

EVENTS FOR FEBRUARY 2018

AT CONTACTIVITY CENTRE

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			10:00-11:00 Stretch to Music 11:30-12:30 Blood Pressure Clinic 12:30 pm Winter Carnival, Valentine's Day Luncheon and Birthday Celebration with Music & Animation by Greg Innis	9:30-10:30 Friday Fitness 11:00-12:00 Tai Chi 1:30-3:00 Thomas More 1:30-2:30 One-Hour Line Dancing II 1:30-3:00 1 ½ Hour Line Dancing II 1:00-2:00 Tango Argentina
5	6	7	8	9
10:30-11:30 Stretch to Music 10:30-3:30 Arts & Crafts 12:00-12:30 Soup Kitchen 12:30-3:30 Bridge	9:00-11:30 Foot Care Clinic	11:00-3:00 Arts & Crafts 9:45-11:45 Beginners II Bridge 12:15-2:15 Intermediate Bridge 2:15-4:15 Supervised Bridge	10:00-11:00 Stretch to Music 1:00 pm Lunch	9:30-10:30 Friday Fitness 11:00-12:00 Tai Chi 1:30-3:00 Thomas More Line Dancing is Cancelled Today 1:00-2:00 Tango Argentina
12	13	14	15	16
10:30-11:30 Stretch to Music Arts & Crafts Cancelled Today 12:00-12:30 Soup Kitchen 12:30-3:30 Bridge		Arts & Crafts Cancelled Today 9:45-11:45 Beginners II Bridge 12:15-2:15 Intermediate Bridge 2:15-4:15 Supervised Bridge	10:00-11:00 Stretch to Music 1:00 pm Lunch & Guest Speaker	9:30-10:30 Friday Fitness 11:00-12:00 Tai Chi 1:00 pm In-Town Lunch 1:30-3:00 Thomas More 1:30-2:30 One-Hour Line Dancing II 1:30-3:00 1 ½ Hour Line Dancing II 1:00-2:00 Tango Argentina
19	20	21	22	23
10:30-11:30 Stretch to Music 10:30-3:30 Arts & Crafts 12:00-12:30 Soup Kitchen 12: 30-3:30 Bridge		Arts & Crafts Cancelled Today 9:45-11:45 Beginners II Bridge 12:15-2:15 Intermediate Bridge 2:15-4:15 Supervised Bridge	10:00-11:00 Stretch to Music 1:00 pm Lunch & Movie of the Month	9:30-10:30 Friday Fitness 11:00-12:00 Tai Chi 1:30-3:00 Thomas More 1:30-2:30 One-Hour Line Dancing II 1:30-3:00 1 ½ Hour Line Dancing II 1:00-2:00 Tango Argentina
26	27	28		
10:30-11:30 Stretch to Music 10:30-3:30 Arts & Crafts 12:00-12:30 Soup Kitchen 12:30-3:30 Bridge	1:30 pm Recognition Tea for Bazaar Volunteers only - Reservations are necessary 3:00 pm Super Bingo at Kensington Place	11:00-3:00 Arts & Crafts 9:45-11:45 Beginners II Bridge 12:15-2:15 Intermediate Bridge 2:15-4:15 Supervised Bridge		

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Winter Carnival, Valentine's Day Luncheon & Birthday Celebration – Thursday, February 1st ***Special Time: 12:30 PM ***

Come and celebrate Valentine's Day with your friends at Contactivity Centre on **Thursday, February 1st at 12:30 pm**. We are celebrating Valentine's Day early this year, in conjunction with Westmount's Winter Carnival. The menu will include **Bar-B-Q chicken**, coleslaw, bun, gravy, French fries, juice, tea, coffee and homemade dessert. You will have a choice of breast or leg, so please specify when making your reservation. **There will be wonderful door prizes and first-class entertainment offered by the one and only GREG INNIS** who is guaranteed to make you feel like dancing and singing along, so put on your dancing shoes. Tickets are **\$10.00** and are available at the Centre. You can pick up your tickets in advance or you may reserve your place by telephone and pick up your ticket at the door. However, because we are ordering the Bar-B-Q chicken, you will be responsible for the \$10.00 even if you can't come on short notice. The last day to reserve is Tuesday, January 30th, 2018. Lunch is half price for members celebrating a birthday in February.

