

EVENTS For September 2019 AT CONTACTIVITY CENTRE

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
CENTRE IS CLOSED	CENTRE IS CLOSED	CENTRE IS CLOSED	CENTRE IS CLOSED	CENTRE IS CLOSED
Labour Day				
9	10	11	12	13
No Arts & Crafts Today 12:00-12:30 Soup Kitchen 12:30-3:30 Bridge Group – Join if you play	SEE THE LIBRARY REFERENCE SECTION COURTESY OF THE SOCIAL ACTION COMMITTEE	No Arts & Crafts Today 9:45-11:45 Beginners Bridge 12:15-2:15 Intermediate Bridge 2:15-4:15 Supervised Bridge	No Lunch	
16	17	18	19	20
Fall Prevention by appointment only No Arts & Crafts Today 10:30-11:30 Stretch to Music 12:00-12:30 Soup Kitchen 12:30-3:30 Bridge Group – join if you play	BORROW A BOOK FROM OUR LENDING LIBRARY ANY WEEKDAY	No Arts & Crafts Today 9:45-11:45 Beginners 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 & Musical Entertainment by Greg Inniss Fall Prevention by appointment only	9:30-10:30 Friday Fitness 11:00-12:00 Tai Chi 1:00-2:00 Tango Argentina
23	24	25	26	27
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 Group – join if you play	9:00-11:30 Foot Care Clinic 3:00 pm Super Bingo at Place Kensington (details inside)	11:00-3:00 Arts & Crafts 9:45-11:45 Beginners 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 3:00-4:00 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
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 Group				

PLEASE NOTE:

Activities can be cancelled at any time and the Centre can be temporarily closed with short notice – see full details p.6

Centre Closed

The Centre will be closed for one week from Monday, Sept. 2nd to Friday, Sept. 6th inclusive. We will return on **Monday, September 9th**. Telecheck and Walkie Talkies will continue during this time, except that Telecheck won't take place on September 2nd - Labour Day

Some SEATS REMAINING..... THURSDAY, AUGUST 29th 50's Rock 'n' Roll Musical Review at Hudson Village Theatre

Come along and join us as the Hudson Theatre brings back Rockin' All Night celebrating 3 of the hottest rock 'n' roll stars of the 50s – Buddy Holly, Ritchie Valens, and the Big Bopper. Imagine one more concert, where you would hear hits including That'll Be The Day, Peggy Sue, Everyday, Not Fade Away, It's So Easy, Donna, La Bamba, White Lightnin', and Chantilly Lace.

Lunch at Trattoria Lanni in Vaudreuil. 3 meal choices: either Chicken Parmesan, Filet of Grouper or Penne Italian Style served with a pasta meat sauce including meatballs, sausage and ribs. Lunch served with either soup, salad or meatballs au parmesan, coffee, tea & dessert.

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.

COST: \$125 for members and \$130 for non-members. Includes transportation by motorcoach, buffet lunch and concert ticket. Non-refundable deposit of \$40.00 for members or \$45.00 for member's guest due Monday, August 19th

Course Registration for Proposed Fall Courses We accept MAIL-IN REGISTRATION ONLY!!

The mail-in registration for Fall Courses will begin as soon as the September Bulletin is available to all our members.

We request that payment for your courses be paid by cheque and mailed in to us. Registration for courses will be on the date we receive your cheque in the mail. Once a course is filled up, names will be added to a waiting list in case of any cancellations. All courses depend on adequate enrollment in order to be offered. **Last day to register will be on Friday, September 13th.** This will be the deadline to register for these courses. **IF YOU WANT YOUR FAVOURITE COURSE TO CONTINUE, BE SURE TO REGISTER BY MAIL AS SOON AS POSSIBLE. Likewise, if you want to be sure to get into a course that fills up quickly, register by mail ASAP.**

Please indicate clearly on the memo section of your cheque or on a separate attached note for which courses you are registering. Please write out your cheque payable to Contactivity Centre. If you are not a member, please include your telephone number. This is very important if we have to cancel a class at the last minute. Receipts will be available on the first day of the course, and your cancelled cheque will also be a double proof for you.

