

# EVENTS For July 2018 AT CONTACTIVITY CENTRE

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>CENTRE IS CLOSED</b>  <b>Canada Day</b>		<b>11:00-3:00 Arts and Crafts</b>	<b>10:00-11:30 Walkie Talkies</b>	<b>10:00-12:00 Ping Pong &amp; Pool</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>10:00-12:00 Ping Pong &amp; Pool</b> <b>10:00-11:30 Walkie Talkies</b> <b>10:30-3:30 Arts &amp; Crafts</b> <b>No Soup Kitchen &amp; No Bridge Group</b>		<b>11:00-3:00 Arts and Crafts</b>  <b>1:00 PM Afternoon with a Movie &amp; Popcorn</b>	<b>10:00-11:30 Walkie Talkies</b>  <b>10:00 am Spur-of-the-Moment In-Town Outing - Pointe-à-Callière Museum</b>	<b>10:00-12:00 Ping Pong &amp; Pool</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>10:00-12:00 Ping Pong &amp; Pool</b> <b>10:00-11:30 Walkie Talkies</b> <b>10:30-3:30 Arts &amp; Crafts</b> <b>No Soup Kitchen &amp; No Bridge Group</b>	<b>10:45 am Montreal Museum of Fine Arts Outing – reservations required</b>  <b>(details inside newsletter)</b>	<b>11:00-3:00 Arts and Crafts</b>  <b>1:00-2:00 PM Bingo with a Twist</b>	<b>10:00-11:30 Walkie Talkies</b>	<b>10:00-12:00 Ping Pong &amp; Pool</b>  <b>3:00 PM Afternoon Tea at Le Parloir</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>10:00-12:00 Ping Pong &amp; Pool</b> <b>10:00-11:30 Walkie Talkies</b> <b>10:30-3:30 Arts &amp; Crafts</b> <b>No Soup Kitchen &amp; No Bridge Group</b>	<b>9:00-11:30 Foot Care Clinic</b>	<b>9:00 am Day in the Country</b>  <b>11:00-3:00 Arts and Crafts</b>	<b>10:00-11:30 Walkie Talkies</b>  <b>1:00 - 2:30 <u>Summer Institute</u> Workshop: Resilience – the key to sailing through Life's Challenges Successfully</b>	<b>10:00-12:00 Ping Pong &amp; Pool</b>
<b>30</b>	<b>31</b>			
<b>10:00-12:00 Ping Pong &amp; Pool</b> <b>10:00-11:30 Walkie Talkies</b> <b>10:30-3:30 Arts &amp; Crafts</b> <b>No Soup Kitchen &amp; No Bridge Group</b>	<b>10:00-11:30 Origami Adventure</b>  <b>3:00 pm Super Bingo at Place Kensington</b>			

**AUGUST NEWSLETTER INCLUDED,  
LOOK FOR IT AT THE END OF JULY**

### Afternoon Tea – Friday, July 20<sup>th</sup> at 3:00 pm

Located in the heart of the Plateau Mont-Royal, you will find a tea room called **Le Parloir**. This dainty café with its European inspired décor is the perfect spot for afternoon high tea with friends. Le Parloir is located at **4354 Christophe-Colomb Ave.**, between Mont Royal Ave. and Marie-Anne St. Embellished with Victorian china and a vintage ambiance, tea lovers will feel like royalty. Le Parloir is famous for its delicate and soft scones served with Devonshire cream and various choices of jam. They offer a wide selection of teas as well as homemade pastries and meals. Sylvie Marchand, owner of this wonderful café, will surprise your taste buds and your experience in this tea shop. The tea will include a divine three tier stand garnished with 5 delicious and savoury bites - sandwiches & canapés and 5 desserts such as a scones, pastry, chocolate, etc. Your tea will be served in a ceramic teapot. The cost will be \$26.50 plus taxes, plus gratuities. This café has a BYOW license. Join fellow members for a gastronomic experience. There is one step to enter Le Parloir. **PLEASE MENTION UPON RESERVING IF THERE ARE ANY DIETARY RESTRICTIONS.** Members and their guest(s) will meet at 3:00 pm. **Reservations with us are necessary, so please call the office at 514-932-2326 to make your reservation by Tuesday, July 17<sup>th</sup>. Maximum of 8.**

**Directions: By Metro:** From Mont-Royal metro, take Bus-11E to the corner of Christophe-Colombe and Marie-Anne, then walk ½ block north along Christophe-Colombe to the Café.

