

# EVENTS FOR MARCH 2020 AT CONTACTIVITY CENTRE

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>10:30-11:30</b> Stretch to Music <b>10:30-3:30</b> Arts & Crafts <b>12:00-12:30</b> Soup Kitchen <b>12:30-3:30</b> Bridge		<b>11:00-3:00</b> Arts & Crafts  <b>9:45-11:45</b> Beginners II Bridge  <b>12:15-2:15</b> Intermediate Bridge  <b>2:15-4:15</b> Supervised Bridge	<b>10:00-11:00</b> Stretch to Music   <b>1:00 pm</b> Lunch	<b>9:30-10:30</b> Friday Fitness  <b>11:00-12:00</b> Tai Chi  <b>1:30-3:00</b> Thomas More  <b>1:30-3:00</b> 1 ½ Hours Line Dancing II
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>10:30-11:30</b> Stretch to Music <b>10:30-3:30</b> Arts & Crafts <b>12:00-12:30</b> Soup Kitchen <b>12:30-3:30</b> Bridge	<b>9:00-11:30</b> Foot Care Clinic    <b>Centre Closes</b> at 1:30 pm today for Staff Meeting	<b>9:30 am</b> Out-of-Town Trip  <b>11:00-3:00</b> Arts & Crafts  <b>9:45-11:45</b> Beginners II Bridge  <b>12:15-2:15</b> Intermediate Bridge  <b>2:15-4:15</b> Supervised Bridge	<b>10:00-11:00</b> Stretch to Music    <b>1:00 pm</b> Lunch & Movie of the Month	<b>9:30-10:30</b> Friday Fitness  <b>11:00-12:00</b> Tai Chi  <b>1:00 pm</b> In-Town Lunch  <b>1:30-3:00</b> Thomas More  <b>1:30-3:00</b> 1 ½ Hours Line Dancing II  <b>1:00-2:00</b> Tango Argentina
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>10:30-11:30</b> Stretch to Music <b>10:30-3:30</b> Arts & Crafts <b>12:00-12:30</b> Soup Kitchen <b>12:30-3:30</b> Bridge	<b>Happy Saint</b> Patrick's Day	<b>11:00-3:00</b> Arts & Crafts  <b>9:45-11:45</b> Beginners II Bridge  <b>12:15-2:15</b> Intermediate Bridge  <b>2:15-4:15</b> Supervised Bridge	<b>10:00-11:00</b> Stretch to Music   <b>1:00 pm</b> Saint Patrick's Day Celebration & Birthday Lunch with Greg Inniss	<b>9:30-10:30</b> Friday Fitness  <b>11:00-12:00</b> Tai Chi  <b>1:30-3:00</b> Thomas More  <b>1:30-3:00</b> 1 ½ Hours Line Dancing II  <b>1:00-2:00</b> Tango Argentina
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>Fall Prevention by</b> appointment only <b>10:30-11:30</b> Stretch to Music <b>10:30-3:30</b> Arts & Crafts <b>12:00-12:30</b> Soup Kitchen <b>12:30-3:30</b> Bridge		<b>No Arts &amp; Crafts</b> Today	<b>Fall Prevention by</b> appointment only   <b>1:00 pm</b> Lunch & Guest Speaker	<b>9:30-10:30</b> Friday Fitness  <b>11:00-12:00</b> Tai Chi  <b>Thomas More</b> – Last Class **Meet at Restaurant  <b>1:30-3:00</b> 1 ½ Hours Line Dancing II  <b>1:00-2:00</b> Tango Argentina
<b>30</b>	<b>31</b>			
<b>9:15-10:15</b> Fall Prevention <b>10:30-3:30</b> Arts & Crafts <b>12:00-12:30</b> Soup Kitchen <b>12:30-3:30</b> Bridge	<b>10:00 am</b> Out-of-Town Trip    <b>3:00 pm</b> Super Bingo at Place Kensington (details inside)			

## EVENTS FOR MARCH 2020 AT CONTACTIVITY CENTRE

### **Out-of-Town Trip to Kahnawake Special Note:**

We've had a resounding success with registrations to the Kahnawake Shrine, Restaurant and Casino. There are less than 10 spots left, if you were considering attending, we suggest you act quickly not to be disappointed.

