

EVENTS FOR DECEMBER 2018 AT CONTACTIVITY CENTRE

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
9:15-10:15 Fall Prevention 10:00-12:00 Ping Pong & Pool 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 and Crafts cancelled today Due to the set-up for the Christmas Dinner	Fall Prevention cancelled NO LUNCH 6:00 pm Christmas Dinner Tickets required in advance.	9:30-10:30 Friday Fitness Ping Pong & Pool cancelled
10	11	12	13	14
9:15-10:15 Fall Prevention 10:00-12:00 Ping Pong & Pool 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 and Crafts	1:00 pm Birthday Lunch & Musical Entertainment	10:00-12:00 Ping Pong & Pool
17	18	19	20	21
10:30-3:30 Arts & Crafts 10:00-12:00 Ping Pong & Pool 12:00-12:30 Soup Kitchen 12:30-3:30 Bridge	3:00 pm Super Bingo at Place Kensington	11:00-3:00 Arts and Crafts	CENTRE CLOSES AT 12:00 NOON TODAY	CENTRE IS CLOSED Ping Pong & Pool Cancelled 11:30 am In-Town Christmas Brunch
24	25	26	27	28
CENTRE IS CLOSED Ping Pong & Pool Cancelled	CENTRE IS CLOSED Merry Christmas Joyeux Noël	CENTRE IS CLOSED	CENTRE IS CLOSED	CENTRE IS CLOSED Ping Pong & Pool Cancelled
31				
CENTRE IS CLOSED Ping Pong & Pool Cancelled				

**January 2019 Newsletter is included
after the December Listings**

EVENTS FOR DECEMBER 2018 – at Contactivity Centre

Results: Annual Craft Sale & Bazaar – Thursday, November 8th, 2018

Thank you once again to all the volunteers who gave their time and energy to help with the sale and who sold raffle tickets. We are pleased to say that we raised **\$6,170.00** in one day alone - a great success!

Bazaar volunteers – we look forward to seeing you at the Recognition Tea on Tuesday, March 5th, 2019. Details will be in the February Newsletter.

Winners of the Raffle:

	<u>Name</u>
• Royal Doulton Porcelain Figurine with Certificate of Authenticity.....	Winnie Laffentz
• \$150 Gift Certificate for Supermarché Metro Westmount located on Victoria Ave.	Helen McCormack
• \$150 Gift Basket of Avon Products & Accessories, courtesy of Barbara Savada	Pat McCormack
• \$100 Gourmet Food Basket.....	Denise Perras
• \$50 DAVIDsTEA Gift Pack, obtained by Emily Bailey.....	Gilbeau
• \$50 Gift Certificate from Restaurant Chez Nick located in Westmount including a Chez Nick Blanket, obtained by Joyce Blond Frank.....	Denise Poirier
• \$50 Gift Certificate from Restaurant Chez Nick located in Westmount including a Chez Nick Blanket, obtained by Joyce Blond Frank.....	Annette Pankral
• \$50 Pre-paid VISA Card.....	Diane Cholette
• Gift Certificate for 3 of Contactivity's deluxe Lunch & Live Entertainment (value \$30).....	Nicole Major
• Hand-knitted Reversible Variegated Blue Poncho (\$45 value), courtesy of Contactivity's Arts & Crafts Group.....	Sonia Raikes Smith
• \$25 Gift Card for Indigo/Chapters/Coles Book Store.....	Harriette Colle
• \$25 Gift Card for WINNERS, courtesy of Pat Smith.....	Daphne Morris
• \$25 Gift Certificate from Westmount Florist, obtained by John Bailey.....	Ann dePominville
• \$25 Gift Certificate from Westmount Florist, obtained by John Bailey.....	Josephine Stoker
• \$25 Gift Certificate from Maison Warshaw, obtained by John Bailey.....	Edna Ralston
• \$25 SAQ Gift Card, courtesy of Barbara Savada.....	Jeanne Webb
• \$25 Movie Theatre Gift Card.....	Angie Chan
• \$25 Gift Card for Tim Hortons, courtesy of Mary Stark.....	Lanny Levine
• \$20 Gift Certificate for Membership @ Contactivity Centre, courtesy of member Doris Emler	Mitsuru Cope
• \$20 Gift Certificate for Membership @ Contactivity Centre, courtesy of member Doris Emler	Jeff Frasco
• A bottle of Sherry.....	Judy
• A bottle of fine Wine.....	Beverley Baird

