

EVENTS For October 2019 AT CONTACTIVITY CENTRE

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Happy International Seniors Day!	10:30 - 11:30 Digital Literacy 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 3:00-4:00 Fall Prevention	9:30-10:30 Friday Fitness 11:00-12:00 Tai Chi 1:00-2:00 Tango Argentina
7	8	9	10	11
9:15-10:15 Fall Prevention 10:30-3:30 Arts & Crafts 10:30-11:30 Stretch to Music 12:00-12:30 Soup Kitchen 12:30-3:30 Bridge Group		10:30 - 11:30 Digital Literacy 11:00-3:00 Arts & Crafts BRIDGE CLASSES ARE CANCELLED TODAY	10:00-11:00 Stretch to Music 1:00 pm Lunch & Movie of the Month 3:00-4:00 Fall Prevention	9:30-10:30 Friday Fitness 11:00-12:00 Tai Chi 1:30-3:00 Thomas More 1:00-2:00 Tango Argentina
14	15	16	17	18
Centre is Closed Thanksgiving Day Action de Grâce	BORROW A BOOK FROM OUR LENDING LIBRARY ANY WEEKDAY	9:30 AM Out-of-Town Trip 10:30 - 11:30 Digital Literacy 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 12:00 Noon In-Town Lunch 1:30-3:00 Thomas More 1:00-2:00 Tango Argentina
21	22	23	24	25
10:30-3:30 Arts & Crafts Fall Prevention, Stretch to Music, Soup Kitchen & Bridge are Cancelled Today Election Day - Building used as Polling Station	9:00-11:30 Foot Care Clinic TO BE CONFIRMED 9:30-12:00 Baking Day 1:00-3:00 Baking Day 11:15 am Montreal Museum of Fine Arts Outing – reservations required (details inside newsletter)	10:30 - 11:30 Digital Literacy 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 3:00-4:00 Fall Prevention	9:30-10:30 Friday Fitness 11:00-12:00 Tai Chi 1:30-3:00 Thomas More 1:00-2:00 Tango Argentina
28	29	30	31	
9:15-10:15 Fall Prevention 10:30-3:30 Arts & Crafts 10:30-11:30 Stretch to Music 12:00-12:30 Soup Kitchen 12:30-3:30 Bridge Group	TO BE CONFIRMED 9:30-12:00 Baking Day 1:00-3:00 Baking Day 3:00 pm Super Bingo at Place Kensington (Details inside)	10:30 - 11:30 Digital Literacy 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 Halloween Party & Birthday Celebration 3:00-4:00 Fall Prevention	

Annual Crafts Sale and Bazaar – Thursday, November 7th

Our Annual Crafts Sale and Bazaar will be on Thursday, November 7th from **10:30 am to 3:30 pm**. We will have handmade articles, hand-knit items and homemade baked goods. Also, there will be jewellery, quality second-hand clothing, books and a hot dog stand. We are in need of volunteers to help on set-up day and on Bazaar day. Anyone interested, please call the office to give your name.

We need all you volunteer bakers to help us prepare some goodies for the bake table at the sale.

We plan on working in the kitchen on Tuesday, October 22nd and Tuesday, October 29th from 9:30 am to 12:00 Noon and from 1:00 pm to 3:00 pm. We are waiting for confirmation. Anyone interested in joining Rekha and fellow members in the kitchen, please call the Centre to let us know in advance at **514-932-2326**. If you cannot join us at the Centre for baking, you can still help by doing some baking at home, and then just bring it in by **Tuesday, November 5th**. We will make sure it stays fresh for the big day. Please let us know in advance if you plan to do so. Thank you for your help!

Volunteer crafters who wish to work at home can visit with Angelina for supplies and ideas on Mondays. We appreciate all your help.

We are in short supply of jewellery to sell at the Bazaar. If you have any to donate to the Centre it will be greatly appreciated. Please drop it by the Centre by **Tuesday, November 5th**. Thank you.

We are also in short supply of plastic bags. If you have any to donate to the Centre it will be greatly appreciated. Please drop it by the Centre by Tuesday, November 6th. Thank you.

