

EVENTS for June 2017 AT CONTACTIVITY CENTRE

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			10:00-11:00 Stretch to Music 1:00 pm Lunch 3:00 – 4:30 Fall Prevention	9:30-10:30 Friday Fitness 10:00-11:30 French Conversation 12:00-1:00 Tai Chi
5	6	7	8	9
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		11:00-3:00 Arts & Crafts 9:45-11:45 Beginners III Bridge 12:15-2:15 Intermediate Bridge 2:15-4:15 Supervised Bridge	10:00-11:00 Stretch to Music 11:30-12:30 Blood Pressure Clinic 12:30 pm Annual Indoor Picnic & Birthday Celebration Fall Prevention by appointment only	Friday Fitness cancelled today 10:00-11:30 French Conversation 12:00-1:00 Tai Chi 1:00 pm Trip Down Memory Lane
12	13	14	15	16
10:30-11:30 Stretch to Music 10:30 - 11:30 Arts & Crafts 12:00 - 12:30 Soup Kitchen		11:00-3:00 Arts & Crafts 9:45-11:45 Beginners III Bridge 12:15-2:15 Intermediate Bridge 2:15-4:15 Supervised Bridge	1:00 PM Retirement Lunch for Pat Smith – Reservation Required	9:30-10:30 Friday Fitness 10:00-11:30 French Conversation 12:00-1:00 Tai Chi
19	20	21	22	23
10:30-11:30 Stretch to Music – Summer Session begins 10:30 - 3:30 Arts & Crafts 12:00 - 12:30 Soup Kitchen 12:30 - 3:30 Bridge Group		11:00-3:00 Arts & Crafts	No Lunch	9:30-10:30 Friday Fitness - Summer Session begins 10:00-11:30 French Conversation 1:00 PM In-Town Lunch
26	27	28	29	30
CENTRE IS CLOSED St-Jean Baptist	9:00-11:30 Foot Care Clinic 3:00 pm Super Bingo at Place Kensington	9:00 AM Out-of-Town Trip 11:00-3:00 Arts & Crafts	No Lunch	CENTRE IS CLOSED Canada Day

Annual Indoor Picnic – Thursday, June 8th at 12:30 pm

Our annual **Picnic and Birthday Celebration** will be held on **Thursday, June 8th at a special time of 12:30 pm**. The menu will include a choice of chicken souvlaki (pita or stick) or vegetarian pita souvlaki, (**please specify when reserving**), French fries, Greek salad, iced tea or soft drink and watermelon for dessert. Birthday members will be served birthday cake. Restaurant Villa de Souvlaki is famous for their tzatziki sauce and their light round French fries.

Bring a guest and join us for the celebration. This event will be held indoors. As we pay in advance for the catering, we must ask those interested in attending to pay as they sign up. Unfortunately, we must hold 'no shows' or last minute cancellations responsible for the **\$10.00**. (June & July Birthday members pay half-price). The Intergenerational Interlink Choir will be entertaining us again this year. The choir is made up of Contactivity members, a few other seniors in the Westmount community and students from Westmount Park Elementary School. The children of the Choir are our guests that day. **Firm deadline for signing up is Tuesday, June 6th**, by 4 pm. Apologies for the newsletter being late this month, however we did call all the members who are celebrating a birthday in June & July to make sure they did not miss out.

Out-of-Town Trip – Wednesday, June 28th

This month's out-of-town trip is located in the Centre-du-Quebec region, halfway between Montreal & Quebec. Our first destination will be to the **Abénakis Museum** located on a magnificent site along the banks of the St. Francis River. This museum was the first Aboriginal museum in Quebec. Founded in 1965. The museum invites you to discover the cultural richness of the Abénakis Nation. The Odanak Historical Society, a non-profit organization manages the museum. The guided tour will include the permanent exhibition, a short 10-12 minute video in English, an opportunity to view their temporary exhibit and visit their Amerindian arts & crafts gift shop.

Lunch will be at **Le Buffet des Continents** located in Drummondville. As the name indicates, this restaurant offers a wide variety of buffet style cuisine which includes: Chinese, Italian, French, Spanish, Middle-Eastern, North American, Asian, and Indian. There is something to cater to everyone's taste! The extensive restaurant also offers a full seafood selection, as well as a meat carving station. You will get to enjoy the outdoor style feel of the restaurant with the comfort of being indoors. Make sure to leave room for their homemade pastries, desserts and decadent treats, baked fresh every day. You would not want to miss this!

