# EVENTS For July 2019
# AT CONTACTIVITY CENTRE

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **1**<br>**CENTRE**<br>**IS**<br>**CLOSED**<br>**Canada Day** | **2**<br>**9:00-11:30**<br>**Foot Care Clinic** | **3**<br>**11:00-3:00**<br>**Arts and Crafts** | **4**<br>**10:00-11:30**<br>**Walkie Talkies** | **5**<br>**10:00-12:00**<br>**Ping Pong & Pool** |
| **8**<br>**10:00-12:00**<br>**Ping Pong & Pool**<br>**10:00-11:30**<br>**Walkie Talkies**<br>**NO CRAFTS TODAY**<br>**No Soup Kitchen & No Bridge Group**<br>**STAFF TRAINING TODAY** | **9**<br>**STAFF TRAINING TODAY** | **10**<br>**11:00-3:00**<br>**Arts and Crafts** | **11**<br>**10:00-11:30**<br>**Walkie Talkies** | **12**<br>**10:00-12:00**<br>**Ping Pong & Pool** |
| **15**<br>**10:00-12:00**<br>**Ping Pong & Pool**<br>**10:00-11:30**<br>**Walkie Talkies**<br>**10:30-3:30**<br>**Arts & Crafts**<br>**No Soup Kitchen & No Bridge Group** | **16**<br>**Spur-of-the-Moment In-Town Outing - La Grande Roue de Montréal**<br>**(details inside)** | **17**<br>**9:00 am**<br>**Day in the Country at Camp Kinkora**<br>**11:00-3:00**<br>**Arts and Crafts** | **18**<br>**10:00-11:30**<br>**Walkie Talkies** | **19**<br>**10:00-12:00**<br>**Ping Pong & Pool** |
| **22**<br>**10:00-12:00**<br>**Ping Pong & Pool**<br>**10:00-11:30**<br>**Walkie Talkies**<br>**10:30-3:30**<br>**Arts & Crafts**<br>**No Soup Kitchen & No Bridge Group** | **23**<br>**Spur-of-the-Moment In-Town Outing – Le Bateau Mouche**<br>**(details inside)**<br>**1:00 - 3:00**<br>**Summer Institute Workshop: How to Manage Your Stress** | **24**<br>**11:00-3:00**<br>**Arts and Crafts**<br>**1:00 PM**<br>**Afternoon with a Movie & Popcorn** | **25**<br>**10:00-11:30**<br>**Walkie Talkies** | **26**<br>**10:00-12:00**<br>**Ping Pong & Pool**<br>**1:00 PM**<br>**In-Town Lunch at Stash Café** |
| **29**<br>**10:00-12:00**<br>**Ping Pong & Pool**<br>**10:00-11:30**<br>**Walkie Talkies**<br>**10:30-3:30**<br>**Arts & Crafts**<br>**No Soup Kitchen & No Bridge Group** | **30**<br>**9:00-11:30**<br>**Foot Care Clinic**<br>**10:45 am**<br>**Montreal Museum of Fine Arts Outing – reservations required**<br>**(details inside newsletter)**<br>**3:00 pm**<br>**Super Bingo at Place Kensington (details inside)** | **31**<br>**11:00-3:00**<br>**Arts and Crafts** | | |

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

## In-Town Lunch – Friday, July 26th at 3:00 pm

**Stash Café** is one of the longest standing restaurants in Old Montreal – over 40 years! Opened by a reporter for the Montreal Gazette as a place for his friends to hang out, this rustic cozy café serves up the best traditional Polish food in town. It showcases stone walls and a mix of Polish art. Located at **200 rue Saint Paul W.**, on the corner of rue Saint Francois Xaviers. There is one step to enter the restaurant. Many celebrities dine at Stash Café while filming movies in Montreal. They offer a big selection of traditional foods. Their lunch menu includes – Soups: 5 choices ($5-$8); Appetizers: 4 choices ($5-$7) and Main Course: 13 choices ranging from $13-$20. Spend a lunch time at Stash's, and discover a small corner of Poland! There are stairs or an elevator to access the washroom. Members and their guest(s) will meet at 1:00 pm. **Reservations with us are necessary, so please call the office at 514-932-2326 to make your reservation by Tuesday, July 23rd. Maximum of 10.**

