

# EVENTS FOR MARCH 2018 AT CONTACTIVITY CENTRE

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			<b>10:00-11:00</b> <b>Stretch to Music</b>  <b>1:00 pm</b> <b>Lunch</b>	9:30-10:30 Friday Fitness 11:00-12:00 Tai Chi 1:30-3:00 Thomas More 1:30-2:30 One-Hour Line Dancing II 1:30-3:00 1 ½ Hours Line Dancing II 1:00-2:00 Tango Argentina
5	6	7	8	9
<b>10:30-11:30</b> <b>Stretch to Music</b> <b>Arts &amp; Crafts</b> <b>Cancelled Today</b> <b>12:00-12:30</b> <b>Soup Kitchen</b> <b>12:30-3:30</b> <b>Bridge</b>	<b>9:00-11:30</b> <b>Foot Care Clinic</b>	<b>Arts &amp; Crafts</b> <b>Cancelled Today</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>	<b>10:00-11:00</b> <b>Stretch to Music</b>  <b>1:00 pm</b> <b>Lunch &amp; Movie of</b> <b>the Month</b>  <b>Fall Prevention by</b> <b>appointment only</b>	9:30-10:30 Friday Fitness 11:00-12:00 Tai Chi 1:30-3:00 Thomas More 1:30-2:30 One-Hour Line Dancing II 1:30-3:00 1 ½ Hours Line Dancing II <b>Tango Argentina</b> <b>cancelled today</b>
12	13	14	15	16
9:15-10:15 <b>Fall Prevention</b> 10:30-11:30 <b>Stretch to Music</b> <b>Arts &amp; Crafts</b> <b>Cancelled Today</b> 12:00-12:30 <b>Soup Kitchen</b> 12:30-3:30 <b>Bridge</b>		<b>Arts &amp; Crafts</b> <b>Cancelled Today</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>  12:00-1:00 <b>Blood Pressure Clinic</b>  1:00 pm <b>Saint Patrick's Day</b> <b>Celebration &amp;</b> <b>Birthday Lunch with</b> <b>Greg Inniss</b> 3:00-4:30 <b>Fall Prevention</b>	9:30-10:30 Friday Fitness 11:00-12:00 Tai Chi 1:30-3:00 Thomas More 1:30-2:30 One-Hour Line Dancing II 1:30-3:00 1 ½ Hours Line Dancing II 1:00-2:00 Tango Argentina
19	20	21	22	23
9:15-10:15 <b>Fall Prevention</b> 10:30-11:30 <b>Stretch to Music</b> 10:30-3:30 <b>Arts &amp; Crafts</b> 12:00-12:30 <b>Soup Kitchen</b> 12:30-3:30 <b>Bridge</b>		<b>10:00 AM</b> <b>Out-of-Town Trip</b> 11:00-3:00 <b>Arts &amp; 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>  <b>1:00 pm</b> <b>Lunch &amp; Guest</b> <b>Speaker</b>  <b>3:00-4:30</b> <b>Fall Prevention</b>	9:30-10:30 Friday Fitness 11:00-12:00 Tai Chi 1:30-3:00 Thomas More <b>Line Dancing II Course</b> <b>cancelled today</b>  1:00-2:00 Tango Argentina
26	27	28	29	30
9:15-10:15 <b>Fall Prevention</b> 10:30-11:30 <b>Stretch to Music –</b> <b>Spring Session</b> 10:30-3:30 <b>Arts &amp; Crafts</b> 12:00-12:30 <b>Soup Kitchen</b> 12:30-3:30 <b>Bridge</b>	<b>3:00 pm</b> <b>Super Bingo at</b> <b>Kensington Place</b>	11:00-3:00 <b>Arts &amp; Crafts</b> 9:45-11:45 <b>Beginners III Bridge</b> <b>–Spring Session</b> 12:15-2:15 <b>Intermediate Bridge</b> <b>– Spring Session</b> 2:15-4:15 <b>Supervised Bridge</b> <b>– Spring Session</b>	10:00-11:00 <b>Stretch to Music –</b> <b>Spring Session</b>  <b>1:00 pm</b> <b>Lunch &amp; Guest</b> <b>Speaker</b>  <b>3:00-4:30</b> <b>Fall Prevention</b>	<b>CENTRE</b> <b>IS</b> <b>CLOSED</b>  <b>Good Friday</b>

