



# 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

November - December 2017/5778

# LUMINARIA

At the DEVONIAN GARDENS *Fire light. Star light. Snow light.*

**Sunday, Decembers 3**

**Cost: \$30**

**Bus will leave the Centre at 6p.m. Tour 7- 9p.m.**

**Return to the Centre at 10p.m.**

We were able to reserve spots for this event which books up every year! This is the beginning of the winter season with thousands of candles along the paths of the [Kurimoto Japanese Garden](#) in a breathtaking display – a quiet oasis of peace and light. Visitors can count on their favorite elements: a stroll through the candle-lit pathways, hot apple cider beside the bonfires, ice sculptures, delightful "snow sprites". Hot food and beverage options.



# Hanukkah

**Thursday, December 14 @ 11:30a.m.**

Please join us for

**Hanukkah Latke Lunch & Concert** with our **Young at Heart Choir**

**Special Quiz with amazing prizes. Raffle and more fun!**

**You must RSVP by Thursday December 7**

**Fee: \$15 Members ONLY**



### BOARD OF DIRECTORS

**President:** Mark Salkie , **Past President:** Hal Simons, **Membership Chair:** Miriam Rabinovitch, **Treasurer:** Hans Pilz

**Secretary:** Odette Masliyah, **Program Chair:** Elaine Salkie, **Volunteer Coordinator:** Louise Percheson-Kagan.

**Directors:** Dmitry Alman, Shirley Grossman, Lewis Wasel.

**Honorary Members:** Hanna Pollack **Honorary Advisor:** Larry Derkach.

**Executive Director:** Svetlana Pavlenko; **Office Assistant:** Erika Damjanovic; **Chef:** Bozena Szopiak

# Health & Wellness

## Use it or Lose it *with Bonnie Austen!*

Features:

Cardio & strength training, flexibility,  
balance, music & laughter

**TUESDAYS @ see the schedule below**

**Please note time change to 1 pm**

**for following dates:**

November 7, 14, 21 & 28

**December 5, 12 & 19 @10:45a.m.**

## On Your Seat or

## On your Feet!

*with Ilonka Wormsbecker!*

Use of Weights & Stretch Bands

Improving Bone Density

Flexibility & Strength

Laughter & Music

**THURSDAYS @ 10:45a.m.**

Nov 2, 9, 16, 23 & 30

December 7 & 21 @10:45a.m.

*December 14 @10:10a.m.—*

*before Hanukkah Celebration*

## Invest in a New You!

*Take a chance!*

*Buy a Card!*

**Our Exercise Cards have**

**NO expiry date!**

Available to

**our members only**

Treat yourself to:

**6 classes for \$30**

**10 classes for \$50**

(Drop in fee per class \$6)

Good for any exercise class

at the centre!

## Books to Movies

## Discussion Group

**November 22 @ 1:00 p.m.**

*Lives of Girls & Women*

by Alice Munro

*A Jest of God*

by Margaret

Laurence



**No club in December**

## Ikebana Classes

Tuesday, November 7 & 21

Tuesday, December 5



*\*Please note that*

*Urban Poling Classes are cancelled*

# MYSTERY TRIP



**FULL**

It's a MYSTERY TRIP

So hush!

Don't tell anybody I told you where we're going:

**Sunday, November 5**

Leave the Centre at 10a.m. and be back by 4p.m.

**Cost \$40 all inclusive**

*Register today with payment, but, no later than Monday, October 30<sup>th</sup>.*

Tour and admire the magnificent *Sikh Nanaksar Gurdwara Gursikh Temple*,  
Visit the **unique** *Greenlands Garden Centre* – have you heard about their top-rated shops?