Additional Raffle Prizes

- \$50 Cash Prize, courtesy of self-described "Two Old Ladies"..... **Deirdre Smart**
- \$73 Gift Certificate from Salon Doo located in Westmount, obtained by Georgette Korn **Heather Felsky**

Christmas Dinner - Thursday, December 6th at 6:00 pm

There are still a few tickets left. This year the Christmas Dinner will be on Thursday, December 6th at 6:00 pm. Tickets are \$18.00. The dinner will be a traditional Christmas meal with turkey and all the trimmings. **Greg Inniss** will brighten up the evening with music and animation again this year. **Greg** is guaranteed to make you feel like dancing and singing along, so put on your dancing shoes!

Transportation can be arranged to take members home or at least to the nearest metro station. However, you must notify Barbara well in advance to reserve. **Please do not wait until the evening to ask for this service.**

We ask that everyone bring an unwrapped gift for a child between the ages of 6–10, ranging from \$10 - \$20. These gifts will be given to under-privileged students who are bused in to Westmount Park School. We also ask for a non-perishable food item to help families who are less fortunate than ourselves.

Christmas Holidays

The Centre will be closed for the holidays from Thursday, **December 20th at 12:00 Noon** until the morning of Monday, **January 7th.**

EVENTS FOR DECEMBER 2018 – at Contactivity Centre

Season's Greetings

The staff of Contactivity would like to wish all of you a peaceful and joyous holiday season. May the coming New Year 2019 bring you good health, happiness and peace of mind!

December Birthdays

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

Barbara Arbuckle, Barrie Baldaro, Lorraine Barolet, Anita Battigalli, Estelle Bauset, Irene Blach, Sandra Breen, Valerie Broege, Maria Bybel, Bronia delGiudice, Susan Fein, Michel Fortier, Marie Gilbeau, Olivia Gutierrez, Christopher W. Herten-Greaven, Valiery Holland, Carole Huggins, Zohreh Jalai, Henrique Joanes, Mary Johnston, Zorka Jovanovic, Jacquie Karasik, Val Klein, Raymond Legault, Peter Leus, Gregory Little, Ann Lloyd, Carol Lodge, Thelma Mariano, Tommy Mawhood, Mazie McKay, Patricia Norwick, Jane Nounou, Paul Polidoro, Gizelle Popradi, Maria Porraccio-Meguerditch, Wanda Potrykus, Elaine Rivard, Elizabeth Rolicz Woloszyk, Beatrice Smith, Carol Speirs, Libby Stark, Evelyn Szabó, Haze Wainberg, Karin Wich and Alice Wilkinson.

We hope to see you at the Birthday Celebration on Thursday, December 13th at 1:00 pm. 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, December 11th. Spaces are limited to 96 individuals.



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

Please call us to reserve for Thursday lunch, no later than **NOON** the Tuesday before as it is **very important** for us to know the number of people to buy food for, so as to keep on budget. **This is an absolute must.** Thank you for your understanding.

- December 6th - **NO LUNCH TODAY**
Christmas Dinner 6:00 pm – TICKETS ARE REQUIRED Cost: \$18.00
Traditional turkey dinner with all the trimmings including a glass of wine, juice, tea, coffee and dessert.
Entertainment: Greg Innis will brighten up the evening with music and animation
- December 13th - **Birthday Lunch** Cost: \$10.00
Almond Chicken Casserole, vegetables, juice, tea, coffee and birthday cake for dessert. **Spaces are limited to 96 individuals.**
Entertainment: Joanne Mitchell will be entertaining us with her “top twenty dancing tunes” and helping us celebrate the members who have a birthday in the month of December. Clapping your hands and tapping your toes along with JoAnne’s singing is something you won’t want to miss!

