

EVENTS FOR April 2019 AT CONTACTIVITY CENTRE

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
9:15-10:15 Fall Prevention 10:30-11:30 Stretch to Music – Spring Session 10:30-3:30 Arts & Crafts 12:00-12:30 Soup Kitchen 12:30-3:30 Bridge	10:30 AM Members Council Meeting	11:00-3:00 Arts & Crafts 9:45-11:45 Intermediate Bridge – last class of winter session 12:15-2:15 Supervised Bridge – last class of winter session 2:15-4:15 Beginners II Bridge – last class of winter session	LUNCH IS CANCELLED TODAY 3:00-4:30 Fall Prevention	9:30-10:30 Friday Fitness – Spring Session 11:00-12:00 Tai Chi – Spring Session 1:00-2:00 Tango Argentina 1:30-3:00 1½ Hour Line Dancing II – Spring Session
8	9	10	11	12
9:15-10:15 Fall Prevention 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 III Bridge – Spring Session 12:15-2:15 Intermediate Bridge – Spring Session 2:15-4:15 Supervised Bridge – Spring Session	10:00-11:00 Stretch to Music – Spring Session 1:00 pm Lunch & Movie of the Month 3:00-4:30 Fall Prevention	9:30-10:30 Friday Fitness 11:00-12:00 Tai Chi 1:00 pm In-Town Lunch 1:00-2:00 Tango Argentina – Spring Session 1:30-3:00 1 ½ Hour Line Dancing II
15	16	17	18	19
9:15-10:15 Fall Prevention 10:30-11:30 Stretch to Music 10:30-3:30 Arts & Crafts 12:00-12:30 Soup Kitchen 12:30-3:30 Bridge		11:00-3:00 Arts & Crafts 9:45-11:45 Beginners III Bridge 12:15-2:15 Intermediate Bridge 2:15-4:15 Supervised Bridge	10:00-11:00 Stretch to Music 1:00-2:00 Blood Pressure Clinic 2:00 pm 47 th Anniversary Tea & Birthday Celebration Fall Prevention is cancelled Today	CENTRE IS CLOSED PING PONG & POOL IS CANCELLED TODAY Good Friday Vendredi Saint
22	23	24	25	26
CENTRE IS CLOSED PING PONG & POOL IS CANCELLED TODAY Easter Monday Lundi de Pâques		11:00-3:00 Arts & Crafts 9:45-11:45 Beginners III 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 3:00-4:30 Fall Prevention	9:30-10:30 Friday Fitness 11:00-12:00 Tai Chi 1:00-2:00 Tango Argentina 1:30-3:00 1 ½ Hour Line Dancing II
29	30			
9:15-10:15 Fall Prevention 10:30-11:30 Stretch to Music 10:30-3:30 Arts & Crafts 12:00-12:30 Soup Kitchen 12:30-3:30 Bridge	3:00 pm Super Bingo at Place Kensington			

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Annual Membership Renewal

Your **2019/2020** membership is now due. **Deadline is April 30, 2019.** The annual membership fee remains at **\$20.00**, or **\$30.00** if you wish to receive the newsletter mailed to your home every month. Simply fill in the membership renewal form on both sides and return it to us in the envelope provided, along with your **cheque payable to Contactivity Centre**. Our calendar of events is also available on our website and when you are in the building, you can pick up a copy in the drop-in room (the "Centre").

Our website is www.contactivitycentre.org.

Please use the enclosed envelope in which to mail in your membership fee and form as soon as you can; kindly just place **the required postage stamp on the envelope**. **You also have the option of dropping off the envelope** in the white metal indoor mailbox opposite Mary's office, which is labeled "Contactivity Box". Membership fees help the Centre get through the "dry-spell" before the grants come in for the new fiscal year. Please renew today. Thank you so much!



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.