Enjoy a **late brunch** at *Chartier Restaurant*. A rustic, Quebec French style restaurant in the heart of Beaumont, Alberta. (4.5/5 rating)



## Paper Craft Cards Workshop

**November 16<sup>th</sup> from 12:45p.m. to approximately 3:45p.m.**

*Pamela MacLean* will bring supplies for 6 to 10 people to make  
**3** beautiful personalized Greeting Cards

You choose the “occasions” you want for your cards –  
Chanukah, Christmas, Birthday, Get Well, General and more

Register, and pay by November 13<sup>th</sup>

and tell us the “occasions” you choose

**Fee \$15 everything included**



# Sunday Club

November 12: Iliya Ilf & Marusya Tarasenko with Aza Dobrusina

November 19: TBA

November 26: Greek Culture Day at 11:30a.m. Fee \$15

December 3: Birthday Sunday with Emma Shmuilovich

December 10: Israeli Stories with Inna Zalezkina

December 17: Review of ALEF magazine with Sveta Bass



## LUMINARIA

at the DEVONIAN GARDENS

Fire light. Star light. Snow light.

JOIN US



**SUNDAY, DECEMBER 3**

**Bus will leave the Centre at 6p.m. Tour 7- 9p.m. Return to the Centre at 10p.m.**

We were able to reserve spots for this event which books up every year! This is a beginning of the winter season with thousands of candles along the paths of the [Kurimoto Japanese Garden](#) in a breathtaking display – a quiet oasis of peace and light. Visitors can count on their favorite elements: a stroll through the candle-lit pathways, hot apple cider beside the bonfires, ice sculptures, delightful "snow sprites". Hot food and beverage options.

**Cost: \$30**



### President's Column

Winter has arrived but we can all enjoy the many programs that the Centre offers. An ideal way of combating SAD is to come for lunch, enjoy hearing a talk or play cards or Mah-jongg with friends. Hanukkah is coming soon so plan to come to our Hanukkah party on Thursday the 14<sup>th</sup> December. Book early as it gets very crowded.

This is my last President's Column as after the AGM I shall be the Past President. It has been an interesting and rewarding experience to have been President and I thank the Board and you, the membership, for your support. My role was made much easier by the support of Svetlana and the now retired Marian, the delicious lunches provided by Bozena and our team of dedicated kitchen volunteers and the experience and wisdom of Hal the Past President.

As always I ask you to help the Centre to keep up the wonderful work it does by donating your time, as a volunteer, and/or making cash donations. Both are needed to maintain the Centre which will benefit you - our members.

The AGM will be at 12:45pm on Tuesday 21<sup>st</sup> November and I encourage all of you to be there to say goodbye to the old Board and hello to the newcomers.

*Mark L. Salkie, President*

**DO YOU NEED A RIDE TO  
OR FROM YOUR CENTRE?**



**Our Winter Transportation service is available again**  
**thanks to**

**the Jewish Federation of Edmonton Transportation Grant!**

If you need a ride to / from the Centre, please call the office **780-488-4241**.

Arrangements will be made for you to be picked up and/or taken home. Please call at least 1 day before you need the service or call Wednesday if you need a ride on Monday.

Some of our members have been using the service for 2 or more years and they are very happy. It is a great way to get to programs at the centre.

The service is reliable and safe.

The Board approved a nominal charge of **\$5 per round trip** for transport provided by the Centre; **one-way trip will be \$3. Payments at the Office - please!**

**Drivers' gratuity at your discretion.**

# Greek Culture Day



Join us for exploration & enjoyment

**Sunday, November 26**

11:30a.m. Presentation with Carmen Garifalia

12p.m. Traditional Greek Lunch

12:40p.m. Entertainment (*Dionysos Dancers of Edmonton* and choral youth group from the *Hellenic Heritage Language School of Edmonton*) **Fee: \$15**



## **Annual General Meeting 2017, Tuesday November 21<sup>st</sup> at 12:45pm**

### **Nominations Committee Board Slate**

The Nominations Committee presents the following slate for election to the Board of the Jewish Senior Citizen's Centre at the Annual General Meeting to be held on Tuesday, November 21<sup>st</sup> at 12:30pm.

All nominations, except as noted, are for a two (2) year term.

Dimitri Alman (one year), Miriam Rabinovitch (one year), Hans Pilz (one year)

Debby Waldman (one year), Elaine Salkie (one year)

Louise Percheson-Kagan, Daniel Assh, Shirley Grossman, Laurie Mozeson, and Lewis Wasel

In accordance with our By-Laws, other nominations will be accepted until November 7<sup>th</sup>, such nominations must be in writing and signed by two (2) members of the Centre and by the nominee, who must also be a member of the Centre. Nominations will NOT be accepted at the AGM.