The last destination of the day will be to the **Domaine des 3 Fûts Vineyard** which is located in Drummondville. This certified organic vineyard believes they can cultivate without using synthetic pesticides. The vineyard now counts nearly 9,000 plants. The winemaker will guide you in the vineyard while explaining the peculiarities of the production of organic grapes. The visit will continue in the winery with the different stages of wine making and end with a tasting of their products. You will also have the opportunity to visit their boutique.

It is recommended that you bring with you a water bottle and snacks just in case the need arises. And most importantly, any medication you require.

Leave Centre: 9:00 am
Leave Drummondville: 5:00 pm (may leave earlier)

The cost will depend on the number of individuals who sign up and will include transportation by motorcoach, lunch and all activities.

Total cost for Member

If 25-30	participate	\$80
If 31-35	"	\$71
If 36-40	"	\$65
If 41-45	"	\$62
If 46-50	"	\$60

Total cost for Member's Guest

If 25-30	participate	\$83
If 31-35	"	\$74
If 36-40	"	\$68
If 41-45	"	\$65
If 46-50	"	\$63

A deposit of \$40.00 for members or \$43.00 for non-members must be given to be considered on the trip. Please remember this is a non-refundable deposit. The balance of the trip is to be paid on the day of the trip, before departure. Come into the building to pay the balance and obtain your bus number.

Retirement Party for Pat Smith

Our own Pat Smith, who has been pivotal in so many aspects of the Centre, from lining up courses, speakers and entertainers to helping in the kitchen, will be retiring in June after working for eight years at Contactivity Centre. **We want to send her off in style at a retirement lunch on June 15th at 1PM.**

We will waive the usual lunch fee. However, we encourage you to make a monetary contribution by cash or by cheque made out to "Pat Smith" and we will have a big box on hand to receive those retirement contributions. It is a concrete but also symbolic way of showing our collective appreciation of Pat's marvelous contribution over these past years. (Pat doesn't know about this little plan, but we guess she will once this newsletter goes out!) Pat's terrific work ethic, her meticulous attention to detail, her caring and willingness to go the extra mile have gone a long way towards making things run smoothly in all these key aspects of what we do together here. We wish her all the very best in her retirement, and we hope to still see her pop up here from time to time! **Reservation needed by Tuesday, June 13th.**

Monday Stretch to Music Mini Course – Four Weeks

We are offering a 4-week Monday Stretch to Music Course from 10:30 – 11:30 am. Beginning Monday, June 19th – July 17th. (No class June 26th) **Instructor:** Lana Romandini **Cost: \$14.00 Member or \$19.00 Non-Member** **We are now accepting registration. Maximum number of participants is 40.**

Friday Fitness Mini Course – Three Weeks

We are offering a 3-week Friday Fitness Course from 9:30 – 10:30 am. Beginning Monday, June 23rd – July 14th. (No class June 30th) **Instructor:** Lana Romandini **Cost: \$10.50 Member or \$15.50 Non-Member.** **We are now accepting registration. Maximum number of participants is 15.**

Attention to all July Birthdays

Again this year, we will celebrate members who have a birthday in **July** together with the **June** birthdays on **Thursday, June 8th.**

June Birthdays

Best wishes to all of the following members who are celebrating a birthday in June and July. We hope to see you at the Birthday Celebration which will be held on Thursday, June 8th. 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, June 6th.

