

EVENTS FOR FEBRUARY 2012 at Contactivity Centre

Winter Carnival, Valentine's Day Luncheon & Birthday Celebration

Come and celebrate Valentine's Day with your friends at Contactivity Centre on **Thursday, February 2nd at 12:30 p.m.** We are celebrating Valentine's Day early this year, in conjunction with Westmount's Winter Carnival. The menu will include **Bar-B-Q chicken**, coleslaw, bun, gravy, French fries, juice, tea, coffee and homemade red velvet cake for dessert. **There will be wonderful door prizes and first-class entertainment offered by the one and only GREG INNISS** who is guaranteed to make you feel like dancing and singing along, so put on your dancing shoes. Tickets are **\$8.50** and are available at the Centre. You can pick up your tickets in advance or you may reserve your place by telephone and pick up your ticket at the door. However, because we are ordering the Bar-B-Q chicken, you will be responsible for the \$8.50 even if you can't come on short notice.

February Birthdays

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

Reza-Ali Alibadi, , Angela Anich, Beverley Baird, Wendy Barnes, Edward Barrett, Leo-Paul Beardin, Beatrice Bealieu, Gwen Borbey, Vessela Borossa, Marcia Bruner, Luciano Cannariato, Wilma Christiansen, Barbara Clark, Sandra Cowan, Bill Creighton, Evelyn Crosby, Julie Dawson, Louise Demers, Sheila Denton, Diane Deschamps, Mary Donaldson, Edith Drummond, Hans Eich, Farhad Eskandari, Joyce Fabes, Sylvia Fordyce, Elizabeth Forrest, Lise Goudreault, Gilda Guimond, Grace Hayami, Leslie Herskovits, Patricia Kearney, Blanche Killam, Louise Ledoux, Marthe Lorange, Mary Lund, Patricia Mackenzie, Mary Marilley, Clare Martucci, John McDuff, Barbara Meadowcroft, Louise Michaud, Marion Phelan, Pat Phillips, Boba Pivnicki, Rona Rochweg, Helen Rowland, Peggy Ruddick, Fernande Sauv , Peggy S guin, Veronica Sheridan, Carole Thomas, Elizabeth Thomson, Elisabeth Urtnowski, Marjorie Windeler,

We hope to see you at the Birthday Celebration on Thursday, February 2nd at 1:00 p.m. Lunch is half price for birthday celebrants - **\$4.25**. If you can join us, please call the Centre at 514-932-2326 to reserve in advance, no later than Tuesday, January 31st.

WEEKLY Thursday Luncheons at 1:00 p.m. 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.



- | | | |
|------------------------------|---|---------------------|
| February 2 nd | <u>Winter Carnival, Valentine's Day Luncheon & Birthday Celebration</u>
Bar-B-Q Chicken, coleslaw, bun, gravy, French fries
juice, tea, coffee, and homemade red velvet cake for dessert. | Cost: \$8.50 |
| <u>Entertainment:</u> | Greg Inniss – Greg is guaranteed to make you feel like dancing and singing along, so put on your dancing shoes. | |
| February 9 th | Tortellini pasta with rose sauce, Caesar salad, garlic bread,
tea, coffee and dessert. | Cost: \$5.00 |
| February 16 th | Beef Stroganoff served on egg noodles, vegetable medley,
tea, coffee, and dessert. | Cost: \$5.00 |
| <u>Guest Speaker:</u> | Dr. Kwanghi will present an overview of Oral Care for seniors.
The topics which Dr. Kwanghi will focus on include:- how the teeth change as we age, how the mouth relates to one's general health, oral hygiene, and ways to replace missing teeth. | |
| February 23 rd | Poached salmon, rice, mixed vegetables, tea, coffee,
and dessert. | Cost: \$5.00 |
| <u>Entertainment:</u> | Movie of the Month - "Larry Crowne" | |

EVENTS FOR FEBRUARY 2012 at Contactivity Centre

Movie of the Month – Thursday, February 23rd

“Larry Crowne” (2011) is a romantic comedy starring Tom Hanks and Julia Roberts, directed by Tom Hanks – 99 minutes. Amiable superstar team leader Larry Crowne (Tom Hanks) has worked at a big-box company since his time in the Navy. When the company decides to downsize and Larry is let go, he finds himself with a lot of free time, and is inspired to go back to college. He meets a colorful array of outcasts, also-rans and the overlooked, all trying to find a better future for themselves. Larry’s life takes an unexpected turn when he develops a crush on his teacher Mercedes Tainot (Julia Roberts) in a public speaking class. Larry finds that, just when he thought everything worth having has passed him by, he discovers hope for the future.

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

In-Town Lunch Club – Friday, February 17th at 1:00 p.m.

