

EVENTS FOR FEBRUARY 2019

AT CONTACTIVITY CENTRE

Monday	Tuesday	Wednesday	Thursday	Friday
				1 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
4 10:30-11:30 Stretch to Music 10:30-3:30 Arts & Crafts 12:00-12:30 Soup Kitchen 12:30-3:30 Bridge	5	6 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	7 10:00-11:00 Stretch to Music 12:30 pm Winter Carnival, Valentine's Day Luncheon and Birthday Celebration with Music & Animation by Greg Innis	8 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
11 10:30-11:30 Stretch to Music Arts & Crafts Cancelled Today 12:00-12:30 Soup Kitchen 12:30-3:30 Bridge	12 9:00-11:30 Foot Care Clinic	13 Arts & Crafts Cancelled Today 9:45-11:45 Intermediate Bridge 12:15-2:15 Supervised Bridge 2:15-4:15 Beginners II Bridge	14 10:00-11:00 Stretch to Music 1:00 pm Lunch & Guest Speaker	15 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
18 10:30-11:30 Stretch to Music 10:30-3:30 Arts & Crafts 12:00-12:30 Soup Kitchen 12:30-3:30 Bridge	19	20 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	21 10:00-11:00 Stretch to Music 1:00 pm Lunch & Movie of the Month	22 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
25 10:30-11:30 Stretch to Music 10:30-3:30 Arts & Crafts 12:00-12:30 Soup Kitchen 12:30-3:30 Bridge	26 3:00 pm Super Bingo at Place Kensington	27 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	28 10:00-11:00 Stretch to Music 1:00 pm Lunch & Guest Speaker	

EVENTS FOR FEBRUARY 2019 – at Contactivity Centre

Winter Carnival, Valentine's Day Luncheon & Birthday Celebration – Thursday, February 7th ***Special Time: 12:30 PM ***

Come and celebrate Valentine's Day with your friends at Contactivity Centre on **Thursday, February 7th at 12:30 pm.** We are celebrating Valentine's Day early again 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 **\$11.00** 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 \$11.00 even if you can't come on short notice. The last day to reserve is Tuesday, February 5th, 2019 before 12:00 Noon. Lunch is half price for members celebrating a birthday in February.

Maximum of 96.

Weekly
Thursday
Lunches



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

Please call us to reserve for Thursday lunch, no later than 12:00 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.

- February 7th **Winter Carnival, Valentine's Day Luncheon & Birthday Celebration**
SPECIAL TIME: 12:30 pm. Maximum of 96. Reserve Today!
- Bar-B-Q Chicken – choice of leg or breast, coleslaw, bun, gravy, **Cost: \$11.00**
French fries, 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 14th Spinach & cheese strata, roasted potatoes, sausages, tea, **Cost: \$5.00**
coffee and dessert.
- Guest Speaker:** **Fall Prevention Presentation:** Tara Grenier, the Injury Prevention Coordinator for the Trauma Program at the Dr. David S. Mulder Trauma Centre located at the Montreal General Hospital-McGill University Health Centre will be with us to discuss the prevention of falls. She will share shocking statistics, discuss risk factors and injury prevention tips, and demonstrate a few simple exercises. Please join us for this interactive presentation.
- February 21st Tortellini in a rosée sauce, garlic bread, tea, coffee **Cost: \$5.00**
and dessert.
- Entertainment:** **Movie of the Month: "The Post"** Reservations are necessary. Maximum of 22
- February 28th Shepherd's pie, vegetables, tea, coffee and dessert. **Cost: \$5.00**
- Guest Speaker:** **LogisAction Rent Increase Presentation:**
Many tenants receive a rent increase during February and March and they don't know exactly what to do. Accept? Refuse? Do nothing? The Rent Increase Workshop will consist of a 1 hour presentation about how to calculate a proper rent increase and how to refuse an exaggerated increase. A PowerPoint presentation will be shown to participants and any questions will be welcomed! Come and get the facts you need!

The Walkie Talkies

EVENTS FOR FEBRUARY 2019 – at Contactivity Centre

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!

February Birthdays

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

Kadhim Alsarraf, Susan Anastasopoulos, Angela Anich, Samira Assaad, Beverley Baird, Wendy Barnes, 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, Léon Gourdeau, Lynda Gould, Patricia Hewitt, Nancy Humber, Patricia Kearney, Mary Keating, Blanche Killam, Susan Kravitz, Clement Lam, Louise Ledoux, Mary Lund, Michelle Mathon, Louise Michaud, Pat Phillips, Boba Pivnicki, Richard Scott, Betty Shannon, Carole Thomas, Maurice Vézina and Monique Vézina.

We hope to see you at the Birthday Celebration on Thursday, February 7th at 12:30 p.m. Lunch is half price for birthday celebrants - \$5.50. If you can join us, please call the Centre at 514-932-2326 to reserve in advance, no later than Tuesday, February 5th.

Movie of the Month – Thursday, February 21st

“The Post” (2017) 1h 56 Biography, Drama, History

Directed and Produced by Steven Spielberg Starring Meryl Streep, Tom Hanks and Sarah Paulson.

The Post is a thrilling drama about the unlikely partnership between The Washington Post's Katherine Graham, the first female publisher of a major American newspaper, and editor Ben Bradlee, as they race to catch up with The New York Times to expose a massive cover-up of government secrets that spanned three decades and four U.S. Presidents. Together, they must overcome their differences as they risk their careers and possibly their freedom to help bring long-buried truths to light.