This year we will show our appreciation by acknowledging our Bazaar volunteers with a Thursday Lunch gift certificate to use on November 28th, 2019. Stay tuned for details in the November newsletter. Feel free to use the certificate at any other non-birthday lunch.

Raffle Tickets

We are in need of volunteers who would be willing to sell raffle tickets to your family, friends and neighbours to support the Centre. Perhaps you'd like to man a raffle booth at the Centre during October and November. We have some fantastic prizes, so it's an "easy sell." Please call **Barbara** at **514-932-2326** to get involved in this annual fund-raising event. All funds raised go to support the charitable work of the Centre; our home support program for local housebound seniors, and to purchase necessities for our many activities.

Raffle Prizes include: **

- \$150 Gift Card for Supermarché Metro Westmount located on Victoria Ave. in Westmount
- \$100 Gourmet Gift Basket
- 60-Minute Swedish Relaxation Massage in the comfort of your home (\$100 value), courtesy of Janice Parnell
- \$50 Pre-paid VISA card
- 4-Way Convertible Shrug (\$50 value), courtesy of Contactivity's Arts & Crafts Group
- Gift Certificate for 3 of Contactivity's deluxe Lunch & Live Entertainment (value \$36)
- 4x 20-Minute Corporate Chair Massages (\$25 value), fully dressed focusing on back, neck, head, arms & hand relaxation, courtesy of Janice Parnell
- \$25 Pharmaprix Gift Card, courtesy of Louis Dopson
- \$25 SAQ Gift Card, courtesy of Barbara Savada
- \$25 Gift Card for Tim Hortons, courtesy of Mary Stark
- A bottle of Sherry
- A bottle of fine Wine

****Additional prizes will be added in the November newsletter**

Minimum donation of \$1.00 for each ticket or 6 tickets for \$5.00.

The draw will be on Thursday, November 28th, 2019.

The Centraide Campaign

Centraide is a generous supporter of Contactivity Centre, and we like to try to "give back" a little and show solidarity during their annual campaign. As in the past, our coffee contributions go to Centraide during the month of **October**. Don't forget – the price of a coffee or tea and cookies in the drop-in Centre room is **50 cents**, year-round. Just drop it in the dish beside the microwave. Thank you.

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

There are still a few seats available. Call the office to reserve your spot at 514-932-2326.

On the morning of the trip, the building will open at 8:30 am 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.)

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.

Digital Tutoring By High School Students – Weekly Friendly Visits at your Home!

Thanks to a Canadian Heritage grant from the Government of Canada, we are going to be able to facilitate weekly home visits by pairs of polite and knowledgeable Selwyn House students to seniors in Westmount and NDG. It's for people who already have the internet, and have a device or two, but who would like to become a bit more adept at using this technology. Maybe it's your computer, or laptop, or tablet or even your smart phone. They'll help sort you out, help you learn even more about using the internet, and pay you a weekly friendly visit too. Sound like fun? A break from the fall and winter doldrums? Call us and get your name on the list, so that when we find out how many students are volunteering for this weekly visiting assignment we can link you up. Since we don't yet know how many students will apply, we can't promise you a pair of visitors yet. But we'll do our best!

A Friendly Check-In by Telephone: Contactivity's Telecheck Service

If you live by yourself and would like the reassurance of having someone calling every weekday morning just to see that all is well, consider using our TeleCheck service. You can either opt for a phone call by a volunteer, or you can opt to phone in on our special Telecheck line to leave a message so we know you are OK. This service comes at the princely cost of \$5 per year for Contactivity members, and \$10 for non-members. **Call the office at 514-932-2326 to find out more.**

Centre Closed

The Centre will be closed on **Monday, October 14th for Thanksgiving.**

October Birthdays

Best wishes to all of the following members who are celebrating a birthday in October. We hope to see you at the Birthday Celebration which will be held on Thursday, October 31st. Lunch is half price for birthday celebrants - \$6.00. If you can join us, please call the Centre at 514-932-2326 to reserve in advance, no later than Tuesday, October 29th. Maximum of 96.

