

EVENTS for June 2019 AT CONTACTIVITY CENTRE

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
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	9:00-11:30 Foot Care Clinic	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 Lunch	1:00-2:00 Tango Argentina 1:00-3:00 Trip Down Memory Lane
10	11	12	13	14
9:15-10:15 Fall Prevention 10:30 - 11:30 Arts & Crafts 12:00 - 12:30 Soup Kitchen 12:30-3:30 Bridge Group	SEE THE LIBRARY REFERENCE SECTION COURTESY OF THE SOCIAL ACTION COMMITTEE	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 Annual Indoor Picnic & Birthday Celebration Fall Prevention by Appointment Only	1:00-2:00 Tango Argentina
17	18	19	20	21
10:30 - 3:30 Arts & Crafts 12:00 - 12:30 Soup Kitchen 12:30 - 3:30 Bridge Group	Come and check out our clothing boutique any weekday	11:00-3:00 Arts & Crafts	12:00 Noon Annual General Meeting 1:00 pm Lunch (free for first 40 attending noon AGM – reservations required)	1:00 PM In-Town Lunch 1:00-2:00 Tango Argentina
24	25	26	27	28
CENTRE IS CLOSED St-Jean Baptiste	3:00 pm Super Bingo at Place Kensington (Details on page 6)	9:00 AM Out-of-Town Trip 11:00-3:00 Arts & Crafts	No Lunch	1:00-2:00 Tango Argentina

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.

Annual Indoor Picnic – Thursday, June 13th at 1:00 pm

Our annual **Picnic and Birthday Celebration** will be held on **Thursday, June 13th at 1:00 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). Musician **David Longlade** will be joining us to perform a varied repertoire of sensitive and seductive crooner ballads from the 50's to today's hits. David promises to warm us up with a fun filled afternoon. **Firm deadline for signing up is Tuesday, June 11th**, by 4:00 pm. **Maximum of 96.**

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 13th**.

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 on Thursday, June 13th 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 12:00 noon on Tuesday, June 11th. Maximum of 96.



Gloria Amirault, Mary Arroyave, Ruth Ballon, Janet Black, Pamela Bujwid, Christine Burt, Bob Butler, Genevieve Cabana, Thea Calder, Sandra Casey, Connie Cilinski, Janine Cobb, Bryna Cohen, Dora Cohen, Joyce Constantin, Ann Crompton, Maya Daniel, 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, Barbara Holubek, Joan Hongoh, Mary Hooper, Dale Huston, David Jones, Georgia Kanaki, Chella Kerr, Ivana Koeur, Mary Krohn, Lily Lam, Wendy Lunny, Yvonne Lyn, John MacKay, Judith MacLeod, Catherine McFarlane, Anna Mancini, Rita Markland, Toni Mattison, John Merkly, Gerald Miller, Ivan Mozer, Eileen Parle, Charlotte Pinsonnault, Maria Pitacciato, Edna Ralston, Ann Rigelhof, Ruth Saul, Arnold Sharp, Marjorie Sharp, Amy Shulman, Tatiana Slivitzky, Yolanda Somerville, Cannie Stark, Deirdre Stevenson, Marilyn St. Pierre, Margaret Swaine, Virginia Thomas, Ingrid Thompson, Carole Thorpe, Muriel Townsend, Joanna Tse, Phyllis Vogel, Lois Walter, Lynne Williams and Barbara Winn.