## EVENTS FOR MARCH 2018 AT CONTACTIVITY CENTRE

### Out-of-Town Trip - Annual Sugaring-off Party – Wednesday, March 21<sup>st</sup>

The first trip of the season is our annual sugaring-off party. We will be going to **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

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

**Leave Centre: 10:00 a.m.**

**Leave Saint-Eustache: 3:45 p.m.**

The cost will depend on the number of individuals who sign up and will include transportation by motorcoach, lunch, dance & animation, sleigh ride and all other activities listed above.

<u>Total cost for Member</u>			<u>Total cost for Member's Guest</u>		
If 25-30	participate	<b>\$51.00</b>	If 25-30	participate	<b>\$54.00</b>
If 31-35	"	<b>\$46.00</b>	If 31-35	"	<b>\$49.00</b>
If 36-40	"	<b>\$43.00</b>	If 36-40	"	<b>\$46.00</b>
If 41-45	"	<b>\$42.00</b>	If 41-45	"	<b>\$45.00</b>
If 46-50	"	<b>\$40.00</b>	If 46-50	"	<b>\$43.00</b>

A deposit of \$40.00 for members or \$43.00 for a member's guest must be given to be considered on the trip. 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. First come, first served.

### In-Town Lunch – Friday, March 23<sup>rd</sup> at 1:00 pm

This month's in-town luncheon will be at the **Hurley's Irish Pub** located at **1225 Crescent street**, between Ste. Catherine and René-Lévesque. There are 5 steps down to enter the restaurant and there is a handrail. This pub offers 19 beers on tap, a selection of more than 50 single malts, 16 whiskeys and an extensive menu featuring traditional Irish and Canadian dishes – all freshly prepared in-house. Hurley's laid-back atmosphere is a long-time favorite with locals and a destination for newcomers. They have daily specials from which you can choose or you can also choose from their regular menu. Prices range from \$7.00 - \$17.00. Categories includes - Appetizers, Salads, Sandwiches, Burgers, Main Courses and Desserts. Join fellow members and celebrate St. Patrick's Day among friends. **Members and their guest(s) will meet at 1:00 pm.** There is a men's washroom on the main floor of the Pub, however the friendly staff have offered to stand guard for any woman who would prefer not to the climb the stairs to the women's washroom.

**Reservations are necessary, so please call the office at 514-932-2326 to make your reservation no later than Tuesday, March 20<sup>th</sup>.**

#### Directions:

**By Metro:** From Guy-Concordia metro, take exit Guy street. Walk south along Guy street to the corner of Ste. Catherine, then walk 3 blocks east along Ste. Catherine to Crescent street and then walk 1/2 a block south along Crescent street to the pub.

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

## EVENTS FOR MARCH 2018 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, Paul Beauchemin, Hazel Blenman, Theresa Boulay, Andrée Brabant-Halsey, Patricia Brady, Gillian Burpee, Chrystine Chatigny, Audrey Chartier, Kathleen Collins, Jolaine Danku Drury, Edmund Egan, Roselle Fex, Paz Fortier, John Fowler, Louise Frenette-Laurent, Hilda Gagnon, Stanley Haltrecht, Antonia Hetu, Nancy Holland, Robert Holland, Linda Horton, Colette Johnson, Edda Kenney, Aimi Kuura, Lorraine Lacelle, Jeannine Lawlor, Rachel Levy, Gordon Lyons, Elizabeth MacNeill, Barbara Markland, Doreen Mitchell, Lynne Morgan, Jean Moyle, Micheline Noel, Issa Nounou, Susan Palevsky, Alexandra Pollock, Susan Pook, Taji Postin, Nourieh Sadeghi, Miriam Segal, Lilian Shawcroft, Dorothy Starr, Dorothy Thomas, Andrea Todd, Ledda Urbani and Adrienne Vainqueur.