**By Bus:** Take Bus 24E to Cherrier & du Parc Lafontaine, walk one block east along Cherrier to Amherst and take Bus 14N to de la Roche & Marie-Anne, then walk two blocks west along Marie-Anne to Christophe-Colombe, turn right onto Christophe-Colombe and walk ½ block north to the café.

### July Birthdays

**Best wishes to all of the following members who are celebrating a birthday in July. We hope those of you who joined us at the birthday celebration on June 18<sup>th</sup> enjoyed themselves!**

Stewart Arbuckle, Richard Blair, Julia Brennan, Nirmala Brunel, Audrey Burkowsky, Beth Chaikin, Barbara Covington, John Di Ioia, Dan Dutton, Wilma Dyer, Doris Emler, Vera Fergenbaum, Linda Fratta, Michael Fratta, Christa Fust-Stangl, Sosi Garibyan, Maurice Gilchrist, Elaine Giovannetti, Gwendolyn Goring, Yvonne Greer, Ben Henkewick, Kathy Hewitt, Marcia Hollink, Alice Lukacs, Geraldine Macaulay, Rosemary Mackell, Donald Oakes, Josephine Peach, Diane Pharand, Dorothy Plummer, Bridget Polidoro, Jill Quinton, AnnaLee Ross, Sylvia Ruby, Sylvia Schmutz, Margaret Sheremata, Diana Simmonds, Janet Small, Penny-Anne Soper, Frances Stamos, Pat Takahashi, Rex Tallentire, Brian Townsley, Graida Victor, Clodaugh Wheatley and Peter Woo.

### Movie of the Month – Wednesday, July 11<sup>th</sup> at 1:00 PM

**“The Greatest Showman”** – (2017) 1h 45min. Biography, Drama, Musical  
Directed by Michael Gracey. Starring Hugh Jackman, Michele Williams and Zac Efron.

Inspired by the ambition and imagination of P.T. Barnum, **The Greatest Showman** is an original musical that celebrates the birth of show business and tells the story of a visionary who rose from nothing to create a mesmerizing spectacle that became a worldwide sensation. Watch Hugh Jackman lead an all-star cast in this film filled with infectious show stopping performances. **Maximum of 24. Cost: 0.50¢ includes popcorn.**

**Anyone interested in watching this movie, kindly make a reservation in advance by calling the office at 514-932-2326 so we know how many chairs to set up in the drop-in room. Deadline to reserve is July 9<sup>th</sup>**

### Bingo With a Twist – Wednesday, July 18<sup>th</sup> & August 1st

Come enjoy playing Bingo while testing your knowledge of song titles and artists, followed by light refreshments with coffee, tea, and cold drinks. It will take place in the air-conditioned drop-in room on July 18th and August 1<sup>st</sup> from 1:00-2:00 pm. **Maximum of 15. If you are interested in participating, please call the office at 514-932-2326.**

### Free Visit and Guided Tour to the Montreal Museum of Fine Arts

Exhibition: **Picasso**

Date & Time: Meet at 10:45 on Tuesday July 17, 2018

Meeting Place: 2075 Bishop St. (This is the Group Entrance located in the new Pavilion at street level)

**From Africa to the Americas: Face-to-Face Picasso, Past and Present**, looks at the transformation in our view of the arts of Africa, Oceania and the Americas from the end of the 19th century to the present day. Following milestones in the life of **Pablo Picasso** (1881-1973) and in history, the exhibition explores the close relationship between the Spanish master and these arts, focusing on the history of attitudes. Throughout the show, works by contemporary artists of African descent provide a counterpoint, increasing the points of view on the international history of art that requires rethinking.

Backpacks, large bags, umbrellas as well as food and drinks, are not permitted in the galleries. A place in the vestibule area of the Pavilion is reserved for Contactivity Centre to leave coats & other items.

The English tour will last one hour. Please contact Contactivity Centre Outreach at 438-920-3460 or the office at 514-932-2326 for more information and to reserve a space as they are limited!

