

EVENTS FOR MARCH 2019 AT CONTACTIVITY CENTRE

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				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
4	5	6	7	8
10:30-11:30 Stretch to Music 10:30-11:30 Arts & Crafts 12:00-12:30 Soup Kitchen 12:30-3:30 Bridge		11:00-3:00 Arts & Crafts 9:45-11:45 Intermediate Bridge 12:15-2:15 Supervised Bridge 2:15-4:15 Beginners II Bridge	10:00-11:00 Stretch to Music LUNCH IS CANCELLED TODAY 1:30 pm Recognition Tea for Bazaar Volunteers only - Reservations are necessary	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
11	12	13	14	15
10:30-11:30 Stretch to Music Arts & Crafts Cancelled Today 12:00-12:30 Soup Kitchen 12:30-3:30 Bridge	9:00-11:30 Foot Care Clinic	Arts & Crafts Cancelled Today 9:45-11:45 Intermediate Bridge 12:15-2:15 Supervised Bridge 2:15-4:15 Beginners II Bridge	10:00-11:00 Stretch to Music 1:00 pm Lunch & Guest Speaker	9:30-10:30 Friday Fitness 11:00-12:00 Tai Chi 1:00 pm In-Town Lunch 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
18	19	20	21	22
10:30-11:30 Stretch to Music 10:30-3:30 Arts & Crafts 12:00-12:30 Soup Kitchen 12:30-3:30 Bridge	10:45 am Montreal Museum of Fine Arts Outing – reservations required (details inside newsletter)	11:00-3:00 Arts & Crafts 9:45-11:45 Intermediate Bridge 12:15-2:15 Supervised Bridge 2:15-4:15 Beginners II Bridge	10:00-11:00 Stretch to Music 1:00 pm Saint Patrick's Day Celebration & Birthday Lunch with Greg Inniss	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
25	26	27	28	29
Fall Prevention by appointment only 10:30-11:30 Stretch to Music 10:30-3:30 Arts & Crafts 12:00-12:30 Soup Kitchen 12:30-3:30 Bridge	3:00 pm Super Bingo at Kensington Place	10:00 AM Out-of-Town Trip 11:00-3:00 Arts & Crafts 9:45-11:45 Intermediate Bridge 12:15-2:15 Supervised Bridge 2:15-4:15 Beginners II Bridge	10:00-11:00 Stretch to Music 1:00 pm Lunch & Movie of the Month 3:00-4:30 Fall Prevention	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

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Annual Bazaar Recognition Tea – Thursday, March 7th – 1:30 pm

The Annual Bazaar Recognition Tea is our way of showing our sincerest gratitude and thanks to the members & contributors who volunteered their time on the set-up day and/or the Bazaar day itself, also those who sold raffle tickets, obtained raffle prizes, participated in the baking day, donated handmade crafts, baked good and jams for the Bazaar. In order for us to have ample food prepared for this event, we need to know how many bazaar volunteers will attend. **Please telephone us in advance – by Tuesday, March 5th, at the latest, at 514-932-2326**, to reserve if you are able to join us. The menu will comprise of hot soup, a selection of hot dishes, a variety of sandwiches, salads, cheese, pâté, crackers, fruit, tea, coffee and desserts. We look forward to seeing you all!

Out-of-Town Trip - Annual Sugaring-off Party – Wednesday, March 27th

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: 3:30 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	\$62.00	If 25-30 participate	\$67.00
If 31-35 "	\$55.00	If 31-35 "	\$60.00
If 36-40 "	\$51.00	If 36-40 "	\$56.00
If 41-45 "	\$47.00	If 41-45 "	\$52.00
If 46-50 "	\$45.00	If 46-50 "	\$50.00

A deposit of \$40.00 for members or \$45.00 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.

Daylight Savings Time – Begins Sunday, March 10th

Daylight Savings Time begins on Sunday, **March 10th**. Therefore, before retiring for the night on Saturday, set all your clock(s) ahead 1 hour.

