance when you leave Alberta—no matter if your trip is for one day or for 365! She will be talking about your provincial coverage while travelling both in and out of Canada, as well as what to be aware of when you buy travel insurance including benefits, exclusions and what it all means to

Meet & Greet with Councillor Andrew Knack

Thursday, June 27 at 12p.m.

As the City Councillor responsible for the Seniors Initiative, **Andrew Knack** will be visiting the Centre and would be pleased to update you on current City issues and to answer your questions on any concerns and issues that are important to you.



COOKING CLASSES

Monday, May 13 at 9:30a.m.

We invite you to join our cooking class. Come and play with us, take 2 dozens Perogies home for supper and leave the mess here. Our own, Bozena, will teach us how to make Perogies.

9:30a.m. Welcoming (coffee/tea and muffins will be provided)

9:45a.m. — Making dough and filling
It is a **2 hour cooking** class, with breakfast, sampling and opportunity to take home freshly made supper.

Cost \$35



Dr. Morris Maduro ***Does International Law work in the Modern World?***

Wednesday, June 12 10a.m.—12p.m.

International Law covers a wide area of legal relations ranging, among other areas, from extradition, to human rights, to the law of the sea and oceans, to airspace, to governance of the Arctic, to international humanitarian law.

But how effective, observed and relevant is it in the modern world? These are the questions we will be addressing in this short course.

Fee: \$15 for members and \$20 for non-members RSPV with payment by June 6.

Dr. Morris Maduro

presents

The Beauty of the Poetry of the British Romantic and Victorian Eras: Its Greatest Poets and its Relevance in our World Today.

Wednesday, May 15 at 10a.m.

Poetry is not simply versifying in rhyme with pleasant or whimsical thoughts, which, of course, can be very attractive - and even impressive.

Great poetry is far more than that; in fact, it bears little relation to the above. With the beauty of language and precise choice of words, the poets have used their unique intuition, perception, and depth to convey thoughts to the reader.

The British poets of the Neo-classical, Classical, Romantic, and Victorian eras, excelled at the above, and Great Britain's (England's Scotland's and Ireland's) most revered poets, and still most beloved today, tend to derive from those periods. These poets and their main works will be the subject of our talk and discussion, as well as some concentration on the unique lives of the great Samuel Johnson and the sublime William Wordsworth...

And of course, where to start your poetry voyage.

Fee: \$15 for members & \$20 for non-members or



5 мая: Романтика романса. Песни на музыку Яна Френкеля. Исполняет Галина Синицина

Текст читает Люся Валкова Л А Н Ч (Concert of romantic songs with Galina Sinitzina & Lucy Valkova)

12 мая: День Победы-праздник со слезами на глазах. Концерт. Л А Н Ч (Victory Day Celebration)

19 мая: О марихуане, её свойствах, действиях и применении. Расскажет доктор Элина. Л А Н Ч (Cannabis)

26 мая: Обзор журнала «Алеф» сделает Светлана Басс. Л А Н Ч (ALEF magazine review with Sveta Bass)

Health & Wellness

Use it or Lose it!

with *Bonnie Austen!*

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

TUESDAYS @10:45a.m.

May 7, 14, 21 & 28

June 4, 11, 18 & 25

On Your Seat or On your Feet!

with *Ilonka Wormsbecker!*

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

THURSDAYS @ 10:45a.m.

May 2, (no class May 9), 16, 23 & 30

June 6, 13, 20 & 27



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!



EVENING YOGA 101 AT THE CENTRE

Wednesdays @ 5:30p.m. (doors open at 4:30pm)

May 8 & 22, June 5 & 19, July 10 & 24

In 2012 Samara tried yoga and fell in love with it from her first class. Ever since she became persistent with her practice. It was yoga that helped her overcome her personal health journey. Yoga became Samara's passion and profession that helps her to experience flexibility, stillness, clearness of mind and gives her an opportunity to share it with others!

Fee: Pay as You Can. This program is brought to you in partnership with Kyrgyz Association in Alberta.

URBAN POLING WITH BONNIE AUSTEN

Tuesday, May 7 at 1pm

(the future dates will be set at May 7 class)

Urban Poling (sometimes called Nordic Walking) is becoming popular in Canada for those interested in becoming more fit. It takes the benefits of walking but uses more upper body motion as in cross country skiing.

The Center will offer Urban Poling classes this spring. Perhaps this something you would like to try. Bonnie Austen, fitness leader, will outline the benefits of it and will show the equipment required. Get ready to step out and get moving.

Fee: Drop-in fee per class \$5

Your body will thank you!



ARMCHAIR TRAVELLER

DUBAI with Bonnie Austen

Tuesday May 21 @ 1p.m.



A Visit to the Kingdom of Bling

In just a few decades, this modest pearl and fishing village has been transformed into a glamorous and futuristic city. It is

home to the world's tallest building, its biggest shopping mall and the largest man-made island.

