

EVENTS FOR MAY 2019 AT CONTACTIVITY

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| | | 1 | 2 | 3 |
| | | 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 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 |
| 6 | 7 | 8 | 9 | 10 |
| 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 12:15-2:15 Intermediate Bridge 2:15-4:15 Supervised Bridge | 10:00-11:00 Stretch to Music 1:00 pm Lunch & Movie of the Month 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 |
| 13 | 14 | 15 | 16 | 17 |
| Arts & Crafts Cancelled Today 9:15-10:15 Fall Prevention 10:30-11:30 Stretch to Music 12:00-12:30 Soup Kitchen 12:30-3:30 Bridge | 9:30-12:00 Baking Day 1:00-3:00 Baking Day | 9:00 AM Out-of-Town Trip 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 3:00 – 4:30 Fall Prevention | 9:30-10:30 Friday Fitness Ping Pong & Pool Cancelled Today 11:00-12:00 Tai Chi 1:00 pm In-Town Lunch 1:00-2:00 Tango Argentina 1:30-3:00 1 ½ Hour Line Dancing II |
| 20 | 21 | 22 | 23 | 24 |
| CENTRE CLOSED VICTORIA DAY CENTRE FERMÉ JOURNÉE DES PATRIOTES | SEE THE LIBRARY REFERENCE SECTION COURTESY OF THE SOCIAL ACTION COMMITTEE | 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 Day in the Park Sat., May 25 th from 10:30-3:30 Come visit us! |
| 27 | 28 | 29 | 30 | 31 |
| 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 | 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 Birthday Lunch & Entertainment 3:00 – 4:30 Fall Prevention | 9:30-10:30 Friday Fitness 11:00-12:00 Tai Chi 1:00-2:00 Tango Argentina – New Session 1:30-3:00 1 ½ Hour Line Dancing II |

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Day in the Park – Saturday, May 25th – 10:30 am - 3:30 pm

What a great opportunity to get together with family and friends for a relaxing day in our beautiful Westmount Park! There will be games for the children, interesting displays and lots of goodies for sale. Pack a picnic or buy on the spot from a variety of stands and styles.

Weather permitting, come and visit Contactivity's booth with a variety of beautiful handcrafted, hand-painted and hand-knit items by our very own Arts & Crafts Group, and lots of homemade baked goods. There will also be a photo exhibit of all the activities and volunteer opportunities at the Centre.

We will be along the walking path.

Contactivity needs VOLUNTEERS to staff our tables and to handle other tasks to help make the day memorable.

We also need donated baked goods for our bake table which has traditionally been one of the most popular stands at this event. Please call Barbara at **514-932-2326** if you can help out on **Baking day at the Centre – Tuesday, May 14th from 9:30 – 12:00 or from 1:00 - 3:00**. We will supply all the necessary ingredients if you will volunteer your baking skills to help create goodies. However, if you would prefer to do some baking at home for us, we would be most grateful. If you do bake at home, bring in your goodies to the Centre at your convenience and we will ensure they are fresh on the big day. But, please no later than **Friday, May 24th**.

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

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

This is a reminder for those who are signed up!

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!

It is recommended that you bring a water bottle with you, some snacks in case the need arises and any medication required.

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. Please take note that the prices listed below include the museum entrance fee of \$13.00. (In the April newsletter it was not included)

Total cost for Member

| | |
|----------------------|----------------|
| If 25-30 participate | \$94.00 |
| If 31-35 " | \$82.00 |
| If 36-40 " | \$74.00 |
| If 41-45 " | \$69.00 |
| If 46-50 " | \$65.00 |

Total cost for Member's Guest

| | |
|----------------------|----------------|
| If 25-30 participate | \$99.00 |
| If 31-35 " | \$87.00 |
| If 36-40 " | \$79.00 |
| If 41-45 " | \$74.00 |
| If 46-50 " | \$70.00 |

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,

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before departure. Come into the building to pay the balance and obtain your bus number. First come, first served.