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 for the day. 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 alert any cancellation of courses or inform you if the Centre is closed. So, if 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.

Ping Pong & Pool

The last Ping Pong & Pool for 2018 will be on Monday, **December 17th**. It will restart on Monday, **January 7th, 2018.**

EVENTS FOR DECEMBER 2018 – at Contactivity Centre

In-Town Christmas Brunch – Friday, December 21st, 2018 at 11:30 am

Join fellow members and friends to celebrate the holiday season for brunch at **Allo! Mon Coco Restaurant** located at **1684 de Maisonneuve Blvd. W.**, on the corner of Saint-Mathieu. They offer a breakfast menu and a lunch menu. The breakfast menu includes the following categories – nibblers, omelets, French toast & waffles, healthy choices, fresh fruit, crepes, cereals, eggs, eggs benedict, coco breakfast and flambés. Prices ranges from \$12.00 - \$26.00. The lunch menu includes soup and dessert. Coffee or tea is separate. There are choices ranging from salads; sandwiches; hamburgers; wraps; pork sausage; chicken fillet; chicken tenders; hamburger steak or veal liver. Price ranging from \$15.00 - \$16.00. Washrooms are in the basement, however there is one washroom on the main floor. **Members and their guest(s) will meet at 11:30 am. Reservations are necessary, so please call the office at 514-932-2326 to make your reservation by Tuesday, December 18th.**

Directions:

By Metro: From Guy-Concordia metro take exit Saint-Mathieu. The restaurant is diagonally from the metro, on the southeast corner.

By Bus: Bus 15W and Bus 57W are available along de Maisonneuve Blvd. and Bus 15E and Bus 57E run along Ste. Catherine street.

A Big, Big Thank You to all our Generous Donors

We would like to thank all our generous donors for their contribution to the success of this year's annual fundraising event. It includes the generosity of local merchants, board members, staff and members who donated or procured raffle prizes. Their kindness is greatly appreciated!!

- Fiorello Vellucci from Metro Westmount for donating the delicious hot dogs again this year
- Josée Asselin from Pierre Mon Coiffeur in Westmount for making a \$150 donation.
- Rob Callard from Restaurant Chez Nick for donating two \$50 Gift Certificates including Chez Nick Blankets, obtained by Joyce Blond Frank
- DAVIDsTEA Head Office for donating a \$50 Gift Pack, obtained by Emily Bailey.
- Self-described "Two Old Ladies" for donating a \$50 Cash Prize
- Dave Pickrel from Westmount Florist for donating two \$25 Gift Certificates, obtained by John Bailey
- Irwin Levy from Warshaw Maison for donating a \$25 Gift Certificate, obtained by John Bailey
- Member Doris Emler for donating two \$20 Annual Memberships to Contactivity Centre
- Sally McKinnon for donating the Royal Doulton Porcelain Figurine with Certificate of Authenticity, obtained by John Bailey
- Simon Bouchard from Pharmacy Jean Coutu located on Greene Ave. for donating plastic bags, obtained by Louise LaPlante
- Moe Gorji from Photo Westmount for donating photo albums and picture frames, obtained by Louise LaPlante
- Edouard Persson from Salon Doo for donating a \$73 Gift Certificate, obtained by Georgette Korn
- Alexandra Goldman from Oink Oink for donating large plastic bags, obtained by Louise LaPlante
- Barbara Savada for donating a \$150 Gift Basket filled with Avon Products & Accessories and a \$25 SAQ Gift Card
- Pat Smith for donating a \$25 Gift Card for WINNERS
- Mary Stark for donating a \$25 Gift Card for Tim Hortons

Weekly Groups

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 3:00 pm Ongoing – join any time!