**We hope to see you at the Birthday Celebration on Thursday, March 15<sup>th</sup> at 1:00 pm. Lunch is half price (\$5.00) 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 13<sup>th</sup>.**

*Weekly*

*Thursday  
Lunches*



**WE**

**EKLY Thursday Luncheons at 1:00 pm. Menu & Entertainment**

**Please call us to reserve for Thursday lunch, no later than the Tuesday before!! This is very important for us to know how many people to buy food for, so as to keep on budget.**

- |                              |   |                      |
|------------------------------|---|----------------------|
| <b>March 1<sup>st</sup></b>  | Mango chicken, rice, vegetables, tea, coffee and dessert.   | <b>Cost: \$5.00</b>  |
| <b>March 8<sup>th</sup></b>  | Crustless spinach quiche, salad, sausages, tea, coffee and dessert.   | <b>Cost: \$5:00</b>  |
| <b><u>Entertainment:</u></b> | <b><u>Movie of the Month</u></b> – “A United Kingdom”   |                      |
| <b>March 15<sup>th</sup></b> | <b><u>St. Patrick’s Day Celebration and Birthday Lunch</u></b><br>Irish Beef Stew, mashed potatoes, fresh green beans almondine, bread rolls & butter, juice, Irish coffee, tea and birthday cake for dessert.  | <b>Cost: \$10.00</b> |
| <b><u>Entertainment:</u></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.   |                      |
| <b>March 22<sup>nd</sup></b> | Cheese Tortellini served in a tomato sauce, salad, garlic bread, tea, coffee and dessert.   | <b>Cost: \$5.00</b>  |
| <b><u>Guest Speaker:</u></b> | <b>Service Canada</b> will be here to present information regarding Canada’s retirement income system and how to obtain benefits from the public pension system. Their presentation will include information on old age security, guaranteed income supplement, allowance, benefits to caregivers, spouses and survivors, compassionate care benefits, veteran services, housing program, and more. |                      |
| <b>March 29<sup>th</sup></b> | Salmon loaf served with a lemon & dill sauce, mashed potatoes, vegetables, tea, coffee and dessert.   | <b>Cost: \$5.00</b>  |
| <b><u>Guest Speaker:</u></b> | <b>Logis Action NDG</b> offers neighbourhood services to provide information and support to tenants. Their presentation will offer information and services available regarding rent increase for tenants.  |                      |

### **Movie of the Month – Thursday, March 8<sup>th</sup>**

“A United Kingdom” – (2016) 1h 51min Biography, Drama, Romance

Directed by Amma Asante. Starring David Oyelowo, Rosamund Pike, Tom Felton.

A UNITED KINGDOM tells the inspiring true story of Prince Seretse Khama of Botswana who is studying law in Britain in preparation for his eventual ascension to the throne. The dashing prince falls in love with Ruth Williams, a British clerk working in London. In 1948 they are married in the face of fierce opposition from their families and the British and South African governments. Against all odds, King Khama and Ruth must struggle to maintain their love and help their people in a land that would become the Republic of Botswana.

**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**

## EVENTS FOR MARCH 2018 AT CONTACTIVITY CENTRE

### **Daylight Savings Time – Begins Sunday, March 11<sup>th</sup>**

Daylight Savings Time begins on Sunday, **March 11<sup>th</sup>**. Therefore, before retiring for the night on Saturday, set all your clock(s) ahead 1 hour.

### **Winter Courses Ending**

Stretch to Music – Monday	March 19 <sup>th</sup>	Tai Chi - Friday	March 23 <sup>rd</sup>
Beginners II Bridge – Wed.	March 21 <sup>st</sup>	Thomas More – Friday	March 23 <sup>rd</sup>
Intermediate Bridge – Wed.	March 21 <sup>st</sup>	Tango Argentinian – Friday	March 23 <sup>rd</sup>
Supervised Bridge – Wed.	March 21 <sup>st</sup>	One-Hour Line Dancing - Friday	April 6 <sup>th</sup>
Stretch to Music – Thursday	March 22 <sup>nd</sup>	1 ½ Hours Line Dancing - Friday	April 6 <sup>th</sup>
Friday Fitness	March 23 <sup>rd</sup>		

### **Weekly Groups**

#### **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 – 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 – join any time (call Karen first)
- **Thursdays:** 10:00 am to 11:30 am Ongoing – join any time (call Karen first)

#### **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

### **Weather Alert – Course cancellation and closure of the Centre**

During the winter months, depending on the weather, we may have to cancel courses on short notice and/or decide to close the Centre altogether. If this is 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 any cancellation of courses or inform you if the Centre is closed. So, if you are wondering whether or not a course is cancelled or whether or not the Centre is closed, listen to CJAD station or call the Centre and listen to the greeting message.