WEEKLY Thursday Luncheons at 1:00 pm. Menu & Entertainment

Please call us to reserve for Thursday lunch, no later than the Tuesday before!! This is very important for us to know how many people to buy food for, so as to keep on budget.



- February 1st** **Winter Carnival, Valentine's Day Luncheon & Birthday Celebration**
SPECIAL TIME: 12:30 pm
- Bar-B-Q Chicken, coleslaw, bun, gravy, French fries, **Cost: \$10.00**
juice, tea, coffee, and homemade dessert.
- Entertainment:** **Greg Innis** – **Greg** is guaranteed to make you feel like dancing and singing along, so put on your dancing shoes.
- February 8th** Shepherd's pie, vegetables, tea, coffee and dessert. **Cost: \$5.00**
- February 15th** Seafood casserole, salad, bread, tea, coffee and dessert. **Cost: \$5.00**
- Guest Speaker:** Coeur Atout (Hearts in Action) will be animating a game using the Coeur Atout deck of cards and a discussion around the four themes printed on the resource guide: social engagement, health and fitness, community resources and recognizing the signs of elder abuse. The goal of the activity will be to promote knowledge of, and access to, community resources in NDG.
- February 22nd** Vegetarian lasagna, garlic bread, salad, tea, coffee **Cost: \$5.00**
and dessert.
- Entertainment:** **Movie of the Month: "Victoria and Abdul"**

Movie of the Month – Thursday, February 22nd

"Victoria and Abdul" (2017) 1h 51min. Biography, Drama, History
Directed by Stephen Frears. Starring Judi Dench, Ali Fazal, Tim Pigott-Smith.

The extraordinary true story of an unexpected friendship in the later years of Queen Victoria's remarkable rule. When Abdul Karim, a young clerk, travels from India to participate in the Queen's Golden Jubilee, he is surprised to find favor with the Queen herself. As the Queen questions the constrictions of her long-held position, the two forge an unlikely and devoted alliance with a loyalty to one another that her household and inner circle all attempt to destroy. As the friendship deepens, the Queen begins to see a changing world through new eyes and joyfully reclaims her humanity.

Anyone interested in watching this movie, kindly make a reservation by calling the office at 514-932-2326 so we know how many chairs to set up in advance. Cost: \$0.50

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February Birthdays

Best wishes to all of the following members who are celebrating a birthday in February:

Susan Anastasopoulos, Angela Anich, Samira Assaad, Beverley Baird, Wendy Barnes, Gwen Borbey, Vessela Borossa, Andrew Broda, Carol Cameron, Luciano Cannariato, Wilma Christiansen, Colette Chomski, Francine Clément, Bill Creighton, Maria Dantas, Gillian Davies, Sheila Denton, Diane Deschamps, Hans Eich, Joyce Fabes, Honey Fox-Moscowitz, Lynda Gould, Patricia Hewitt, Nancy Humber, Patricia Kearney, Blanche Killam, Clement Lam, Terri Leckner, Louise Ledoux, Mary Lund, Louise Michaud, Pat Phillips, Boba Pivnicki, Rona Rochweg, Peggy Séguin, Betty Shannon, Roslyn Stroll, Beverlea Tallant, Carole Thomas, Maurice Vézina and Monique Vézina.

We hope to see you at the Birthday Celebration on Thursday, February 1st at 12:30 p.m.

Lunch is half price for birthday celebrants - \$5.00. If you can join us, please call the Centre at 514-932-2326 to reserve in advance, no later than Tuesday, January 30th.

In-Town Lunch – Friday, February 16th at 1:00 pm

This month's in-town lunch will be at **Restaurant Pick Thai** located at 5221 de Maisonneuve Blvd. W., between Northcliffe and Marlowe Ave. They offer authentic Thai cuisine in a very cozy atmosphere. Lunch specials range from \$15.25- \$16.25 and includes two egg rolls for an appetizer. You can add a mango salad for \$2.50. There are 8 choices to choose from for the main dish. There are vegetarian options and gluten-free dishes. There are 10 steps to enter the restaurant with handrails on both sides or there is an elevator you can use. **Members and their guest(s) will meet at 1:00 pm.**

Join fellow members for a culinary experience. Reservations are necessary, so please call the Centre at 514-932-2326 to make your reservation no later than Tuesday, February 13th.