Winter Courses Ending

Stretch to Music – Monday	March 25 th	1 ½ Hours Line Dancing - Friday	March 29 th
Stretch to Music – Thursday	March 28 th	Beginners II Bridge – Wed.	April 3 rd
Friday Fitness	March 29 th	Intermediate Bridge – Wed.	April 3 rd
Tai Chi - Friday	March 29 th	Supervised Bridge – Wed.	April 3 rd
Thomas More – Friday	March 29 th	Tango Argentinian – Friday	April 5 th
One-Hour Line Dancing - Friday	March 29 th		

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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, Gillian Bowman, Andrée Brabant-Halsey, Pepita Capriolo, Bev Chandler, Chrystine Chatigny, Kathleen Collins, Bernice Cobrin, Edmund Egan, Roselle Fex, John Fowler, Louise Frenette-Laurent, Hilda Gagnon, Antonia Hetu, Nancy Holland, Linda Horton, Celia Kaplow, Edda Kenney, Aimi Kuura, Lorraine Lacelle, Rachel Levy, Barbara Markland, Doreen Mitchell, Lynne Morgan, Jean Moyle, Micheline Noel, Issa Nounou, Susan Palevsky, Daphne Pereira, Jacques Plante, Alexandra Pollock, Susan Pook, Nourieh Sadeghi, Dorothy Starr, Andrea Todd, Therese Tollett, Ledda Urbani, Adrienne Vainqueur and Carol Walters.

We hope to see you at the Birthday Celebration on Thursday, March 21st 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 19th. Maximum of 96.



WE

EKLY 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 7th LUNCH IS CANCELLED TODAY due to Bazaar Recognition Tea.

March 14th Chicken Pot Pie, vegetable medley, tea, coffee and dessert.

Cost: \$5.00

Guest Speaker: Author, Mackay Smith - Montreal's Three Mountains: The Green Heart of the City

Come discover the latest works by this Montreal author, photographer and worldwide traveler Mackay L. Smith. His six pictorial essays detail the rich architecture and fascinating history of Montreal and his latest book contains a goldmine of fascinating information and insights into the three summits that we call The Mountain. The main summit we know as Mount Royal Park, which attracted 4 million visitors in 2017 is also a haven for 180 types of birds and 22 species of mammals. **An active octogenarian, MacKay L. Smith humbly admits that writing came to him late in life. "Before writing my first book, back in 1997, the only thing I'd ever written were memos."**

March 21st St. Patrick's Day Celebration and Birthday Lunch

Cost: \$10.00

Irish Beef Stew, mashed potatoes, vegetables, bread, juice, Irish coffee, tea and birthday cake for dessert. **Maximum of 96.**

Entertainment: Animation and Music by **Greg Inniss. He is guaranteed to make you feel like dancing and singing along, so put on your dancing shoes.**

March 28th Lasagna, garlic bread, salad, tea, coffee and dessert.

Cost: \$5.00

**Entertainment: Movie of the Month – "The Wife"
Maximum of 22. Reservations are required in advance.**

Cost: \$0.50

Movie of the Month – Thursday, March 28th

"The Wife" (2017) 1h 39 Drama

Rated R - for language and some sexual content

Directed by Björn Runge Starring Glenn Close and Jonathan Pryce

After nearly forty years of marriage, Joan and Joe Castleman are complements. Where Joe enjoys his very public role as Great American Novelist, Joan pours her considerable intellect, grace, charm, and diplomacy into the private role of Great Man's Wife. Joe is about to be awarded the Nobel Prize for his acclaimed body of work. Joe's literary star has blazed since he and Joan first met in the late 1950s. The Wife interweaves the story of the couple's portrait of a marriage, a lifetime's shared compromises, secrets, betrayals, and mutual love.