**Please plan to attend the AGM and be an active participant in helping to make important decisions that will enable the JDIC to serve the members and the community.**



Thank you for Supporting your Centre!

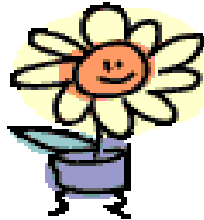
Call the Office 780-488-4241 for Birthday Cards

We try to be as accurate as possible. If we have it wrong please let us know.

**Birthday Celebration for November will be held on Thursday, November 30, 2017**

**Birthday Celebration for December will be held on Thursday, December 21, 2017**

Albert	Doreen
Bercov	Eleanor
Bercovich	Elizabeth
Cohen	Hoda
Cooper	Muriel
Dea	Ann
Dempsey	Dorothy
Devins	Miriam
Dilkie	Del
Feldman	Frida
Gagnon	Pierrette
Goldberg	Maya
Grigar	Jana
Hall	Margery
Jackson	Brenda
Kagan	Clara
Klein	Mary Jane
Lieberman	Susan
Lipshitz	Hinda
Lucas	Ann
Niles	Doreen
Percheson-Kagan	Louise
Plishka	Florence
Pollack	Hanna
Rozhko	Liliya
Seadon	Barbara
Sharun	Loretta
Sourmava	Valentina
Allen	Clive
Arnold	David
Bass	Yefim
Chkliar	Philippe
Duciaume	Jean-Marcel
Goldberg	Abraham
McCartney	Gorge
Whalen	Don
Zhelezkina	Pavel



**LUNCH & LEARN**

**Monday, November 20**

Mr. David Shepherd,  
MLA Edmonton—Centre

**Thursday, November 23**

Money Mentors Presentation

**Thursday, November 30**

Birthday Thursday

**Tuesday, December 12**

Rabbi Mendy: "For G-d's Sake:  
Are We Capable of Altruism?"



Alman	Dmitry
Banks	Tommy
Bell	Randy
Chetner	Jack
Cooper	Miriam
Fernando	Desmond
Frohlich	Ned
Hughes	Doug
Kacew	Abie
Lamshead	Jim
Morgenstern	Rick
Reboh	Joel
Rubin	Abner
Sperber	Geoff
Wasel	Lewis
Bishop	Elizabeth
Chernets	Oleksandra
Conroy	Helen
Delage	Leah
Edelmann	Judy
Elster	Ella
Segall	Mari
Friedman	Rhoda
Heilik	Bronia
Horwitz	Daphne
Jandrey	Rita
Karabus	Erica
Kipnes	Evelyn
MacDonald	Norma
Margolis	Marjorie
Moen	Betty
Morgenstern	Leslie
Rubenovitch	Joyce
Saik	Anna
Shea	Nora
Shocot	Elena
Sklofsky	Esther
Snyder	Paula
Wolfman	Naomi