July Birthdays

Stewart Arbuckle, Esther Backman, Julia Brennan, Nirmala Brunel, Nora Burnier, Barbara Covington, John Di Ioia, Dan Dutton, Wilma Dyer, Doris Emler, Karen Evoy, Vera Fergenbaum, Linda Fratta, Michael Fratta, Christa Fust-Stangl, Sosi Garibyan, Maurice Gilchrist, Elaine Giovannetti, Gwendolyn Goring, Yvonne Greer, Monique Harris, Ben Henkewick, Kathy Hewitt, Marcia Hollink, Joanne Keating, Marie Claude Lamari, Alice Lukacs, Geraldine Macaulay, Rosemary Mackell, Josephine Peach, Diane Pharand, Bridget Polidoro, Jill Quinton, Carolyn Reich, AnnaLee Ross, Sylvia Ruby, Sylvia Schmutz, Margaret Sheremata, Janet Small, Penny-Anne Soper, Frances Stamos, Pat Takahashi, Rex Tallentire, Sherrill Thompson, Brian Townsley, Graida Victor and Clodaugh Wheatley.

Interested in Lawn Bowling or Croquet?

Westmount Lawn Bowling and Croquet Club is offering a FREE "New Horizons" program to encourage seniors to pursue a more active lifestyle and to discover lawn bowling and croquet. The program starts on June 12th 2019 until August 28th, 2019. Every Wednesday morning from 9:30am - 12:00pm. You don't have to be a member of their club. Coaching will be provided every week. Participants should be in good overall physical condition. Flat-soled footwear is required. Reservations to attend should be phoned or emailed the Friday before the Wednesday of attendance. Address is 401 Kensington Avenue corner Sherbrooke. **Telephone: 514-989-5532**
Email: info@bowlswestmount.ca

One Summer Student Starting in June

Mia Fischlin will be starting an 8-week stint with us as one of our two summer students. Mia has been studying Human Relations at Concordia and volunteered to help out with our ping pong activity all winter term. If you see her around, please say "hello"!

Annual General Meeting – Thursday, June 20th, 2019 at 12:00 Noon

FOR THE FIRST 40 MEMBERS WHO SIGN UP TO ATTEND OUR ANNUAL GENERAL MEETING FROM 12:00 - 1:00, WILL RECEIVE A COUPON FOR A FREE LUNCH FOLLOWING THE MEETING.

Reservations are required by calling the Centre at 514-932-2326.

Notice is hereby given that the Annual General Meeting of Centre Contactivité Inc. will be held on Thursday, June 20th, 2019 at 4695 de Maisonneuve Blvd. W., Westmount, for the following purposes:

1. To receive Annual Reports of the Officers and Standing Committees of the Board;
2. To receive the Balance Sheet and Financial Statement for the year ended at 31 March 2019; and Report of the Auditors thereon;
3. To appoint Auditors for the ensuing year; and
4. To elect the Directors to the Board

By order of the Board
John Bailey

In-Town Lunch – Friday, June 21st at 1:00 PM

This month's in-town lunch will be at **Aria Ristorante Pasta & Grill** located at **700 rue de la Gauchetière**, between Robert Bourassa and Beaver Hall Hill. Ristorante Aria is an authentic Italian restaurant that creates a wonderful relaxed, yet sophisticated dining experience. The food is a mix of traditional and contemporary cooking. They offer a lunch menu of 7 choices including soup or salad, tea or coffee ranging from \$18.95 - \$24.95, plus taxes, plus tip. Dessert is separate. There are three steps to enter the building or there is a ramp available. Take the elevator to Level B, the restaurant will be on the right-hand side. **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 18th.**

Directions:

From Square-Victoria metro, take Bus 61E or Bus 35E to the corner of Robert Bourassa/de la Gauchetière and walk east along de la Gauchetière to the restaurant. //OR// From Angrignon metro, take Bus 36E to the corner of Robert Bourassa/de la Gauchetière and walk east along de la Gauchetière to the restaurant. //OR// From McGill metro, take Bus 168S to Square-Victoria metro and then take the buses mentioned above.



Menu & Entertainment for Thursday Luncheons at 1:00 pm

Please call us to reserve for Thursday lunch, no later than the Tuesday before - by noon - 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.