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, February 15th

This month's in-town luncheon will be at **Restaurant Roasters BBQ Grill & Bar** located at **1500 Atwater Ave.**, between Ste. Catherine Street and de Maisonneuve Blvd. W, inside the Alexis Nihon Plaza, street level. You will be able to choose from an innovative regular menu as well as their lunch specials. Their lunch special includes the daily soup, tea or coffee and a choice from 8 menu items for the main dish, price ranging from \$10.00 - \$16.00. Dessert is separate. Roasters's lunch specials offer a hamburger, quarter chicken breast, quarter chicken leg, chicken club sandwich, grilled chicken Caesar salad, teriyaki salmon wrap, chicken tender platter and half rack baby back ribs.

Join fellow members and their guest(s) for a culinary experience. 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 Tuesday, January 12th.

Directions

By Metro: From Atwater metro, walk through the Alexis Nihon Plaza. The restaurant is located on street level, therefore you will have to go up one level from the metro.

By Bus: Bus 90 and Bus 63 run along Ste. Catherine Street and Bus 24, Bus 138 and Bus 104 run along Sherbrooke street. Your stop will be at Atwater.

Annual Bazaar Recognition Tea – Thursday, March 7th – 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 handmade crafts, baked good and jams 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 Tuesday, March 5th, 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!

Winter Boots – IMPORTANT

EVENTS FOR FEBRUARY 2019 – at Contactivity Centre

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. If anyone forgets to bring slippers or shoes, we have non-skid foot covers available in the office.

Weather Alert – Course cancellation & closure of the Centre

During the winter months, depending on the weather, we may have to cancel courses and other activities on short notice and/or decide to close the Centre altogether. If this is the case, we will do our utmost best to contact everyone in time who is enrolled in the activity 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 an activity is cancelled or whether or not the Centre is closed, listen to CJAD station or call the Centre and listen to the greeting message.

Out-of-Town Trip - Annual Sugaring-off Party – Wednesday, March 27th

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: 3:30 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	\$62.00	If 25-30 participate	\$67.00
If 31-35 "	\$55.00	If 31-35 "	\$60.00
If 36-40 "	\$51.00	If 36-40 "	\$56.00
If 41-45 "	\$47.00	If 41-45 "	\$52.00
If 46-50 "	\$45.00	If 46-50 "	\$50.00

A deposit of \$40.00 for members or \$45.00 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.

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 3:30 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

EVENTS FOR FEBRUARY 2019 – at Contactivity Centre

- 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

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

			<u>Member</u>	<u>Non-Member</u>
Intermediate Bridge – Wed. 9:45 – 11:45 am	January 9 th - March 27 th (no class Jan. 16 th and Jan.23 rd)	10 weeks	\$80.00	\$90.00
Supervised Bridge – Wed. 12:15 – 2:15 pm	January 9 th - March 27 th (no class Jan. 16 th and Jan.23 rd)	10 weeks	\$80.00	\$90.00
Beginners II Bridge – Wed. 2:15 – 4:15 pm	January 9 th - March 27 th (no class Jan. 16 th and Jan.23 rd)	10 weeks	\$80.00	\$90.00
Stretch to Music – Monday 10:30 - 11:30 am	January 14 th – March 25 th	10 weeks	\$40.00	\$45.00
Stretch to Music – Thursday 10:00 - 11:00 am	January 17 th – March 28 th	10 weeks	\$40.00	\$45.00
Friday Fitness – Friday 9:30 – 10:30	January 18 th – March 29 th	10 weeks	\$40.00	\$45.00
Tai Chi – Friday 11:00 – 12:00	January 18 th – March 29 th	10 weeks	\$40.00	\$45.00
Thomas More – Friday 1:30 – 3:00 pm	January 18 th – March 22 nd	10 weeks	\$15.00	\$20.00
One Hour Line Dancing II – Friday, 1:30 – 2:30 pm	January 18 th – March 29 th	10 weeks	\$40.00	\$45.00
1 ½ Hours Line Dancing II – Friday, 1:30 – 3:00 pm	January 18 th – March 29 th	10 weeks	\$60.00	\$65.00
Tango Argentina – Friday 1:00 – 2:00 pm	February 1 st – March 1 st	5 weeks	\$50.00	\$55.00
Tango Argentina – Friday 1:00 – 2:00 pm	March 8 th – April 5 th	5 weeks	\$50.00	\$55.00

Fall Prevention – Begins March 25th

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.**

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

Entraide Bénévole Métro will be hosting tax preparation clinics on Tuesday, March 13th, March 27th, April 10th and April 17th 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 you cannot own your own home. 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, 2019 at 514-487-1311.

EVENTS FOR FEBRUARY 2019 – at Contactivity Centre

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!

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.

Foot Care Clinic – Tuesday, February 12th

Dr. Bevacqua will be here on Tuesday, February 12th 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.

Next Blood Pressure Clinic – Thursday, April 18th

The CLSC Metro will only be able to come 4 times a year from now on, rather than before, every birthday lunch. The next time a nurse from CLSC Metro will be here on Thursday, April 18th between 1:00 - 2:00 pm to take your blood pressure. Details will be mentioned again in the April newsletter. **Please call the Centre at 514-932-2326 to make your appointment.**

Super Bingo

The next Super Bingo at Place Kensington, located at 4430 Ste. Catherine St. W. (corner of Metcalfe Ave.) is on **Tuesday, February 26th** 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:

Lynne Moody, Teresa Patricio, Frances Katz, Louise Trepanier and Jocelyn Mc Maniman.

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

In Memoriam

We would like to extend our deepest condolences to member Mike Fortier and family for the loss of his wife Paz and also to the family and friends of the late Brunhilde Schneidewind and Joan Westra.

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. Telephone: **514-932-2326** or **514-932-3433**.

Website: www.contactivitycentre.org

Email: contactivity@bellnet.ca

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