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

- **Mondays** 10:00 am to 11:30 am Ongoing – call Karen first at 514-826-4493
- **Thursdays:** 10:00 am to 11:30 am Ongoing – call Karen first at 514-826-4493

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

EVENTS FOR DECEMBER 2018 – at Contactivity Centre

Monday Bridge Group – Seeking Conveners

We are in need of volunteers to be a bridge convenue for the Monday Bridge Group. Without the conveners we will not be able to continue the bridge group. Anyone interested in helping, please call the office at 514-932-2326 or speak directly with the current bridge conveners Kate or Dan.

The last day for the bridge group will be on Monday, **December 17th**, and it will restart again after the holidays on **January 14th, 2019**.

Soup Kitchen

The last soup kitchen for 2017 will be on Monday, **December 17th**; it will restart on Monday, **January 14th, 2019**. We would like to remind everyone to kindly bring the yellow trays back to the kitchen counter when you have finished eating your soup. This simple gesture will show our appreciation to the volunteers who work hard to make the soup kitchen possible week after week. Your cooperation is greatly appreciated. Also, bring a plastic bag if you are interested in buying soup to take home. We may not have a plastic bag to provide you.

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 others. Thank you for your cooperation!

Disabled Parking

We would like to remind our members who park in the disable parking section in front of the church to please park as close to the poles as possible. This will ensure that three cars can fit at all times between the two poles.

The Walkie-Talkies

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

During the winter months when the group walks outdoors, be sure to walk on the "sunny side of the street," where it's less likely to be icy, and to avoid back alleys, lanes, etc., which are usually slippery. Also, be sure to dress for the weather (lots of layers!) and keep your neck and extremities warm. If it's icy, be sure to wear sturdy boots with good treads and consider using trekking poles and/or crampons (only note that crampons should be removed from your boots when you go indoors, including the metro, since they're slippery on smooth surfaces).

Foot Care Clinic – Tuesday, December 11th from 9:00 - 11:30 am.

Dr. Bevacqua will be here on Tuesday, December 11th 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.

Blood Pressure Clinic – Thursday, December 13th

A nurse from CLSC Metro will be here on Thursday, December 13th, from 12:00 Noon to 1:00 pm to take your blood pressure. **Please call the Centre at 514-932-2326 to make your appointment today.**

Welcome New Members

A big, big welcome to:

Susan Kravitz, Mary Bassett, Bob Bassett, Thea Calder, Celia Kaplow, Lilly Przybylowski, Daphne Pereira and Denise Roy.

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

Super Bingo

The next Super Bingo at Place Kensington, located at 4430 Ste. Catherine St. W. (corner of Metcalfe Ave.) is on **Tuesday, December 18th** 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 JANUARY 2019 at Contactivity Centre

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	CENTRE IS CLOSED Happy New Year Bonne et Heureuse Année	CENTRE IS CLOSED	CENTRE IS CLOSED	CENTRE IS CLOSED Ping Pong & Pool Cancelled
7	8	9	10	11
10:30-3:30 Arts & Crafts 10:00-12:00 Ping Pong & Pool		11:00-3:00 Arts & Crafts 9:45-11:45 Intermediate Bridge 12:15-2:15 Supervised Bridge 2:15-4:15 Beginners II Bridge	NO LUNCH	10:00-12:00 Ping Pong & Pool
14	15	16	17	18
10:00-12:00 Ping Pong & Pool 10:30-3:30 Arts & Crafts 10:30-11:30 Stretch to Music 12:00-12:30 Soup Kitchen 12:30-3:30 Bridge	9:00-11:30 Foot Care Clinic	11:00-3:00 Arts & Crafts Bridge Classes are Cancelled Today	10:00-11:00 Stretch to Music 12:00-1:00 Blood Pressure Clinic 1:00 pm Birthday Lunch & Musical Entertainment	9:30-10:30 Friday Fitness 10:00-12:00 Ping Pong & Pool 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
21	22	23	24	25
10:00-12:00 Ping Pong & Pool 10:30-3:30 Arts & Crafts 10:30-11:30 Stretch to Music 12:00-12:30 Soup Kitchen 12:30-3:30 Bridge		11:00-3:00 Arts & Crafts Bridge Classes are Cancelled Today	10:00-11:00 Stretch to Music 1:00 pm Lunch & Guest Speaker	9:30-10:30 Friday Fitness 10:00-12:00 Ping Pong & Pool 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
28	29	30	31	
10:00-12:00 Ping Pong & Pool 10:30-3:30 Arts & Crafts 10:30-11:30 Stretch to Music 12:00-12:30 Soup Kitchen 12:30-3:30 Bridge	3:00 pm Super Bingo at Place Kensington	11:00-3:00 Arts & Crafts 9:45-11:45 Intermediate Bridge 12:15-2:15 Supervised Bridge 2:15-4:15 Beginners II Bridge	10:00-11:00 Stretch to Music 1:00 pm Lunch & Movie of the Month	