Aurora Abang, Beverley Alexander, Elizabeth Atkinson, Rosanne Baatz, Bob Bassett, Lillian Murphy Black, Vera Burt, Candice Cassils, Carole Cholewick, Norma Connolly, Penelope Cumas, Lyra deSouza, Colleen Dick, Karin Doerr, Wilda Doré, Barbara Jean Faessler, June Gearey, Umed Gohil, Clara Gomez, Steadman Grant, Joan Hagerman, Bruno Halberstadt, Stanley Hopmeyer, Nancy Kamel, Josephine Karpiszka, Jack Kostovesky, John Langevin, Fran Langton, Helene Li, Brian Lomas, Christine MacKay, Don MacMartin, Louise Mailhot, Cindy McMahon, Frank Moller, Daphne Morris, Jennifer M'Rinkima, Norma Mullings, Rose Nawrocki, Jan Patterson, Sheila Powell-Porteous, Genevieve Ritzenthaler, Johann Sadegursky, Marian Testart, Renée Therrien, Jean Thomas, Louise Trepanier, Nancy Turner, Doreen Wilson and Judith Wooldridge.



Menu & Entertainment for Thursday Luncheons at 1:00 pm

Please call us to reserve for Thursday lunch, no later than **NOON** 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 understanding.

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| October 3rd | Tuna Noodle Casserole, vegetables, tea, coffee and dessert. | Cost: \$6.00 |
| October 10th | A twist on Thanksgiving, Contactivity Style! Roasted chicken breast served with gravy, mashed potatoes, stuffing, cranberry sauce, tea, coffee and dessert. | Cost: \$6.00 |
| Entertainment: | Movie of the Month: "On the Basis of Sex" | |
| October 17th | Egg & Cheese Strata, sausages, roasted carrots, tea, coffee and dessert. | Cost: \$6.00 |
| Guest Speaker: | New Ways of Addressing End-of- Life Questions
Death, loss and end-of-life issues affect us all – let's talk about them! ImagineMTL Project is an initiative of McGill University's Council on Palliative Care. ImagineMTL Project is an opportunity to spotlight the power of our creativity and explore major questions about life – and death – from different points of view and disciplines: philosophical, medical, social, artistic and educational. Pioneer Nurse in Palliative Care in Montreal, Sue Britton will moderate a discussion looking at things differently! Join us. | |
| October 24th | Shepherd's pie, vegetables, tea, coffee and dessert. | Cost: \$6.00 |
| October 31st | <u>Halloween Party and Birthday Celebration</u>
Pork Tenderloin, vegetables, roasted potatoes, juice, tea, coffee and birthday cake for dessert. Maximum of 96. | Cost: \$12.00 |
| Entertainment: | Get costumed up and join us for a Halloween and Birthday Celebration. You are encouraged to wear something with a Halloween theme or at least an outrageous hat. Prizes will be awarded to the most original imaginative costumes. Animation and music by JoAnne Mitchell. She has the voice to entertain all day long! Clapping your hands and tapping your toes along with JoAnne's singing is something you won't want to miss! | |

The Walkie-Talkies

Contactivity's 60+ walking group meet twice-weekly on Mondays and Thursdays at 10 a.m., usually first gathering at the Greene Avenue entrance to Westmount Square. **For more information, please call the Centre at 514-932-2326.** Happy walking!

Movie of the Month – Thursday, October 10th at 1:00 PM

“On the Basis of Sex” – (2018) 2h 1min. Biography Drama

Directed by Mimi Leder. Starring Felicity Jones, Armie Hammer and Justin Theroux.

Inspired by the powerful true story of Ruth Bader Ginsburg, *On the Basis of Sex* depicts a struggling attorney and new mother facing adversity in her fight for equal rights. When Ruth takes on a ground-breaking case, she knows the outcome could alter the courts' view of gender discrimination. Stronger together, Ruth teams up with her husband, Martin Ginsburg, to fight the case that catapults her into one of the most important public figures of our time and leads to her nomination and confirmation as U.S. Supreme Court Associate Justice.

