

# EVENTS for November 2018 AT CONTACTIVITY CENTRE

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>	<b>2</b>
			9:30-12:00 <b>Baking Day</b> 10:00-11:00 <b>Stretch to Music</b> 1:00-3:00 <b>Baking Day</b>  <b>LUNCH IS            CANCELLED            TODAY</b> 3:00-4:30 <b>Fall Prevention</b>	9:30-10:30 <b>Friday Fitness</b> 10:00-11:30 <b>French Conversation</b> 11:00-12:00 <b>Tai Chi</b> 1:30-3:00 <b>Thomas More</b> 1:30-2:30 <b>One-Hour Line Dancing II</b> 1:30-3:00 <b>1 ½ Hour Line Dancing II</b> 1:00-2:00 <b>Tango Argentina</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
9:15-10:15 <b>Fall Prevention</b> 10:30-3:30 <b>Arts &amp; Crafts</b> 10:30-11:30 <b>Stretch to Music</b> 12:00-12:30 <b>Soup Kitchen</b> 12:30-3:30 <b>Bridge Group</b>		<b>ARTS &amp; CRAFTS            AND            BRIDGE CLASSES            ARE CANCELLED            FOR TODAY</b>  <b>DUE TO THE            SET-UP FOR THE            ANNUAL CRAFT            SALE &amp; BAZAAR</b>	<b>STRETCH TO MUSIC            AND FALL            PREVENTION ARE            CANCELLED            FOR TODAY</b>  10:30-3:30 <b>Annual Craft Sale &amp;            Bazaar</b>  11:00-3:00 <b>Hot Dog Stand</b>	9:30-10:30 <b>Friday Fitness</b> 10:00-11:30 <b>French Conversation</b> 11:00-12:00 <b>Tai Chi</b> 1:30-3:00 <b>Thomas More</b> 1:30-2:30 <b>One-Hour Line Dancing II</b> 1:30-3:00 <b>1 ½ Hour Line Dancing II</b> 1:00-2:00 <b>Tango Argentina</b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
9:15-10:15 <b>Fall Prevention</b> <b>Arts &amp; Crafts is            cancelled today</b> 10:30-11:30 <b>Stretch to Music</b> 12:00-12:30 <b>Soup Kitchen</b> 12:30-3:30 <b>Bridge Group</b>	<b>9:00-11:30            Foot Care Clinic</b>	11:00-3:00 <b>Arts &amp; Crafts</b> 9:45-1:45 <b>Beginners 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>  1:00 pm <b>Lunch &amp; Guest            Speaker</b>  3:00-4:30 <b>Fall Prevention</b>	9:30-10:30 <b>Friday Fitness</b> 10:00-11:30 <b>French Conversation</b> 11:00-12:00 <b>Tai Chi</b> 1:30-3:00 <b>Thomas More</b> 1:00 pm <b>In-Town Lunch</b> 1:30-2:30 <b>One-Hour Line Dancing II</b> 1:30-3:00 <b>1 ½ Hour Line Dancing II</b> 1:00-2:00 <b>Tango Argentina</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
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<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
9:15-10:15 <b>Fall Prevention</b> 10:30-3:30 <b>Arts &amp; Crafts</b> 10:30-11:30 <b>Stretch to Music</b> 12:00-12:30 <b>Soup Kitchen</b> 12:30-3:30 <b>Bridge Group</b>	<b>3:00 pm            Super Bingo at            Place Kensington</b>	11:00-3:00 <b>Arts &amp; Crafts</b>  9:45-11:45 <b>Beginners 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>  1:00 pm <b>Lunch &amp; Movie of            the Month</b>  3:00-4:30 <b>Fall Prevention</b>	9:30-10:30 <b>Friday Fitness</b> 10:00-11:30 <b>French Conversation</b> 11:00-12:00 <b>Tai Chi</b> 1:30-3:00 <b>Thomas More</b> 1:30-2:30 <b>One-Hour Line Dancing II</b> 1:30-3:00 <b>1 ½ Hour Line Dancing II</b> 1:00-2:00 <b>Tango Argentina</b>

### Christmas Dinner – Thursday, December 6<sup>th</sup> at 6:00 pm

This year the Christmas Dinner will be on Thursday, December 6<sup>th</sup> at 6:00 pm. The dinner will be a traditional Christmas meal with turkey and all the trimmings. **Greg Inniss** will brighten up the evening with music and animation again this year. **Greg** is guaranteed to make you feel like dancing and singing along, so put on your dancing shoes!

