

EVENTS For October 2017 AT CONTACTIVITY CENTRE

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9:15-10:15 Fall Prevention 10:30-3:30 Arts & Crafts 10:30-11:30 Stretch to Music 12:00-12:30 Soup Kitchen 12:30-3:30 Bridge Group	10:00-12:00 Computer Workshop (Pre-registration needed)	9:00 AM Out-of-Town Trip 11:00-3:00 Arts & Crafts 9:45-1:45 Beginners 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 – Beginners II 1:30-3:00 1 ½ Hour Line Dancing – Beginners II 2:00-3:00 Tango Argentina (pre-registration required)
9	10	11	12	13
Centre is Closed Thanksgiving Day Action de Grâce	10:00-12:00 Computer Workshop (Pre-registration needed)	11:00-3:00 Arts & Crafts 9:45-1:45 Beginners 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 Noon In-Town Lunch 12:00-1:00 Tai Chi 1:30-3:00 Thomas More 1:30-2:30 One-Hour Line Dancing – Beginners II 1:30-3:00 1 ½ Hour Line Dancing – Beginners II 2:00-3:00 Tango Argentina
16	17	18	19	20
9:15-10:15 Fall Prevention 10:30-3:30 Arts & Crafts 10:30-11:30 Stretch to Music 12:00-12:30 Soup Kitchen 12:30-3:30 Bridge Group	9:00-11:30 Foot Care Clinic 10:00-12:00 Computer Workshop (Pre-registration needed)	11:00-3:00 Arts & Crafts 9:45-1:45 Beginners 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 10:00-11:30 French Conversation 12:00-1:00 Tai Chi 1:30-3:00 Thomas More NO LINE DANCING TODAY 2:00-3:00 Tango Argentina
23	24	25	26	27
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30	31			
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Annual Crafts Sale and Bazaar – Thursday, November 9th

Our Annual Crafts Sale and Bazaar will be on Thursday, November 9th 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 on Bazaar day. Anyone interested, please call the office to give your name.

We need all you volunteer bakers to help us prepare some goodies for the bake table at the sale.

We will be working in the kitchen on Tuesday, November 7th from 9:30 am to 12:00 Noon and from 1:00 pm to 3:00 pm. Anyone interested in joining Rekha and fellow members in the kitchen, please call the Centre to let us know in advance at **514-932-2326**. If you cannot join us at the Centre for baking, you can still help by doing some baking at home, and then just bring it in by **Tuesday, November 7th**. We will make sure it stays fresh for the big day. Please let us know in advance if you plan to do so. Thank you for your help!

Volunteer crafters who wish to work at home can visit with Angelina for supplies and ideas on Mondays. We appreciate all your help.

We are in short supply of jewellery to sell at the Bazaar. If you have any to donate to the Centre it will be greatly appreciated. Please drop it by the Centre by **Tuesday, November 7th**. Thank you.

We are also in short supply of plastic bags. If you have any to donate to the Centre it will be greatly appreciated. Please drop it by the Centre by Tuesday, November 7th. Thank you.

Raffle Tickets

We are in need of volunteers who would be willing to sell raffle tickets to your family, friends and neighbours to support the Centre. Perhaps you'd like to man a raffle booth at the Centre during October and November. We have some fantastic prizes, so it's an "easy sell." Please telephone **Barbara** at **514-932-2326** to get involved in this annual fund-raising event. All funds raised go to support the charitable work of the Centre; our home support program for local housebound seniors, and to purchase necessities for our many activities.

Raffle Prizes include: **

- \$150 Gift Certificate for Supermarché Metro Westmount located on Victoria Ave. in Westmount
- \$100 Gourmet Gift Basket
- Gift Certificate for your choice of one of Contactivity's Seniors Out-of-Town Trips (approx. value \$80)
- \$50 Pre-paid VISA card
- Gift Certificate for 3 of Contactivity's deluxe Lunch & Live Entertainment (value \$30)
- \$25 SAQ Gift Card, courtesy of Barbara Savada
- \$25 Gift Certificate for the Movie Theatre
- \$25 Gift Card for Tim Hortons
- A bottle of Sherry
- A bottle of fine Wine

****Additional prizes will be added in the November newsletter**

Minimum donation of \$1.00 for each ticket or 6 tickets for \$5.00.