- April 4th** **LUNCH IS CANCELLED TODAY**
- April 11th** Pork Tenderloin, roasted potatoes, vegetables, tea, coffee and dessert. **Cost: \$5.00**
- Entertainment:** **Movie of the Month – "A Star is Born"** **Cost: \$0.50**
- 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. Maximum of 22.
- April 18th** **47th Anniversary Tea at 2:00 pm** **Cost: \$10.00**
- A variety of tasty sandwiches, salads, cheese and paté platters, vegetables and dip platters, shrimps, tea, coffee and a variety of sweets and fruit for dessert. **Maximum of 96. Reservations necessary**
- Entertainment:** Gisèle Guibord will be our guest musician. Gisèle is a dedicated and accomplished harpist with an extensive performing background setting the perfect tone for this celebratory event.
- April 25th** Tuna Noodle Casserole, vegetable medley, 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.

April Birthdays

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

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Valerie Aitken, Nicole Beaulieu, Diana Bishop, Sylvia Cannon, Rita Captain, Linda Drodge, Teresa Gagliardi, Judy Gatz, Patricia Hamilton, Mary Horne, Michele Juban, Maureen Kiely, Annelise Klug, Linda Lowe, Jeanne McDonald, Jean McGilton, Louise MacKay, Kathy McNally, Bertha Manstavich, Celia Miller, Mitch Mitchell, Tatiana Mukherjee, Jia-lin Peng, Iantha Phillip, Patricia Potter, Gabrielle Prefontaine, Terry Rigelhof, Alma Smith, Patricia Steele, Theophile Theophanides, Joyce Thibeault, Grace Thornley-Brown, Peter Tinsley, Aranka Torok, Gérald Trempe, Alma Vaillancourt, Muriel Valdron, Hope Van Reet and Silvana Violetti.

We hope to see you at the Birthday Celebration on April 18th, at a special time - 2:00 pm. Tea 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, April 16th. Maximum is 96.

Movie of the Month – Thursday, April 11th

“A Star is Born” – (2018) 2h 16min Drama Music Romance

Rated R - for language throughout, some sexuality/nudity and substance abuse

Produced & Directed by Bradley Cooper. Starring Lady Gaga, Bradley Cooper and Sam Elliott

In this new take on the iconic love story, **“A Star is Born”** Bradley Cooper makes his directorial debut, and also stars alongside music superstar Lady Gaga in her first leading role in a major motion picture. Cooper portrays seasoned musician Jackson Maine, who discovers and falls in love with struggling artist Ally. She has just about given up on her dream to become a successful singer until she meets Jack, who immediately sees her natural talent. There is a complex journey through the beauty and the heartbreak of a relationship struggling to survive on stage and in life.

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. Maximum of 22. Cost: \$0.50

In-Town Lunch – Friday, April 12th at 1:00 pm

This month's in-town lunch will be at **Restaurant Yia Sou Greek Grill & Bar** located at **5379 Queen Mary Road**, between Earnscliffe Ave. and Coolbrook. Yia Sou serves authentic Greek cuisine with exciting dishes and unique ambiance. They use only the freshest ingredients. Their lunch menu is served with rice and fries and a choice of soup or house salad. You can replace rice and fries for grilled vegetables for \$3. There are 6 choices of souvlaki platters (\$12-\$14), 6 choices of dishes from the land & sea (\$14-\$26) and 2 chef's specials (\$16-\$18). Desserts range from \$4-\$8 with

8 choices and coffee or tea \$2.50. The washrooms are located in the basement. There are handrails on both sides of the stairs. Join fellow members and try out this restaurant for yourself.

Members and their guest(s) will meet at 1:00 pm. Reservations are necessary, so please call the office at 514-932-2326 to make your reservation no later than Tuesday, April 9th.

Directions:

By Metro: From Snowdon metro, take Bus 51W to Queen Mary/Coolbrook and walk ½ a block west along Queen Mary to restaurant. //OR// Take Bus 166N to Queen Mary/Coolbrook and walk ½ a block west to restaurant. From Guy-Concordia metro, take Bus 166N to Queen Mary/Coolbrook and walk ½ a block west along Queen Mary to the restaurant.

By Bus: Take Bus 63N to Queen Mary/Clanranald and walk 1 ½ blocks east along Queen Mary to restaurant. //OR// Take Bus 166S to Queen Mary/Earnscliffe and walk east ½ a block to restaurant.