**Reservations are needed by purchasing your tickets in advance. Drop by the Centre BUT ONLY STARTING MONDAY, NOVEMBER 12<sup>th</sup>.** Seating is limited to 120 members and staff of Contactivity only. The Christmas Dinner event is not open to non-member guests due to limited space. Tickets will be sold on a first-come basis starting **Monday, November 12<sup>th</sup>**. The cost for the evening will be **\$18.00. Please bring exact amount.** Transportation can be arranged to take members home or to the nearest metro station, however, you must notify **Barbara** in advance to reserve this service. Please do not wait until the evening of the event to request this service.

We ask that everyone bring an unwrapped gift for a child between the ages of 6-10, ranging from \$10 - \$20. These gifts will be given to underprivileged students who are bused in to Westmount Park School. We also ask for a non-perishable food item to aid families who are less fortunate than ourselves.

### REMINDER - Annual Craft Sale and Bazaar – Thursday, November 8<sup>th</sup>

Our Annual Craft Sale and Bazaar will be on Thursday, November 8<sup>th</sup> from **10:30 am to 3:30 pm**. We will have handmade articles, hand-knit items and homemade baked goods. Also, there will be jewellery, quality second-hand clothing, books and a hot dog stand. We are in need of volunteers to help on set-up day and Bazaar day. Anyone interested, please call the office to give your name.

**Raffle - 1 ticket: \$1.00 donation or 6 tickets for \$5.00**

**Raffle Prizes include: \*\***

- Royal Doulton Porcelaine Figurine with Certificate of Authenticity, obtained by John Bailey
- \$150 Gift Certificate for Supermarché Metro Westmount located on Victoria Ave. in Westmount
- \$150 Gift Basket filled with Avon Products, courtesy of Barbara Savada
- \$100 Gourmet Gift Basket
- \$50 DAVIDs TEA Gift Pack, obtained by John Bailey
- 2x \$50 Gift Certificate from Restaurant Chez Nick located in Westmount including a Chez Nick Blanket, obtained by Joyce Blond Frank
- \$50 Pre-paid VISA card
- Gift Certificate for 3 of Contactivity's deluxe Lunch & Live Entertainment (value \$30)
- Hand-knitted Reversible Variegated Blue Poncho – (\$25 value), courtesy of Contactivity's Arts & Crafts Group, the Busy Bees.
- \$25 Gift Card for Indigo/Chapters Book Store
- \$25 Gift Card for WINNERS, courtesy of Pat Smith
- \$25 Gift Certificate from Maison Warshaw near Atwater market, obtained by John Bailey
- 2x \$25 Gift Certificates from Westmount Florist, obtained by John Bailey
- \$25 SAQ Gift Card, courtesy of Barbara Savada
- \$25 Movie Theatre Gift Certificate
- \$25 Gift Card for Tim Hortons, courtesy of Mary Stark
- 2x \$20 Gift Certificate for Membership @ Contactivity Centre, courtesy of member Doris Emler
- A bottle of Sherry
- A bottle of fine Wine

#### **Additional Prize**

- \$50 Cash Prize, donated by self-described "Two Old Ladies"

**The draw will be on Thursday, November 29<sup>th</sup>, 2018**

### Prize for the Person who Sells the most Raffle Tickets

We greatly appreciate all the support of volunteers who participate with our annual fundraising event. This year, we are offering a prize to the person who sells the most raffle tickets!

## November Birthdays

Best wishes to all of the following members who are celebrating a birthday in November. We hope to see you at the Birthday Celebration which will be held on Thursday, November 22<sup>nd</sup>. 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, November 20<sup>th</sup>. **Spaces are limited to 96 individuals.**

Ayesha Ahmed, John Aikman, William Anderson, Norma Bennett, Sylvia Boucher, Tom Burpee, Jane Carson, Norma Chyka, Patricia Claxton, Harriette Colle, Eleanor Cripps, Anthea Downing, Nancy Durnford-Lorimer, Elizabeth Edgar, Walter Egger, Cecilia Fernandes, Louise Halperin, Esther James, Elisabeth Johnson, Lea Katsania, Barbara Kerr, Lawrence Kuntz, Kimberley Lapenson, Joan MacLellan, Donna McDougall, Ron McFarland, Nicole Major, Christa Ment, Janis Morelli, Ruth O'Callaghan, Dael Perry, Jock Pichette, Frances Rorke, Claudette Sacchitelle, Jean Shettler, Fritz Stangl, Phyllis Walcott, Barbara West and Agnese Zilli.

## Weekly Thursday Lunches



### Menu & Entertainment for Thursday Luncheons at 1:00 pm

Please call us to reserve for Thursday lunch, no later than **NOON** 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.