**AFTER LUNCH CONSIDER WALKING 3 BLOCKS SOUTH TO THE OLD PORT TO ENJOY A STROLL ALONG THE WATER FRONT OR SITTING AND ENJOYING THE VIEWS.**

**Directions:** From Square-Victoria metro, take Bus 61W to corner of McGill/Saint Paul. Walk 3 blocks east along Saint Paul to the restaurant. ////OR//// From Place d'Armes metro, take exit Saint Urbain and walk ½ a block south along St.Urbain to Saint- Antoine St. Turn right onto Saint-Antoine and walk one block. Turn left on St. Francois Xavier and walk 5 blocks south to Saint Paul W. Turn right onto Saint Paul, the restaurant is on the corner.

## 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 13th enjoyed themselves!**

Stewart Arbuckle, Esther Backman, Julia Brennan, Nirmala Brunel, Nora Burnier, Barbara Covington, John Di Ioia, Dan Dutton, Wilma Dyer, Doris Emler, Karen Evoy, Vera Fergenbaum, Linda Fratta, Michael Fratta, Christa Fust-Stangl, Sosi Garibyan, Maurice Gilchrist, Elaine Giovannetti, Gwendolyn Goring, Yvonne Greer, Monique Harris, Ben Henkewick, Kathy Hewitt, Marcia Hollink, Joanne Keating, Marie Claude Lamari, Alice Lukacs, Geraldine Macaulay, Rosemary Mackell, Josephine Peach, Diane Pharand, Bridget Polidoro, Jill Quinton, Carolyn Reich, AnnaLee Ross, Sylvia Ruby, Sylvia Schmutz, Margaret Sheremata, Janet Small, Penny-Anne Soper, Frances Stamos, Pat Takahashi, Rex Tallentire, Sherrill Thompson, Brian Townsley, Graida Victor and Clodagh Wheatley.

## Movie of the Month – Wednesday, July 24th at 1:00 PM

**"The Upside" –** (2019) 2h 6min. Comedy Drama
Directed by Neil Burger. Starring Bryan Cranston, Kevin Hart and Nicole Kidman.

The Upside is a 2019 American comedy-drama film directed by Neil Burger and written by Jon Hartmere. It is a remake of the French 2011 film The Intouchables, which was itself inspired by the life of Philippe Pozzo di Borgo. Philippe is a quadriplegic billionaire, who feels that life is not worth living. To help him in his day to day routine, he hires Del, a recently paroled ex-convict, trying to reconnect with his estranged wife. From worlds apart, Dell and Philip form an unlikely bond, bridging their differences and gaining invaluable wisdom in the process, giving each man a renewed sense of passion for all of life's possibilities. **Maximum of 22.**
**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 Monday, July 22nd.**

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

Exhibition: **Permanent Collection of Contemporary Art**

Date & Time: Meet at 10:45 on Tuesday July 30th, 2019

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

Contemporary art figures prominently in the MMFA's galleries and acquisition programme. The museum's galleries showcase works created since 1980 by local Canadian and International artists: abstract and figurative paintings, multimedia projects, minimalist and monumental sculptures. The Sculpture Garden constitutes a major collection of the most prominent names in contemporary sculpture: Henry Moore and Jean-Paul Riopelle among them. The Contemporary Art Square features temporary exhibitions in this space and is aimed at promoting artists from here and elsewhere.

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!

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

Mia, one of our summer students has organized two in-town outings in July. **If you are interested in participating, please call the office at 514-932-2326 to make your reservation. Specify when you call which destination would be of interest.**

## 1. Tuesday, July 16th – La Grande Roue de Montréal

Have you seen the huge Ferris wheel which is a new landmark in the old Port – just like in London. La Grande Roue de Montréal will bring you an unforgettable experience in the comfort of a climate-controlled gondola which is air-conditioned for the summer. This is a unique activity that lasts 20 minutes, where you will be able to see the scenic setting of Old Montreal and the St-Lawrence river from the tallest observation wheel in Canada which is 60 metres in height.