- June 6th** Shepherd's pie, vegetable medley, tea, coffee and dessert. **Cost: \$5.00**
- June 13th** **1:00 pm - Annual Indoor Picnic and Birthday Celebration** **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: Reminiscing the 50's with David Longlade. There are seemingly countless genres of music to inspire and connect people. David uses the instrument of his velvety voice to pitch his varied repertoire of sensitive and seductive crooner ballads from the 50's to today's hits. Come and be uplifted from the happy-go-lucky style of the times to barrelhouse basic emotional songs. David promises to warm us up with a fun filled afternoon.

- June 20th** **12:00 Noon - Annual General Meeting**
For the first 40 members who sign up to attend our annual general meeting from 12:00 - 1:00, will receive a coupon for a free lunch following the meeting.
Reservations are required by calling the Centre at 514-932-2326.
- 1:00 pm – Lunch** **Cost: \$5.00**
Chicken à la king served on a vol-au-vent, vegetables, tea, coffee and dessert.

Summer Package of Out-of-Town Excursions

TARGET AUDIENCE for Summer Out-of-Town Trips: June, July & August

Due to some of the long bus rides, the uneven terrain involved and the nautical element of our summer trips, the target audience for these trips would be autonomous members, specifically people who can:

- board and disembark transportation (bus & boat) without aid
- walk the distance required for each trip
- be able to hear and see sufficiently to enjoy the trip safely and without aid
- generally be self-sufficient throughout the trip.

If a member is deemed unable to travel on his or her own by the (Staff/Trip Coordinator/ or Executive Director) of Contactivity, he or she may be accompanied by a companion who will be responsible for the member on the trip. A companion can be: a family member or a friend who is able to take responsibility for the traveller. If a traveller requires a companion, space will be made available on the trip at the same rate as the non-members rate. If a companion is required, the office staff/Trip Coordinator must be made aware at the time of registration to ensure space on the trip for the companion.

Out-of-Town Trip – Wednesday, June 26th

ISLANDS BOAT CRUISE: See the 1000 Islands Like Never Before

Join us on a memorable 1-hour cruise taking us closer to the sights than any other cruise available in the 1000 Islands. The Natives knew this beautiful collection of islands as Manitoana or the “Garden of the Great Spirit”. Revel in your view of palatial mansions, see fifth and sixth generation quaint family cottages and the many natural wonders of the 1000 Islands as you pass in the shadows of ships plying the main shipping channel of the St. Lawrence seaway. Come with us as we cruise the narrow channels of the Admiralty and Navy group of islands in the most intimate tour the 1000 Islands has to offer. Gananoque is the gateway to the 1000 islands, located between Canada and the United States almost 3 hours from Montreal. A hot buffet roast beef lunch will be served on the boat cruise, including coffee & dessert. (Alternative meal choice available for special menu needs only. Must be specified at time of deposit).

Bus departs at 9:00 am, 20 minute washroom stopover in Cornwall, boarding of the Cruise boat at 1:00 pm for lunch, 1:30 pm cruise begins, 3:00 pm bus return, 6:00 pm expected return in Montreal.

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.

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

Total cost for Members		Member's Guest	
If 25-30	participate	\$102	\$107
If 31-35	"	\$90	\$95
If 36-40	"	\$82	\$87
If 41-45	"	\$77	\$82
If 46-50	"	\$73	\$78

A non-refundable deposit of \$40.00 for members or \$45.00 for member's guest must be given to be considered on the trip. Please reserve your spot as soon as possible. We don't want anyone disappointed! **On the day of the trip, before departure, come into the building to obtain your bus boarding number and pay your balance. First come, first served.**

A Different Out-of-Town Trip for July:

A Day in the Country – Wednesday, July 17th

Camp Kinkora offers an all-inclusive day trip experience with a variety of activities for seniors. Get away and enjoy the beautiful Camp Site situated in Saint-Adolphe-d'Howard. Located in the beautiful Laurentian Mountains, Camp Kinkora boasts its own private lake (Lac de la Borne) with a sandy beach, recreational hall, dining hall, a chapel with a piano, and an on-site permanent staff. A team of fully qualified lifeguards supervise the swimming and boating facilities available on site. At Kinkora, participants enjoy the breathtaking country setting in a lush Laurentian valley. In existence since 1926, Camp Kinkora is one of the oldest and most respected camps in Canada.