**Thank you for Supporting your Centre!**

Call the office for Tribute Cards - (780) 488-4241

Donations \$6.00, \$10.00, \$18.00, \$36.00 and up

**We try to be as accurate as possible - Please accept our apologies for any omissions or errors**

**Cards sent from the Board of Directors**

<p><b>MAZEL TOV</b></p> <p><b>To: Faye &amp; Cyril Kay – your son Lewis’ great achievements</b></p> <p><b>To: George Goldford - 90th Birthday</b></p> <p><b>To: David Tankel — 90th Birthday</b></p>	<p><b>GET WELL</b></p> <p><b>To: Richard Theuman</b></p> <p><b>To: Lucille Hollands</b></p> <p><b>To: David Grossman</b></p>	<p><i>My Appreciation to the Jewish Senior Citizen's Centre's Board and Members for your messages of sympathy, and for your donations to the Centre in Carla's memory. Ruth Nolan and Family</i></p>
<p><b>MAZEL TOV</b></p> <p><b>To: David Tankel— Special Birthday!</b></p> <p>From: Freda Braude</p> <p>Elaine &amp; Mark Salkie</p> <p>Robyn &amp; Geoff Sperber</p> <p>Doreen Albert</p> <p><b>To: Freda Braude— Bat Mitzvah of great granddaughter</b></p> <p>Fr: Daphne Horwitz &amp; David Tankel</p> <p><b>To: Sheila &amp; Allan Parr – on your son’s engagement</b></p> <p>From: Elaine &amp; Mark Salkie</p> <p><b>To: Cyril &amp; Faye Kay - on your son’s great achievements</b></p> <p>From: Elaine &amp; Mark Salkie</p> <p><b>Thank you</b></p> <p><i>Thanks to Everybody for Sending Condolences.</i></p> <p><i>Jane Karstaedt</i></p>	<p><b>SYMPATHY</b></p> <p><b>To: Dr. Brian Berger &amp; Family – the loss of father &amp; grandfather</b></p> <p>Fr: Sandra &amp; Nathan Kahn</p> <p><b>To: Dalia Wolinsky- loss of mother</b></p> <p>From: Odette &amp; Jacob Masliyah</p> <p><b>To: Molly Sugarman - loss of brother Zelle z’l</b></p> <p>From: Shirley Ghitter</p> <p><b>To: Jane Karstaedt - loss of husband Edgar z’l</b></p> <p>From: Sondra Grosh</p> <p><b>To: Sandra Maygard - loss of husband Barry z’l</b></p> <p>From: Sondra Grosh</p> <p><b>To: Laurie Mozeson - loss of mother Florence z’l</b></p> <p>From: Sondra Grosh</p> <p><b>To: Penny Hardin - loss of sister Sheila z’l</b></p> <p>From: Sondra Grosh</p>	<p><b>SYMPATHY</b></p> <p><b>To: Eric and Paula Weil - loss of daughter Sarena z’l</b></p> <p>From: Sondra Grosh</p> <p><b>To Sandra Miller and family, loss of Gabriel Miller z’l</b></p> <p>Fr: Sondra, Miriam and Winona Grosh</p> <p><b>To: Ruth Nolan, loss of daughter Carla z’l</b></p> <p>From Sondra Grosh</p> <p><b>To: Marilyn Cohen - loss of husband Jack z’l</b></p> <p>From: Sondra Grosh</p> <p><b>GET WELL</b></p> <p><b>To: Bronia and Jim Heilik</b></p> <p>From: Mark and Elaine Salkie</p> <p><b>DONATIONS</b></p> <p><b>Leslie &amp; Rick Morgenstern</b></p> <p><b>Elaine &amp; Mark Salkie</b></p> <p><b>Louise Percheson-Kagan</b></p>