Join Bonnie Austen, seasoned traveller, as she talks about her recent visit to this modern Arabian metropolis.

Be prepared to be impressed.

BHUTAN with Susan Devins

Tuesday June 18 @ 1p.m.

Bhutan, a Buddhist kingdom on the Himalayan eastern edge, is known for its monasteries, fortresses (or dzongs) and dramatic landscapes that range from subtropical plains to steep mountains and valleys. In the High Himalayas, peaks such as 7,326m Jomolhari are popular trekking destinations.

Paro Taktsang monastery clings to cliffs above the forested Paro Valley. Susan will share her experience in this unique country.



Fee: \$3 per presentation (refreshment included)

Dr. Robert Merrett presents *Fall in Love with Shakespeare on Monday Mornings*

Mondays @ 10a.m. –12p.m. May 27, June 3, 17 & 24

The first class will be spent on *Two Gentlemen of Verona* and the second class will explore *The Winter's Tale*. Since the plays were written at the very beginning and the very end of Shakespeare's career, the first lecture will remind guests about the man and his theatre. The third lecture will be focused on *A Midsummer Night's Dream* and the fourth, on, *As You Like It*. Certain parts of the plays will be read and shown on the screen as well as clips from productions. The aim of the first two lectures will be to enhance the entertainment value of the two plays for audiences they can see at the Edmonton Freewill Shakespeare Festival.

You will learn about comedy – how it creates its effects with costume, disguise and verbal word-play. You will walk away with a deeper understanding of tragic emotions, especially jealousy and hypocrisy, and on the restorative role of women and art itself.

We are currently negotiating a group discount for lecture participants with the Freewill Shakespeare Festival. Our talks will be a perfect prelude to the Festival in the Park (June 18 to July 14). *Two Gentlemen of Verona* and *The Winter's Tale* are the two featured performances.

Let us know if you are interested to join our group for the Festival in the Park.

*Fee: \$15 for members & \$20 for non-members or
sign up for the whole course \$50 for members & \$75 for non-members.*

Wednesday, May 1

Sweet Potato Soup
Pizza, Salad, Dessert

Thursday, May 2

Bean & Corn Chowder
No-meat Meat Loaf
Salad, Dessert

Monday, May 6

Cauliflower Soup
Rancheros Scrambled Egg
Salad, Dessert

Tuesday, May 7

Peanut Soup
Cold Plate
Salad, Dessert

Wednesday, May 8

Roasted Carrot & Potato Soup
Veggie Burghers
Salad, Dessert

Thursday, May 9

No Lunch

Monday, May 13

Leek, Potato Soup
Spaghetti
Salad, Dessert

Tuesday, May 14

Chickpea Soup
Potato Strudel
Salad, Dessert

Wednesday, May 15

Cabbage & Cilantro Soup
Fish & Chips
Salad, Dessert

Thursday, May 16

Butternut Squash & Apple Soup
Chili
Salad, Dessert

Monday, May 20

Closed

Tuesday May 21

Curried Red Lentil Soup
Bourikas
Salad, Dessert

Wednesday, May 22

Creamy Asparagus & Pea Soup
Onion/mushroom Kugel
Salad, Dessert

Thursday, May 23

Quinoa Vegetable Soup with Kale
Sandwiches
Salad, Dessert

Monday, May 27

Broccoli & Cheese Soup
Poached Eggs
Salad, Dessert

Tuesday, May 28

Black Bean Soup
Salmon Patties
Salad, Dessert

Wednesday, May 29

Carrot Soup
Mac & Cheese
Salad, Dessert

Thursday, May 30

Creamy Corn Soup
Stuffed Peppers
Salad, Dessert

Monday, June 3

Lettuce Soup
Spaghetti with Grilled Green Beans &
Mushrooms
Salad, Dessert

Tuesday, June 4

Vegetarian Bean & Parsley Soup
Cheese Muffins
Salad, Dessert

Wednesday, June 5 – OPEN HOUSE

Curried Sweet Potato, Farro, Kale & chick-pea Soup
Dessert

Thursday, June 6

Mushroom Soup
Sandwiches
Salad, Dessert

Monday June 10

Closed

Tuesday, June 11

Carrot Soup
Pasta Salad
Salad, Dessert

Wednesday, June 12

Cheese Pea Soup with roasted pea croutons
Potato Salad
Tuna Salad
Salad, Dessert

Thursday, June 13

Three Sisters Soup
Wild Rice Casserole with kick
Salad, Dessert

Monday, June 17

Bok Choy Soup
Spicy Ramen
Salad, Dessert

Tuesday, June 18

Thai Coconut & Vegetable Soup
Stir Fry with Broccoli, Tofu, Mandarins
Salad, Dessert