## Events for July 2018 - Contactivity Centre - Cont'd

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### Construction Inside and Out

There will be major renovations going on in the basement of the church and parking lot, but we don't have a time frame yet for when it will begin and end. There is also work going on in the park this summer and heavy trucks are currently parked on de Maisonneuve between Lansdowne and the park. If we have to cancel any activities due to noise or other impediments from this work, we will let everyone know who has signed up. We will also change our greeting message with the updated news.

### Church Parking Lot

Just a reminder that there is no parking available for Contactivity members in the church back parking lot. The parking spots are assigned to the various renters in the building. Signs written "Contactivity" are reserved for the staff of the Centre. Also, there is construction planned for the summer or possibly the fall, the date is yet to be confirmed.

### Spur-of-the-Moment In-Town Outings

Our summer students Maria and Beatrice have organized an in-town outing in July and two in August. A detail of the outings in August is located in the August section. Payment for one of the August outings is required in advance by **July 20th**. **If you are interested in participating, please call the office at 514-932-2326 to make your reservation. Specify when you call which destinations would be of interest.**

#### Thursday, July 12th – Pointe-à-Callière Museum

Join us by travelling back in time to Ancient Egypt and explore the different artefacts discovered, including a sarcophagus and a mummy! Explore the lives of different women who became, mothers, daughters and wives of pharaohs.

**Address:** 350 Place Royale Old Montreal, QC H2Y 3Y5

**Cost:** 19\$ (tax included). If 15 people or more it becomes 15.50\$

**Meeting point:** In front of the museum   **Time:** 10:00 am

**How to get there:** From Berri-UQUÀM take Bus 715W or from Peel metro take Bus 715E and both options will drop you off in front of the museum.

**Lunch:** You are welcome to join us for lunch at the food court in Old Montreal after the exhibit. You can buy food at your expense if you wish or bring your own lunch.

### Wednesday Light Summer Fare & Homemade Dessert is Cancelled

Unfortunately, according to our lease Webster Hall is not available to us for the months of July and August, so we have to cancel the Wednesday Light Summer Fare. Our regular Thursday Lunches will resume Thursday, September 27<sup>th</sup>, 2018 at 1:00 pm.

### Contactivity's Summer Institute Workshop

Thursday July 26<sup>th</sup>, 2018 from 1:00 – 2:30 pm

#### **Resilience – the key to sailing through Life's Challenges Successfully**

What are the secrets of people who seem to emerge stronger from whatever life throws at them – physical challenges, emotional upheavals, losses, changes.

Workshop with Frances Kucharsky, M.A. Licensed psychotherapist.

There is no cost for the workshop. **Please reserve in advance by calling 514-932-2326.**

### Origami Adventure

A group of Japanese exchange students will give a little workshop on the ancient Japanese art of origami – the art of paper folding to make intriguing and beautiful creations. **Maximum of 10 seniors**, free enrolment.

**Call the office at 514-932-2326 to register in advance.**

### TIPS for Heatwaves

We lose sweat glands as we age, and therefore older people are more easily affected by summer heat. Drink plenty of water (tea or coffee do not hydrate well), wear light loose clothing, use a fan or go to an air-conditioned mall during the hottest part of the day. If you are exposed to the sun or heat and are feeling nausea or vomiting, headaches, rapid breathing and heartbeat, anxiety, light-headedness, slow weak pulse, chest pain or difficulty breathing – check your body temperature and seek advice at CLSC Info Santé at **811** to make sure you are not experiencing a heat stroke.

## Events for July 2018 - Contactivity Centre - Cont'd

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### Your New Board of Directors

Since the election at the Annual General Meeting on May 25th, the following are the Board Members for 2018 - 2019: President: John Bailey, Past President: Tony Wait, Vice President: Joyce Blond Frank, Secretary-Treasurer: Tom Thompson, Members at Large: Kathryn Hewitt, Catherine Lackenbauer, Helene McCormack, and Members' Council Representatives: Vera Burt and Lise Gagnon.