EVENTS FOR JANUARY 2019 at Contactivity Centre

Course Registration for Proposed Winter Courses

We accept MAIL-IN REGISTRATION ONLY!!

The mail-in registration for Winter Courses will begin as soon as the December/January Bulletin is available to all our members. **We request that payment for your courses be paid by cheque and mailed in to us.** Registration for courses will be on the date we receive your cheque in the mail and once a course is filled up, names will be added to a waiting list in case of any cancellations. All courses depend on adequate enrollment in order to be offered. **IF YOU WANT YOUR FAVOURITE COURSE TO CONTINUE, BE SURE TO REGISTER BY MAIL AS SOON AS POSSIBLE.** Likewise, if you want to be sure to get into a course that fills up quickly, register by mail ASAP. Please indicate clearly on the memo section of your cheque or on a separate attached note which courses you are registering for. Receipts will be available on the first day of the course, and your cancelled cheque will also be a double proof for you.

Schedule of Proposed Winter Courses

- **Monday Stretch to Music:** 10:30 – 11:30 **10 weeks**
Begins January 14th – March 18th **Cost: \$40.00 Member**
Instructor: Lana Romandini **\$45.00 Non-Member**
- **Intermediate Bridge:** Wed., 9:45 – 11:45 ***New Time** **10 weeks**
Begins January 9th – March 27th (no class Jan. 16th and Jan. 23rd) **Cost: \$80.00 Member**
Instructor: Heather Felsky **\$90.00 Non-Member**
- **Supervised Bridge:** Wednesday, 12:15 - 2:15 ***New Time** **10 weeks**
Begins January 9th – March 27th (no class Jan. 16th and Jan. 23rd) **Cost: \$80.00 Member**
Instructor: Heather Felsky **\$90.00 Non-Member**
- **Beginners II Bridge:** Wed., 2:15 -4:15 ***New Time** **10 weeks**
Begins January 9th – March 27th (no class Jan. 16th and Jan. 23rd) **Cost: \$80.00 Member**
Instructor: Heather Felsky **\$90.00 Non-Member**
- **Thursday Stretch to Music:** 10:00 - 11:00 **10 weeks**
Begins January 17th – March 21st **Cost: \$40.00 Member**
Instructor: Wilma Christiansen **\$45.00 Non-Member**
- **Friday Fitness** **10 weeks**
Begins January 18th – March 22nd **Cost: \$40.00 Member**
Fridays, 9:30-10:30 **\$45.00 Non-Member**
Instructor: Lana Romandini
An energetic class comprised of a warm up with dynamic stretches followed by 20 minutes of choreography to music. Resistance exercises (using the chair, weights, tubes, etc...) and relaxing cool down will complete the second half of the class. Participants must be fit enough to move around the room freely and comfortably for the first 30 minutes.
- **Tai Chi:** Friday, 11:00 – 12:00 **10 weeks**
Begins January 18th – March 22nd **Cost: \$40.00 Member**
Instructor: Heather McDow **\$45.00 Non-Member**
- **One-Hour Line Dancing II:** Friday, 1:30 - 2:30 **10 weeks**
Begins January 18th – March 22nd **Cost: \$40.00 Member**
Instructor: Linda Chou **\$45.00 Non-Member**
- **1 ½ Hours Line Dancing II:** Friday, 1:30 - 3:00 **10 weeks**
Begins January 18th – March 22nd **Cost: \$60.00 Member**
Instructor: Linda Chou **\$65.00 Non-Member**
- **Tango Argentina:** Fridays, 1:00 - 2:00 **5 weeks**
Begins February 1st – March 1st **Cost: \$50.00 Member**
Instructor: Laura-Eva Steinmander **\$55.00 Non-Member**
- **Tango Argentina:** Fridays, 1:00 - 2:00 **5 weeks**
Begins March 8th – April 5th **Cost: \$50.00 Member**
Instructor: Laura-Eva Steinmander **\$55.00 Non-Member**