The **Cost** for 60-64 is $28.75 including taxes or for 65 years+ is $22.46 including taxes.

**Meeting point**: Champs de Mars Metro at 9:15 am or at the ticket stand for 9:40 am if you are driving or taking a taxi. The ride will commence at 10:00 am and the payment will be made at the ticket stand with the accepted methods of payment being cash, credit or debit.

**Address**: 362 rue de la Commune E., Montreal, QC H2Y 0B4

**Lunch**: You are welcome to join us for lunch at your own expense at the Bistro and Café de La Grande Roue de Montréal where they serve pizzas, poutines, wraps, paninis, smoked meat, sandwiches, pastas and desserts.

## 2. Tuesday, July 23rd – Le Bateau Mouche

Take a cruise of Montreal's St-Lawrence river where a bilingual guide will be happy to explain the panoramic views that you are taking in of the Clock Tower, Biosphère, Jacques Cartier Bridge and Habitat 67. The boat has comfortable seating and is air-conditioned inside. At your own expense, snacks, alcoholized and non-alcoholized drinks can be served.

**Address**: Jacques-Cartier Pier, rue de la Commune E., in Old-Montreal

**Cost** for 60+: $27.59 including taxes (non-refundable)

**Meeting point**: Champs-de-Mars Metro at 10:00 am or near the boarding area at 10:30 am if you are driving or taking a taxi. The boat ride will commence at 11:00 am. Full payment of cash or cheque must be made at the Contactivity Centre no later than July 12th, 2019.

# Contactivity's Summer Institute Workshops

**Tuesday, July 23rd, 2019 from 1:00 – 3:00 pm**

### How to Manage Your Stress

On this workshop, Dani Oxer will show us how we can manage stress in a different and innovative way. With 15 years of experience in scientific research and a Ph.D. in biology, she will help us understand what stress really is. Based on the latest scientific research, she will share a surprising strategy that has a powerful effect on people's health and well-being. Don't miss it!

There is no cost for the workshop. **Please call the Centre at 514-932-2326 to RSVP your seat today!**

**Three Free Summer Institute Workshops in August as well**. (see attached – August newsletter)

# 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 (alcohol can cause dehydration and tea or coffee do not hydrate well), use light bedding and wear light loose clothing such as cotton or bamboo, these are fabrics that breathe. Use a fan and moisten your skin or even better go to an air-conditioned mall, library or other public spaces for a few hours, travelling there ahead of the hottest part of the day. The idea is not only to feel more comfortable by doing so, but also to let your body's core temperature go down to give it less stress. It is best not to leave the lights on or use your oven or its self-cleaning function, the heat will diffuse into the rest of your home. If you want to eat hot, a slow cooker is preferable to use, it produces less heat than an oven. You can take a cool shower before bed. 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.

## No Monday Soup Kitchen and Monday Bridge Group for July & August

Unfortunately again this year, Webster Hall and the kitchen are not available to us for the month of July and August, so we have to cancel our Monday Soup Kitchen and Monday Bridge Group. Our lease no longer includes July & August usage. Therefore, it will resume on Monday, **September, 9th**, the Monday after Labour Day. Reminder, if

you are interested in taking soup home, please bring in a container and plastic bag. We will not always have some available

## Your New Board of Directors

Since the election at the Annual General Meeting on June 20th, the following are the Board Members for 2019 - 2020: President: John Bailey, Past President: Tony Wait, Vice President: Joyce Blond, Secretary-Treasurer: Tom Thompson, Members at Large: Kathryn Hewitt, Catherine Lackenbauer, Helene McCormack, Maureen Kiely, Sandra Baines and Members' Council Representatives: Vera Burt and Lise Gagnon.

## TARGET AUDIENCE Summer Out-of-Town Trips: July & August

Due to some of the long bus rides, the uneven terrain involved and the nautical element of our summer trips, the target audience for these trips would be autonomous members, specifically people who can:

- board and disembark transportation (bus & boat) without aid
- walk the distance required for each trip
- be able to hear and see sufficiently to enjoy the trip safely and without aid
- generally be self-sufficient throughout the trip.