REMINDER - Annual Membership Renewal

Your membership is now due. The annual membership fee remains at **\$20.00** or **\$30.00** if you wish to receive the calendar of Events mailed to your home every month. Also, please fill in the membership renewal form which was included with your April newsletter. Cheque is payable to Contactivity Centre. **Please renew today.** Thank you.

Thank You!

A big thank-you to all the members who so graciously donated to the Centre when they renewed their membership this year. The Board of Directors and the Centre's staff have been truly touched by these generous gestures of support.

An official charitable receipt will be sent to each donor by mail in June, which you can hold onto for when you file your 2019 tax returns.

In the meantime, our thanks once again for helping to make the many activities and services of the Centre possible.



May Birthdays

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

Heather Barwick, Phyllis Boulay, Jane Chiu, Diane Desjardins, Ruth Discenza, Catherine Duff-Caron, Gary Evans, Maurice Fefer, Irvin Ford, Gilbert Gannon, Robert Gaudreau, Mary Gilchrist, Margrit Gluckman, Reynold Gold, Isle Hahndorff, Vivian Hiley, Nancy Hovey, Barbara Howard, Pamela Iny, Noreen Jackson, George Kinloch, Carol Kouri, Marlene Kronick, Gisele Lacharité, Anne Leblanc, Marietta Leblanc, Margaret Ludwig, Yvonne Martell, Frances Martin, Roland Massicottz, Elsebeth Merkly, Linda Morrison, Gwen Norsworthy, Clara Petrarca, Patricia Philip, Judith Philpott, Terry Pozzobon, Bernadette Rigby-Wilson, Norma Robertson, Denise Roy, Virginie Sabbagh, Vivian Schrier, Nancy Ship, Renate Stangl, Helen Stevens, Judith Stewart, Vivian Teodori, Jeanne Webb, Diane Webster, Mary Williams and Barrie Wilson.

We hope to see you at the Birthday Celebration on May 30th 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, May 28th. Maximum of 96.

REMINDER: Annual General Meeting - Thursday, June 20th, 12:00 Noon

Notice is hereby given that the Annual General Meeting of Centre Contactivité Inc. will be held on Thursday, June 20th, 12:00 Noon, 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 31st 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

Argentinian Tango – Spring Session Dates

Fridays from 1:00 - 2:00 pm Classes take place at Victoria Hall.

Instructor: Laura-Eva Steinmander

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

Cost: \$50.00 Member / \$55.00 Non-Member

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- Begins May 31st – June 28th

Cost: \$50.00 Member / \$55.00 Non-Member

Weekly Thursday Lunchees



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.

- May 2nd** Crustless spinach & cheese quiche, baked tomato, roasted potatoes, tea, coffee and dessert. **Cost: \$5.00**
- May 9th** Glazed ham, sweet potato casserole, vegetable medley, tea, coffee and dessert. **Cost: \$5.00**
- Entertainment: Movie of the Month – “Green Book”** **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.**
- May 16th** Cheese Tortellini and tomato sauce, garlic bread, salad, tea, coffee and dessert. **Cost: \$5.00**
- May 23rd** Vegetarian Pizza, salad, tea, coffee and dessert. **Cost \$5.00**
- Guest Speaker:** Following lunch, the fabulous West Hill Grandmothers are going to introduce themselves to us and tell us their astonishing story. Since they first started their group almost 15 years ago, they have been active and having fun staging a wide variety of events, many of them at the Westmount Park Church, for the benefit of grandmothers in far-away Africa. How did that come about? The West Hill Grandmothers are going to show us slides, share stories and entertain us with some old-fashioned music - an amazing and inspiring "Show and Tell"!
- May 30th** **Birthday Lunch & Musical Entertainment** **Cost \$10.00**
Mango chicken, rice, salad, juice, tea, coffee and birthday cake for dessert. **Maximum of 96. Reservations needed in advance.**
- Entertainment:** **Joanne Mitchell** will be entertaining us with her “top twenty dancing tunes”.