The draw will be on Thursday, November 23rd, 2017.

The Centraide Campaign

Centraide is a generous supporter of Contactivity Centre, and we like to try to "give back" a little and show solidarity during their annual campaign. As in the past, our coffee contributions go to Centraide during the month of **October**. Don't forget – the price of a coffee or tea and cookies in the drop-in Centre room is **50 cents**, year-round. Just drop it in the dish beside the microwave. Thank you.

Centre Closed

The Centre will be closed on **Monday, October 9th for Thanksgiving.**

Annual Fall Foliage – Wednesday, October 4th

So sorry the bus is full – this is a reminder for those who have signed up!

Our annual Fall Foliage trip will be to the beautiful Laurentians, where the landscapes are spellbinding, the forests vast, and the lakes innumerable. Discover **Premium Outlets** centre, recently opened in October 2014, located in Mirabel. It features an impressive collection of the finest brands for you, your family and your home. An exciting collection of more than 70 outlet stores offering brand names and designer clothing and accessories. Exceptional savings are offered all year round. The Mirabel centre is a village-style, chalet mall with room for 84 shops. The shops fan out from a food court, featuring a life-size bronze sculpture of a bear and two cubs by Chris Williams. Outdoor walkways are covered by rustic, cabin-style canopies to provide some shelter from the elements. Join us for shopping or to admire the architecture of this Outlet Centre.

Lunch will be in Place St. Bernard located on the mountain of Mont Tremblant. Lunch will include a choice from soup of the day or mixed green salad served with house dressing, a choice from chicken supreme with maple sauce, served with rice and vegetables, poached sole fillet with a white wine sauce, served with rice and vegetables or a cheese burger with French fries, Pastry chef's surprise for dessert and tea or coffee.

After lunch, you will spend the afternoon exploring the picturesque **pedestrian village**, located in the heart of the Mont-Tremblant Resort. This colorful village is full of character, the streets lined with boutiques & shops of all kinds and an array of well-known restaurants, bistros and bars. There is a free open gondola-style lift called The Cabriolet which connects the upper and lower parts of the village that you can use. There is also a panoramic gondola which you can ride to the highest peak of the mountain but there is an extra cost of \$18.75 round trip. If you take the panoramic gondola to the top of the mountain, there are walking trails available.

It is recommended that you bring a water bottle with you, some snacks in case the need arises and any medication required.

Leave Centre: 9:00 am
Leave Mont Tremblant: 4:30 pm (may leave earlier)

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

<u>Total cost for Member</u>		<u>Total cost for Member's Guest</u>	
If 25-30 participate	\$84.00	If 25-30 participate	\$87.00
If 31-35 "	\$74.00	If 31-35 "	\$77.00
If 36-40 "	\$68.00	If 36-40 "	\$71.00
If 41-45 "	\$63.00	If 41-45 "	\$66.00
If 46-50 "	\$59.00	If 46-50 "	\$62.00

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 to obtain a bus number.

NDG Community Health Forum

When: Saturday, Oct. 21st
Time: 10:00 a.m - 4:00 p.m (Doors open at 9 a.m)
Where: Crowley Art Centre
5325 Crowley Ave.
Mtl, QC H4A 2C6 (Metro Vendome)
Cost: Free

A day of information about healthcare services in the community with panel discussion, 30+ kiosks & thematic workshops. Contactivity will have its own kiosk!

Come meet local healthcare professionals & community services.

For info: 514-690-2034

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!

October Birthdays

Best wishes to all of the following members who are celebrating a birthday in October. We hope to see you at the Birthday Celebration which will be held on Thursday, October 26th. 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, October 24th.