- **Beginners Bridge:** Wednesdays, 9:45 - 11:45
Begins September 11th – November 27th
Instructor: Heather Felsky (No class Oct. 9th & Nov. 6th) **10 weeks**
Cost: \$80.00 Member
\$90.00 Non-Member
- **Intermediate Bridge:** Wednesdays, 12:15 – 2:15
Begins September 11th – November 27th
Instructor: Heather Felsky (No class Oct. 9th & Nov. 6th) **10 weeks**
Cost: \$80.00 Member
\$90.00 Non-Member
- **Supervised Bridge:** Wednesday, 2:15 - 4:15
Begins September 11th – November 27th
Instructor: Heather Felsky (No class Oct. 9th & Nov. 6th) **10 weeks**
Cost: \$80.00 Member
\$90.00 Non-Member
- **Fall Prevention:** Mondays, 9:15-10:15 and Thursdays, 3:00-4:00 **12 weeks FREE**
Begins September 16th - December 12^h (No class Oct. 14th, Oct 21st, Nov. 7th & Dec. 5th)
Instructor: Philippe Briand
Once again Contactivity Centre, in conjunction with the CLSC Metro, is offering a twice-weekly, 12-week Fall Prevention program. There is no cost but the group must remain small and participants must make a commitment to the full 12 weeks. **Please call the Centre at 514-932-2326 if you would like to participate in this course.**
- **Monday Stretch to Music:** 10:30 – 11:30 **12 weeks**
Begins September 16th – December 16th
Instructor: Lana Romandini (No class Oct. 14th and Oct 21st) **Cost: \$48.00 Member**
\$54.00 Non-Member
- **Thursday Stretch to Music:** 10:00-11:00 **10 weeks**
Begins September 19th – November 28th
Instructor: Trudie Ogden (No class Nov. 7th) **Cost: \$40.00 Member**
\$45.00 Non-Member
- **Friday Fitness: Fridays, 9:30-10:30 11 weeks**
Begins September 27th – December 13th (No class on Dec 6th) **Cost: \$44.00 Member**
Instructor: Lana Romandini **\$50.00 Non-Member**
- **Tai Chi: Fridays, 11:00-12:00 11 weeks**
Begins September 27th – December 13th **Cost: \$44.00 Member**
Instructor: Heather MacDow (No class Dec 6th) **\$50.00 Non-Member**
- **Argentinian Tango: Fridays, 1:00-2:00 (classes take place at Victoria Hall) 10 weeks**
Begins September 20th – November 29th **Cost: \$100.00 Member**
Instructor: Laura-Eva Steinmander (No class on Nov. 1st) **\$105.00 Non-Member**

Events for September 2019 - Contactivity Centre – cont'd

- **Line Dancing** will skip the autumn term and return in the winter, as the instructor is travelling in the fall.

- **Thomas More Discussion Group:** Fridays, 1:30-3:00 **Cost: \$30.00 Members
\$35.00 Non-Member**

First Semester: Begins October 11th – November 29th **8 weeks**

Second Semester: Begins January 17th – March 20th **10 weeks**

This year's theme: "FOOD GLORIOUS FOOD – George Bernard Shaw"

What is our relationship with food and how has it changed over the centuries? It is said that some eat to live while others live to eat. Food and drink have sustained us since prehistoric times. As the world shrank new foods and drink became available and ultimately resulted in lessening the need to rely on local produce. Food has also had an effect on politics from taxation to hunger strikes.

What is the importance of food in different cultures? What causes obesity in some countries? While others struggle to find enough to eat? Does an army really march on its stomach? How has technology changed the way we consume? With climate change and GMOs what will the future hold?

Are you hungry for information? In this 18-week course, through the use of fiction and non-fiction readings together with film, we will provide food for thought.

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

Now is the Time to Hone up on Your Computer Skills

In partnership with the Atwater Library and Computer Centre, join us for an 8-week workshop series that will, first of all, bring everyone up to speed on the settings, apps, and security features of our tablets and iPads. Then, once we are all on the same page, and as we continue to review things like how to navigate safely on the internet or how to download the communication apps that our grandchildren use, we will embark up a photography and digital storytelling project in which you will learn to make your very own little movie about yourself, your past, your family, or even your experience at Contactivity Centre. We've upgraded our wifi system – everyone can be connected.

Wednesdays, 10:30 - 11:30 am from Oct 2nd to November 27th (no class November 6th)

Maximum of 20 - Call Rekha at 514-932-2326 to reserve your spot! Please mention if you will bring your own mobile device or use ours.

Be one with your device!!! - #getwithit

Attention to all August & September Birthdays



We hope to see you at the Birthday Celebration which will be held on Thursday, September 19th. We will celebrate the September birthdays together with members whose birthdays were in August (as shown in the July-August Newsletter). Lunch is half price of \$6.00 for 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.

Best wishes to all of the following members who are celebrating a birthday in September.