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 Centre first at 514-932-2326
- **Thursdays:** 10:00 am to 11:30 am Ongoing – call Centre first at 514-932-2326

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 APRIL 2019 AT CONTACTIVITY CENTRE

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 the Centre at 514-932-2326.**

After five years of managing and inspiring the walkie-talkies, Karen Evoy is retiring by the end of April. It was Karen's original inspiration to start the walking group, and there's been no looking back ever since. Karen has donated countless extra hours to keeping the group moving along, taking everything in stride along the way. We owe her a debt of gratitude and wish her happy trails as she takes off camping, hiking and exploring with her husband, who is retiring too!

A big big thank you to Glen Hynes for offering to volunteer also on Mondays to lead the walkie-talkies group.

No Out-of-Town Trip for April

Dear Members, unfortunately this year there will not be an Out-of-Town trip for the month of April.

April is a difficult month to plan an excursion, when the weather is often unpredictable, most activities have to be indoors and many destinations begin to accept groups starting only in May.

The day trips will resume next month.

Any suggestions for future trips within a reasonable distance, information as to whether guides at the destination speak English, and what good (and accessible) restaurants are in the area would be much appreciated.

Out-of-Town Trip - Wednesday, May 15th

Come celebrate the return of spring and take in the showcase of tulips across Ottawa and its national capital region. We will stroll along the largest display of tulips found in Commissioners Park on the shores of Dow's Lake.

Lunch at Le Buffet des Continents located in Gatineau. As the name indicates, this restaurant offers a wide variety of buffet style cuisine which includes: Chinese, Italian, French, Spanish, Middle-Eastern, North American, Asian, and Indian: there is something to cater to everyone's taste! The extensive restaurant also offers a full seafood selection, as well as a meat carving station. We will get to enjoy the outdoor style feel of the restaurant with the comfort of being indoors. Make sure to leave room for their homemade pastries, desserts and decadent treats, baked fresh every day. You would not want to miss this!

Commissioner's Park. You will explore and admire the colorful splendor and stunning display of over 300,000 tulips.

Last stop of the day, take a stroll down Artifact Alley at the **newly renovated Canada Science and Technology Museum**. Experience what the museum calls "augmented reality" – featuring a dazzling array of artifacts, interactive displays and a stage for exciting, participatory science demonstrations. From vehicles and locomotives to cameras and telescopes, the breadth and beauty of the museum's collection and 11 brand-new exhibitions is front and centre. Get hands-on with real woodworking tools, discover old technologies that can now be found as apps on a smartphone, take command of a sci-fi spacecraft, and more.

Be among fellow members, bring a friend and join us for a day's escape. Reserve today!

Leave Centre: 9:00 a.m.

Leave Ottawa: 4:30 p.m.

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

<u>Total cost for Member</u>		<u>Total cost for Member's Guest</u>	
If 25-30 participate	\$81.00	If 25-30 participate	\$86.00
If 31-35 "	\$69.00	If 31-35 "	\$74.00
If 36-40 "	\$61.00	If 36-40 "	\$66.00
If 41-45 "	\$56.00	If 41-45 "	\$61.00
If 46-50 "	\$52.00	If 46-50 "	\$57.00

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.

Annual General Meeting – Thursday, June 20th, 2019 at 12:00 Noon

EVENTS FOR APRIL 2019 AT CONTACTIVITY CENTRE

Notice is hereby given that the Annual General Meeting of Centre Contactivité Inc. will be held on Thursday, June 20th, 2019 at 4695 de Maisonneuve Blvd. W., Westmount, for the following purposes:

1. To receive Annual Reports of the Officers and Standing Committees of the Board;
2. To receive the Balance Sheet and Financial Statement for the year ended at 31 March 2019; and Report of the Auditors thereon;
3. To appoint Auditors for the ensuing year; and
4. To elect the Directors to the Board

By order of the Board
John Bailey

Grade 9 Students Want to Learn from You!

A local Grade 9 photography class has asked if they can meet with some of our members on two Fridays, to chat, ask some interview questions and practice their budding portrait photography skills. They would like to know about your youth, your life, and "what you wish someone had told you when you were 15 years old".