# November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Friday, November 10 at 12p.m. Remembrance Day Services At the Jewish Cemetery</b></p> 			<p>1 12p.m. Lunch <b>1p.m. Rabbi Mendy</b></p>	<p>2 10:45a.m. Fitness with Ilonka 12p.m. Lunch</p>	<p><b>Please plan to attend the AGM on TUESDAY November 21 at 12:45p.m. and be an active participant in helping to make important decisions that will enable Your Centre to serve the community!</b></p>	
<p>5 Mystery Trip Bus leaves at 10a.m. Return at 4p.m. <b>1-3p.m. Sunday Club</b></p>	<p>6 10a.m. Socialism 3 12p.m. Lunch 1p.m. Canada 150</p>	<p>7 <b>10a.m. Broadway</b> 12p.m. Lunch 1p.m. Fitness with Bonnie 1p.m. IKEBANA</p>	<p>8 12p.m. Lunch <b>1p.m. Rabbi Mendy</b></p>	<p>9 10:45a.m. Fitness with Ilonka 12p.m. Lunch</p>		
<p>12 <b>1-3p.m. Sunday Club</b></p>	<p>13 10a.m. Socialism 4  12p.m. Lunch 1p.m. Canada 150</p>	<p>14 <b>10a.m. Broadway</b> 12p.m. Lunch 1p.m. Fitness with Bonnie</p>	<p>15 12p.m. Lunch <b>1p.m. Rabbi Mendy</b></p>	<p>16 10:45a.m. Fitness with Ilonka 12p.m. Lunch <b>12:45p.m. Cards Making Workshop</b></p> 	<p>Monday, November 20 Lunch &amp; Learn with Mr. David Shepherd, MLA Edmonton Centre</p> 	
<p>19 <b>1-3p.m. Sunday Club</b></p>	<p>20 10a.m. Socialism 5  12p.m. Lunch 1p.m. Canada 150</p>	<p>21 <b>10a.m. Broadway</b>  12p.m. Lunch <b>12:45p.m. AGM</b>  1p.m. IKEBANA  1p.m. Fitness with Bonnie</p>	<p>22 12p.m. Lunch <b>1p.m. Rabbi Mendy</b>  1p.m. BOOK CLUB</p>	<p>23 10:45a.m. Fitness with Ilonka <b>12p.m. Lunch &amp; Learn: Money Mentor presentation</b></p>	24	25
<p>26 <b>11:30a.m. GREEK CULTURE DAY</b> Fee: \$15</p>	<p>27 10a.m. Socialism 6  12p.m. Lunch 1p.m. Canada 150</p>	<p>28 <b>10a.m. Broadway</b> 12p.m. Lunch 1p.m. Fitness with Bonnie</p>	<p>29 12p.m. Lunch <b>1p.m. Rabbi Mendy</b></p>	<p>30 10:45a.m. Fitness with Ilonka  12p.m. Birthday Thursday</p>	<p><b>Entertainment for Greek Culture Day: Dionysos Dancers of Edmonton</b> and choral youth group from the <i>Hellenic Heritage Language School of Edmonton</i>)</p>	

**Menu for November 2017**

DAY		SOUP	MAIN
Wednesday	1	Lentil	Sandwiches / Salad/ Desert
Thursday	2	Potato	Onion Kugel / Salad/ Desert
Monday	6	Bean	Tuna Casserole / Salad/ Desert
Tuesday	7	Carrot	Macaroni & Cheese / Salad/ Desert
Wednesday	8	Cabbage	Salmon Loaf / Salad/ Desert
Thursday	9	Mushroom	Fish & Potatoes / Salad/ Desert
Monday	13	Squash	Spaghetti / Salad/ Desert
Tuesday	14	Barley	Zucchini Quiche / Salad/ Desert
Wednesday	15	Vegetable	Chilli / Salad/ Desert
Thursday	16	Minestrone	Lasagne / Salad/ Desert
Monday	20	Tomato	Salmon Burger / Salad/ Desert
Tuesday	21	Pickle	Cold Plate / Salad/ Desert
Wednesday	22	White	Garden Quiche / Salad/ Desert
Thursday	23	Pea	Pizza / Salad/ Desert
Monday	27	Potato Leek	Meatless Meat Loaf / Salad/ Desert
Tuesday	28	Bok Choy	Knish in a Dish / Salad/ Desert
Wednesday	29	Corn	Tuna melt / Salad/ Desert
Thursday	30	Sweet Potato	Spaghetti / Salad/ Desert

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



**Menu for December 2017**

Day		SOUP	MAIN
Monday	4	Bean & Cabbage	Sandwiches / Salad/ Desert
Tuesday	5	No Chicken Chicken Soup	Frittata / Salad/ Desert
Wednesday	6	Lentil	Veggie Burgers / Salad/ Desert
Thursday	7	Barley	Zucchini Quiche / Salad/ Desert
Monday	11	Vegetable	Tuna Casserole / Salad/ Desert
Tuesday	12	Borscht	Macaroni & Cheese / Salad/ Desert
Wednesday	13	NO LUNCH	
Thursday	14	HANNUKAH	HANNUKAH @11:30a.m.
Monday	18	Carrot	Pizza / Salad/ Desert
Tuesday	19	Cucumber	Falafel, Humus / Salad/ Desert
Wednesday	20	Mushroom	Burakas
Thursday	21	Cabbage	Potato Strudel

Our New Members!