Jennifer Anstead, Virginia Arana, Shirley Bartrem, Mary Bassett, Ruth Billings, Chanchala Birla, Dorrit Borsu, Louise Bourget, Stella Broda, Linda Brunetti, Irene Cartier, Domenica Dina Castracane, Diane Cholette, Carolyn Cronk, Jaszberenyi Csaba, Carol Delisle, Susan French-Peterson, Margaret Griffin, Gilbert Hetu, Carol Hoffman, Estelle Hopmeyer, Sam Houston, Lilian Howick, Gloria Hughes, Ross Isaacs, Margaret Jackson, Mehdi Jalai, Joyce Jason, Patricia Juliano, Fehmida Khan, Shirley Kossman, Brigitte Kuntz, Carolyn Lancaster, Irene Langevin, Angela Lanno, Vira Levi, Barbara Maclaren, Effie MacLean, Cecily Mason, Denise McAteer, Gloria Odorizzi, Ardyth Patterson, Denise Perras, Pat Perry, Mary Piccoli, Kate Ribicki, Sally Rioux, Marisa Rondina, Ana Seropian, Elca Shinder, Sara Silva-Simoes, Arlene Sproule, Rosalind Tomera, Marie Watt, Brian Webb, Eveline Weber, Marilyn Williams, Oi Yee Woo and Lyn Worrell.

Weekly Thursday Lunches



Menu & Entertainment for Thursday Luncheons at 1:00 pm

Please call us to reserve for Thursday lunch, no later than 12:00 Noon on the Tuesday before as it is very important for us to know the number of people to buy food for, so as to keep on budget. This is an absolute must. Thank you for your cooperation!

Please note that due to increased cost of groceries, we have had to increase the cost of Thursday lunches by \$1 (\$2 in the case of birthday lunches, though birthday celebrants pay half price \$6.00)

September 19th **August & September Birthday Celebration** **Cost: \$12.00**
Baked Chicken Salsa, rice, corn salad, juice, tea, coffee and birthday cake for dessert.

Entertainment: Animation and Music by Greg Inniss. He is guaranteed to make you feel like dancing and singing along, so put on your dancing shoes.

September 26th Summer Garden Pasta, hot rolls, caesar salad, tea, coffee and dessert **Cost: \$6.00**

Guest Speaker: Author Rita Pomade will share with us adventures from her recently published book, **Seeker, A Sea Odyssey**. Rita Pomade, an intrepid nomad, hailing from New York, now lives and writes in Montreal. Her articles and book reviews have appeared in magazines and poetry reviews, and her monthly "Dear Rita" column was a regular feature during her last years in Mexico. Retired from teaching English as a Second Language at both Concordia University and McGill University, she now devotes herself to writing full time.

Seeker: A Sea Odyssey is the story of two people who meet in Mexico and fall in love. Rita is an American part-time English language teacher and freelance reporter struggling to raise two young boys on her own. Bernard is a French geologist under contract to the Mexican government to search for underground thermal springs. She dreams of finding Shangri-la. He dreams of having a yacht and sailing the world. Their dreams mesh, and they immigrate to Canada to earn the money to build their boat.

In-Town Lunch – Friday, September 27th at 1:00 pm

Our luncheon this month will be at the **La Petite Marche Restaurant** located at **5035 rue St-Denis**, between Laurier Ave. E. and St. Joseph Blvd. E. in the Plateau-Mont-Royal district. There are 4 steps to enter the restaurant. La Petite Marche offers breakfast all day! Their menu offers a selection of French, Mediterranean and Italian dishes. You will enjoy fine and aromatic meats such as quail, duck or game as well as everyday dishes; fresh and colorful salads, sandwiches, burgers, pizza, not to mention pasta, fish, seafood and grilled meats. They also offer a lunch table d'hôte including soup or salad, tea or coffee and dessert ranging from \$15.00 - \$21.50, plus taxes, plus gratuities. There is a bar where you can choose from local and imported wines and beers, cocktails, sangria and other delectable elixirs. The washrooms are located in the basement. There are approximately 10 stairs with a handrail. Join fellow members for a dining adventure.

Reservations with us are necessary, so please call the office at 514-932-2326 to make your reservation by Tuesday, September 24th. You can leave a message on the answering machine, but please leave your name and telephone number.

Directions: From Laurier metro, take exit Laurier, walk ½ a block east along Laurier to Saint Denis street and then walk south ½ a block along Saint Denis to restaurant. //OR// From Laurier metro, take exit Saint-Joseph and take Bus 46W to corner of Saint-Joseph/Saint Denis and walk ½ a block north along Saint Denis to restaurant.

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 often has several new postings weekly.