Anyone interested in watching this movie, kindly make a reservation by calling the office at

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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 15th at 1:00 pm

This month's in-town luncheon will be at the **Ye Olde Orchard Pub & Grill** located at **5563 Monkland Ave.**, between Old Orchard & Marcil Ave. There are 3 steps up to enter the restaurant. This friendly pub first opened in the heart of Montreal's Monkland Village, in N.D.G., in 1996. Ye Olde Orchard serves a large variety of Irish and Scottish dishes, a large choice of European, International and Canadian beers, wine and spirits, and a good selection of grilled meats, fish and chips and pasta. Their menu emphasizes Celtic dishes. Olde Orchard is renowned for their fried calamari, Irish stew and popular hamburgers like the Olde Orchard burger and Boss burger. The atmosphere is cozy, with a woody decor and emblems of Ireland. They offer a daily lunch menu with 3 choices including a soup ranging from \$10.50 - \$15.00. Dessert, tea and coffee are separate. You may also order from their regular menu: Appetizers – 16 choices (\$6-\$17); Salads – 4 choices (\$13-\$17); Sandwiches & Wraps – 8 choices (\$13-\$19); Burgers – 7 choices (\$14-\$17); Pub Favorites – 11 choices (\$14-\$23); Dessert – 5 choices (\$6) and Specialty Pub Coffees – 10 choices (\$7.39). Join fellow members and celebrate St. Patrick's Day among friends. **Members and their guest(s) will meet at 1:00 pm. Reservations are necessary, so please call the office at 514-932-2326 to make your reservation no later than Tuesday, March 12th.**

Directions:

By Metro: From Villa-Maria metro, take Bus 103W or Bus 162W to the corner of Monkland & Marcil Ave. and walk ½ a block east along Monkland to the restaurant.

By Bus: Take Bus 63N to the corner of Girouard & Monkland, then walk 1½ blocks west along Monkland to the restaurant. //OR// Bus 24W to Villa-Maria metro, then take Bus 103W or Bus 162W to the corner of Monkland & Marcil Ave. and walk ½ a block east along Monkland to the restaurant.

Note about Back Parking Lot

Please note that the terms of our lease with our landlord Westmount Park United Church only permit our members to use three spots in the back parking lot per day, and only if spots are available against the bushes and along the fence on the north side of the lot. The members who are eligible to park there have to have mobility problems *or* live far away. If you meet one of those criteria, you need to come by the Contactivity office on a first-come-first-served basis and we will be able to give you a dated temporary parking pass for the day. You'll then need to go back to your car to put the pass on your dashboard. Without that pass on your dashboard, if you park in the back there is always the risk of the landlord calling Westmount Public Security, who will issue a parking ticket. We are sorry about this situation, but it is written into our lease. There are multiple users of the building, so parking spaces are needed and paid for by other tenants besides Contactivity.

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 – call Karen first at 514-826-4493
- **Thursdays:** 10:00 am to 11:30 am Ongoing – call Karen first at 514-826-4493

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

Free Visit and Guided Tour to the Montreal Museum of Fine Arts

Exhibition: **Thierry Mugler: Couturissime**

Date & Time: Meet at 10:45 on Tuesday, March 19th, 2019

Meeting Place: 2075 Bishop St. (This is the Group Entrance located in the new Pavilion at street level)

This retrospective reveals the irrepressible artistic figure – at once visionary couturier, director, photographer and perfumer – by revisiting his prêt-à-porter and haute couture creations. Thierry Mugler: Couturissime brings together more than 140 garments made between 1973 and 2001, as well as a wealth of unpublished archival documents and sketches. One hundred or so photographs by world-renowned fashion photographers round out the show.

Backpacks, large bags, umbrellas as well as food and drinks, are not permitted in the galleries. A place in the vestibule area of the Pavilion is reserved for Contactivity Centre to leave coats & other items.

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The English tour will last one hour. Please contact Contactivity Centre Outreach at 438-920-3460 or the office at 514-932-2326 for more information and to reserve a space as they are limited!