Gloria Amirault, Mary Arroyave, Muriel Berger, Janet Black, Christine Burt, Genevieve Cabana, Sandra Casey, Connie Cilinski, Janine Cobb, Bryna Cohen, Dora Cohen, Ann Crompton, Maya Daniel, Brigitte Daniliauskas, Mary Davis, Raymond Denis, Elve Ennist, Hildegard Enesco, Mary-Louise Engels, Hilda Fox, Joyce Blond Frank, Alice Gagnon, Ruth Gray, Frances Gregory, Louise Hanlon, Donna Held, Judith Henkewick, Frances Hodge, Dale Huston, David Jones, Chella Kerr, Mary Krohn, Lily Lam, Wendy Lunny, Yvonne Lyn, John MacKay, Catherine McFarlane, Anna Mancini, Suzanna Maroti, Gerald Miller, Ivan Mozer, Maria Pitacciato, Edna Ralston, Ann Rigelhof, Ruth Saul, Arnold Sharp, Marjorie Sharp, Amy Shulman, Tatiana Slivitzky, Yolanda Somerville, Dr. Cannie Stark, Marilyn St. Pierre, Margaret Swaine, Virginia Thomas, Ingrid Thompson, Carole Thorpe, Muriel Townsend, Doris Truté, Joanna Tse, Barbara Turcot, Lois Walter and Lynne Williams.

July Birthdays

Stewart Arbuckle, Richard Blair, Julia Brennan, Nirmala Brunel, Patricia Burke, Audrey Burkowsky, Barbara Covington, Nealy Dara, John Di Ioia, Dan Dutton, Wilma Dyer, Doris Emler, Vera Fergenbaum, Linda Fratta, Michael Fratta, Christa Fust-Stangl, Sosi Garibyan, Maurice Gilchrist, Elaine Giovannetti, Gwendolyn Goring, Yvonne Greer, Ben Henkewick, Kathy Hewitt, Alice Lukacs, Jorge Moran, Donald Oakes, Josephine Peach, Diane Pharand, Dorothy Plummer, Jill Quinton, AnnaLee Ross, Sylvia Ruby, Sylvia Schmutz, Margaret Sheremata, Diana Simmonds, Janet Small, Penny-Anne Soper, Frances Stamos, Rex Tallentire, Graidia Victor, Clodaugh Wheatley and Peter Woo.

Meet our Summer Students!

Please welcome our two summer students. Maria Tsafaras, who was here last year, graduated from McGill in Psychology and will continue in Special Care Counselling at Vanier in the Fall. Catherine Barnell who completed a B.A. in history and will continue in the Fall to obtain her Masters in Graduate School. Please say hello when you see them!

Spur-of-the-Moment In-Town Outings

If you would like to be informed of any outings possibly organized by our summer students, please call the office at **514-932-2326** to add your name to the list. Any suggestions you may have of possible excursion will be welcomed. If a consensus emerges, the students will arrange some excursions. Some of our regular summer programming may be different this year so stay tuned to the July/August newsletter.

In-Town Lunch Club – Friday, June 23rd

This month's in-town lunch will be at **Dévi**, a genuine Indian restaurant located at **1450 Crescent Street** between de Maisonneuve W. and Ste.Catherine street. In addition to familiar Indian dishes, **Dévi** diverges into new and exotic regional fare with names you won't find in most Indian restaurants in Montreal. **Dévi** received excellent reviews from food critic of fine dining Lesley Chesterman at the Montreal Gazette, Nicholas Robinson, food critic at MontrealFood.com and from RestoMontreal.ca visitors. They offer a buffet for lunch at **\$14.95** and includes soup, salad, 4 appetizers, variety of meats and poultry, vegetables, rice, lentil dishes, naan bread and more. Tea or coffee and dessert included. Come to **Dévi** and enjoy an authentic Indian experience in an elegantly exotic setting. There are ten steps to enter the restaurant with a handrail on both sides. **Members and their guest(s) will meet at 1:00 p.m. Reservations with us are necessary, so please call the Centre at 514-932-2326 to make your reservation by Tuesday, June 20th.**

Directions: By metro: Closest metro is Guy-Concordia, exit Guy street. From the metro you can walk 3 blocks east along Ste. Catherine street to the corner of Crescent, turn left and walk north less than ½ a block to the restaurant which will be on the right-hand side of the street //OR// when you exit the metro you can take Bus 15 from the corner of Guy & Ste.Catherine, to the corner of Ste. Catherine & Bishop and then you have to walk one block East to Crescent, turn left and walk north along Crescent to the restaurant.

Directions: By bus: Along Ste.Catherine street, Bus 15E is available. You can take the bus to the corner of Bishop or de la Montagne, however you would have to walk one block to the corner of Crescent. Bus 15W also runs along de Maisonneuve Blvd. and you would also have to get off on the corner of Bishop or de la Montagne and walk one block to Crescent.