### **Interested in Exploring your Creative Side?**

Contactivity is offering a free and very unique inter-generational arts project that you are invited to take part in. No special skills needed whatsoever! Just an open heart to be creative and a sense of adventure.

The Westmount YMCA TeenZone is joining us in this fun, empowering and creative project. We will be collaborating and exchanging our authentic stories and inspirations with youth. Various art mediums will be taught and explored including, photography, drawing, painting, image transfer on fabric and more. Your passion is inspiring, so we encourage your suggestions of artistic themes and ideas. An initial meeting will be scheduled soon. For more information and to sign up, please contact Emily at [514-932-2326](tel:514-932-2326) as soon as possible. Spots are limited for members only.



#### **Social Action Committee Initiative**

The S.A.C. encourages members attending a birthday lunch to bring one non-perishable food item to deposit in a basket that will be available in the drop-in room. Two members of the committee have offered to ensure that such donations are delivered to the NDG Food Depot. Let's remember that low-income seniors sometimes find they have to rely on the Food Depot. We are doing this on a trial basis, and we hope that members will support the initiative. You could bring a canned good or anything non-perishable that you find easy to carry. Or just drop a loonie in the basket and we will make sure a food item is purchased at the dollar store!

## EVENTS FOR MARCH 2018 AT CONTACTIVITY CENTRE

### **Course Registration for Proposed Spring Courses.**

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

The Mail-In registration for Spring Courses will begin as soon as the March Newsletter 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 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 22<sup>nd</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**

- **Fall Prevention:** Mondays, 9:15-10:15 am and Thursdays, 3:00-4:30 pm  
**Begins March 8<sup>th</sup> – June 7<sup>th</sup>** (No class April 2<sup>nd</sup>, April 19<sup>th</sup> and May 21<sup>st</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.**
- **Argentinian Tango:** Friday, 1:00-2:00  
**Begins April 6<sup>th</sup> – May 4<sup>th</sup>**  
Instructor: Laura-Eva Steinmander  
**5 weeks**  
**Cost: \$50.00 Member**  
**\$55.00 Non-Member**
- **Argentinian Tango:** Friday, 1:00-2:00  
**Begins May 11<sup>h</sup> – June 8<sup>th</sup>**  
Instructor: Laura-Eva Steinmander  
Classes take place at Victoria Hall.  
**5 weeks**  
**Cost: \$50.00 Member**  
**\$55.00 Non-Member**
- **Beginner's Ill Bridge:** Wednesday, 9:45 -11:45  
**Begins March 28<sup>th</sup> – May 30<sup>th</sup>**  
Instructor: Heather Felsky  
**10 weeks**  
**Cost: \$70.00 Member**  
**\$80.00 Non-Member**
- **Intermediate Bridge:** Wednesday, 12:15 – 2:15  
**Begins March 28<sup>th</sup> – May 30<sup>th</sup>**  
Instructor: Heather Felsky  
**10 weeks**  
**Cost: \$70.00 Member**  
**\$80.00 Non-Member**
- **Supervised Bridge:** Wednesday, 2:15 - 4:15  
**Begins March 28<sup>th</sup> – May 30<sup>th</sup>**  
Instructor: Heather Felsky  
**10 weeks**  
**Cost: \$70.00 Member**  
**\$80 .00 Non-Member**
- **One-Hour Line Dancing II:** Friday, 1:30-2:30  
**Begins April 13<sup>th</sup> – June 8<sup>st</sup>**  
Instructor: Jocelyne Kwok  
**9 weeks**  
**Cost: \$31.50 Member**  
**\$36.50 Non-Member**
- **1 ½ Hours Line Dancing II:** Friday, 1:30-3:00  
**Begins April 13<sup>th</sup> – June 8<sup>th</sup>**  
Instructor: Jocelyne Kwok  
**9 weeks**  
**Cost: \$47.25 Member**  
**\$52.25 Non-Member**
- **Monday Stretch to Music:** 10:30 – 11:30  
**Begins March 26<sup>th</sup> – June 11<sup>th</sup>** (No class on April 2<sup>nd</sup> & May 21<sup>st</sup>)  
Instructor: Lana Romandini  
**10 weeks**  
**Cost: \$35.00 Member**  
**\$40.00 Non-Member**
- **Thursday Stretch to Music:** 10:00 - 11:00  
**Begins March 29<sup>th</sup> – May 31<sup>st</sup>**  
Instructor: Wilma Christiansen  
**10 weeks**  
**Cost: \$35.00 Member**  
**\$40.00 Non-Member**
- **Friday Fitness:** Fridays, 9:30 - 10:30  
**Begins April 6<sup>th</sup> – June 8<sup>th</sup>**  
Instructor: Lana Romandini  
**10 weeks**  
**Cost: \$35.00 Member**  
**\$40.00 Non-Member**  