If a member is deemed unable to travel on his or her own by the (Staff/Trip Coordinator/ or Executive Director) of Contactivity, he or she may be accompanied by a companion who will be responsible for the member on the trip.

## A Different Out-of-Town Trip for July - A Day in the Country Wednesday, July 17th

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.

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 and afternoon tea in the Gazebo. There are chairs and benches by the lake. Trip includes lunch and snacks. The camp property includes dirt roads, small rocks, sand and grass terrain which leads to uneven ground and pathways. It's pretty rugged in some places, **therefore it is less suitable for anyone with mobility or balance issues**. Also, there is no room for the storage of walkers on this small bus. **Maximum of 19 participants**.

**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

**Full Payment in advance, DUE BY JULY 5TH, 2019,** of a special total cost of $45 for members and $50 for a member's guest must be given to be considered on the trip list, which includes transportation by a mini-bus provided by Camp Kinkora, lunch, refreshments and all activities. **Please remember this is a non-refundable payment. The day of the trip, come into the building before departure to obtain your bus number.**

**This trip was in the June calendar and is already full but feel free to call to put yourself on the waiting list.**

# Exciting News!!!

Atwater Library and Contactivity are proud to host the Digital Literacy Roadshow in October!! Exact details will be in the September Newsletter!

Get a load of these exciting subjects: Get control of your device Settings / Brain Games - Colour & drawing apps / Communication apps, like Skype, FaceTime etc / Photography - sharing - storage / Scanning: photos, documents, & memorabilia / Museum virtual Tours - Google travelling / Internet Security / Making movie/documentary (which could be part of above). **Due to limited space (20 people), please call Rekha at 514-932-2326 to reserve your spot.**

## 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 centre at 514-932-2326.** Happy walking!

## Foot Care Clinic – Wednesday, July 2nd and July 30th

Dr. Bevacqua will be here on Wednesday, July 2nd and Wednesday, July 30th from 9:00 am to 11:30am **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 30th,** starting at 3:00 pm. Contactivity members and their guest are invited to

participate, show up at Place Kensington if bingo is your game. **Participants must be autonomous, able to circulate within the building and able to use the stairs to the Bingo Room without assistance or supervision.**

# EVENTS For August 2019
# AT CONTACTIVITY CENTRE

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| | | | **1**<br><br>**10:00-11:30**<br>**Walkie Talkies** | **2**<br><br>**10:00-12:00**<br>**Ping Pong & Pool** |
| **5**<br><br>**CENTRE**<br><br>**IS**<br><br>**CLOSED**<br><br>**Civic Holiday** | **6**<br><br>**Check the Bulletin Board when you are in the Centre** | **7**<br><br>**9:00 AM**<br>**Out-of-Town Trip – Annual Summer Theatre at Morrisburg, ON**<br><br>**11:00-3:00**<br>**Arts & Crafts** | **8**<br><br>**10:00-11:30**<br>**Walkie Talkies** | **9**<br><br>**10:00-12:00**<br>**Ping Pong & Pool**<br><br>**1:00 - 3:00**<br>**Summer Institute Workshop:**<br>**"EYE-SIGHT: a priceless gift"**<br>**- Reservations required**<br>**(details inside)** |
| **12**<br><br>**10:00-12:00**<br>**Ping Pong & Pool**<br><br>**10:00-11:30**<br>**Walkie Talkies**<br><br>**10:30-3:30**<br>**Arts & Crafts** | **13**<br><br>**10:30 - 12:00**<br>**Summer Institute Workshop:**<br>**Forgiveness and Meditation**<br>**- Reservations required**<br>**(details inside)** | **14**<br><br>**11:00-3:00**<br>**Arts & Crafts**<br><br>**1:00 PM**<br>**Afternoon with a Movie & Popcorn** | **15**<br><br>**10:00-11:30**<br>**Walkie Talkies** | **16**<br><br>**10:00-12:00**<br>**Ping Pong & Pool**<br><br>**1:00 pm**<br>**In-Town Lunch at Restaurant Le Taj** |
| **19**<br><br>**10:00-12:00**<br>**Ping Pong & Pool**<br><br>**10:00-11:30**<br>**Walkie Talkies**<br><br>**10:30-3:30**<br>**Arts & Crafts** | **20**<br><br>**10:45 am**<br>**Montreal Museum of Fine Arts Outing – reservations required**<br><br>**(details inside newsletter)** | **21**<br><br>**11:00-3:00**<br>**Arts & Crafts** | **22**<br><br>**10:00-11:30**<br>**Walkie Talkies** | **23**<br><br>**10:00-12:00**<br>**Ping Pong & Pool** |
| **26**<br><br>**10:00-12:00**<br>**Ping Pong & Pool**<br><br>**10:00-11:30**<br>**Walkie Talkies**<br><br>**10:30-3:30**<br>**Arts & Crafts** | **27**<br><br>**9:00 – 11:30**<br>**Foot Care Clinic**<br><br>**3:00 pm**<br>**Super Bingo at Place Kensington**<br>**(details inside)** | **28**<br><br>**11:00-3:00**<br>**Arts & Crafts** | **29**<br><br>**10:30 AM**<br>**Out-of-Town Trip – 50's Rock 'n' Roll Musical Review at Hudson Village Theatre**<br><br>**10:00-11:30**<br>**Walkie Talkies** | **30**<br><br>**10:00-12:00**<br>**Ping Pong & Pool** |