This month’s in-town luncheon will be at the famous Mexican restaurant in Montreal – **3 Amigos** located at **1657 Sainte-Catherine W.**, between **Saint Mathieu** and **Guy streets**. Excellent food and exotic drinks are served in an atmosphere of fiesta. Lunch specials are priced from **\$5.95 to \$12.95** and include a soup and tea or coffee. Desserts are separate. Some of the many choices are taco platter, a variety of salads, fajitas with your choice of meat or seafood. You can also choose from their regular menu, if you wish, which features baby back ribs, chicken mole, shish kebab, lamb guarjito, seafood, chilli and a variety of pasta dishes.

Members and their guest(s) will meet at 1:00 p.m. Reservations are necessary, so please call the office at 514-932-2326 to make your reservation no later than the Wednesday before.

Directions:

By Metro: From Guy-Concordia metro, walk one block south along Guy Street to the corner of Sainte Catherine Street. Cross Guy Street and walk ½ a block along Sainte Catherine Street to the restaurant.

By Bus: From Sherbrooke Street, take Bus 24 to the corner of Saint Mathieu Street. Walk 2 blocks south along Saint Mathieu to the corner of Sainte Catherine street turn left and continue walking ½ block East along Sainte Catherine Street to the restaurant. //OR// from Sainte Catherine Street, take Bus 15 or Bus 57 from the corner of Atwater & Sainte Catherine streets to the corner of Saint-Mathieu Street. Cross Sainte Catherine Street and walk west, less than ½ a block, along Sainte Catherine Street to the restaurant.

Courses Starting in February

			<u>Member</u>	<u>Non-Member</u>
Beginners II Bridge – Wed.	February 1 st – March 21 st	8 weeks	\$56.00	\$63.00
Intermediate Bridge – Wed.	February 1 st – March 21 st	8 weeks	\$56.00	\$63.00
Bridge – Supervised Playing – Wed.	February 1 st – March 21 st	8 weeks	\$56.00	\$63.00
Line Dancing – Friday	February 3 rd – March 23 rd	8 weeks	\$28.00	\$31.50

Courses Starting in March

			<u>Member</u>	<u>Non-Member</u>
Great Cities of China - Friday	March 16 th – March 30 th	3 weeks	\$24.00	\$32.00
Fall Prevention – Monday & Thursday	March 22 nd – June 21 st	12 weeks	----- FREE -----	-----

Courses Already in Session (there may still be openings – ask at the office)

			<u>Member</u>	<u>Non-Member</u>
Tai Chi - Thursday	January 19 th – March 29 th	11 weeks	\$38.50	\$42.50
Stretch to Music - Monday	January 23 rd – March 26 th	10 weeks	\$35.00	\$38.50

EVENTS FOR FEBRUARY 2012 at Contactivity Centre

Stretch to Music - Thursday	January 26 th – March 29 th	11 weeks	\$35.00	\$38.50
Thomas More - Friday	January 20 th – March 23 rd	10 weeks	\$10.00	\$13.50

Arts & Crafts Sale

Janice and the members of our Crafts group have been knitting up a storm. They will be holding mini sales on **Thursday, February 2nd, Monday, March 12th and Thursday, March 15th**.

Items featured will be hats, scarves and mittens. In March, their Irish-themed knitted goods will be featured. So come and have a look - you can't miss us!

Annual Bazaar Recognition Tea – Tuesday, February 21st – 1:00 p.m.

The Annual Bazaar Recognition Tea is our way of showing our sincerest gratitude and thanks to the members and contributors who volunteered their time, their valuable work on the day of the set-up, at the Bazaar date itself, also those who sold raffle tickets, participated in the baking day, donated crafts, baked good, jams, and preserves, and other articles for the Bazaar. In order for us to have ample food prepared for this event, we need to know how many members will attend. **Please telephone us in advance – by Friday, February 17th, at the latest, at 514-932-2326**, to reserve if you are able to join us. The menu will comprise of hot soup, a variety of sandwiches, cheese, pâté, crackers, fruit, tea, coffee and desserts. We look forward to seeing you all.

WEATHER ALERT – Course cancellation & closure of the Centre

During the winter months, depending on the weather, we may have to cancel courses on short notice and/or decide to close the Centre altogether. If this will be the case, we will do our utmost best to contact everyone in time who is enrolled in the course 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 alert any cancellation of courses or inform you if the Centre is closed. So, if you are wondering whether or not a course is cancelled or whether or not the Centre is closed, listen to CJAD station or call the Centre and listen to the greeting message.

Fall Prevention – Begins March 22nd

Contactivity Centre, in conjunction with the CLSC Metro is again offering a twice-weekly, 12-week Fall Prevention program. You will learn gentle exercises that are designed to improve balance, confidence and strength. The classes will be given twice a week, on Mondays from 9:15-10:15 and Thursdays from 3:00-4:30 for 12 weeks. This also includes a series of brief information sessions on how to avoid risks at home and outdoors. 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.**

Weekly Groups – Join anytime!!!!