They would like to develop an annotated photo exhibit to showcase seniors' rich experiences and life wisdom. Participants will be invited to Selwyn House for a luncheon in their honour and for the opening of the school exhibit in May. If you can commit to two Fridays (April 5th and May 3rd) at Contactivity from 1:30 to 2:30 you are in for a lovely inter-generational exchange.

Please call our office ASAP as space is limited at 514-932-2326.

Schedule of Proposed Spring Courses

- **Fall Prevention:** Mondays, 9:15-10:15 am and Thursdays, 3:00-4:30 pm **FREE**
Begins March 25th – June 13th (No class April 18th, April 22nd and May 20th)
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. **Unfortunately, this course is full but you can call the Centre at 514-932-2326 to add your name on a waiting list for the FALL semester.**
- **Monday Stretch to Music:** 10:30 – 11:30 **8 weeks**
Begins April 1st – June 3rd (No class on April 22nd & May 20th)
Instructor: Lana Romandini **Cost: \$32.00 Member**
\$37.00 Non-Member
- **Friday Fitness:** Fridays, 9:30 - 10:30 **8 weeks**
Begins April 5th – May 31st (No class on April 19th)
Instructor: Lana Romandini **Cost: \$32.00 Member**
\$37.00 Non-Member

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 in this more demanding course must be fit enough to keep moving vigorously for the first 30 minutes.**
- **Tai Chi:** Friday, 11:00-12:00 **8 weeks**
Begins April 5th – May 31st (No class April 19th)
Instructor: Heather McDow **Cost: \$32.00 Member**
\$37.00 Non-Member
- **1 ½ Hours Line Dancing II:** Friday, 1:30-3:00 **8 weeks**
Begins April 5th – May 31st (No class April 19th)
Instructor: Linda Chou **Cost: \$48.00 Member**
\$53.00 Non-Member
- **Beginners III Bridge:** Wednesday, 9:45 – 11:45 **10 weeks**
Begins April 10th – June 12th
Instructor: Heather Felsky **Cost: \$80.00 Member**
\$90.00 Non-Member
- **Intermediate Bridge:** Wednesday, 12:15 - 2:15 **10 weeks**
Begins April 10th – June 12th
Instructor: Heather Felsky **Cost: \$80.00 Member**
\$90.00 Non-Member
- **Supervised Bridge:** Wednesday, 2:15 -4:15 **10 weeks**
Begins April 10th – June 12th
Instructor: Heather Felsky **Cost: \$80.00 Member**
\$90.00 Non-Member
- **Thursday Stretch to Music:** 10:00 - 11:00 **8 weeks**

EVENTS FOR APRIL 2019 AT CONTACTIVITY CENTRE

Begins April 11th – May 30th

Instructor: Wilma Christiansen

Cost: \$32.00 Member

\$37.00 Non-Member

- **Argentinian Tango:** Friday, 1:00-2:00

Begins April 12th – May 24th (no classes April 19th and April 26th)

Instructor: Laura-Eva Steinmander

Classes take place at Victoria Hall.

5 weeks

Cost: \$50.00 Member

\$55.00 Non-Member

- **Argentinian Tango:** Friday, 1:00-2:00

Begins May 31st – June 28th

Instructor: Laura-Eva Steinmander

Classes take place at Victoria Hall

5 weeks

Cost: \$50.00 Member

\$55.00 Non-Member

Foot Care Clinic – Tuesday, April 9th

Dr. Bevacqua will be here on Tuesday, April 9th 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, April 18th

A nurse from CLSC Metro will be here on Thursday, April 18th from 1:00 - 2:00 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:

Aurora Abang, Minoo Gundevia, Rachèle Rioux and Csaba Jaszberenyi.

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, April 30th** 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!

In Memoriam

We would like to extend our deepest condolences to member Kathy Hewitt and family in the loss of her beloved mother Patricia Hewitt.

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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**. Fax: 514-937-4087

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; *Activity Coordinator* – Janice Parnell and *Outreach Worker* – Fiona Smith.