

EVENTS FOR MAY 2018 AT CONTACTIVITY

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
		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 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 1:30-2:30 One-Hour Line Dancing II 1:30-3:00 1 ½ Hour Line Dancing II 2:00-3:00 Tango Argentina
7	8	9	10	11
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	BORROW A BOOK FROM OUR LENDING LIBRARY ANY WEEKDAY	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 1:00 pm Lunch & Guest Speaker 3:00 – 4:30 Fall Prevention	9:30-10:30 Friday Fitness 10:00-11:30 French Conversation 12:00-1:00 Tai Chi 1:30-2:30 One-Hour Line Dancing II 1:30-3:00 1 ½ Hour Line Dancing II 2:00-3:00 Tango Argentina
14	15	16	17	18
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	Come and check out our clothing boutique any weekday	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 9:30-12:00 Baking Day 1:00-3:00 Baking Day LUNCH IS CANCELLED TODAY 3:00 – 4:30 Fall Prevention	9:30-10:30 Friday Fitness 12:00-1:00 Tai Chi 1:00 pm In-Town Lunch 1:30-2:30 One-Hour Line Dancing II 1:30-3:00 1 ½ Hour Line Dancing II 2:00-3:00 Tango Argentina
21	22	23	24	25
CENTRE CLOSED VICTORIA DAY CENTRE FERMÉ JOURNÉE DES PATRIOTES	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	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 12:00-1:00 Tai Chi 2:00-3:00 Tango Argentina Day in the Park Sat., May 26th from 10:30-3:30 Come visit us!
28	29	30	31	
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	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 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 12:00-1:00 Blood Pressure Clinic 12:00 Noon Annual General Meeting 1:00 pm Birthday Lunch & Entertainment 3:00 – 4:30 Fall Prevention	

EVENTS FOR May 2018 at Contactivity Centre

Day in the Park – Saturday, May 26th – 10:30 am - 3:30 pm

What a great opportunity to get together with family and friends for a relaxing day in our beautiful Westmount Park! There will be games for the children, interesting displays and lots of goodies for sale. Pack a picnic or buy on the spot from a variety of stands and styles.

Weather permitting, come and visit Contactivity's booth with a variety of beautiful handcrafted, hand-painted and hand-knit items by our very own Arts & Crafts Group, and lots of homemade baked goods. There will also be a photo exhibit of all the activities and volunteer opportunities at the Centre.

We will be along the walking path.

Contactivity needs VOLUNTEERS to staff our tables and to handle other tasks to help make the day memorable.

We also need donated baked goods for our bake table which has traditionally been one of the most popular stands at this event. Please call Barbara at **514-932-2326** if you can help out on **Baking day at the Centre – Thursday, May 17th from 9:30 – 12:00 or from 1:00 - 3:00**. We will supply all the necessary ingredients if you will volunteer your baking skills to help create goodies. However, if you would prefer to do some baking at home for us, we would be most grateful. If you do bake at home, bring in your goodies to the Centre at your convenience and we will ensure they are fresh on the big day. But, please no later than **Friday, May 25th**.

Out-of-Town Trip – Wednesday, May 30th

This month's out-of-town excursion will begin in the Mauricie region. Trois-Rivières, founded in 1634 is North America's second-oldest city rich in history, right on the north shore of the St. Lawrence River, filled with museums and art galleries that are popular tourist attractions. **BORÉALIS Museum and Historic Site** is a major tourist attraction that offers you an experience rich in discoveries! Located in the former filtration plant of the Canadian International Paper Company, the museum pays tribute to the 1000's of lumberjacks, log drivers and workers who dedicated their lives to their job. Through a guided tour, discover the themes of the forest, the log, loggers, not to mention the life of the working class merging with the pulp and paper industry. Come discover this exciting place where you will be told the story of the great adventure of paper!

First you will dine at **Restaurant Le Buffet des Continents** located in Trois-Rivières. Discover the varied menu offered as a buffet style cuisine by bringing the four corners of the world to your plate! You will be delighted by the wide variety of International foods which offer more than 150 meals, from all continents. It 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, soup station and brunch section. You will get to enjoy the outdoor style feel of the restaurant with the comfort of being indoors. The decor of this restaurant is meant to reflect the international flair of its cuisine and will give you the feeling that you are in fact dining in the Greek Isles, underneath L'Arc de Triomphe, or in a peaceful Chinese garden. 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 du Clos de l'Isle Vineyard** which is located in Bécancour, in the Centre-du-Quebec Region. The owner, Mr. Daniel Harrisson, will be happy to welcome you! Discover this exceptional site overlooking the 11,000-plant vineyard and flower garden found on the banks of the St. Lawrence River. The garden has 2000 varieties of Hemerocallis flowers, 750 variety of hosta and 300 variety of peonies. The vineyard offers seven wines, including three reds, two whites, a rosé and a late-harvest sweet wine. Your visit will include a guided tour of the vineyard, an explanation of the production of the grapes and end with a tasting of their wines. You will also have the opportunity to visit their boutique.