### Monday Soup Kitchen and Monday Bridge Group

Unfortunately this year, Webster Hall is not available to us for the month of July and August, so we have to cancel our Monday Soup Kitchen and Monday Bridge Group. Therefore, it will resume on Monday, **September, 10th**, the Monday after Labour Day. Reminder, if you are interested in taking soup home, please bring a plastic bag. We will not always have bags available.

### Out-of-Town Trip for July is a Small Experiment

Our regular out-of-town trip for July is replaced with a special offer of a small bus for the day, made available to us through one of our funders, the Father Dowd Foundation. A day in the country has been organized with a maximum of 19 participants at a special price. Details below.

### A Day in the Country – Wednesday, July 25<sup>th</sup>

**So sorry, bus is full..... (we advertised it in the June newsletter)**

**This is a reminder for those who are signed up! Full details in the June newsletter**

Camp Kinkora offers an all-inclusive day trip experience with a variety of activities for seniors. Get away and enjoy the beautiful Camp Site situated in Saint-Adolphe-d'Howard. Located in the beautiful Laurentian Mountains, Camp Kinkora boasts its own private lake (Lac de la Borne) with a sandy beach, recreational hall, dining hall, a chapel with a piano, and an on-site permanent staff. A team of fully qualified lifeguards supervise the swimming and boating facilities available on site. At Kinkora, participants enjoy the breathtaking country setting in a lush Laurentian valley. Camp Kinkora has been in existence since 1926 making it one of the oldest and most respected camps in Canada.

Activities will include choices from swimming or wading in the lake, boating (row boats and paddle boats are available), fishing (supplies provided), arts & crafts (materials provided), nature walks, lunch and afternoon tea in the Gazebo. There are chairs and benches by the lake. **Maximum of 19 participants. Depending on the level of interest, next year we could organize this trip again with a motorcoach rental so we could accommodate up to 50. The price would be higher to reflect the cost of the bus rental.**

**It is recommended that you bring with you a water bottle and snacks just in case the need arises. And most importantly, any medication you require.**

**Leave Centre:** 9:00 am

**Leave Camp Kinkora:** 3:30 pm

The special cost will be **\$35 for members** and **\$38 for a member's guest** and will include transportation by a mini-bus provided by Camp Kinkora, lunch, refreshments and all activities.

**Full payment in advance of \$35.00 for members or \$38.00 for member's guest must be given to be considered on the trip.** Please remember this is a non-refundable deposit. The day of the trip, come into the building to obtain your bus number.

### Meet our Summer Students!

Please welcome our two summer students. Maria Tsafaras, who was here last year, graduated from McGill in Psychology and is continuing in her second year at Vanier College in Special Care Counselling. The second student is Beatrice Mackie, who just finished at Marianopolis and is entering Law at McGill in the fall.

### Friendly Visits

1st year McGill / Northeastern University Students will be available to visit our members and Westmount seniors beginning in October. If you or someone you know will benefit from the students visits, please let us know. The students will be happy to visit once a week for 1 - 1 1/2 hours. They can help with grocery shopping and errands or just visit and chat. **Please call Rekha at 514-932-2326 to schedule your student visitor!!!**

### Computer Tutorials are Back!

Starting in October, we will be holding free weekly computer classes till mid-November. Exploring everything from basic questions to more in-depth problems. Emails, Skype, Facebook, Tweeting and other general computer problems. We can only provide the classes if you sign up to show your interest! **Please RSVP at 514-932-2326 to indicate your interest and specific topic.**

## Events for July 2018 - Contactivity Centre - Cont'd

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### The Walkie Talkies

Contactivity's 60+ walking group continues to meet throughout the summer months on Mondays and Thursdays at 10 a.m. at the Greene Avenue entrance to Westmount Square. **For more information, please call the group's coordinator, Karen Evoy, at 514-826-4493 or send an e-mail to [karen.evoy@gmail.com](mailto:karen.evoy@gmail.com).** Happy walking!

### Video Project - Seniors and Trees

Westmount Park United Church is undertaking a special video project on Seniors and Trees and Contactivity is participating. The idea is to draw attention to the importance of trees in our lives and how a profound relationship with a tree can help us to connect with our memories, our land and ourselves.

A video shooting of brief stories is taking place again in mid-August at WPUC. Give us a call at Contactivity and we will get you in contact with the organizer.