## Centre Closed

The Centre will be closed on Monday, September 2nd – Labour Day. Also, we will be closed from Tuesday, September 3rd to Friday, September 6th inclusive. We will return on Monday, September 9th. However, the Telecheck service, will continue except for Monday, September 2nd, as well as the walkie talkies.

## 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 19th. Lunch is half price for member birthday celebrants. If you can join us, please call the Centre at 514-932-2326 to reserve in advance, no later than Tuesday, September 17th.**

Lucette Beauchamp, Ghanshyam Birla, Uta Chaudhury, Rochelle Ferri, Lise Gagnon, Barbara Good, Cyla Hus, Elizabeth Johnston, Aileen Kilbertus, Renée Kinik, Georgette Korn, Maureen McCrory, Catherine MacCabe, Gemma Mattheij, Lynne Moody, Ruth Naud Tisdale, Ian Porteous, Mila Raykhlin, Jacqueline Ross, Barbara Shapiro, Deirdre Smart, Ritva Suonpera, Irene Theodrides, Fred Wiegand and Cynthia Wiltshire.

## Contactivity's Summer Institute Workshops

**1. Friday, August 9th, 2019 from 1:00 – 3:00 pm**

### "EYE-SIGHT: a priceless gift"

In this hands-on workshop, Dr. Caitlin Murphy, PhD. from Concordia Vision Labs, will provide tests and equipment to highlight the challenges created by visual impairments and the impact on our everyday activities.

After completing a short questionnaire, participants are invited to complete vision and balance activities with and without goggles (to impair vision) that include walking, reading, searching for visual information and recording balance in real-time using the Wii Balance Board.

Participants will be assigned a code to keep their information confidential.

Dr. Murphy, a postdoctoral research fellow from the Concordia Vision Labs at Concordia University and the Lethbridge-Layton-Mackay Rehabilitation Centre. Her research focuses on vision impairment, mobility and cognition in aging.

There is no cost for the workshop. **Due to limited space (25 people), please call Rekha at 514-932-2326 to reserve your seat.**