Leave Centre: 9:00 am

Leave Bécancour: 5:15 pm (may leave earlier)

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

Total cost for Member

If 25-30 participate	\$74
If 31-35 "	\$65
If 36-40 "	\$60
If 41-45 "	\$56
If 46-50 "	\$55

Total cost for Member's Guest

If 25-30 participate	\$77
If 31-35 "	\$68
If 36-40 "	\$63
If 41-45 "	\$59
If 46-50 "	\$58

A deposit of **\$40.00** for members or **\$43.00** for non-members 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.

EVENTS FOR May 2018 at Contactivity Centre

REMINDER - Annual Membership Renewal

Your membership is now due. The annual membership fee remains at **\$20.00** or **\$30.00** if you wish to receive the calendar of Events mailed to your home every month. Also, please fill in the membership renewal form which was included with your April newsletter. Cheque is payable to Contactivity Centre. **Please renew today.** Thank you.

Thank You!

A big thank-you to all the members who so graciously donated to the Centre when they renewed their membership this year. The Board of Directors and the Centre's staff have been truly touched by these generous gestures of support.

An official charitable receipt will be sent to each donor by mail between May and June, which you can hold onto for when you file your 2018 tax returns.

In the meantime, our thanks once again for helping to make the many activities and services of the Centre possible.

May Birthdays

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

Homayun Alagheband, Heather Barwick, Judith Blumberger, Phyllis Boulay, Bella Bronstein, Jane Chiu, Diane Desjardins, Ruth Discenza, Graham Elvidge, Gary Evans, Maurice Fefer, Irvin Ford, Lawrence Fung, Gilbert Gannon, Robert Gaudreau, Mary Gilchrist, Margrit Gluckman, Reynold Gold, Isle Hahndorff, Vivian Hiley, Nancy Hovey, Barbara Howard, Carol Kouri, Marlene Kronick, Gisele Lacharité, Marietta Leblanc, Margaret Ludwig, Yvonne Martell, Roland Massicottz, Merilee Merovitz, Elsebeth Merkly, Ann Moffat, Linda Morrison, Gwen Norsworthy, Clara Petrarca, Patricia Philip, Judith Philpott, Catherine Richards, Bernadette Rigby-Wilson, Norma Robertson, Virginie Sabbagh, Brunhilde Schneidewind, Vivian Schrier, Nancy Ship, Renate Stangl, Patricia Steele, Helen Stevens, Judith Stewart, Maria Szczepanska, Vivian Teodori, Jeanne Webb, Diane Webster, Barrie Wilson and Ronald Wyer.

We hope to see you at the Birthday Celebration on May 31st 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, May 29th. Maximum of 96.

REMINDER: Annual General Meeting - Thursday, May 31st, 12:00 Noon

Notice is hereby given that the Annual General Meeting of Centre Contactivité Inc. will be held on Thursday, May 31st, 12:00 Noon, 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 31st March 2018; 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

EVENTS FOR May 2018 at Contactivity Centre

Weekly Thursday Lunches



WEEKLY 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.

May 3rd Pasta Bolognese, garlic bread, salad, tea, coffee and dessert. **Cost: \$5.00**

May 10th Ratatouille, salad, tea, coffee and dessert. **Cost: \$5.00**

Guest Speaker: Home Care Assistance - Just like the body, the brain can show signs of aging over time. While this is a natural result of growing older, there are positive lifestyle changes you can make to keep your mind sharper for longer. Join us for a fun and informative seminar led by brain fitness expert Timothy Thomas from Home Care Assistance. In this Mind Fit Seminar, you will learn about proactive ways to enhance cognitive functioning, including fun group activities used in the Cognitive Therapeutics Method, a science-based cognitive stimulation program.