### Blood Pressure Clinic – No clinics in July and August

There will be no blood pressure clinics during the months of July & August. The next clinic is scheduled for **Thursday, September 27<sup>th</sup>** between **12:00 Noon and 1:00 pm**.

### Foot Care Clinic – Thursday, July 24<sup>th</sup>

Dr. Bevacqua will be here after all on Thursday, July 24<sup>th</sup> from 9:00 am to 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. (between Metcalfe Ave. and Hillside) is on **Tuesday, July 31<sup>st</sup>** starting at 3:00 pm. **Contactivity members and their guest are invited, so just show up at Place Kensington if bingo is your game.**

### Our Website Address

While surfing the internet, check out our website address at [www.contactivitycentre.org](http://www.contactivitycentre.org). It is updated regularly with current activities at the Centre and photographs from recent events. 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](http://www.montrealfamilyties.net).

### Welcome New Members

**A big, big welcome to:**

Georgia Kanaki, Christopher W. Herten-Greaven, Margaret Bougie and Pepita Capriolo.

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

### In Memoriam

We would like to extend our deepest condolences to the family and friends of the late Jeannette Gibbs.

**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](http://www.contactivitycentre.org) Email: [contactivity@bellnet.ca](mailto:contactivity@bellnet.ca)

*Executive Director - Mary Stark; Membership Coordinator - Barbara Savada; Program Coordinator - Rekha Birla; Program Coordinator – Emily Rill; Crafts Coordinator – Angelina Hum; Outreach Workers - Fiona Smith and Carolyn Howard.*



# EVENTS For August 2018 AT CONTACTIVITY CENTRE

Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>PLEASE NOTE:</u></b> <u>Activities can be cancelled at any time and the Centre can be closed with short notice – see full details inside</u>		<b>1</b>	<b>2</b>	<b>3</b>
		11:00-3:00 Arts & Crafts  1:00-2:00 PM Bingo with a Twist	10:00-11:30 Walkie Talkies  10:00 am Spur-of-the-Moment In-Town Outing – <u>Bateau Mouche</u>	
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
CENTRE IS CLOSED  Civic Holiday	Check the Bulletin Board when you are in the Centre	11:00-3:00 Arts & Crafts  1:00 PM Afternoon with a Movie & Popcorn	10:00-11:30 Walkie Talkies  9:45 am Spur-of-the-Moment In-Town Outing – <u>Ceramic Café Studio</u>	
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
10:00-12:00 Ping Pong & Pool  10:00-11:30 Walkie Talkies  10:30-3:30 Arts & Crafts		11:00-3:00 Arts & Crafts	10:00-11:30 Walkie Talkies	Summer student Maria's last day!  1:00 pm In-Town Lunch at Restaurant Brit & Chips
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
10:00-12:00 Ping Pong & Pool  10:00-11:30 Walkie Talkies  10:30-3:30 Arts & Crafts	9:00 – 11:30 Foot Care Clinic  3:00 pm Super Bingo at Place Kensington	11:00-3:00 Arts & Crafts	9:00 AM Out-of-Town Trip – Annual Summer Theatre  10:00-11:30 Walkie Talkies	Summer student Beatrice's last day!
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
10:00-12:00 Ping Pong & Pool  10:00-11:30 Walkie Talkies  10:30-3:30 Arts & Crafts		11:00-3:00 Arts & Crafts	10:00-11:30 Walkie Talkies	

## Centre Closed

The Centre will be closed on Monday, September 3<sup>rd</sup> – Labour Day. Also, we will be closed from Tuesday, September 4<sup>th</sup> to Friday, September 7<sup>th</sup>. We will return on Monday, September 10<sup>th</sup>. However, the Telecheck service, will continue except for Monday, September 3<sup>rd</sup>, as well as the walkie talkies.