**2. Tuesday, August 13th, 2019 from 10:30 – 12:00 pm**

### Forgiveness and Meditation

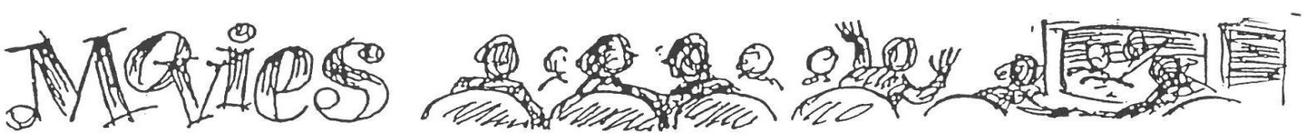
We are pleased to introduce you to powerful, yet simple tools, which can help you feel lighter and happier! Whether you are looking to release some old form of resentment or anger, or any type of un-forgiveness towards yourself or others, please join us to discover that you can finally turn the page and move on! We will continue this workshop with a beautiful universal meditation which will leave you peaceful and blissful. Attendees will feel balanced and in a deep harmony state at the end of the practice. ***No experience required. We will meditate on chairs. Please wear comfortable clothing, but not necessarily an exercise outfit.

**Precaution:** This meditation workshop is not intended for people suffering from a heart condition, unregulated hypertension nor glaucoma. For safety purposes, attendees need to be able to move their body through a light routine of exercises.

Workshop with Karine Emond.

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

**3. Free Upcoming Workshop on Nutrition will also be offered in August.**
Please call Rekha at 514-932-2326 for further details.




## Movie of the Month – Wednesday, August 14th at 1:00 PM

**"The Shack" –** (2017) 2h 13min. Drama
Directed by Stuart Hazeldine. Starring Sam Worthington, Octavia Spencer, Tim McGraw.

Based on the New York Times best-selling novel, The Shack takes us on a father's uplifting spiritual journey. After suffering a family tragedy, Mack Phillips spirals into a deep depression that causes him to question his innermost beliefs. Facing a crisis of faith, he receives a mysterious letter urging him to an abandoned shack in the Oregon wilderness. Despite his doubts, Mack travels to the shack and encounters an enigmatic trio of strangers led by a woman named Papa. Through this meeting, Mack finds important truths that will transform his understanding of his tragedy and change his life forever.

**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 22. Cost: 0.50¢ includes popcorn.**

## In-Town Lunch – Friday, August 16th

The elegant Indian restaurant **Le Taj** is this month's In-Town Lunch selection, located at **2077 Stanley St,** south of Sherbrooke, between Peel and Stanley. Entrenched in downtown Montreal for more than 3 decades, carefully staffed by people trained to treat every guest as a celebrity, **Le Taj** offers cuisine positively irresistible. Spacious and beautifully appointed, **Le Taj** delights the eye as well as the palate. The entrance of the restaurant includes a mud-wall which was part of the India Pavilion at Expo 67 Montreal. Check it out! **Members and their guest(s) will meet at 1:00 p.m.** You will enjoy an array of fresh vegetarian and non-vegetarian dishes. The buffet consistently offers their signature naan bread, tandoori chicken, along with a selection of appetizers, salads, soup, an array of fresh vegetarian and non-vegetarian dishes. Dessert table included. The buffet lunch will cost **$18.95** plus taxes and service. It is also possible to order from their regular menu if you prefer.

**Members and their guest(s) will meet at 1:00 p.m. Reservations with us are necessary, so please call our office at 514-932-2326 to make your reservation by Tuesday, August 13th. Maximum of 10.**
**Directions:**

**By metro:** Closest metro is Peel, exit Stanley Street.

**By Bus:** Take Bus 24 along Sherbrooke Street to the corner of Peel Street and walk one block west to Stanley Street.

### 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! It has new postings weekly.

### Foot Care Clinic – Tuesday, August 27th

Dr. Bevacqua will be here on Tuesday, August 27th 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.

**The cost of our trips are highly competitive and well negotiated with the establishments we deal with. Final trip price is determined 48 hours prior to the trip regardless of what happens in those 48 hrs before the departure.**

## ANNUAL SUMMER THEATRE – Wednesday, August 7th
### - Early Deposit Required

The play you will see at Upper Canada Playhouse in Morrisburg, ON, is "**LUNENBERG**", a new comedy by Norm Foster! When Iris Oulette inherits a house from her recently deceased husband, she and her friend Natalie Whitaker travel to the town of Lunenburg, Nova Scotia, to have a look at the property she didn't know existed and to find out as much as they can about her husband's dealings in the coastal village. What follows is a series of world-changing surprises, twists and turns, the appearance of a charming neighbour named Charlie and a fall down funny romantic adventure.