Menu & Entertainment for Thursday Luncheons at 1:00 pm

Please call us to reserve for Thursday lunch, no later than 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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| June 1 st | Cannelloni stuffed with spinach and ricotta cheese, Caesar salad, garlic bread, tea, coffee and dessert. | Cost: \$5.00 |
| June 8 th | <u>12:30 pm - Annual Indoor Picnic and Birthday Celebration</u> | Cost: \$10.00 |
| | A choice of chicken souvlaki (pita or stick) or vegetarian pita souvlaki, (please specify when reserving), French fries, Greek salad, iced tea or soft drink and watermelon for dessert. Birthday members will be served birthday cake. | |

Entertainment: Intergenerational Interlink Choir with a rousing, fun song repertoire.

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| June 15 th | <u>1:00 pm – Pat Smith's Retirement Party</u> | |
| | A variety of tasty sandwiches, salads, cheese platters, paté platters, vegetables and dip platters, shrimps, tea, coffee and a variety of sweets and fruit for dessert. | |
| | We will waive the usual lunch fee. However, we encourage you to make a monetary contribution by cash or by cheque made out to "Pat Smith" and we will | |

Events for June 2017 - Contactivity Centre - Cont'd

have a big box on hand to receive those retirement contributions. Thank you!!
Reservation needed by Tuesday, June 13th.

Walk-a-Cop III – World Elder Abuse Awareness

Be sure to mark your calendar for **Monday, June 12th**, for our third **Walk-a-Cop** event. At least six police officers from Station 12 in Westmount will be accompanying the Walkie Talkies on our walk and joining us for coffee at Mouton Noir (at the arena), followed by soup at Contactivity. This will be the perfect opportunity to ask any questions you may have (e.g. on safety and security) and will tie in nicely with **World Elder Abuse Awareness Week**. The walk is on rain or shine, leaving at 10 a.m. at the Greene Avenue entrance to Westmount Square, and all Contactivity members are welcome to join us. **For more information, please call Outreach worker Fiona Smith at 438-920-3460 or Karen Evoy at 514-826-4493 or send an e-mail to karen.evoy@gmail.com.** Happy walking! (As usual, Contactivity's 60+ walking group will continue to meet twice-weekly throughout the summer months on Mondays and Thursdays at 10 a.m. at the Greene Avenue entrance to Westmount Square.)

Weekly Groups – Join anytime!!!!

Arts & Crafts:

- **Mondays:** 10:30 am to 3:30 pm Full, but you can get on the waiting list
- **Wednesdays:** 11:00 am to 3:00 pm Full, but you can get on the waiting list

Bridge Group: Mondays - 12:30 pm to 3:30 pm Ongoing

The Walkie Talkies: Walking Group – start at the Greene Avenue entrance to Westmount Square

- **Mondays:** 10:00 am to 11:30 am Ongoing
- **Thursdays:** 10:00 am to 11:30 am Ongoing

Super Bingo

The next Super Bingo at Place Kensington, located at 4430 Ste. Catherine St. W. (corner of Metcalfe Ave.) is on **Tuesday, June 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.

“Volunteer of the Month” for June

We would like to acknowledge **all the volunteers who helped at Family Day in the Park** as our June Volunteers of the month. We appreciate all the assistance with setting up and manning the booths throughout the day. Congratulations and thank you so much!

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 senior resource website at www.montrealfamilyties.net.

Foot Care Clinic – Tuesday, June 27th

Dr. Bevacqua will be here on Tuesday, June 27th from 9:00 am to 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, June 8th

A nurse from CLSC Metro will be here on Thursday, June 8th, from 11:30 am to 12:30 pm to take your blood pressure. **Please call the Centre at 514-932-2326 to make your appointment today.**

Welcome New Members

A big, big welcome to:

Joanne Rees, Haze Wainberg, Irene Theodrides, John Fowler, Carol Lord, Richard Scott, Maud Simard, Sosi Garibyan, Aimi Kuura, Bridget Polidoro, Paul Polidoro, Susan French-Peterson and Mary Hooper .

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

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; Activities Coordinator - Pat Smith;

Program and Volunteer Coordinator – Rekha Birla; Crafts Coordinator – Angelina Hum;

Program Assistant – Emily Rill; Outreach Worker – Fiona Smith;