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 21st.** 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 **FREE**
Begins March 25th – June 13th (No class April 18th, April 22nd and May 20th)
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.**
- **Monday Stretch to Music:** 10:30 – 11:30 **8 weeks**
Begins April 1st – June 3rd (No class on April 22nd & May 20th) **Cost: \$32.00 Member**
Instructor: Lana Romandini **\$37.00 Non-Member**
- **Friday Fitness:** Fridays, 9:30 - 10:30 **8 weeks**
Begins April 5th – May 31st (No class on April 19th) **Cost: \$32.00 Member**
Instructor: Lana Romandini **\$37.00 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 **8 weeks**
Begins April 5th – May 31st (No class April 19th) **Cost: \$32.00 Member**
Instructor: Heather McDow **\$37.00 Non-Member**
- **1 ½ Hours Line Dancing II:** Friday, 1:30-3:00 **8 weeks**
Begins April 5th – May 31st (No class April 19th) **Cost: \$48.00 Member**
Instructor: Linda Chou **\$53.00 Non-Member**
- **Beginners III Bridge:** Wednesday, 9:45 – 11:45 **10 weeks**
Begins April 10th – June 12th **Cost: \$80.00 Member**
Instructor: Heather Felsky **\$90.00 Non-Member**
- **Intermediate Bridge:** Wednesday, 12:15 - 2:15 **10 weeks**
Begins April 10th – June 12th **Cost: \$80.00 Member**
Instructor: Heather Felsky **\$90.00 Non-Member**
- **Supervised Bridge:** Wednesday, 2:15 -4:15 **10 weeks**
Begins April 10th – June 12th **Cost: \$80.00 Member**
Instructor: Heather Felsky **\$90.00 Non-Member**
- **Thursday Stretch to Music:** 10:00 - 11:00 **8 weeks**
Begins April 11th – May 30th **Cost: \$32.00 Member**
Instructor: Wilma Christiansen **\$37.00 Non-Member**
- **Argentinian Tango:** Friday, 1:00-2:00 **5 weeks**
Begins April 12th – May 24th (no classes April 19th and April 26th) **Cost: \$50.00 Member**
Instructor: Laura-Eva Steinmander **\$55.00 Non-Member**
Classes take place at Victoria Hall.
- **Argentinian Tango:** Friday, 1:00-2:00 **5 weeks**
Begins May 31st – June 28th **Cost: \$50.00 Member**
Instructor: Laura-Eva Steinmander **\$55.00 Non-Member**

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Classes take place at Victoria Hall.

Weather Alert – Course cancellation and closure of the Centre

During the winter months, depending on the weather, we may have to cancel courses and other activities 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 activity 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 announce any cancellation of courses or inform you if the Centre is closed. So, if the weather is bad and you are wondering whether or not an activity 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 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!

Montreal Council of Women

The Montreal Council of Women are looking for new members to join their non-profit organization. Contactivity members are welcome! For more information about becoming a member of the Montreal Council of Women, speak with Joan Macklin, the Membership Secretary at 514-516-9023 or you can send her an email to mcwMembers@gmail.com.

Foot Care Clinic – Tuesday, March 12th

Dr. Bevacqua will be here on Tuesday, March 12th 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, April 18th

A nurse from CLSC Metro will be here on Thursday, April 18th between 1:00 pm – 2:00 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 26th** 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:

Yossi Sedbon and Kristina Cruz.

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. 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!

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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**.

Website: www.contactivitycentre.org

Email: contactivity@bellnet.ca

Executive Director - Mary Stark; *Membership Coordinator* - Barbara Savada; *Program Coordinator* – Rekha Birla; *Crafts Coordinator* – Angelina Hum; *Program Coordinator* – Emily Rill; *Activity Coordinator* – Janice Parnell and *Outreach Worker* – Fiona Smith.