But first, you will go to the well-known McIntosh Country Inn. Nestled in the heart of the picturesque St. Lawrence Seaway Valley, steeped in rich historical and cultural heritage, the Inn offers casual relaxed dining in their Orchard restaurant (main dining room) featuring traditional Canadian/American cuisine. 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 and time permitting, 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, some snacks just in case the need arises and any medication you may need during the day.

**Leave Centre:** 9:00 am **Showtime:** 2:00 pm **Leave Morrisburg:** 4:15 pm

Due to the popularity of the Summer Theatre – we must send a deposit to the theatre to ensure our reservation; therefore your own **non-refundable $40 deposit** ($45 for member's guest) must be given to us by
**Monday, July 15th. FINAL PAYMENT is DUE the morning of the trip, Aug 7th.**

The trip includes transportation by motorcoach, buffet lunch and the theatre ticket. **On the day of the trip, before departure, come into the building to obtain your bus boarding number. First come, first served**.

| Total cost **for Members** | **Member's Guest** |
|---|---|

| | | | |
|---|---|---|---|
| If 30-39 | participate | **$125** | **$130** |
| If 40-50 | " | **$110** | **$115** |

## 50's Rock 'n' Roll Musical Review at Hudson Village Theatre - THURSDAY, AUGUST 29th

Come along and join us as the Hudson Village Theatre brings back Rockin' All Night celebrating the music and lives of three of the hottest rock 'n' roll stars of the 50s – Buddy Holly, Ritchie Valens, and the Big Bopper – whose remarkable lives and music were tragically cut short. But imagine one more concert, if you could, where you would hear all their greatest hits including such memorable songs as ***That'll Be The Day, Peggy Sue, Everyday, Not Fade Away, It's So Easy, Donna, La Bamba, White Lightnin',*** and ***Chantilly Lace***.

Lunch will be at the Trattoria Lanni in Vaudreuil. With over 58 years of experience, the Lanni family is proud to offer their customers Authentic Italian Cuisine made with the freshest local ingredients. There is a choice of 3 options: either chicken parmesan, Filet of Grouper or Penne Italian Style served with a pasta meat sauce including meatballs, sausage and ribs. Lunch is served with either soup, salad or meatballs au parmesan, Coffee or tea and dessert.

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

**Leave Centre:** 10:30 am **Showtime:** 2:00 pm **Leave Hudson:** 4:15 pm

**Please note, unlike most of our other trips which are scheduled on Wednesdays, this one is scheduled on a THURSDAY due to theatre availability.**

The trip includes transportation by motorcoach, buffet lunch and the theatre ticket
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| Total cost **for Members** | | | **Member's Guest** |
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| If 15-29 | participate | **$125** | **$130** |
| If 30-39 | " | **$115** | **$120** |
| If 40-50 | " | **$105** | **$110** |

A non-refundable deposit of **$40.00** for members or **$45.00** for member's guest must be given **by Monday, August 19th**, to be considered on the trip. **You can send a cheque by mail or you can drop by the Centre.** Spaces go quickly, so book today! On the day of the trip, before departure, come into the building to obtain your bus boarding number. First come, first served.

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

Exhibition: **Permanent Collection of Quebec and Canadian Art**

Date & Time: Meet at 10:45 on Tuesday, August 20th, 2019

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

Since it was founded in 1860, the museum has built up an outstanding collection of Quebec and Canadian art comprising almost 3,000 works, including some 500 Inuit pieces and 180 Amerindian artifacts. The Claire and Marc Bourgie Pavilion, inaugurated in 2011, is devoted to this collection.

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!

## 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 27th,** starting at 3:00 pm. Contactivity members and their guest are invited, so just show up at Place Kensington if bingo is your game. **Participants must be autonomous, able to circulate within the building and able to use the stairs to the Bingo Room without assistance or supervision.**

## Welcome New Members

**A big, big welcome to:**

Wendy Booth, Daniel Reicher and Eunice Sebastiáo. **Hope to see you at the Centre's many activities.**

**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

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