Directions: By Metro: From Vendome metro, walk one block west along de Maisonneuve Blvd. to the restaurant.

By Bus: Take Bus 17S to the corner of Decarie and deMaisonneuve Blvd., then walk one block east to the restaurant. //OR// Buses 37, 90, 102, 104, 105 and 124 can be taken to Vendome metro, then from the metro walk one block west to the restaurant.

Annual Bazaar Recognition Tea – Tuesday, February 27th – 1:30 pm

The Annual Bazaar Recognition Tea is our way of showing our sincerest gratitude and thanks to the members & contributors who volunteered their time on the set-up day and/or the Bazaar day itself, also those who sold raffle tickets, obtained raffle prizes, participated in the baking day, donated crafts, baked good, jams, and preserves for the Bazaar. In order for us to have ample food prepared for this event, we need to know how many bazaar volunteers will attend. **Please telephone us in advance – by Friday, February 23rd, at the latest, at 514-932-2326**, to reserve if you are able to join us. The menu will comprise of hot soup, a selection of hot dishes, a variety of sandwiches, salads, cheese, pâté, crackers, fruit, tea, coffee and desserts. We look forward to seeing you all!

Weather Alert – Course cancellation & closure of the Centre

During the winter months, depending on the weather, we may have to cancel courses on short notice and/or decide to close the Centre altogether. If this will be the case, we will do our utmost best to contact everyone in time who is enrolled in the course scheduled that day. We will also alert CJAD so they can announce our closure on the air. Also, we will change the Centre's greeting message to announce any cancellation of courses or inform you if the Centre is closed. So, if the weather is bad and you are wondering whether or not a course is cancelled or whether or not the Centre is closed, listen to CJAD station or call the Centre and listen to the greeting message.

Winter Boots – IMPORTANT

We would like to remind you to remove your winter boots and other overshoes after entering the Centre at the front door. Bring comfortable shoes or slippers with a good tread with you when you come to the Centre during the winter months. This will prevent slippery, wet surfaces for yourself and

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others. Thank you for your cooperation. If anyone forgets to bring slippers or shoes, we have non-skid foot covers available in the office.

Out-of-Town Trip - Annual Sugaring-off Party – Wednesday, March 21st

The first trip of the season is our annual sugaring-off party. We will be going to **Cabane à Sucre Constantin** located in Saint-Eustache. It was during the war, in 1941, that the sugar shack Constantin first opened its doors to the public. It is one of the oldest maple groves in Quebec. Cabane à Sucre Constantin continues to be a family-run business passed down through generations to the original owners' grandsons – André & Michel. André and Michel have directed the family enterprise since 2000 with great success and they continue to accommodate its growing clientele. The menu includes: Canadian bread, pea soup, cretons, coleslaw, homemade marinades, ham, sausages in maple syrup, omelets, pork rinds, baked beans, potatoes, pancakes, poor man's pudding, sugar pie, soft ice cream, tea and coffee. ****A full bar is available****

Following the lunch, there are many activities to choose from:

- Music, dance & animation – line dancing & social dancing provided by animator J.A. Gamache
- Belgian horse-drawn sleigh ride
- Visit the mini farm & exotic animals – about 150 animals to see
- Taste taffy on the snow
- Visit the doll museum – over a hundred dolls from 1900s – 2000
- Visit the arts & crafts table – variety of gifts & handmade jewelry
- Visit of the maple syrup production
- Visit and/or shop at the boutique filled with homemade meals, preserves and sweets

Be among fellow members, bring a friend and join us for a day's escape from the city.

Reserve today!

Leave Centre: 10:00 a.m.

Leave Saint-Eustache: 3:45 p.m.

The cost will depend on the number of individuals who sign up and will include transportation by motorcoach, lunch, dance & animation, sleigh ride and all other activities listed above.

