

EVENTS For October 2018 AT CONTACTIVITY CENTRE

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | 2 | 3 | 4 | 5 |
| 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 | SEE THE LIBRARY REFERENCE SECTION COURTESY OF THE SOCIAL ACTION COMMITTEE | 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 11:00-12:00 Tai Chi 1:30-2:30 One-Hour Line Dancing II 1:30-3:00 1 ½ Hour Line Dancing II 1:00-2:00 Tango Argentina (pre-registration required) |
| 8 | 9 | 10 | 11 | 12 |
| Centre is Closed Thanksgiving Day Action de Grâce | | 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 & Movie of the Month 3:00-4:30 Fall Prevention | 9:30-10:30 Friday Fitness 10:00-11:30 French Conversation 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 Hour Line Dancing II 1:00-2:00 Tango Argentina |
| 15 | 16 | 17 | 18 | 19 |
| 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 | 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 11:00-12:00 Tai Chi 12:00 Noon In-Town Lunch 1:30-3:00 Thomas More 1:30-2:30 One-Hour Line Dancing II 1:30-3:00 1 ½ Hour Line Dancing II 1:00-2:00 Tango Argentina |
| 22 | 23 | 24 | 25 | 26 |
| 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 | BORROW A BOOK FROM OUR LENDING LIBRARY ANY WEEKDAY | 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 12:00-1:00 Blood Pressure Clinic 1:00 pm Halloween Party & Birthday Celebration 3:00-4:30 Fall Prevention | 9:30-10:30 Friday Fitness 10:00-11:30 French Conversation 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 Hour Line Dancing II 1:00-2:00 Tango Argentina |
| 29 | 30 | 31 | November 1 | November 2 |
| 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 | 9:30-12:00 Baking Day 1:00-3:00 Baking Day 3:00 pm Super Bingo at Place Kensington | 11:00-3:00 Arts & Crafts 9:45-1:45 Beginners Bridge 12:15-2:15 Intermediate Bridge 2:15-4:15 Supervised Bridge | 9:30-12:00 Baking Day 10:00-11:00 Stretch to Music 1:00-3:00 Baking Day LUNCH IS CANCELLED TODAY 3:00-4:30 Fall Prevention | 9:30-10:30 Friday Fitness 10:00-11:30 French Conversation 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 Hour Line Dancing II 1:00-2:00 Tango Argentina |

Annual Crafts Sale and Bazaar – Thursday, November 8th

Our Annual Crafts Sale and Bazaar will be on Thursday, November 8th 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, October 30th and Thursday, November 1st 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 6th**. 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 6th**. 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 6th. 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
- \$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.
- \$25 SAQ Gift Card, courtesy of Barbara Savada
- \$25 Gift Certificate for the Movie Theatre
- \$25 Gift Card for Tim Hortons, courtesy of Mary Stark
- 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 29th, 2018.

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 8th for Thanksgiving.**

Annual Fall Foliage – Wednesday, October 10th

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

Our annual Fall Foliage trip will begin in 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.

For lunch you will be going to the beautiful countryside of Montebello. As one of eastern Canada's leading destinations, **Fairmont Le Château Montebello** is an exceptional resort famed for its rustic yet luxurious accommodations. This historic hotel, overlooking the scenic Ottawa River, dates from the 1930's and stands as one of the largest log structures in the world. It required 10,000 red cedar logs to complete. Le Château Montebello offers a tranquil setting, excellent service and refined cuisine. You will be having a complete buffet lunch in the main dining room of the hotel prepared by new Executive Chef Jean-François Fortin since 2016 and his team. Delectable flavors of fresh and seasonal products will distinguish your dining experience. The buffet will include: soup of the day, salad bar, cold cuts and smoked fish, cheeses, poultry or meat of the day – carved by staff, fish of the day, potatoes, rice, pasta, vegetables, quiche or paté, a variety of sweets at the dessert table and tea or coffee.

To end a perfect autumn day, after lunch there will be time to take a walk and explore the grounds, enjoy the beautiful scenery of vivid colours, sit overlooking the Ottawa River and enjoy the country air and visit the boutique located in the lobby.

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 Montebello: 4:00 pm (may leave earlier)

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

| <u>Total cost for Member</u> | | | <u>Total cost for Member's Guest</u> | | |
|------------------------------|---|-------------|--------------------------------------|---|--------------|
| If 41-45 | " | \$70 | If 41-45 | " | \$ 75 |
| If 46-50 | " | \$66 | If 46-50 | " | \$ 71 |

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 to obtain a boarding pass number.

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 25th. 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 23rd. Maximum of 96.

Beverley Alexander, Rosanne Baatz, Lillian Murphy Black, Vera Burt, Candice Cassils, Norma Connolly, Penelope Cumas, Dolores Delicato, Eileen De Neeve, Lyra deSouza, Colleen Dick, Karin Doerr, Wilda Doré, Gordon Drodge, Barbara Jean Faessler, June Gearey, Umed Gohil, Clara Gomez, Steadman Grant, Joan Hagerman, Bruno Halberstadt, Maria Jerabek, Nancy Kamel, Josephine Karpiszka, Jack Kostovesky, Louisa Lam, John Langevin, Fran Langton, Brian Lomas, Christine MacKay, Daphne Morris, Jennifer M'Rinkima, Norma Mullings, Rose Nawrocki, Jan Patterson, Sheila Powell-Porteous, Genevieve Ritzenthaler, Marian Testart, Jean Thomas, Nancy Turner and Doreen Wilson.

