

EVENTS FOR JANUARY 2018

at Contactivity Centre

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
CENTRE IS CLOSED	CENTRE IS CLOSED	CENTRE IS CLOSED	CENTRE IS CLOSED	CENTRE IS CLOSED
Happy New Year Bonne et Heureuse Année				Ping Pong & Pool Cancelled
8	9	10	11	12
10:30-3:30 Arts & Crafts	9:00-11:30 Foot Care Clinic	11:00-3:00 Arts & Crafts	NO LUNCH	10:00-12:00 Ping Pong & Pool
10:00-12:00 Ping Pong & Pool				
15	16	17	18	19
10:00-12:00 Ping Pong & Pool		11:00-3:00 Arts & Crafts	10:00-11:00 Stretch to Music	9:30-10:30 Friday Fitness
10:30-3:30 Arts & Crafts		9:45-11:45 Beginners II Bridge	12:00-1:00 Blood Pressure Clinic	10:00-12:00 Ping Pong & Pool
10:30-11:30 Stretch to Music		12:15-2:15 Intermediate Bridge	1:00 pm Birthday Lunch & Musical Entertainment	12:00-1:00 Tai Chi
12:00-12:30 Soup Kitchen		2:15-4:15 Supervised Bridge		1:00 pm In-Town Lunch
12:30-3:30 Bridge				1:30-3:00 Thomas More
				1:30-2:30 One-Hour Line Dancing II
				1:30-3:00 1 ½ Hour Line Dancing II
22	23	24	25	26
10:00-12:00 Ping Pong & Pool	1:00-3:00 Happy Habits: Accentuate the Positive Workshop	11:00-3:00 Arts & Crafts	10:00-11:00 Stretch to Music	9:30-10:30 Friday Fitness
10:30-3:30 Arts & Crafts		9:45-11:45 Beginners II Bridge	1:00 pm Lunch & Movie of the Month	10:00-12:00 Ping Pong & Pool
10:30-11:30 Stretch to Music		12:15-2:15 Intermediate Bridge		12:00-1:00 Tai Chi
12:00-12:30 Soup Kitchen		2:15-4:15 Supervised Bridge		1:30-3:00 Thomas More
12:30-3:30 Bridge				1:30-2:30 One-Hour Line Dancing II
				1:30-3:00 1 ½ Hour Line Dancing II
29	30	31		
10:00-12:00 Ping Pong & Pool	3:00 pm Super Bingo at Place Kensington			
10:30-3:30 Arts & Crafts				
10:30-11:30 Stretch to Music				
12:00-12:30 Soup Kitchen				
12:30-3:30 Bridge				

EVENTS FOR JANUARY 2018 at Contactivity Centre

Course Registration for Proposed Winter Courses

We accept MAIL-IN REGISTRATION ONLY!!

The mail-in registration for Winter Courses will begin as soon as the December/January 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 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. **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 which courses you are registering for. Receipts will be available on the first day of the course, and your cancelled cheque will also be a double proof for you.