Last Trip of the Season:

AUTUMN TRAIN JOURNEY THROUGH THE HEART OF THE SPECTACULAR

FALL FOLIAGE OF THE EASTERN TOWNSHIPS Magog – Sherbrooke – Magog

Wednesday, October 16th, 2019

Climb aboard the Orford Express touring train and treat yourself to a unique sensory experience, an exquisite gastronomical meal served on board, musical entertainment, all the while taking in the great pastoral views that sweep the countryside on the 3.5 hour train ride between Magog and Sherbrooke and back.

Important considerations: Some walking and 3 steps to climb (Participants needing WALKERS, please note that the train aisles are not wide enough. Your WALKER will be stored immediately upon boarding.

Depart from Centre: 9:30 am Train Trip: 12:00-3:30 pm Depart Magog: 4:00 pm Approx. Return: 6:00 pm

To secure your seat, the deposit must be made by **THURSDAY, SEPTEMBER 12th**, due to booking requirements. You can drop by or send a cheque by mail and call in your choices. Spaces go quickly, so book today! On the morning of the trip, the building will open at 8:30 for you to pick up your bus boarding number. First come, first served.

Enjoy a delightful meal while taking in some of the most scenic autumn countryside in Quebec. Choices include chicken, rainbow trout, duck, beef, vegetarian or vegan dishes. **Preferred table seating requests of tables of 4, (we will accommodate where possible), and meal choices must be made at the time of your non-refundable deposit of \$40 for members and \$50 for non-members.** (We will call you with the choices if we receive your deposit in the mail.)

CHOICES:	LUNCH DESCRIPTIONS:
C (Chicken)	Chicken breast stuffed with feta cheese, spinach, sundried tomatoes, butternut squash, eggplant and zucchini
F (Fish)	Corn pesto-crusted rainbow trout served with black beans and red peppers, sautéed potatoes and vegetables
D (Duck)	Asian style crepes stuffed with Lac Brome duck, pickled mint and cucumber salad
B (Beef)	Beef macreuse with potato purée, caramelized onions and baby carrots
V1 (Vegetarian)	Local exotic mushrooms, goat cheese and butternut squash served in a puff pastry with an arugula salad (vegetarian)
V2 (Vegan)	Tempeh and vegetable stir fry served with rice noodles and satay sauce (Vegan)
	DESSERTS
T (Tiramisu)	Tiramisu dessert served in a chocolate cup
B (Berries)	White chocolate cup filled with pastry cream, fresh raspberries and a raspberry coulis
Drinks	Tea, Coffee, Herbal teas Alcohol available at your expense.

Please bring with you a water bottle, snacks and any medication you may need during the day.

Cost: \$140 for members and \$150 for non-members.*

Price includes transportation by deluxe bus, lunch and train adventure

Simply to streamline the departure routine, we are offering an incentive of a \$5 discount if, at the time of reserving, people give a post-dated cheque or cash for the remaining *balance* of \$95 (dated for trip date, Oct. 16). The original *deposit* remains non-refundable, but any advance payment of the *balance* would be returned if for any reason you have to cancel.

Minimum number of participants for the trip to take place is 35. Due to the unusual circumstances of having to reach a minimum number of participants for the train adventure to go ahead, all deposits and any paid-up balances will of course be returned if the trip itself is cancelled.

The Walkie Talkies

Contactivity's 60+ walking group meet 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!

Note About Renovations in the Building

At some point there will likely be some renovations done in the church. A new indoor ramp will be built on the main floor. At present we don't know when these renovations will start, as there have been some delays. But once the renovations do begin they may last about 6 weeks, depending on how things go. Just a heads-up that at some point in the renovation process, perhaps for only a few days, it is likely to get quite noisy. We may have to reschedule some of our own activities as a result. We would be sure to let everyone know as soon as we know, and no one will lose out as a result of any cancellations or gaps.

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 or \$10 a year for non-members**. (P.S. If you are a Westmount resident, you may possibly not have to pay. We are awaiting news from Public Security about a collaborative project. Call to speak with Mary Stark at 514-932-3433). 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.)

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, September 24th

Dr. Bevacqua will be here on Tuesday, September 24th from 9:00 – 11:30 am. **Appointments are necessary; therefore, please call the Centre at 514-932-2326 to make your appointment today.** 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, September 24th**, 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.** Thank you for your cooperation!

Welcome New Members

A big, big welcome to:

Christine Brunet, Linda Brunetti, Pam Dresden, Angela D'Alesio Ramadori, Sharon Rasnikoff, Tom Thompson, Jean Williams and Francoise Zyto.

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

In Memoriam

We would like to extend our deepest condolences to the family and friends of the late Helen Stevens.

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.