

EVENTS For August 2019 AT CONTACTIVITY CENTRE

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

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.

Events for August 2019 - Contactivity Centre - Cont'd

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
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Events for August 2019 - Contactivity Centre - Cont'd

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

Total cost for Members			Member's Guest
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 Sebastião. **Hope to see you at the Centre's many activities.**

Events for August 2019 - Contactivity Centre - Cont'd

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.