<u>Total cost for Member</u>			<u>Total cost for Member's Guest</u>		
If 25-30	participate	\$51.00	If 25-30	participate	\$54.00
If 31-35	"	\$46.00	If 31-35	"	\$49.00
If 36-40	"	\$43.00	If 36-40	"	\$46.00
If 41-45	"	\$42.00	If 41-45	"	\$45.00
If 46-50	"	\$40.00	If 46-50	"	\$43.00

A deposit of \$40.00 for members or \$43.00 for a member's guest must be given to be considered on the trip. This is a non-refundable deposit. The balance of the trip is to be paid on the day of the trip, before departure. Come into the building to pay the balance and obtain your bus number. First come, first served.

Courses Already in Session (there may still be some openings – ask at the office)

			Member	Non-Member
Beginners II Bridge – Wed.	January 17 th - March 21 st	10 weeks	\$70.00	\$80.00
Intermediate Bridge – Wed.	January 17 th - March 21 st	10 weeks	\$70.00	\$80.00
Supervised Bridge – Wed.	January 17 th - March 21 st	10 weeks	\$70.00	\$80.00
Stretch to Music – Monday	January 15 th – March 19 th	10 weeks	\$35.00	\$40.00
Stretch to Music – Thursday	January 18 th – March 22 nd	10 weeks	\$35.00	\$40.00
Thomas More – Friday	January 19 th – March 23 rd	10 weeks	\$15.00	\$20.00
Friday Fitness – Friday	January 19 th – March 23 rd	10 weeks	\$35.00	\$40.00
Tai Chi – Friday	January 19 th – March 23 rd	10 weeks	\$35.00	\$40.00
One Hour Line Dancing II – Friday	January 19 th – March 23 rd	9 weeks	\$31.50	\$36.50
1 ½ Hours Line Dancing II – Friday	January 19 th – March 23 rd	9 weeks	\$47.25	\$52.25
Tango Argentina – Friday	February 2 nd – March 9 th	5 weeks	\$50.00	\$55.00

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Fall Prevention – Begins March 8th

Contactivity Centre, in conjunction with the CLSC Metro is again offering a twice-weekly, 12-week Fall Prevention program. You will learn gentle exercises that are scientifically designed to improve balance, confidence and strength. The classes will be given twice a week, on **Mondays from 9:15-10:15** and **Thursdays from 3:00-4:30** for **12** weeks. This also includes a series of brief information sessions on how to avoid risks at home and outdoors. There is no cost but the group must remain small and participants must make a commitment to attending twice a week for the full 12 weeks. **Please call the Centre at 514-932-2326 if you would like to participate in this course.**

The Walkie Talkies

Contactivity's 60+ walking group meet twice-weekly on Mondays and Thursdays at 10 a.m. at the Greene Avenue entrance to Westmount Square. **For more information, please call Karen Evoy in advance at 514-826-4493 or send an e-mail to karen.evoy@gmail.com.** Happy walking!

Weekly Groups – Join anytime!!!!

Arts & Crafts:

- **Mondays:** 10:30 am to 3:30 pm Full, but you can get on the waiting list
- **Wednesdays:** 11:00 am to 3:00 pm Full, but you can get on the waiting list

Bridge Group: Mondays: 12:30 pm to 3:30 pm Ongoing

The Walkie Talkies: Walking Group – start at the Greene Avenue entrance to Westmount Square

- **Mondays:** 10:00 am to 11:30 am Ongoing
- **Thursdays:** 10:00 am to 11:30 am Ongoing

Ping Pong & Pool:

- **Mondays:** 10:00 am to 12:00 am Full, but you can get on the waiting list
- **Fridays:** 10:00 am to 12:00 am Full, but you can get on the waiting list

Free Volunteer Income Tax Clinics – For Seniors on Modest Income with Simple Tax Situations

Entraide Bénévole Métro will be hosting tax preparation clinics on Wednesday, March 7th, Thursday, April 19th and Wednesday, April 25th for seniors 65+ with a modest income and simple tax situation. (less than \$20,000 for a single person, less than \$30,000 for a couple). Interest under \$1,000. You must live in the territory of the CLSC Métro. Other restrictions may apply. For more information on eligibility and/or to book an appointment, please call the EBM at 514-939-9575. They are located at 1801 de Maisonneuve Blvd. W. (corner St-Mathieu).