### Bingo With a Twist – Wednesday, August 1st

Come enjoy playing Bingo while testing your knowledge of song titles and artists, followed by light refreshments with coffee, tea, and cold drinks. It will take place in the air-conditioned drop-in room on Wednesday, August 1<sup>st</sup> from 1:00 to 2:00 pm. **Maximum of 15. If you are interested in participating, please call the office at 514-932-2326.**

### August Birthdays

**Best wishes to all of the following members who are celebrating a birthday in August. We hope to see you at the Birthday Celebration which will be held on Thursday, September 27<sup>th</sup>. Lunch is half price for birthday celebrants. If you can join us, please call the Centre at 514-932-2326 to reserve in advance, no later than Tuesday, September 25<sup>th</sup>.**

Francine Arès, Lucette Beauchamp, Ruth Bendzius, Ghanshyam Birla, Peter Bouliane, Jane Brierley, Uta Chaudhury, Rochelle Ferri, Lise Gagnon, Paco Greene, Margaret Gregory, Cyla Hus, Elizabeth Johnston, Aileen Kilbertus, Renée Kinik, Georgette Korn, Jocelyne Kwok-Choon, Madeleine Lacaille, Maureen McCrory, Catherine MacCabe, Gemma Mattheij, Ruth Naud Tisdale, Shirley Pierson, Ann Pless, Ian Porteous, Jacqueline Ross, Maud Simard, Shirley Slobod, Deirdre Smart, Janet Smith, Ida Spektor, Ritva Suonpera, Gail Tedstone, Barbara Tetrault, Irene Theodrides, Gloria Thompson, Betty Toyé, Eva Vecsei, Suzanne Wibe, Fred Wiegand and Cynthia Wiltshire.

### Spur-of-the-Moment In-Town Outings

Our summer students Maria and Beatrice have organized two in-town outings in August. **If you are interested in participating, please call the office at 514-932-2326 to make your reservation.**

#### Thursday, August 2nd – Bateau Mouche

Back by popular demand, the Bateau Mouche cruise! Join us for a 60-minute cruise leaving from Jacques-Cartier pier in the Old Port. Please come and pay in advance at the Centre by July 20th to book your reservations.

**Address:** Jacques-Cartier Pier, in Old-Montreal - 55 Quai d'accostage, Montréal, QC H2Y 2E2

**Cost:** 26.45\$ (tax included)

**Meeting point:** Champ-de-Mars metro      **Time:** Meet at 10 am (boat leaves at 11 am)

**Lunch:** You are welcome to join us for lunch at the food court in Old Montreal after the cruise. You can buy food at your expense if you wish or bring your own lunch.

#### Thursday, August 9th - Ceramic Cafe Studio

Join us at The Ceramic Cafe Studio for a two-hour ceramic painting workshop. Pick and paint your own pottery mug to take home. This activity requires a minimum of 5 members for it to be held and a maximum of 10.

**Address:** 4338 St Denis St, Montreal, QC H2J 2K8

**Cost:** \$21 (taxes included)

**Meeting point:** At the café      **Time:** 9:45 am

**How to get there:** **Bus:** Take the 24-E to Station Sherbrooke and the 30-N to Saint-Denis / Marie-Anne

**Metro:** From station Mont-Royal, head southeast on rue Rivard for one block to rue Marie-Anne, turn right onto rue Marie-Anne and walk one block west, turn left onto rue Saint-Denis and walk less than ½ block to the Café.

**Lunch:** At the café there will be a light lunch menu that includes different types of sandwiches. You can order a meal at your own expense if you wish.

### Movie of the Month – Wednesday, August 8<sup>th</sup> at 1:00 PM

**“The Wild Parrots of Telegraph Hill”** – (2003) 1h 23min. Documentary

Directed by Judy Irving. Starring Mark Bittner and Judy Irving.

This remarkable movie is the true story of Mark Bittner, the film's endearing guide and his remarkable relationship with a flock of wild red-and-green parrots. The film follows the ups-and-downs of these wild birds within the green niches of San Francisco as Bittner befriends, feeds, and names the members of the flock. Along the way, we meet many unforgettable characters: Among them Connor, the grouchy, yet lovable outcast of the flock, one of the original members, and “the lovers,” Picasso & Sophie, inseparable until Sophie is forced into mourning when Picasso disappears. More than a mere birdwatcher, Bittner finds solace in his immersion with these strikingly beautiful creatures but how will he cope when he's evicted from his sanctuary & forced to live away from the parrots? This film is a rare documentary that has romance, comedy & a surprise ending.