Schedule of Proposed Winter Courses

- **Monday Stretch to Music:** 10:30 – 11:30
Begins January 15th – March 19th
Instructor: Lana Romandini
10 weeks
Cost: \$35.00 Member
\$40.00 Non-Member
- **Beginners II Bridge:** Wed., 9:45 -11:45
Begins January 17th – March 21st
Instructor: Heather Felsky
10 weeks
Cost: \$70.00 Member
\$80.00 Non-Member
- **Intermediate Bridge:** Wed., 12:15 – 2:15
Begins January 17th – March 21st
Instructor: Heather Felsky
10 weeks
Cost: \$70.00 Member
\$80.00 Non-Member
- **Supervised Bridge:** Wednesday, 2:15 - 4:15
Begins January 17th – March 21st
Instructor: Heather Felsky
10 weeks
Cost: \$70.00 Member
\$80.00 Non-Member
- **Thursday Stretch to Music:** 10:00 - 11:00
Begins January 18th – March 22nd
Instructor: Wilma Christiansen
10 weeks
Cost: \$35.00 Member
\$40.00 Non-Member
- **Friday Fitness**
Begins January 19th – March 23rd
Fridays, 9:30-10:30
Instructor: Lana Romandini
An energetic class comprised of a warm up with dynamic stretches followed by 20 minutes of choreography to music. Resistance exercises (using the chair, weights, tubes, etc...) and relaxing cool down will complete the second half of the class. Participants must be fit enough to move around the room freely and comfortably for the first 30 minutes.
10 weeks
Cost: \$35.00 Member
\$40.00 Non-Member
- **Tai Chi:** Friday, 12:00 – 1:00
Begins January 19th – March 23rd
Instructor: Heather McDow
10 weeks
Cost: \$35.00 Member
\$40.00 Non-Member
- **One-Hour Line Dancing II:** Friday, 1:30 - 2:30
Begins January 19th – March 16th
Instructor: Jocelyn Kwok
9 weeks
Cost: \$31.50 Member
\$36.50 Non-Member
- **1 ½ Hours Line Dancing II:** Friday, 1:30 - 3:00
Begins January 19th – March 16th
Instructor: Jocelyn Kwok
9 weeks
Cost: \$47.25 Member
\$52.25 Non-Member
- **Tango Argentina:** Fridays, 2:00-3:00
Begins February 2nd – March 9th (no class Feb. 16th)
Instructor: Laura-Eva Steinmander
5 weeks
Cost: \$50.00 Member
\$55.00 Non-Member
- **Tango Argentina:** Fridays, 2:00-3:00
Begins March 16th – April 20th (no class March 30th)
Instructor: Laura-Eva Steinmander
5 weeks
Cost: \$50.00 Member
\$55.00 Non-Member
Contactivity Centre will again be offering a 5-week Tango Argentina Class this winter, modified for seniors like us. Laura-Eva has worked with researcher Patricia McKinley of McGill University's school of physical therapy. Dr. McKinley's research has shown that dancing the tango is excellent for improving balance, posture, motor co-ordination and cognition in seniors. Tango Argentina – a great work out for the body and the brain. No partner required.
- **Thomas More Discussion Group:** Fridays, 1:30 - 3:00
Begins January 19th – March 23rd
Theme is "Montreal Voices – Celebrating 375"
10 weeks
Cost: \$15.00 Members
\$20.00 Non-Member
- **French Conversation Practice – WINTER SESSION CANCELLED**
Will be available during the Spring Session
- **Fall Prevention** 12 weeks

EVENTS FOR JANUARY 2018 at Contactivity Centre

Begins March 8th – June 7th (no class April 2nd, April 19th, May 21st) **Cost: Free**

Mondays, 9:15-10:15 a.m. and Thursdays, 3:00-4:30 p.m.

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.**

January Birthdays

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

Moira Barclay-Fernie, Norma Brown, Susan Brunet, Shirley Carreiro, Gloria Cartier, Josée Charles, Mitsuru Cope, Jean Darmanie, Linda del Rosario, Joaquim Ferreira, Meta Fitch, Lillian Fox, Mary Gannon, Catherine Gleeson, Anne Hamilton, Jill Harrison, Nettie Harris, Marilyn Howell, Masao Ishida, Lise Kennedy, Irene Krumajs, Eve Lauder, Betty LeMaistre, Anne Lessard, Lila Lesk, Ruthmary Lonsdale, David Mesner, Nina Minde, Mabel Moldovan, Gina Paquette, Gaye Passy, Diane Perrier, Martha Perry, Marie Pothier, Rosemary Reilly, Frances Rogers, Maria Luisa Rojo, Maxine Sarfi, Florence Saulnier, Carolyn Singman, Josephine Stoker, Maureen Tinsley, Zarmine Torrossian, Tatiana Troitsky, Anh-Lan Vu, Joan Westra and Judy Yelon.

We hope to see you at the Birthday Celebration on Thursday, January 18th at 1:00 pm. Lunch is half price for birthday celebrants - \$5.00. If you can join us, please call the Centre at 514-932-2326 to reserve in advance, no later than Tuesday, January 16th. Spaces are limited to 96 individuals.



WEEKLY Thursday Luncheons at 1:00 pm. Menu & Entertainment

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

January 18th - Birthday Lunch **Cost: \$10.00**

Chicken Pot Pie, vegetable medley, juice, tea, coffee

and birthday cake for dessert. **Spaces are limited to 96 individuals.**

Entertainment: Jean Lachapelle is a crooner specializing in music from the 60's & 70's. He's sure to get your toes tapping. Welcome Jean for his Contactivity debut.

January 25th - Spinach and cheese strata, baked tomato, sausages, tea, **Cost: \$5.00**
coffee and dessert.

Entertainment: Movie of the Month: "Megan Leavey"

Movie of the Month – Thursday, January 25th

"Megan Leavey" – (2017) 1h 56min. Biography Drama

Directed by Gabriela Cowperthwaite. Starring Kate Mara, Ramon Rodriguez, Tom Felton.