***Considering the recent unfolding of events in the Chateauguay area regarding pipeline protests, we are closely monitoring the situation and will determine whether we will be going, or postponing the trip to a future date due to the events that are happening beyond our control. We will inform all those registered for the trip about a final decision at least 24-48 hours in advance. Of course in a situation like that, your otherwise non-refundable deposit would be returned to you.***

### **Out-of-Town Trip - From the Sacred to "Take Your Chances at Winning Big": Lily of the Mohawk Shrine to Lady Luck Kahnawake Casino in the Afternoon!**

**Wednesday, March 11<sup>th</sup>, 2020**

The first trip of the season is a visit to the Shrine of St. Kateri Tekakwitha, a Mohawk woman from Kahnawake who was the first native woman to be canonized a Saint on October 12, 2012 in Rome Italy by Pope Benedict XVI. Kateri Tekakwitha has always been respected by the Mohawk community and First Nations who view her in many ways; a woman, a saint, and their ancestor. A local tour guide will join us to explain the rich history of the Shrine and its impact on the local community.

**For lunch we will head over for** an abundant, generous Buffet Brunch at the first class Mirela's Restaurant with a cozy ambiance and a stylish décor, located on the premises of Magic Palace Casino. At Mirela's, everything is homemade and prepared with love from fresh, quality ingredients.

The afternoon will be spent "tempting lady luck to make us big winners" visiting and playing the machines in the adjacent electronic gaming facility where everyone will be given a \$10 voucher to try to outsmart any of their 420 machines. All drinks including adult beverages are provided. Pizza will be served in the afternoon including 2 chances to win an extra \$25 betting voucher.

Price includes transportation by a fully-equipped coach bus, lunch, tour and a complimentary \$10 voucher for your casino experience. \*Total Price: \$30 for members, \$40 for non-members.

**\*NON-REFUNDABLE**

Departure: 9:30 am    Tour: 10:00 am    Lunch 11:30-1:00    Depart from Casino: 5:00 pm  
Return: 6:00 pm

**To secure your seat, the full cost must be made by Friday, February 28<sup>th</sup>, due to booking requirements.** A minimum of 24 participants is required to run the trip. You can drop by or send a cheque by mail. 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.

As a condition of participating at the Kahnawake Casino experience, at the time of registration, interested participants must provide name, address and date of birth.

### **Daylight Savings Time – Begins Sunday, March 8<sup>th</sup>**

Daylight Savings Time begins on Sunday, **March 8<sup>th</sup>**. Therefore, before retiring for the night on Saturday, set all your clock(s) ahead 1 hour.

### **Social Service Intern from Dawson College**

Please welcome Kadeem Lewis who will be with us for the next couple of months. He will be mainly carrying out visits with our home support clients, but he may also have time to help us out with a small project here at the Centre. We would like to carry out a phone survey questionnaire of a random sampling of our membership. So if you get a call from Kadeem, who will identify himself, you will know it is legit! You are of course free to answer the questions or not, but it helps us to build an (anonymous) profile of the seniors we serve, which is always of interest to the community and to our funders.

### **Winter Courses Ending**

Beginners II Bridge – Wed.	March 18 <sup>th</sup>	Friday Fitness	March 27 <sup>th</sup>
Intermediate Bridge – Wed.	March 18 <sup>th</sup>	Tai Chi - Friday	March 27 <sup>th</sup>
Supervised Bridge – Wed.	March 18 <sup>th</sup>	Thomas More – Friday	March 27 <sup>th</sup>
Stretch to Music – Thursday	March 19 <sup>th</sup>	1 ½ Hours Line Dancing - Friday	March 27 <sup>th</sup>
Stretch to Music – Monday	March 23 <sup>rd</sup>		

## EVENTS FOR MARCH 2020 AT CONTACTIVITY CENTRE

### Out-of-Town Trip - Annual Sugaring-Off Party – Tuesday, March 31<sup>st</sup>

Our annual Sugaring-Off Party will be at **Cabane à Sucre Constantin** located in Saint-Eustache. It was during the war, in 1941, that the sugar shack Constantin first opened its doors to the public. It is one of the oldest maple groves in Quebec. Cabane à Sucre Constantin continues to be a family-run business passed down through generations to the original owners' grandsons – André & Michel. André and Michel have directed the family enterprise since 2000 with great success and they continue to accommodate its growing clientele. The menu includes: Canadian bread, pea soup, cretons, coleslaw, homemade marinades, ham, sausages in maple syrup, omelets, pork rinds, baked beans, potatoes, pancakes, poor man's pudding, sugar pie, soft ice cream, tea and coffee. \*\*A full bar is available\*\*

Following the lunch, there are many activities to choose from:

- Music, dance & animation – line dancing & social dancing provided by animator J.A. Gamache
- Belgian horse-drawn sleigh ride
- Visit the mini farm & exotic animals – about 150 animals to see
- Taste taffy on the snow
- Visit the doll museum – over a hundred dolls from 1900s – 2000
- Visit the arts & crafts table – variety of gifts & handmade jewelry
- Visit of the maple syrup production
- Visit and/or shop at the boutique filled with homemade meals, preserves and sweets