May 17th **LUNCH IS CANCELLED TODAY**

May 24th Shepherds pie, vegetables, tea, coffee and dessert. **Cost \$5.00**

Entertainment: **Movie of the Month – “Same Kind of Different As Me”**

Anyone interested in watching this movie, kindly make a reservation in advance by calling the office at 514-932-2326 so we know how many chairs to set up. Maximum of 24. Cost: \$0.50

May 31st **12:00 Noon – Annual General Meeting** **Cost \$10.00**

Please come to support your Centre and be kept informed about your organization. (Our funders do pay attention to how well our AGM is attended)

1:00 pm. Birthday Lunch & Musical Entertainment

Chicken à la King, vegetables, juice, tea, coffee and birthday cake for dessert. **Maximum of 96. Reservations needed in advance.**

You are invited to bring a non-perishable food item or a loonie for the NDG Food Depot. The NDG Food Depot recommends: canned or dried beans or lentils, brown rice, whole grains, canned fish (tuna, salmon, sardines), canned tomatoes and tomato sauce or pasta (esp. whole grain).

Entertainment: **Joanne Mitchell** will be entertaining us with her “top twenty dancing tunes”.

Movie of the Month – Thursday, May 24th

“Same Kind of Different As Me” – (2017) 1h 59m Drama

Directed by Michael Carney.

Starring Greg Kinnear, Renée Zellweger and Djimon Hounsou.

“Same Kind of Different As Me” tells the true story of International art dealer Ron Hall and his wife, Deborah, who discover a renewed sense of purpose when they begin to volunteer at a local mission in Fort Worth, Texas. Their lives change forever when they develop an unlikely friendship with Denver Moore, a homeless man who inspires them and leads them on a remarkable journey.

Anyone interested in watching this movie, kindly make a reservation in advance by calling the office at 514-932-2326 so we know how many chairs to set up in advance. Maximum of 24.

Cost: \$0.50

EVENTS FOR May 2018 at Contactivity Centre

In-Town Lunch– Friday May 18th – 1:00 pm

This month's In-Town Lunch will be at **Brasserie Melrose** located at **4858 Sherbrooke St. W.**, between Victoria and Prince Albert in Westmount. This Bistro style restaurant offers market-inspired cuisine that combines Mediterranean flavors with local and seasonal produce. Chef Éric Dénommé, with over 20 years of experience, creates dishes that are both simple and fresh, and infused with the passion he has for the culinary arts. Their lunch menu offers 4 choices of appetizers ranging from \$9 - \$15 and

8 choices of main course ranging from \$12 - \$20. You can add a soup or salad for \$4.00.

Join fellow members and dine among friends!

Members and their guest(s) will meet at 1:00 pm. Reservations with us are necessary, so please call the office at 514-932-2326 to make your reservation by Tuesday, May 15th. Also, if anyone must cancel their reservation, please call the Centre to let us know as soon as possible.

Directions:

By Metro: From Atwater metro, take Bus 63N to the corner of Victoria & Somerville, walk north one block along Victoria to the corner of Sherbrooke and then walk ½ a block west along Sherbrooke to the restaurant. From Atwater, take Bus 104W to the corner of Sherbrooke & Victoria and walk west along Sherbrooke to restaurant. From Vendome, take Bus 104E to the corner of Sherbrooke & Claremont and walk east along Sherbrooke to the restaurant.

By Bus: Bus 24W, Bus 104W and Bus 138W can all be taken to the corner of Sherbrooke & Victoria and walk west ½ a block along Sherbrooke to the restaurant. Bus 24E can be taken to the corner of Sherbrooke & Claremont and then walk 1 ½ blocks east along Sherbrooke to the restaurant.

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

The Walkie-Talkies

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

Foot Care Clinic – Tuesday, May 29th

Dr. Bevacqua will be here on Tuesday, May 29th 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.

EVENTS FOR May 2018 at Contactivity Centre

Blood Pressure Clinic – Thursday, May 31st

A nurse from CLSC Metro will be here on Thursday, May 31st from 12:00 - 1:00 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:

Rita Holloway, Michael Nicolai, Marguerite Prince, Gisele Lacharité, Carol Waters, Mary Johnston, Patricia Steele, Gilbert Gannon, Lynn Caplan, Nora Burnier, Phyllis Boulay and Marie Claude Lamari.

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

Super Bingo

The next Super Bingo at Place Kensington, located at 4430 Ste. Catherine St. W. (corner of Metcalfe Ave.) is on **Tuesday, May 29th** starting at **3:00 pm**. **Contactivity members and their guest are invited, so just show up at Place Kensington if bingo is your game. No need to reserve.**

In Memoriam

We would like to extend our deepest condolences to the family and friends of the late Helen Larue and Mary Miller and to member Carol Spence Lord in the loss of her mother.

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 Email: 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.