Megan Leavey is based on the true life story of a young Marine corporal whose unique discipline and bond with a military combat dog saved many lives during their deployment in Iraq. When she is assigned to clean up the K-9 unit after a disciplinary hearing, Leavey identifies with a particularly aggressive dog, Rex, and is given the chance to train him. Over the course of their service, Megan and Rex complete more than 100 missions until an improvised explosive device injures both of them, putting their fates in jeopardy.

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**

Group Activity at The MMFA Art Hive – Thursday, January 25th 2-4pm

The Montreal Museum of Fine Arts Art Hive welcomes everyone as an artist, and provides free access! An Art Hive is an artistic space which seeks to foster an inclusive and welcoming environment where individuals and groups from different backgrounds and abilities levels can meet, create art, and share their skills. Spaces are limited. RSVP by January 11th. **For more information contact Fiona Smith or Carolyn Howard at (438) 920-3460.**

Happy Habits: Accentuate the Positive – Tuesday, January 23rd from 1-3

EVENTS FOR JANUARY 2018 at Contactivity Centre

Free Workshop with Ashlyn Stevens

We all know some people who seem perennially content, even joyful. And we all would like to be more like that! What do the happiest people on the planet do differently? Find out simple tips and tools that you can incorporate into your daily life that will help to increase your happiness. "Happy Habits" is a workshop designed to share intriguing research findings on happiness and how to incorporate these into your daily life to increase the amount of joy, satisfaction, and meaning that you experience. Topics will include: cultivating positive emotion, developing strengths, engaging and sharing passions, and tapping in to gratitude. You will leave with a deeper understanding of the role of happiness and positive emotion in health and wellness, and with simple tools that you can use in your daily life to increase your own happiness. **Limited enrolment, so please call the office at 514-932-2326 to register soon.**

In-Town Lunch Club – Friday, January 19th

This month's in-town luncheon will be at **Restaurant MISO & Sushi Bar** located at **4000 Saint-Catherine St W.**, on the corner of Atwater, across from the Alexis Nihon Plaza. Discover their unique Japanese cuisine and dine in a warm and relaxing atmosphere. They offer lunch specials which offers a varied sushi and Asian fusion menu served with soup and salad. There are 24 choices on the lunch menu. Prices range from \$13.45 – 21.50. They have also created some new dishes they have added to their lunch menu such as unique salads, sandwiches, crispy noodles with seafood, etc. The staff will be happy to guide you through their large selection of wines and sake. **Join fellow members and their guest(s) for a culinary experience. 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 Tuesday, January 16th.**

Directions

By Metro: From Atwater metro, walk through the Alexis Nihon Plaza. Go up to the second floor and take the Atwater exit (left of the Pharmaprix). Once outside of the Plaza, turn right and walk south along Atwater to the corner of Ste. Catherine street. The restaurant is on the corner.

By Bus: There is Bus 90 available along Ste. Catherine street and there is Bus 24, Bus 104 and Bus 138 available along Sherbrooke street.

Foot Care Clinic – Tuesday, January 9th

Dr. Bevacqua will be here on Tuesday, January 9th 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.

Blood Pressure Clinic – Thursday, January 18th

A nurse from CLSC Metro will be here on Thursday, **January 18th**, between 12:00 Noon and 1:00 pm to take your blood pressure. **Please call the Centre at 514-932-2326 to make your appointment today.**

Super Bingo

The next Super Bingo at Place Kensington, located at 4430 Ste. Catherine St. W. (corner of Metcalfe Ave.) is on **Tuesday, January 30th** starting at 3:00 pm. **Contactivity members and their guest are invited, so just show up at Place Kensington if bingo is your game.**

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. And if you are on Facebook you can visit and "like" us there too! You can also check out our seniors resource website at www.montrealfamilyties.net.

Contactivity Centre for Seniors is a non-profit charitable organization, partially funded by **Centraide**, located at 4695 de Maisonneuve Blvd. W. Westmount, Quebec, H3Z 1L9.

Tel: 514-932-2326 or 514-932-3433. Website: www.contactivitycentre.org

Director - Mary Stark; Membership Coordinator - Barbara Savada; Program Coordinator - Rekha Birla; Crafts Coordinator - Angelina Hum; Program Assistant: Emily Rill; Activities Coordinator - Ashlyn Stevens; Outreach workers - Fiona Smith and Carolyn Howard.