

Celebrating Beth Ora's Super Seniors

PAYING TRIBUTE TO OUR MEMBERS 90+ YEARS OF AGE!

Welcome to the December edition of our Super Seniors Spotlight. Each month, we will be acknowledging and showcasing some of our very special seniors 90+ years of age, who are celebrating their milestone birthdays.

DECEMBER SPOTLIGHT

**Happy and Healthy December Birthdays
from your Beth Ora family!**

**Happy 100th Milestone Birthday
Estair Lipson
December 13th**

**Peggy Lanfer
December 12th**

**Morty Hopkins
December 20th**

**Philip Abrams
December 31st**

Get to Know Our Super Seniors

PEGGY LANFER

Peggy was born in Montreal and moved to Saint Laurent with her husband, John, and 18-month old son in February of 1963. They joined Beth Ora very soon after. Her husband used to attend High Holiday services and Shabbat services when he was in town.

When Peggy's mother moved in with her family after her father passed away in 1969, Peggy started thinking that a Golden Age Club would be a wonderful outlet for her mother and other seniors in the area. She approached Rabbi Wolicki, and he said if she could round up enough seniors, he would allow her to launch the Club at Beth Ora.

So Peggy went to work! She stood at the St. Louis Shopping Centre and asked anyone passing by that looked like a senior if they would be interested in joining. When she didn't have enough names from that, she went to the Saint Laurent City Hall to get names of Jewish families and called them. Her friend Sylvia Gold helped her out, and they ended up with many more names than the Rabbi had asked for! Peggy says that the Club was a very welcoming place for seniors and everyone had a warm feeling being there. They organized activities and even helped drive the participants, who didn't drive themselves, to the shul for the activities. All in all, it was a great success!

Peggy was also involved in other activities at the shul, including the rummage sales. She and Issie Cohen started a Badminton Club, and although it wasn't officially a Beth Ora activity, almost all the players were Beth Ora members.

Peggy was very athletic; she actually played tennis well into her late 80's, and was also a downhill skier until she was 88!

Peggy credits her mother as being the most influential person in her life; she had come to Canada from Poland in 1914, and was very modern and forward-thinking.

Above all, Peggy values good health, family and friends most in life.

Happy upcoming 93' Birthday, Peggy, from your Beth Ora family! Wishing you lots of good health and happiness, ad 120, with your family and friends!

Get to Know Our Super Seniors

ESTAIR LIPSON

Estair was born in Winnipeg on December 13, 1921.

She moved to Montreal 70 years ago, where she raised her two children and grandchildren. She enjoyed working as an interior decorator, and also participated in many other activities.

Congratulations, Estair, on your upcoming, very special 100th birthday!