Hearing Aid Batteries

Contactivity received a donation of Rayovac Extra #13 hearing aid batteries. If anyone's batteries run out while you are at the Centre, see staff in office. We also have a few #s312s as well.

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.

- October 4th** Shepherd's Pie, vegetables, tea, coffee and dessert. **Cost: \$5.00**
- Guest Speaker:** SPVM fraud prevention and senior abuse outreach officers will be available to talk and answer questions.
- October 11th** A twist on Thanksgiving, Contactivity Style! Roasted chicken breast served with gravy, stuffing, cranberry sauce, mashed potatoes, vegetables, tea, coffee and dessert. **Cost: \$5.00**
- Entertainment: Movie of the Month: "Book Club"**
- October 18th** Vegetable Lasagna, salad, garlic bread, tea, coffee and dessert. **Cost: \$5.00**
- Guest Speaker:** Paul Evers, technician in special education and Hana Boxerman, low vision rehabilitation specialist both working in the Adult 65+ program at the MAB-Mackay Rehabilitation Centre will present on what a diagnosis of a vision and/or hearing impairment can mean to you, what signs to look for and how to access rehabilitation services at the MAB-Mackay Rehabilitation Centre.
- October 25th** **Halloween Party and Birthday Celebration** **Cost: \$10.00**
Glazed Ham, sweet potato casserole, vegetable medley, tea, coffee and birthday cake for dessert. **Maximum of 96.**
- Entertainment:** Get costumed up and join us for a Halloween and Birthday Celebration. 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 11th

"Book Club" – (2018) 1h 44 min. Comedy Drama Romance

Directed by Bill Holderman. Starring Diane Keaton, Jane Fonda, Candice Bergen and Mary Steenburgen.

Diane (Keaton) is recently widowed after 40 years of marriage, Vivian (Fonda) enjoys her men with no strings attached, Sharon (Bergen) is still working through her decades-old divorce, and Carol's (Steenburgen) marriage is in a slump after 35 years. The lives of these four lifelong friends are turned upside down to hilarious ends when their book club tackles the infamous Fifty Shades of Grey trilogy. From discovering new romance to rekindling old flames, they inspire each other to make their next chapter the best chapter.

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. Maximum of 24.

Flu Vaccine Clinic – Wednesday, November 7th 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 7th from 10:00 am – 7:00 pm.** YOUR MEDICARE CARD IS REQUIRED. If you are not able to attend on November 7th, contact CLSC Métro at 514-731-8531 for more information.

In-Town Lunch Club – Friday, October 19th – 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 48 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 Relève 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 the Centre to make your reservation.

Members and their guest(s) will meet between 12:00 Noon. Reservations are necessary, so please call the Centre at 514-932-2326 to make your reservation no later than Tuesday, October 16th. Maximum of 20.

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.



Social Action Committee – Recycling Home Mobility Aids

It was recently suggested at the Contactivity Social Action Committee meeting that some members were finding it difficult to get equipment from the CLSC which they needed after an accident or for difficulty walking. Some of our members may have walking canes and other equipment which is not needed. If you do, please call Frances Gregory who is arranging to co-ordinate this as the Contactivity premises does not have enough space to keep the items in their offices.

If you do have items no longer needed or if you are in need of a particular item, please call Frances Gregory at 514-935-1674. She will arrange to connect a person in need of equipment with another who has the equipment to spare. For example Frances has two walking canes (31 inches long) which are available now. She will arrange to put a note to this effect on the bulletin board in the Centre.

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 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

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 (except Oct. 8th)

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

Events for October 2018 - Contactivity Centre – cont'd

- **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, October 16th

Dr. Bevacqua will be here on Tuesday, October 16th from **9:00 am to 11:30 am.** **Appointments are necessary.** Unfortunately, the appointments are already filled up for that date. However, you can call the Centre at 514-932-2326 to add your name to the waiting list in case of any cancellations. The cost of the foot care clinic is **\$30.00**, payable directly to Dr. Bevacqua.

Blood Pressure Clinic – Thursday, October 25th

A nurse from CLSC Metro will be here on Thursday, October 25th 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:

Bernice Cobrin, Marie Watt, Dael Perry, Maria Porraccio Meguerditch, Bernadette Chau, Sherrill Thompson, Eileen Parle, Diane Bishop, Elizabeth Harris, Wanda Potrykus, Noreen Jackson, Brian Lomas, Gillian Bowman, Anne Leblanc, Pamela Iny, Rita Markland, Donna McDougall, Joanne Keating, Léon Gourdeau, Frances Martin, Elizabeth Barham, Arlene Sproule, Nicole Beaulieu, Mary Williams, Patricia Hamilton, Joan Kahn, Clara Gomez and Barrie Baldaro.

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 30th**, starting at 3:00 pm. **Contactivity members and their guest are invited, so just show up at Place Kensington if bingo is your game.**

In Memoriam

We would like to extend our deepest condolences to the family and friends of the late Vessela Borassa and Mabel Moldovan.

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!

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

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.