Also, the **NDG Senior Citizens' Council** will be hosting tax clinics as well during the tax season by appointment only. For 50+ years of age, less than \$27,000 for a single person or less than \$30,000 for a couple. No interest greater than \$1000 and cannot earn rent from revenue property. The area they cover is Montreal-West, NDG and a portion of Cote St. Luc. They are located at 88 Ballantyne N., in Montreal-West. For more information on eligibility and/or to make an appointment, please call after February 14th at 514-487-1311.

Our Website Address

While surfing the internet, check out our website address at www.contactivitycentre.org. It is updated regularly with current activities at the Centre and photographs from recent events (click on the "gallery" section near the top of our home page) and an online version of this newsletter. And if you are on Facebook you can visit and "like" us there too! You can also check out our seniors resource website at www.montrealfamilyties.net.

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TeleCheck – a Good Way to Have Peace of Mind

If you live alone, even if you feel fit as a fiddle it is a good idea to subscribe to our TeleCheck service to have a cheerful Contactivity person check in on you by telephone every weekday morning (or you can call in). It's only **\$5 per year for Contactivity members (\$10 a year for non-members)**. It doesn't matter how far away you live, as long as it's not long-distance you can still join. This means that if, for example, you have a fall in your home and cannot reach the telephone, or you have some other misfortune (and those are almost never anticipated, are they?) then at least you know that if TeleCheck can't reach you by the end of the morning, they will get in touch with the contact person you have named, and the wheels will be in motion for that person to check what is the situation at your home. So you do have to nominate one – ideally two – people who have keys to your home and who are willing and able to go check on you when and if we alert them. TeleCheck has been able to avert several potentially critical situations for subscribers over the years. (Of course if you have a serious on-going health condition, you may want to consider a private monitoring system like LifeLine for 24-hour monitoring.)

Not interested in TeleCheck? Then start a one-on-one buddy system of your own with a friend. Be each other's guardian angel by calling each other daily and know in advance what your friend wants you to do if you can't reach him or her within the agreed-upon timeframe. Some Contactivity members already do that among their friends.

Blood Pressure Clinic – Thursday, February 1st

A nurse from CLSC Metro will be here on Thursday, February 1st between 11:30 am - 12:30 pm to take your blood pressure. **Please call the Centre at 514-932-2326 to make your appointment today.**

Foot Care Clinic – Tuesday, February 6th

Dr. Bevacqua will be here on Tuesday, February 6th from 9:00 – 11:30 am. **Please call Barbara at 514-932-2326 to make an appointment.** The cost of the foot care clinic is **\$30.00**, payable directly to Dr. Bevacqua.

Super Bingo

The next Super Bingo at Place Kensington, located at 4430 Ste. Catherine St. W. (corner of Metcalfe Ave.) is on **Tuesday, February 27th** starting at 3:00 pm. **Contactivity members and their guest are invited, so just show up at Place Kensington if bingo is your game.**

Welcome New Members

A big, big welcome to:

Roselle Fex, Colette Chomski, Roland Massicottz, Linda Isaacs, Patricia Hewitt and Deirdre Stevenson.

Hope to see you at the Centre's many activities.

In Memoriam

We would like to extend our deepest condolences to member Masao Ishida in the loss of his beloved wife Claire Ishida and to the family and friends of the late Nancy Hale.

Contactivity Centre for Seniors is a non-profit charitable organization, partially funded by **Centraide**, located at 4695 de Maisonneuve Blvd. W. Westmount, Quebec, H3Z 1L9.

Tel: 514-932-2326 or 514-932-3433. Website: www.contactivitycentre.org

Executive Director - Mary Stark; Membership Coordinator - Barbara Savada; Program Coordinator - Rekha Birla; Crafts Coordinator – Angelina Hum; Program Coordinator – Emily Rill.

Activities Coordinator – Ashlyn Stevens; Outreach workers - Fiona Smith and Carolyn Howard.