**Sara Bonnell**

**Leon Miller**

**Debbie Miller**

**Ann Lucas**

**Daniel Assh**



**Friday, November 10 at 12p.m.  
Remembrance Day Services  
at the Jewish Cemetery**

# My life journey as an Indigenous woman and scholar



Thursday, November 9 at 10:30a.m.

DR. DARLENE P. AUGER

Dr. Darlene Auger will be presenting her life journey as an Indigenous woman and scholar. In a short period of time, she will share with you her Indigenous ways of learning, knowing and being. Having been born out of a spiritual vision in 2001 and researched via a doctoral program between 2012 – 17, within defined Indigenous research methodologies; Darlene's healing therapeutic practice is unique and truly a gift to experience.

Dr. Auger's dissertation is entitled: **DECOLONIZING THE ACQUISITION OF KNOWLEDGE: Exploring VISION as a method for acquiring knowledge by examining the 'Vision of Wepison' and the well-being it has bestowed upon community**

## BIOGRAPHY

A Bush Cree woman originally from Wabasca (Wâpiskâw), (Northern Alberta), who resides in Edmonton (Amiskwâci Wâskahikan), Alberta, Darlene comes from a family of eight and is a mother of two beautiful young ladies, Fawn and Kiistin. Darlene is an educator, researcher, entrepreneur, holistic practitioner, actress and singer.

Darlene has a Psychology Degree from the University of Alberta and is a Doctoral Degree from the University Nuhelotine Thayotsi Nistameyimakanak Blue Quills in "Iyiniw Pimâtisiwin Kiskeyihtamowin" - Indigenous Life Knowledge. Darlene is currently working on an Early Childhood Cree Cultural Resource pkg, which includes a CD of Cree lullabies, 4 children's books of traditional parenting teachings, a toy swing and moss bag in a 5 foot tipi.

In 2001, Darlene had a spiritual vision to create a therapeutic model after an ancient Indigenous parenting tool for the healing benefit of all people. Darlene operates her practice out of her home and travels to mentor and share the medicine. She is an accomplished facilitator, having presented locally, nationally and abroad.

Fee: \$3

# December 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<p><b>The Centre will be closed From December 22, 2017 till January 1, 2017 The Centre will be re- opened on Tuesday, January 2, 2018</b></p>	
<p>3 1-3p.m. <b>Sunday Club</b> <i>6p.m. Departure from the Centre to LUMINARIA at the Devonian Gardens</i></p>	<p>4 12p.m. Lunch</p>	<p>5 10:45a.m. Fitness with Bonnie 12p.m. Lunch 1p.m. IKEBANA</p>	<p>6 12p.m. Lunch</p>	<p>7 10:45a.m. Fitness with Ilonka 12p.m. Lunch</p>	8	9
<p>10 1-3p.m. <b>Sunday Club</b></p>	<p>11 12p.m. Lunch</p>	<p>12 10:45a.m. Fitness with Bonnie 12p.m. Lunch &amp; Learn: Rabbi Mendy "For G-d's Sake: Are We Capa- ble of Altruism?"</p>	<p>13 12p.m. Lunch</p>	<p>14 10:10a.m. Fitness with Ilonka 11:30a.m. <b>Hanukkah Celebration</b></p>	15	16
<p>17 1-3p.m. <b>Sunday Club</b></p>	<p>18 12p.m. Lunch</p>	<p>19 10:45a.m. Fitness with Bonnie 12p.m. Lunch</p>	<p>20 12p.m. Lunch</p>	<p>21 10:45a.m. Fitness with Ilonka 12p.m. <b>BIRTHDAY THURSDAY</b></p>	22	23
<p>24 C</p>	<p>25 L</p>	<p>26 O</p>	<p>27 S</p>	<p>28 E</p>	<p>29 D</p>	<p>30</p>



**Israel: Winter Update with  
Abe Silverman**

**Wednesday, January 10 @1p.m.**



**We enjoy branch & a mystery play  
at the Wataskiwin Theatre!**