Contactivity Centre will again be offering a 5-week Tango Argentina Class this winter, modified for seniors like us. Laura-Eva has worked with researcher Patricia McKinley of McGill University's school of physical therapy. Dr. McKinley's research has shown that dancing the tango is excellent for improving balance, posture, motor co-ordination and cognition in seniors. Tango Argentina – a great work out for the body and the brain. No partner required.

- **Thomas More Discussion Group:** Fridays, 1:30 - 3:00 **10 weeks**
Begins January 18th – March 22nd **Cost: \$15.00 Members**
Theme is "THE EVOLUTION OF DETECTIVE FICTION" **\$20.00 Non-Member**

EVENTS FOR JANUARY 2019 at Contactivity Centre

- **Fall Prevention** **12 weeks** **Cost: Free**
Begins March 25th – June 27th (no class April 18th, April 22nd, May 20th and June 24th)
Mondays, 9:15-10:15 a.m. and Thursdays, 3:00-4:30 p.m.

Contactivity Centre, in conjunction with the CLSC Metro, will be offering a twice-weekly, 12-week Fall Prevention program. There is no cost but the group must remain small and participants must make a commitment to the full 12 weeks. **Please call the Centre at 514-932-2326 if you would like to participate in this course.**

January Birthdays

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

Moira Barclay-Fernie, Elizabeth Barham, Patricia Billings, Norma Brown, Susan Brunet, Lynn Caplan, Shirley Carreiro, Josée Charles, Bernadette Chau, Mitsuru Cope, Jean Darmanie, Linda del Rosario, Joaquim Ferreira, Meta Fitch, Lillian Fox, Mary Gannon, Catherine Gleeson, Anne Hamilton, Jill Harrison, Nettie Harris, Marilyn Howell, Linda Isaacs, Masao Ishida, Irene Krumajs, Betty LeMaistre, Lila Lesk, Anne Lessard, Ruthmary Lonsdale, Carol Lord, David Mesner, Nina Minde, Kosmas Papakonstantinou, Diane Perrier, Martha Perry, Marie Pothier, Rosemary Reilly, Maxine Sarfi, Florence Saulnier, Jack Schiess, Josephine Stoker, Maureen Tinsley, Zarmine Torrossian, Tatiana Troitsky, Carol Tucker, Annieta Tulloch, Anh-Lan Vu, Hendrik Westra, Joan Westra and Judy Yelon.

We hope to see you at the Birthday Celebration on Thursday, January 17th at 1:00 pm. 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 15th. Spaces are limited to 96 individuals.



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

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

January 17th - Birthday Lunch **Cost: \$10.00**
Mango chicken, rice, Moroccan salad, juice, tea, coffee and birthday cake for dessert.
Spaces are limited to 96 individuals.

Entertainment: Reminiscing the 50's with David Longlade. There are seemingly countless genres of music to inspire and connect people. David uses the instrument of his velvety voice to pitch his varied repertoire of sensitive and seductive crooner ballads from the 50's to today's hits. Come and be uplifted from the happy-go-lucky style of the times to barrelhouse basic emotional songs. David promises to warm us up with a fun filled afternoon.