Wednesday, June 19

Picnic with the Kids

Thursday, June 20

Lentil Soup
Deviled Eggs, herring
Salad, Dessert

Monday June 24

Cabbage, Barley Soup
Mac & Cheese
Salad, Dessert

Tuesday June 25

Tomato Soup
Fish & Chips
Salad, Dessert

Wednesday, June 26

Vegetable Rice Soup
Cold Plate
Salad, Dessert

Thursday, June 27

Creamy Carrot Soup
Sweet Potato Kale Frittata
Salad, Dessert



Dear Members,

You've told us that you want to have more professional entertainers at the Centre. For this to happen more often we need members, their families and friends to sponsor such events. For example, Donna Hamar and Jan McMillan sponsored the Jacques Forestier concert, Sheila and Allan Parr sponsored the Melanie Gall concert.

Talk to Maya or Svetlana to find the best fit for your generosity! Why not to be a proud sponsor for artists like Marty Chan (author & comedian), Jacques Forestier (violinist virtuoso), singers from the Edmonton Opera Chorus, Afternoon Teas' Entertainment and many more?

How wonderful would it be to enjoy these talents right at Your Centre?

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

May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 12pm Lunch	2 10:45am Fitness	3	4
5 1-3pm Sunday Club	6 12pm Lunch	7 10:45am Fitness <i>12pm Lunch & Learn: My life long real estate journey with M. Glick</i> 1:00 Writing Class with	8 12pm Lunch 1pm Ikebana 5:30pm Yoga 101	9 ROSEBUD No Fitness No Lunch	<u>Wednesday, June 5</u> Mark Your Calendar for the Centre's OPEN HOUSE! Stay tuned for the updates! Sign up for our electronic reminder.	
12 Mother's Day 1-3pm Sunday Club	13 9:30 am Cooking Class 12pm Lunch	14 10:45am Fitness 12pm Lunch & Learn : The Press Gallery Cleaners	15 <i>10am – 12pm Dr Maduro, Romantic Poetry of the Victorian Era</i> 12pm Lunch	16 10:45am Fitness <i>12pm Lunch & Learn: Sam Koplowicz about the Jewish Film Festival</i>	23 rd Annual EDMONTON JEWISH FILM FESTIVAL May 19 – 30 At Landmark City Centre	
19 1 – 3 Sunday Club	20 CLOSED	21 10:45am Fitness 12 pm Lunch 1pm Armchair Traveler: Dubai with Bonnie	22. 12 pm Lunch 1 – 3 Book Club 5:30pm Yoga 101	23 10:45 am Fitness <i>12pm Lunch & Learn: Edmonton Urban Coyote Project, Dr. Colleen St Clair</i>		
26 1 – 3 Sunday Club	27 <i>10am-12 pm Fall in Love with Shakespeare on Monday Mornings #1</i>	28 10:45am Fitness 12pm Lunch 1pm Writing Class with Adele 2	29 10am Elder's Circle 12 pm: Lunch 1:00 Ikebana	30 10:45 am Fitness 12pm Birthday Thursday Lunch		

JUNE 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
2 1-3: Sunday Club	3 10am -12 pm Fall in Love with Shakespeare on Monday Mornings #2 12pm Lunch	4 10:45am Fitness 12pm Lunch & Learn: John Lee, Air Transportation Safety Investigations & reports	5 OPEN HOUSE COMPLIMENTARY: 10am Tea & Tour 10:45 Fitness 12pm Lunch (\$10) 5:30pm Yoga 101	6 10:45am Fitness	 New Member Aubrey Rogerville	
9 CLOSED	10 CLOSED	11 10:45am Fitness 12pm Shavuot Lunch 1:00pm Writing Class with Adele 3	12 10am- 12 Dr. Maduro, International Law 12pm Lunch 1pm Ikebana (last for the season)	13 10:45am Fitness 12pm Lunch & Learn: Indigenous Dancers		
16 1-3pm Sunday Club	17 10am -12 pm Fall in Love with Shakespeare on Monday Mornings#3 12 pm Lunch 1pm-3 Arm-chair Traveler;	18 10:45am Fitness 12pm Lunch	19 PICNIC with Talmud Torah Kids <u>No lunch at the Centre</u> 5:30pm Yoga 101	20 10:45am Fitness 12pm Lunch & Learn, an author Nora Stovel		
23 1-3pm Sunday Club	24 10am -12 pm Fall in Love with Shakespeare on Monday Mornings #4 12pm Lunch	25 10:45am Fitness 12pm Lunch & Learn: Tania, Blue Cross, on Importance of Travel insurance 1:00pm Writing Class, with Adele	26 10am Elder's Circle 12pm Lunch 1 -3 Book Club	27 10:45am Fitness 12pm Birthday Thursday Lunch & Learn with Councilor Knack	28	29
30 1-3pm Sunday Club						