Price includes transportation by motorcoach, lunch, dance & animation, sleigh ride and all other activities listed above. \*Total Price: \$45 for members, \$55 for non-members. \*NON-REFUNDABLE

Departure: 10:00 am    Lunch 11:30-1:00    Depart Constantin: 3:30 pm    Return: 5:00 pm

**To secure your seat, the cost of \$45 must be made by Friday, March 20<sup>th</sup>, in full, due to booking requirements.** A minimum of 24 participants is required to run the trip. You can drop by or send a cheque by mail. On the morning of the trip, the building will open at 9:00 am. for you to pick up your bus boarding number. First come, first served.

**Be among fellow members, bring a friend and join us for a day's escape from the city. Reserve today!**



### 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.

March 5 <sup>th</sup>	Meatloaf, mashed potatoes, vegetables, tea, coffee and dessert.	<b>Cost: \$6.00</b>
March 12 <sup>th</sup>	Mango chicken, rice, vegetables, tea, coffee and dessert.	<b>Cost: \$6.00</b>
<b>Entertainment:</b>	<b>Movie of the Month – “POMS”</b> <b>Maximum of 22. Reservations are required in advance.</b>	<b>Cost: \$0.50</b>
March 19 <sup>st</sup>	<b>St. Patrick's Day Celebration and Birthday Lunch</b> Irish Beef Stew, mashed potatoes, vegetables, bread, juice, Irish coffee, tea and birthday cake for dessert. <b>Maximum of 96.</b>	<b>Cost: \$12.00</b>
<b>Entertainment:</b>	Animation and Music by <b>Greg Inniss</b> . He is guaranteed to make you feel like dancing and singing along, so put on your dancing shoes.	
March 26 <sup>th</sup>	Vegetable Lasagna, garlic bread, salad, tea, coffee and dessert.	<b>Cost: \$6.00</b>
<b>Guest Speaker:</b>	<b>Protecting Yourself from Fraud</b> Millions of dollars are lost each year to fraud and the complexity of scams continue to evolve. In 2018, the better Business Bureau, reported \$121 million lost to scams, up from \$95 million in 2017 and more than double from 2015. Join us for a presentation of <i>Protecting Yourself from Fraud</i> with <i>Anna Buffone</i> and <i>Michael De Oliviera</i> from CIBC to help you feel more informed on the latest scams and the actions you can take to keep your personal information and finances safe. Relevant topics that will be covered include: 1. How to identify the different types of fraud and the latest scams. 2. Actions you can take to protect yourself. 3. Steps you can take if you have fallen victim to fraud.	

## EVENTS FOR MARCH 2020 AT CONTACTIVITY CENTRE

### **March Birthdays**

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

Jane Atkinson, Yvonne Baird Grant, Gilian Ballans, Honor Barrett, Eileen Bateman, Hazel Blenman, Margaret Bougie, Theresa Boulay, Andrée Brabant-Halsey, Pepita Capriolo, Bernice Cobrin, Kathleen Collins, Kathy Cook, Keena Doherty, Edmund Egan, Mireille Fattal, John Fowler, Hilda Gagnon, Antonia Hetu, Nancy Holland, Linda Horton, Celia Kaplow, Edda Kenney, Aimi Kuura, Lorraine Lacelle George, Rachel Levy, Doreen Mitchell, Jean Moyle, Micheline Noel, Susan Palevsky, Daphne Pereira, Susan Pook, Sharon Rasnikoff, Nourieh Sadeghi, Arthur Shane, Daryll Skraba, Dorothy Starr, Andrea Todd, Therese Tollett, Ledda Urbani, Adrienne Vainqueur, Carol Walters and Francoise Zyto.

**We hope to see you at the Birthday Celebration on Thursday, March 19<sup>th</sup> at 1:00 pm. Lunch is half price (\$6.00) for members celebrating a birthday in March. If you can join us, please call the Centre at 514-932-2326 to reserve in advance, no later than Tuesday, March 17<sup>th</sup>. Maximum of 96.**

### **Movie of the Month – Thursday, March 12<sup>th</sup>**

**“POMS”** (2019) 1h 30 Comedy, Drama

Directed by Zara Hayes Starring Diane Keaton, Jacki Weaver and Celia Weston

POMS is an uplifting comedy about Martha, an introverted woman who moves into a retirement community. Hoping to be left alone, she meets Sheryl, a fun-loving neighbor who insists that they become best pals. After coming out of her shell, Martha and her new friend decide to form a cheerleading squad with their fellow residents. As the two women hold auditions, they soon learn that it's never too late to follow your dreams, even when the odds are stacked against you.