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¢

In-Town Lunch – Friday, October 18th – at a Special Time

*****12:00 Noon*****

This month's in-town luncheon will be at the **Institut de tourisme et d'hôtellerie du Québec (ITHQ)** located at **3535, rue Saint-Denis**, across from Saint-Louis Square. Over the past 49 years, ITHQ has produced many talented and well-known chefs, pastry chefs, wine waiters, waiters and more. The teaching restaurant is located on the second floor in the “La Relève Gourmande” room. An elevator is available. Come and experience for yourself refined regional cuisine. There will be a choice from 4 Entrées and 4-5 main courses. The cost will range from **\$12.00 - \$17.00**, including tea, herbal tea, coffee or milk. All dishes are served with vegetables of the day. Dessert is separate and the cost is **\$3.00**. Espresso is **\$3.00** or Double Espresso is **\$4.00**. Wine, cocktails and spirits are also available. It is required to arrive 15 minutes in advance.

If you have any allergies, please mention it when you call the Centre to make your reservation.

Members and their guest(s) will meet at 11:45 am. Reservations are necessary, so please call the Centre at 514-932-2326 to make your reservation no later than Tuesday, October 15th.

Maximum of 20.

Directions:

By Metro: From Sherbrooke metro, take exit rue Berri W., walk one block west along rue de Rigaud to the corner of Saint-Denis.

By Bus: Take Bus **24E** along Sherbrooke street to the corner of Saint-Denis and Sherbrooke, then walk north one block along Saint-Denis to the corner of rue de Rigaud. OR Take Bus **144** to the corner of Berri and rue de Rigaud, then walk one block west along rue de Rigaud to the corner of Saint-Denis.

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

Exhibition: **Egyptian Mummies: Exploring Ancient Lives**

Date & Time: Meet at 11:15 am on Tuesday, October 22nd, 2019 (Tour will start at 11:30 am)

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

Egyptian Mummies: Exploring Ancient Lives - The British Museum production reconstructs the lives of six individuals who lived along the Nile from about 900 BC to AD 180. Using an innovative approach combining art and cutting-edge technology, it paints a picture of who these people were. Together with 3D digital images, interactive visual display units and more than 200 items from the British Museum's renowned Egyptian collection, these encounters will offer a unique view of the way in which people lived and died in this period of history. The presentation of this exhibition is a collaboration between the British Museum and the MMFA.

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!

Flu Vaccine Clinic – Wednesday, November 20th at Victoria Hall

Again this year, the CLSC Metro is offering a free Influenza Vaccination Clinic to certain individuals who live within its territory, including people 60 years of age and over, infants between 2 and 23 months of age and those with chronic illness as well as their caregivers. The clinic will be held at **Victoria Hall** on

Events for October 2019 - Contactivity Centre – cont'd

Wednesday, November 20th from 10:00 am – 4:30 pm. YOUR MEDICARE CARD IS REQUIRED. If you are not able to attend on November 20th, contact CLSC Métro at 514-731-8531 for more Information.

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

Foot Care Clinic – Tuesday, October 22nd

Dr. Bevacqua will be here on Tuesday, October 22nd from 9:00 am to 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.

Welcome New Members

A big, big welcome to:

Paul-André Billette, Anita Carrier, Jacqueline Chapman, Patricia Cogan, Ruth Cooperstock, Rea Couvas, Cecelia Davies, Toni Devino, Christine Downs, Denise Drouin, Hakima Fassi, Gloria Gonzalez, Sheila Hayes, Muriel Herrington, Ellen Jacobs, Mary Kowalchuk, Daren Laine, Wendy Lashley, Sylvie Leroux, Louise Mailhot, Ann Murphy, Rita Pomade, Micheline Purenne, Deborah Ravot, Wendy Smith, Leonid Stachtchenko, Brigitta Steinmetz, Susan Szalpeter, Christa Toepffer and Heidi Vermeulen.

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, October 29th**, 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!

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.

In Memoriam

We would like to extend our deepest condolences to member Mary Piccoli in the loss of her husband and to the family and friends of the late Ruth Discenza and Alice Wilkinson.

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.