**Anyone interested in watching this movie, please make a reservation in advance by calling the office at 514-932-2326 so we know how many chairs to set up. Maximum of 24. Cost: 0.50¢ includes popcorn.**

## **In-Town Lunch – Friday, August 17<sup>th</sup>**

This month's in-town lunch will be at **Restaurant Brit & Chips** located at **1390 de Maisonneuve Blvd. W.**, between Crescent and Bishop. This casual but cozy restaurant is decorated with images and posters of England. Brit & Chips' goal is to capture the best aspects of a traditional Fish & Chip shop and add some of the local flavour and style that Montreal is known for. The menu was created by a team of Montreal's pre-eminent experts in English Cuisine and Aesthetic, after tireless treks through England, hunting down different recipes and ideas from the most renowned English Fish n' Chips shops. They offer seven different types of fish n' chips, ranging from \$12.75 - \$ 13.25, five different types of pies for \$9.50 and salads and nibbles, ranging from \$4 - \$13. They have two combos, one which includes a soft drink for \$14 and the other which includes a Burgundy Lion Beer for \$18.50. Desserts range from \$1.99 - \$5.50. They have a selection of beers and red or white wine available.

**Members and their guest(s) will meet at 1:00 p.m. Reservations with us are necessary, so please call the office at 514-932-2326 to make your reservation by Tuesday, August 14<sup>th</sup>. Maximum of 10.**

**Directions: By Metro:** From Guy-Concordia metro, take exit Guy street, walk 4 ½ blocks east along de Maisonneuve to the restaurant.

**By Bus:** Bus 15W runs along de Maisonneuve Blvd. W. and Bus 24 runs along Sherbrooke street.

## **ANNUAL SUMMER THEATRE – Thursday, August 23<sup>rd</sup>**

**So sorry, bus is full..... (we advertised it in the June newsletter)**

**This is a reminder for those who are signed up! \*\*\*FULL DETAILS IN JUNE NEWSLETTER\*\*\***

The play you will see is "**Plaza Suite**", a big Neil Simon classic Broadway hit!

It's three times the hilarity when three different couples rent the same hotel suite at three different times.

A comic gem!

Lunch will be at the well-known McIntosh Country Inn. The luncheon buffet will include: rolls & butter, salad bar, vegetable medley, mashed potatoes, roast turkey & stuffing, gravy, cranberries, lasagna, and for dessert an assortment of pies & squares and tea or coffee.

For those interested, there will be time to visit the Giant Tiger store after lunch before the matinee.

It is recommended that you bring with you a water bottle and some snacks just in case the need arises and any medication you may need during the day.

**Leave Centre: 9:00 am**

**Leave Morrisburg: 4:15 pm**

The final cost will depend on the number of individuals who sign up and will include transportation by motorcoach, buffet lunch and the theatre ticket.

<u>Total cost for Member</u>			<u>Total cost for Member's Guest</u>		
If 41-45	"	<b>\$90</b>	If 41-45	"	<b>\$93</b>
If 46-50	"	<b>\$88</b>	If 46-50	"	<b>\$91</b>

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.

## **The Walkie Talkies**

Contactivity's 60+ walking group continues to meet throughout the summer months on Mondays and Thursdays at 10 a.m. at the Greene Avenue entrance to Westmount Square. **For more information, please call the group's coordinator, Karen Evoy, at 514-826-4493 or send an e-mail to [karen.evoy@gmail.com](mailto:karen.evoy@gmail.com).** Happy walking!

## **Foot Care Clinic – Tuesday, August 21<sup>st</sup>**

Dr. Bevacqua will be here on Tuesday, August 21<sup>st</sup> 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. (between Metcalfe Ave. and Hillside) is on **Tuesday, August 21<sup>st</sup>**, starting at 3:00 pm. **Contactivity members and their guest are invited, so just show up at Place Kensington if bingo is your game.**

## Events for August 2018 - Contactivity Centre - Cont'd

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**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](http://www.contactivitycentre.org) Email: [contactivity@bellnet.ca](mailto:contactivity@bellnet.ca)

*Director - Mary Stark; Membership Coordinator - Barbara Savada; Program Coordinator - Rekha Birla; Program Coordinator – Emily Rill; Crafts Coordinator – Angelina Hum; Outreach Workers - Fiona Smith and Carolyn Howard.*