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 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  
**Begins April 6<sup>th</sup> – June 8<sup>th</sup>**  
Instructor: Heather McDow  
**10 weeks**  
**Cost: \$35.00 Member**  
**\$40.00 Non-Member**

## EVENTS FOR MARCH 2018 AT CONTACTIVITY CENTRE

- **French Conversation Practice**

**Begins April 6<sup>th</sup> – May 25<sup>th</sup>**

Fridays: 10:00-11:30

**Facilitator:** Michèle Miville Dechêne

**8 weeks**

**Cost: \$42.00 Members**

**\$47.00 Non-Member**

Do you understand some French but you are too shy to speak it? Join accomplished facilitator Michèle Miville Dechêne for 8 weeks of engaging French conversation and a sampling of Montreal's francophone culture. Michèle will set everyone at ease using games and sketches to break the ice. Before you know it you'll be graduating from just "Bonjour, comment ça va? " to catchy little phrases (**Mind you, this course is not a total beginner's French course – you need to have a bit of French instruction under your belt already.**) You'll also pick up some handy tips about the French culture that whirls around us in our lively cosmopolitan city. Class size is limited to 14, so sign up quickly. First come, first served. (Full scholarships are available for modest income seniors (contact Mary for more information).

## **The Walkie-Talkies**

Contactivity's 60+ walking group meet twice-weekly on Mondays and Thursdays at 10 a.m., usually starting at the Greene Avenue entrance to Westmount Square. **For more information, please contact Karen Evoy at 514-826-4493 or send an e-mail to karen.evoy@gmail.com.** Happy walking!

## **Foot Care Clinic – Tuesday, March 6<sup>th</sup>**

Dr. Bevacqua will be here on Tuesday, March 6<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.

## **Blood Pressure Clinic – Thursday, March 15<sup>th</sup>**

A nurse from CLSC Metro will be here on Thursday, March 15<sup>th</sup> between 12:00 pm – 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. (east of Metcalfe Ave.) is on **Tuesday, March 27<sup>th</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.**

## **Welcome New Members**

**A big, big welcome to:**

Jacques Plante, Hendrik Westra and Carole Huggins.

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

## **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. 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](http://www.montrealfamilyties.net).

## **In Memoriam**

We would like to extend our deepest condolences to member Wilma Christiansen in the loss of her beloved husband Rolf and to the family and friends of the late Florence Stevens.

**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](http://www.contactivitycentre.org) Email: [contactivity@bellnet.ca](mailto:contactivity@bellnet.ca)  
*Director - Mary Stark; Membership Coordinator - Barbara Savada; Program Coordinator - Rekha Birla; Program Coordinator – Emily Rill. Crafts Coordinator – Angelina Hum; Activities Coordinator – Ashlyn Stevens; Outreach workers - Fiona Smith and Carolyn Howard.*