**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. Cost: \$0.50 Maximum of 22.**

### **In-Town Lunch – Friday, March 13<sup>th</sup> at 1:00 pm**

This month's in-town luncheon will be at **McKibbins Irish Pub** located at **1426 Bishop Street**, between Ste. Catherine and de Maisonneuve W. There are 4 outdoor steps down to enter the restaurant's basement level. There is a handrail available. This Classic Irish pub offers a variety of over 24 beers and will delight you with their daily menu, which includes the hearty burger, traditional Irish stew, and much more. House specialties also include fish & chips and wings. They have daily specials from which you can choose, ranging from \$14.00 - \$20.00 or you can also choose from their regular menu which ranges from \$8.95 - \$21.00 and includes the following categories - Appetizers, Soups & Salads, Burgers & Sandwiches, McKibbin's Classic Irish Pies, and McKibbin's Traditional Irish Dishes. The most expensive item on the menu is the prime rib at \$28.00. Dessert, tea or coffee is separate. Join fellow members and start celebrating St. Patrick's Day early among friends. **Members and their guest(s) will meet at 1:00 pm. Reservations are necessary, so please call the Centre at 514-932-2326 to make your reservation no later than the Tuesday before.**

#### **Directions:**

**By Metro:** From Guy-Concordia metro, take exit Guy street. Walk south along Guy street to the corner of Ste. Catherine, then walk 2 blocks east along Ste. Catherine to Bishop street and then walk 1/2 a block north along Bishop street to the pub.

**By Bus:** Bus 24 runs east and west along Sherbrooke street. Bus 15 runs west along de Maisonneuve Blvd. and Bus 15 runs east along Ste. Catherine street.

### **Note About Renovations in the Building**

At some point there will likely be some major renovations done in the church basement for the Fun Academy Day Care Centre. At present we don't know when these downstairs renovations will start, as there have been some major delays. But once the renovations do begin they may last anywhere from 6 to 8 weeks, depending on how things go. Just a heads-up that at some point in the renovation process, perhaps for only a few days when some walls and stairs are being demolished downstairs, it is likely to get quite noisy. We may have to reschedule some of our own activities as a result, as sound reverberates in the concrete interior. 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. Also for one week some time before July (date to be determined) Webster Hall may be inaccessible due to a change-over of lighting systems and painting by the church.

### **Our Website Address**

While surfing the internet, check out our website address at [www.contactivitycentre.org](http://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!

## EVENTS FOR MARCH 2020 AT CONTACTIVITY CENTRE

### Course Registration for Proposed Spring Courses.

#### We accept MAIL-IN REGISTRATION ONLY!

The Mail-In registration for Spring Courses has begun. 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 and 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 is on Thursday, March 20<sup>th</sup>.** IF YOU WISH FOR YOUR FAVOURITE COURSE TO CONTINUE, BE SURE TO REGISTER BY MAIL AS SOON AS POSSIBLE. Likewise, if you want assurance 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. Receipts will be available on the first day of the course, and your cancelled cheque will also be your double proof of your registration.

#### Schedule of Proposed Spring Courses

- **Argentinian Tango:** Friday, 1:00-2:00 **10 weeks**  
**Begins March 13<sup>th</sup> – May 22<sup>nd</sup>** (no class April 10<sup>th</sup>) **Cost: \$100.00 Member**  
**Instructor:** Laura-Eva Steinmander **\$110.00 Non-Member**  
Classes take place at Victoria Hall.
- **Fall Prevention:** Mondays, 9:15-10:15 am and Thursdays, 3:00-4:00 pm **FREE 12 weeks**  
**Begins March 23<sup>rd</sup> – June 25<sup>th</sup>** (No class April 13<sup>th</sup> and May 18<sup>th</sup>)  
Contactivity Centre, in conjunction with the CLSC Metro, will be 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.**
- **Beginners III Bridge:** Wednesday, 9:45 – 11:45 **10 weeks**  
**Begins April 1<sup>st</sup> – June 3<sup>rd</sup>** **Cost: \$80.00 Member**  
**Instructor:** Heather Felsky **\$90.00 Non-Member**
- **Intermediate Bridge:** Wednesday, 12:15 - 2:15 **10 weeks**  
**Begins April 1<sup>st</sup> – June 3<sup>rd</sup>** **Cost: \$80.00 Member**  
**Instructor:** Heather Felsky **\$90.00 Non-Member**
- **Supervised Bridge:** Wednesday, 2:15 -4:15 **10 weeks**  
**Begins April 1<sup>st</sup> – June 3<sup>rd</sup>** **Cost: \$80.00 Member**  
**Instructor:** Heather Felsky **\$90.00 Non-Member**
- **Thursday Stretch to Music:** 10:00 - 11:00 **10 weeks**  
**Begins April 2<sup>nd</sup> – June 4<sup>th</sup>** **Cost: \$40.00 Member**  
**Instructor:** Trudie Ogden **\$45.00 Non-Member**
- **Friday Fitness:** Fridays, 9:30 - 10:30 **12 weeks**  
**Begins April 3<sup>rd</sup> – June 26<sup>th</sup>** (No class on April 10<sup>th</sup>) **Cost: \$48.00 Member**  
**Instructor:** Lana Romandini **\$54.00 Non-Member**  