November 1<sup>st</sup>      **NO LUNCH TODAY**

November 8<sup>th</sup>      **Annual Crafts Sale and Bazaar – 10:30 am – 3:30 pm**  
Hot Dog Stand – available from 11:00 am – 3:00 pm      **Cost: \$5.00**  
**No Reservations Needed**  
Hot Dogs, coleslaw, soft drinks, tea, coffee and a variety of desserts.

November 15<sup>th</sup>      Crustless Spinach & Cheese Quiche, sausages, baked tomato,      **Cost: \$5.00**  
tea, coffee and dessert.

**Entertainment:** **Matt Del Vecchio**, Host of "Life Unrehearsed" on CJAD800 and founder of Lianas Services Retirement Home Search & Transition Support along with **Stefanie Cadou**, Certified Real Estate Broker specializing in Senior Transitions will be presenting on Senior Living and Transition Trends - Why is it becoming so popular? Dealing with the downsizing and transition process and Maximizing the value of your home.

November 22<sup>nd</sup>      **Birthday Lunch & Musical Entertainment**      **Cost: \$10.00**  
Pork Tenderloin, roasted potatoes, vegetable medley, juice, tea, coffee and birthday cake for dessert. **Spaces are limited to 96 individuals.**

**Entertainment:** Pianist Jesse Plessis will be joining us to perform a variety of classical and old time favourites.

November 29<sup>th</sup>      Mild Chili, cornbread, tea, coffee and dessert.      **Cost: \$5.00**

**Entertainment:** **Movie of the Month: "Wonder"**  
Maximum of 22. Reservations needed in advance.

## Eastern Standard Time – Sunday, November 4<sup>th</sup>

Before retiring for the evening on Saturday, November 3<sup>rd</sup>, or when you rise on Sunday morning, set your clocks back one hour.

## **Movie of the Month – Thursday, November 29th**

**“Wonder”** – (2018) 1h 53 min. Drama

Directed by Stephen Chbosky. Starring Jacob Tremblay, Julia Roberts and Owen Wilson.

Based on the New York Times bestseller, WONDER tells the incredibly inspiring and heartwarming story of August Pullman, a boy born with facial differences who enters fifth grade, attending a mainstream elementary school for the first time. As his family, his new classmates, and the larger community all struggle to find their compassion and acceptance, Auggie’s extraordinary journey will unite them all and prove you can’t blend in when you were born to stand out.

**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. Maximum of 22.**

## **In-Town Lunch Club – Friday, November 16<sup>th</sup>**

This month’s in-town lunch will be at **Peroni Resto/Bar** located at **1155 Metcalfe Ave.**, between Ste. Catherine Street and René-Lévesque, in the historical Sun Life Building. There are 8 steps to enter the building or there is a ramp available on the left-hand side of the stairs. Peroni is on the ground level. Renowned for its fresh, home-made pasta, this unique Italian restaurant offers a multitude of exquisite meals. You will be delighted by their savory meals and their warm and friendly atmosphere. They offer a table d’hôte for lunch which includes soup or salad, tea or coffee and dessert. Price ranges from \$18 - \$22. You may also order from their regular menu – Appetizers (\$9-\$14), Salads (\$13-\$18), Pizza (\$11-\$15), Pasta (\$14-\$19), Hamburgers (\$14-\$16), Sandwiches & Wraps (\$15-\$16), and Grills, Meat & Fish (\$21-\$26). Join fellow members and their guest(s) for lunch.

**Members and their guest(s) will meet at 1:00 pm. Reservations are necessary, so please call the Centre at 514-932-2326 to make your reservation no later than Tuesday, November 13<sup>th</sup>.**

### **Directions:**

**By Metro:** From Peel metro, take exit Peel Est. Then walk one block east along de Maisonneuve Blvd. W. to Metcalfe and walk one block south along Metcalfe to the restaurant. **OR** From Bonaventure metro, walk north 1 ½ blocks along de la Cathédrale Street (which changes to Metcalfe) to the restaurant.

**By Bus:** From Atwater metro, take Bus 150E to the corner of Peel and René-Lévesque, walk one block east along René-Lévesque to Metcalfe, and walk ¼ block north along Metcalfe to the restaurant. **OR** Take Bus 15E along Saint-Catherine Street to the corner of Peel and walk one block south along Metcalfe to the restaurant.

## **Interested in Exploring your Creative Side - PART 2**

Welcome to the second part of the inter-generational free art project. No special skills needed whatsoever! You don’t have to have been in part 1 this past summer to join in the fun this time around. Just an open heart to be creative and a sense of adventure.

This time around, the little daycare in the same building as Contactivity, *Garderie Fun Academy*, is joining the adventure. We will be collaborating and exchanging artistic flights of fancy with preschool children! There is something about the way children light up the room that is magical. Various art mediums will be used and explored including drawing, collaging, painting and more. The program will take place at Contactivity, with the possibility of having to use 15 stairs to access the daycare art room downstairs. Come and join in the creative fun with the little munchkins.