Beverley Alexander, Elizabeth Atkinson, Rosanne Baatz, Margaret Barnes, Lillian Murphy Black, Vera Burt, Candice Cassils, Adua Castracane, Edward Charters, Norma Connolly, Dolores Delicato, Lyra deSouza, Colleen Dick, Karin Doerr, Wilda Doré, Gordon Drodge, Barbara Jean Faessler, Umed Gohil, Joan Hagerman, Bruno Halberstadt, Maria Jerabek, Nancy Kamel, Josephine Karpiszka, Jack Kostovesky, J.D. Kowal, Louisa Lam, John Langevin, Fran Langton, Rosanne L'Écuyer, Helene Li, Christine MacKay, Cindy McMahon, Daphne Morris, Rose Nawrocki, Jan Patterson, Sheila Powell-Porteous, Genevieve Ritzenthaler, Wendy Scott, Irene Simons, Marian Testart, Jean Thomas, Nancy Turner and Doreen Wilson.



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.

October 5th Spinach & Cheese Strata, served with sausages, baked tomato, tea, coffee and dessert. **Cost: \$5.00**

Guest Speaker: SPVM fraud prevention and senior abuse outreach officers will be handing out free fraud prevention items and will be available to talk at their kiosk from 12:30PM to 2:00PM.

October 12th Glazed ham, sweet potato casserole, vegetables, tea, coffee and dessert. **Cost: \$5.00**

Guest Speaker: **Navigating the system: Understanding CLSC Services for Seniors**, presented by Jessica Smith, MSW, Coordinator and Sidonie Laurier, BA, counsellor Support to Family Caregivers Program, YWCA Montreal

Do you ever have difficulty understanding how to access the CLSC services you need for a senior with a loss of autonomy? Would you like to know more about all the services in order to get the most help possible?

Geared towards family caregivers, but useful for all, this conference will help you understand the system in general and the CLSC services for seniors in detail. It will also provide information and tips on how to get the services you need.

Each participant will receive a folder containing key information as well as additional resources.

October 19th Tuna & Noodle Casserole, salad, tea, coffee and dessert. **Cost: \$5.00**

Entertainment: **Movie of the Month: "The Immortal Life of Henrietta Lacks"**

October 26th **Halloween Party and Birthday Celebration** **Cost: \$10.00**
Beef Stew, potatoes, salad, tea, coffee and birthday cake for dessert.

Entertainment: Get costumed up and join us for a Halloween and Birthday Celebration – Contactivity style! You are encouraged to wear something with a Halloween theme or at least an outrageous hat. Prizes will be awarded to the most original imaginative costumes. Animation and music by JoAnne Mitchell. She has the voice to entertain all day long! Clapping your hands and tapping your toes along with JoAnne's singing is something you won't want to miss!

Movie of the Month – Thursday, October 19th

“**The Immortal Life of Henrietta Lacks**” – (2017) 1h 33 min. Biography Drama
Directed by George C. Wolfe. Starring Oprah Winfrey and Rose Byrne.

Told through the eyes of Henrietta Lacks' daughter, Deborah Lacks, the film chronicles her search, along with journalist Rebecca Skloot, to learn about the mother she never knew and understand how the unauthorized harvesting of Lacks' cancerous cells in 1951 led to unprecedented medical breakthroughs, changing countless lives and the face of medicine forever.

If you are interested in joining us to watch this movie, please call the office to make a reservation at 514-932-2326 so we know how many chairs to set up. There will be a 50-cent charge for the movie.

In-Town Lunch Club – Friday, October 13th – at a Special Time

*****12:00 Noon*****

This month's in-town luncheon will be at the **Institut de tourisme et d'hôtellerie du Québec (ITHQ)** located at **3535, rue Saint-Denis**, across from Saint-Louis Square. Over the past 47 years, ITHQ has produced many talented and well-known chefs, pastry chefs, wine waiters, waiters and more. The teaching restaurant is located on the second floor in the “La Releve Gourmande” room #1. An elevator is available. Come and experience for yourself refined regional cuisine. There will be a choice from 4-5 Entrées and 4-6 main courses. The cost will range from **\$12.00 - \$17.00**, including tea, herbal tea, coffee or milk. All dishes are served with vegetables of the day. Dessert is separate and the cost is **\$3.05**. Espresso is **\$2.75** or Cappuccino is **\$3.25**. Wine, cocktails and spirits are also available. If you have any allergies, please mention it when you call to make your reservation.