January 24th - Meatloaf, mashed potatoes, vegetables, tea, coffee and dessert. **Cost: \$5.00**

Guest Speaker: Nutrition for Seniors - Gilda Delaunay is a Registered Dietitian-Nutritionist with fifteen years of experience, as well as a Certified Intuitive Eating Counsellor. She is passionate about her work in the field of nutrition and fully committed to helping people on their journey to better health and overall wellness. For Gilda, nutrition is not simply a matter of nourishing our bodies, it includes how we relate to food and its taste, how the many choices we make about food affect our daily lives, how food influences our relationship with others and the world around us. Our relationship with food defines a part of who we are, a part we should strive to keep well and happy, just like any other part of our identity.

January 31st - Tuna noodle casserole, vegetables, tea, coffee and dessert. **Cost: \$5.00**

Entertainment: Movie of the Month: "The Miracle Season" Maximum of 22. Cost: \$0.50

EVENTS FOR JANUARY 2019 at Contactivity Centre

Movie of the Month – Thursday, January 31st

“The Miracle Season” – (2018) 1h 41 min. Drama

Directed by Sean McNarama Starring Helen Hunt, Erin Moriarty and Danika Yarosh

Based on the inspiring true story of the West High School girl's volleyball team. After the tragic loss of star player Caroline "Line" Found in an accident, the remaining team players must band together under the guidance of their tough-love coach, Kathy Bresnahan, in hopes of winning the state championship.

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. Maximum of 22.

In-Town Lunch Club – Friday, January 25th

This month's in-town luncheon will be at **Restaurant Chez Nick** located at **1377 Greene Ave.**, between Sherbrooke and de Maisonneuve Blvd. W. Open since 1920, this friendly family-run neighborhood bistro, tucked in the core of Westmount, you will find great people, great coffee, and great food. They offer breakfast all day ranging from \$6.75 - \$16.95 with 34 choices from starters, omelets, classic eggs, benedicts, pancakes, French toasts, crepes, and feature specials. The regular menu includes soups – 4 choices (\$5.50 - \$8.50), salad creations – 20 choices (\$9.25 - \$17.95), from the grill – 12 choices (\$10.50 - \$22.95), feature sandwiches – 27 choices (\$9.75 - \$14.95) and sides – 14 choices (\$4.25 - \$6.75). There are two steps to enter the restaurant. **Members and their guest(s) will meet at 1:00 pm. Reservations are necessary, so please call the Centre at 514-932-2326 to make your reservation no later than Monday, January 21st.**

Directions

By Metro: From Atwater metro, walk through the Alexis Nihon Plaza, take the escalator to the second floor and take the de Maisonneuve Blvd. exit. Walk 3 blocks west along de Maisonneuve Blvd. to Greene Ave., turn right and walk less than a block north along Greene to the restaurant. You can also walk through the tunnel from the Atwater metro to Westmount Square. But please keep in mind, the exit on Greene has outdoor marble stairs that can be slippery.

By Bus: Bus 24 is available along Sherbrooke - take bus to the corner of Sherbrooke and Greene. The restaurant is just below Sherbrooke street. Bus 90 and Bus 63 are available along Sainte-Catherine street – take bus to the corner of Sainte-Catherine street and Greene Ave. and walk north along Greene to the restaurant.

Foot Care Clinic – Tuesday, January 15th

Dr. Bevacqua will be here on Tuesday, January 15th 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.

Blood Pressure Clinic – Thursday, January 17th

A nurse from CLSC Metro will be here on Thursday, **January 17th**, between 12:00 Noon and 1:00 pm to take your blood pressure. **Please call the Centre at 514-932-2326 to make your appointment today.**

Super Bingo

The next Super Bingo at Place Kensington, located at 4430 Ste. Catherine St. W. (corner of Metcalfe Ave.) is on **Tuesday, January 29th** 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. It is updated regularly with current activities at the Centre and photographs from recent events as well as having helpful lists of local resources. And if you are on Facebook you can visit and “like” us there too!

Contactivity Centre for Seniors is a non-profit charitable organization, partially funded by **Centraide**, by the **Ministère de la Santé** and by the **City of Westmount**, located at 4695 de Maisonneuve Blvd. W. Westmount, Quebec, H3Z 1L9. Tel: **514-932-2326** or **514-932-3433**.

Website: www.contactivitycentre.org

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