Activities will include choices from swimming or wading in the lake, boating (row boats and paddle boats are available), fishing (supplies provided), arts & crafts (materials provided), nature walks and afternoon tea in the Gazebo. There are chairs and benches by the lake.

Upon arrival, you will be welcomed by the staff of Camp Kinkora, there will be time to use the facilities and a snack & drink will be provided. The group will be divided depending on the morning activity chosen. The group will reunite for lunch in the dining hall. In the afternoon, there will be more activities to choose from including waterfront activities. Before departure, there will be tea in the Gazebo and a snack. The camp property includes dirt roads, small rocks, sand and grass terrain which leads to uneven ground and pathways. It's pretty rugged in some places, **therefore it is less suitable for anyone with mobility or balance issues.** Also, there is no room for the storage of walkers on this small bus. Maximum of 19 participants. Depending on the level of interest, next year we could organize this trip again with a motorcoach rental so we could accommodate up to 50. The price would be higher to reflect the cost of the bus rental.

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 Camp Kinkora: 3:30 pm

Full Payment in advance, DUE BY JULY 5TH, 2019, of a special total cost of \$45 for members and \$50 for a member's guest must be given to be considered on the trip list, which includes transportation by a mini-bus provided by Camp Kinkora, lunch, refreshments and all activities.

Please remember this is a non-refundable payment. The day of the trip, come into the building before departure to obtain your bus number.

Proposed Trips for August:

Do not send deposits for proposed trips until full details are available in the July/August newsletter.

- Wednesday, August 7th - ANNUAL SUMMER THEATRE

Upper Canada Playhouse, Morrisburg, ON, for the play "LUNENBERG". Details to follow in upcoming newsletter.

- Thursday, AUGUST 29th - 50's Rock 'n' Roll Musical Review at

Hudson Village Theatre, Hudson, Qc. Details to follow in upcoming newsletter.



Social Action Committee – Recycling Home Mobility Aids

It was suggested at a Contactivity Social Action Committee meeting that some members were finding it difficult to get equipment from the CLSC which they needed after an accident or for difficulty walking. Some of our members may have walking canes and other equipment which is not needed. If you do, please call Frances Gregory who is arranging to co-ordinate this as the Contactivity premises does not have enough space to keep the items in their offices.

If you have items no longer needed or if you are in need of a particular item, please call Frances Gregory at 514-935-1674. She will arrange to connect a person in need of equipment with another who has the equipment to spare.

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

Monday Soup Kitchen

If you are interested in taking soup home, please bring in a container and plastic bag. We will not always have some available.

Monday Soup Kitchen & Monday Bridge Group are Cancelled for July

Unfortunately again this year, Webster Hall is not available to us for the month of July, so we have to cancel our Monday Soup Kitchen and Monday Bridge Group. Our lease no longer includes July & August usage. The last one will be on Monday, June 17th and will resume on Monday, September 9th, 2019.

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 excursions will be welcomed. If a consensus emerges, the students will arrange some excursions.

Super Bingo

The next Super Bingo at Place Kensington, located at 4430 Ste. Catherine St. W. (corner of Metcalfe Ave.) is on **Tuesday, June 25th**, starting at 3:00 pm. Contactivity members and their guest are invited to participate, 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.**

Foot Care Clinic – Tuesday, June 4th

Dr. Bevacqua will be here on Tuesday, June 4th 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.

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.

Welcome New Members

A big, big welcome to:

Kathy Cook, Karen Evoy, Barbara Good, Nicole Grant, Caroline Jarvis, Ivana Koeur, Fernande Krahulec, Taylor Laframboise, Daniele Tremblay-Lamer, Helen Martz, Cecily Mason, Maxine Ruvinsky, Sybille Sasse, Judith Wooldridge and Regina Wong.

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