Members and their guest(s) will meet at 12:00 Noon. Reservations are necessary, so please call the Centre at 514-932-2326 to make your reservation no later than Tuesday, October 10th.

Directions:

By Metro: From Sherbrooke metro, take exit rue Berri W., walk one block west along rue de Rigaud to the corner of Saint-Denis.

By Bus: Take Bus **24E** along Sherbrooke street to the corner of Saint-Denis and Sherbrooke, then walk north one block along Saint-Denis to the corner of rue de Rigaud. OR Take Bus **144** to the corner of Berri and rue de Rigaud, then walk one block west along rue de Rigaud to the corner of Saint-Denis.

Free visit and guided tour to the Montreal Museum of Fine Arts exhibition:

ONCE UPON A TIME ...THE WESTERN - A New Frontier in Art & Film

Date & Time: Tuesday October 17th, 2017 at 10:45 am

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

Comprised of 450 paintings, sculptures, installations photos and numerous film excerpts, visitors will discover the complexity of the genre. The exhibit showcases the emergence of large-scale landscape paintings of the West, the mass production of dime novels and illustrated magazines, and Buffalo Bill's Wild West Show, drivers of American mythology. It also examines the evolution of the film genre, from the short silent films to John Ford classics, Sergio Leone's spaghetti westerns and contemporary films by Quentin Tarantino, Ang Lee, and Joel and Ethan Coen. There will also be a focus on the work of contemporary and indigenous artists.

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

The English tour will last one hour. **Please call Contactivity Centre at 514-932-2326 for more information and to reserve a space as they are limited!**

A Friendly Check-In by Telephone: Contactivity's Telecheck Service

If you live by yourself and would like the reassurance of having someone calling every weekday morning just to see that all is well, consider using our TeleCheck service. You can either opt for a phone call by a volunteer, or you can opt to phone in on our special Telecheck line to leave a

Events for October 2017 - Contactivity Centre – cont'd

message so we know you are OK. This service comes at the princely cost of \$5 per year for Contactivity members, and \$10 for non-members. **Call the office at 514-932-2326 to find out more.**

Weekly Groups – Join anytime!!!!

Arts & Crafts:

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

Bridge Group: Mondays - 12:30 pm to 3:30 pm Ongoing (except Oct. 9th)

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

- **Mondays:** 10:00 am to 11:30 pm Ongoing
- **Thursdays:** 10:00 am to 11:30 pm Ongoing

Foot Care Clinic – Tuesday, October 17th

Dr. Bevacqua will be here on Tuesday, October 17th from **9:00 am to 11:30 am**. **Appointments are necessary; therefore, please call the Centre at 514-932-2326 to make your appointment today.** The cost of the foot care clinic is **\$30.00**, payable directly to Dr. Bevacqua.

Blood Pressure Clinic – Thursday, October 26th

A nurse from CLSC Metro will be here on Thursday, October 26th 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:

Paul Lafontaine, Sonia Oberman, Lilian Shawcroft, Geraldine Macaulay, Uta Chaudbury, Marian Schauber, Michele Mathon, Ross Isaacs, Rosemary Mackell, Joyce Constantin, Jolaine Dankin Drury, Gabrielle Préfontaine, Louise Frenette-Laurent, Roslyn Stroll, Barbara Nichols, Sylvia Randall Sheppard, Farideh Alagheband, Hodayun Alagheband, Nancy Humber, Patricia Potter, Beth Chaikin, Annieta Tulloch, Kathy McNally and Agnese Zilli.

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, October 31st**, 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**. 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**

Director - Mary Stark; Membership Coordinator - Barbara Savada;

Program and Volunteer Coordinator - Rekha Birla; Crafts Coordinator – Angelina Hum;

Program Assistant – Emily Rill and Outreach workers - Fiona Smith and Carolyn Howard.