An energetic class comprised of a warm up with dynamic stretches followed by 20 minutes of Brisk choreography to music. Resistance exercises (using the chair, weights, tubes, etc...) And relaxing cool down will complete the second half of the class. **Participants in this more demanding course must be fit enough to keep moving vigorously for the first 30 minutes.**
- **Tai Chi:** Friday, 11:00-12:00 **10 weeks**  
**Begins April 3<sup>rd</sup> – June 12<sup>th</sup>** (No class April 10<sup>th</sup>) **Cost: \$50.00 Member**  
**Instructor:** Heather McDow **\$55.00 Non-Member**
- **1 ½ Hours Line Dancing II:** Friday, 1:30-3:00 **10 weeks**  
**Begins April 3<sup>rd</sup> – June 12<sup>th</sup>** (No class April 10<sup>th</sup>) **Cost: \$75.00 Member**  
**Instructor:** Linda Chou **\$80.00 Non-Member**
- **Monday Stretch to Music:** 10:30 – 11:30 **11 weeks**  
**Begins April 6<sup>th</sup> – June 29<sup>th</sup>** (No class on April 13<sup>th</sup> & May 18<sup>th</sup>) **Cost: \$44.00 Member**  
**Instructor:** Lana Romandini **\$50.00 Non-Member**

### The Walkie Talkies

Contactivity's 60+ walking group meet twice-weekly on Mondays and Thursdays at 10 am; they walk for about an hour and then have coffee together. So it's both healthy and sociable! **For more information, please call the Centre in advance at 514-932-2326.** Happy walking!

## EVENTS FOR MARCH 2020 AT CONTACTIVITY CENTRE

### **WEATHER ALERT – Course cancellation & closure of the Centre**

During the winter months, depending on the weather, we may have to cancel courses, activities and lunch on short notice and/or decide to close the Centre for the day. If this will be the case, we will do our utmost best to contact everyone in time who is enrolled in the course scheduled that day. We will also alert CJAD so they can announce our closure on the air. Also, we will change the Centre's greeting message to alert you to any cancellation of courses, activities and lunch or inform you if the Centre is closed. So, if you are wondering whether or not a course, activity and lunch is cancelled or whether or not the Centre is closed, listen to CJAD station or call the Centre and listen to the greeting message.

The same goes for power outages due to heavy rain/wind storms all year round. If you are unsure an activity, course or lunch is taking place call the Centre before you leave your home.

### **Winter Boots – IMPORTANT**

We would like to remind you to remove your winter boots and other overshoes after entering the Centre at the front door. Bring comfortable shoes or slippers with a good tread with you when you come to the Centre during the winter months. This will prevent slippery, wet surfaces for yourself and others. Thank you for your cooperation. If anyone forgets to bring slippers or shoes, we have non-skid foot covers available in the office.

### **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**

- **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, March 10<sup>th</sup>**

Dr. Bevacqua will be here on Tuesday, March 10<sup>th</sup> 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.

### **Super Bingo**

The next Super Bingo at Place Kensington, located at 4430 Ste. Catherine St. W., between Metcalfe and Hillside) is on **Tuesday, March 31<sup>st</sup>** 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:**

Kathleen Dunn, Celia Edmonds, Robert Hollis, Katie Ostroff and Ilse Smejkal.

**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

Website: [www.contactivitycentre.org](http://www.contactivitycentre.org)

Email: [contactivity@bellnet.ca](mailto:contactivity@bellnet.ca)

*Executive Director - Mary Stark; Membership Coordinator - Barbara Savada;  
Volunteer & Program Coordinator – Rekha Birla; Crafts Coordinator – Angelina Hum;  
Activity Coordinator – Emily Rill; Trip, Speaker & Entertainment Coordinator – Janice Parnell;  
Outreach Worker – Fiona Smith and Support Worker – David Robinson.*