Movies



Movie of the Month – Thursday, May 9th

“Green Book” – (2018) 2h 10min Biography, Comedy, Drama Rated PG-13
Directed by Peter Farrelly. Starring Mahershala Ali, Viggo Mortensen and Linda Cardellini

Dr. Don Shirley is a world-class African-American classical pianist, who is about to embark on a concert tour from Manhattan to the Deep South in 1962. In need of a driver and protection, Shirley recruits Tony Lip, a tough-talking bouncer from an Italian-American neighbourhood in the Bronx. Despite their differences, the two men soon develop an unexpected bond while confronting racism and danger in an era of segregation as well as unexpected humanity and humor to survive and thrive on the journey of a lifetime.

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**

Sharing Your Unique Story: Giving Yourself a Voice

A new tenant in the building, Theatre Ouest End, is going to be holding a series of Tuesday workshops starting May 14 and Contactivity members are welcome to participate. There will be skillful animation to bring out the writer in everyone, based on a technique called Transformational Writing. Groups will be limited to 8-12. It's free. It's transformational. What more could one ask for? 😊

Please call Laura Mitchell at 514-346-4695 or email theatre.ouest.end@gmail.com for more information and to register.

A Trip Down Memory Lane with Selwyn House Students Friday, June 7th From 1 - 3pm

A new group of Selwyn House Grade 6 students are hard at work to creatively share with you their memory books. This fun-filled activity becomes more engaging while encouraging a deeper understanding of how each generation perceives the world and how it has changed. See the world through the younger generation's eyes and help them see it through yours!

Please RSVP by calling the office at 514-932-2326 if you are interested in participating.

In-Town Lunch – Friday, May 17th at 1:00 p.m.

This month's in-town luncheon will be at **Madras Curry House Restaurant** located at **1242 MacKay St.**, between Saint-Catherine St. and René-Lévesque. This popular and authentic South Indian restaurant will please your taste buds with their delectable dishes. At Madras Curry House each spice is hand selected, combined and roasted for that perfect flavor. They offer lunch specials including rice, vegetables and flatbread ranging from \$10.50 - \$13.50 with 8 choices. Tea, coffee and dessert are separate. There are 12 steps to enter the restaurant with handrails on both sides of the staircase.

Join fellow members and try out this restaurant.

Members and their guest(s) will meet at 1:00 p.m. Reservations are necessary, so please call the office at 514-932-2326 to make your reservation no later than the Tuesday before, May 14th.

Directions:

By Metro: From Guy-Concordia metro, exit Guy street, walk one block east along de Maisonneuve Blvd. W. to MacKay street and then walk 1 ½ blocks south along MacKay to the restaurant.

By Bus: Take Bus 24 to the corner of Sherbrooke and Bishop, walk one block west along Sherbrooke street to MacKay, then walk 2 ½ blocks south along MacKay to restaurant. //OR// Take Bus 15E from

Saint-Catherine & Atwater to corner of Guy St, walk one block east along Saint-Catherine to MacKay and then walk ½ a block south along MacKay to the restaurant.

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 volunteer 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 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.)

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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.

Weekly Groups

Arts & Crafts:

- **Mondays:** 10:30 am to 3:30 pm Full
- **Wednesdays:** 11:00 am to 3:00 pm Full

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

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.** Happy walking!

Foot Care Clinic – Tuesday, May 7th

Dr. Bevacqua will be here on Tuesday, May 7th 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.

Welcome New Members

A big, big welcome to:

Esther Backman, John Bailey, Irène Cartier, Dorothy Heppner, Glenn Hynes, Marilyn Lamond, Frank Moller, Judith Mowat, Carolyn Reich, Johann Sadegursky, Daryll Skraba, Renée Therrien and Phyllis Vogel.

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, May 28th** starting at **3:00 pm**. **Contactivity members and their guest are invited, so just show up at Place Kensington if bingo is your game. No need to reserve.**

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!

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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; Volunteer & Program Coordinator – Rekha Birla; Crafts Coordinator – Angelina Hum; Program Coordinator – Emily Rill; Trip & Activity Coordinator – Janice Parnell and Outreach Worker – Fiona Smith.