12 weeks

Tuesdays 11:00-12:00

Begins November 20<sup>th</sup> – February 26<sup>th</sup>

**No program on December 25<sup>th</sup>, January 1<sup>st</sup>, January 8<sup>th</sup>**

Spots are limited. For members only. Call Emily at the office to register. 514-932-2326.

## Flu Vaccine Clinic – Wednesday, November 7<sup>th</sup> at Victoria Hall

Again this year, the CLSC Metro is offering a free Influenza Vaccination Clinic to certain groups within its territory, including people 60 years of age and over, infants between 2 and 23 months of age and those with chronic illness as well as their caregivers. The clinic will be held at **Victoria Hall** on **Wednesday, November 7<sup>th</sup> from 10:00 am – 7:00 pm**. **YOUR MEDICARE CARD IS REQUIRED.**

If you are not able to attend on November 7<sup>th</sup>, contact CLSC Métro at 514-731-8531 for more information.

## Church Parking Lot

Just a reminder that there is no parking available for Contactivity members in the church back parking lot. The parking spots are assigned to staff in the building. Signs written "Contactivity" are reserved for the staff of the Centre. There are a very limited number of temporary dashboard passes for members with serious mobility issues attended an activity. Members can speak with staff for exceptional circumstances. Unidentified cars may be towed by our landlord.

## 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!

## TeleCheck – a Good Way to Have Peace of Mind

If you live alone, even if you feel fit as a fiddle, it is a good idea to subscribe to our TeleCheck service to have a cheerful Contactivity volunteer check in on you by telephone every weekday morning (or you can call in). It's only **\$5 per year for Contactivity members (\$10 a year for non-members)**. It doesn't matter how far away you live, as long as it's not long-distance you can still join. This means that if, for example, you have a fall in your home and cannot reach the telephone, or you have some other misfortune (and those are almost never anticipated, are they?) then at least you know that if TeleCheck can't reach you by the end of the morning, they will get in touch with the contact person you have named, and the wheels will be in motion to check what is the situation at your home. So you do have to nominate one – ideally two – people who have keys to your home and who are willing and able to go check on you when and if we alert them. TeleCheck has been able to avert several potentially critical situations for subscribers over the years. (Of course if you have a serious on-going health condition, you may want to consider a private monitoring system like LifeLine for 24-hour monitoring.)

Not interested in TeleCheck? Then start a one-on-one buddy system of your own with a friend. Be each other's guardian angel by calling each other daily and know in advance what your friend wants you to do if you can't reach him or her within the agreed-upon timeframe. Some Contactivity members already do that among their friends.

## Weekly Groups – Join anytime!!!!

### Arts & Crafts:

- **Mondays:** 10:30 am to 3:30 pm (Full, but there is a waiting list)
- **Wednesdays:** 11:00 am to 3:00 pm (Full, but there is a waiting list)

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

**The Walkie Talkies: Walking Group – usually starts at the Greene Avenue entrance to Westmount Square**

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

## **Winter Boots – IMPORTANT**

We would like to remind you to remove your winter boots and other overshoes after entering the Centre at the front door. Bring comfortable shoes or slippers with a good tread with you when you come to the Centre during the winter months. This will prevent slippery, wet surfaces for yourself and others. Thank you for your cooperation.

## **Foot Care Clinic – Tuesday, November 13<sup>th</sup>**

Dr. Bevacqua will be here on Tuesday, November 13<sup>th</sup> from 9:00-11:30 am. **Please call Barbara at 514-932-2326 to add your name to the waiting list. Unfortunately, there are no appointments available at this time.** The cost of the foot care clinic is **\$30.00**, payable directly to Dr. Bevacqua.

## **Blood Pressure Clinic – Thursday, November 22<sup>nd</sup>**

A nurse from CLSC Metro will be here on Thursday, November 22<sup>nd</sup> 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:**

Kosmas Papakonstantinou, Barbara Shapiro, Monique Harris, Carolyn Lancaster, George Kinloch, Catherine Duff-Caron, Denise McAteer, Esther James, Margaret Jackson, Elizabeth Tomas, Elaine Rivard, Kadhim Alsarraf and Stanley Hopmeyer.

**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. (between Metcalfe Ave. and Hillside) is on **Tuesday, November 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.**

## **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 as well as having helpful lists of local resources. And if you are on Facebook you can visit and “like” us there too!

**Contactivity Centre for Seniors** is a non-profit charitable organization, partially funded by **Centraide**, by the **Ministry of Health** and by the **City of Westmount**, 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)

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