Arts & Crafts:

- **Mondays:** 10:30 a.m. to 3:30 p.m. Ongoing
- **Wednesdays:** 10:30 a.m. to 3:30 p.m. Ongoing (Please call to confirm)

Bridge Group: Mondays: 12:30 p.m. to 3:30 p.m. Ongoing

Chess Group: Tuesdays: 10:00 a.m. to 12:00 p.m. Ongoing

Art Group: Tuesdays: 1:30 p.m. to 3:30 p.m. Ongoing

Monday Bridge Group – Seeking Volunteers

Our four bridge convenors are looking for replacements, as they have been carrying out this volunteer work for 10 years. Anyone interested in volunteering, please call the office at **514-932-2326** or you can speak directly to the current convenors. They will be more than happy to explain the ropes to you, and some of them will stay on for a while to give advice. The Monday Bridge group members have to step up to the plate, as it is a member-organized activity. Do you want Monday Bridge to continue??

Know Your Rights (and Responsibilities)

More on the Charter of Seniors' Rights and Liberties (continued from last newsletter)

The second item which the charter addresses is that of "material concerns" (translation). Every senior has the right to be protected physically, materially and psychologically; to have the greatest possible

EVENTS FOR FEBRUARY 2012 at Contactivity Centre

mobility; to benefit from quality health care given by competent practitioners who fully respect one's right to confidentiality; and to have a decent living environment.

EVENTS FOR FEBRUARY 2012 at Contactivity Centre

If You Use the Bus or Metro.....

Or even if you don't, we would like to hear your opinions and experiences regarding Montreal's public transit. McGill Urban Planning doctoral researcher **Giovanni Velez** will be on hand to hold an informal focus group on this important subject. He wants to gather seniors' ideas, positive and negative, about our public transportation system. These will be shared with other urban planners and with Montreal's own STM planners. The meeting and discussion will last just over an hour or so on **Friday, February 24th** starting at **10:00 a.m.** Therefore, come and have your voices heard. Please call the office (**514-932-2326**) as soon as possible to pre-register as space is limited. Oh, and by the way – and there will be yummy goodies served.

Milestone Year for Contactivity

Contactivity started back in 1972 with a small group of seniors, a couch and a kettle. (We were officially incorporated a few years later.) Just look at us now! Watch this space in future newsletters to see what celebrations we have in store for 2012. **Forty** years old – our seniors' centre is middle-aged! Congratulations to all for making Contactivity Centre the pleasant and worthwhile "home-away-from-home" for everyone.

Are You Aware of Stores that Accept Orders by Telephone?

Now that winter is really settling in, do you find yourself thinking twice before venturing outside into the slippery ice and snow? The biggest headache is what to do when you run out of essential food items on a blustery day.

Here is a list of stores who will accept telephone orders and deliver it to your home the same day or the next day. There might be a minimum amount you will have to buy, usually around \$40, and the service may not be offered every day. But the convenience and safety of shopping by telephone is well worth the delivery charge.

<u>Area(s) served</u>	<u>Store Name</u>	<u>Telephone</u>	<u>Condition</u>
Côte St. Luc & western N.D.G.	Caldwell Provisions	514-481-0365	
Westmount (up to Atwater), St. Henri, eastern N.D.G.	Clifton Provision Market	514-486-3851	
Montreal West (some areas), N.D.G., Côte St. Luc	Esposito	514-483-1436	
Verdun	IGA, Supermarché Denis Deschênes	514-766-7540	Thursday and Friday
West of Peel, Westmount, St. Henri, C.D.N.	PA du Fort	514-932-0922	Before 2 p.m.
Plateau, Mile End C.D.N.	PA du Parc Marché du Village	514-273-8782 514-735-3611	
Ville Marie	IGA Sauro	514-525-4281	
La Salle	Métro Dollard	514-364-3492	Tuesday

IMPORTANT to keep in mind - some stores, perhaps all, will only accept CASH on delivery. Therefore, ask ahead of time so you are prepared for this method of payment. For your protection, it is strongly recommended that ONLY CASH be used when making payment of a delivery. A gratuity is at your discretion.

Welcome to Rekha

Rekha Birla, (pronounced RAY –kah), has just started with us as Program and Volunteer Coordinator. You will see **Rekha** in the downstairs office and also sometimes in the kitchen. A former candy-striper teen volunteer at the Queen Elizabeth Hospital, **Rekha** is a Concordia University graduate jointly majoring in Psychology and Economics. **Rekha** spent several years working in Vancouver in both non-profit and for-profit organizations. But she is finally back to stay in her hometown of Montreal. Please say "Hi" when you see **Rekha** walk by!

Outreach "Volunteer of the Month" for February

We would like to acknowledge **Pierre Boudreault**, as our February Outreach Volunteer of the month, for doing medical accompaniments. Congratulations to **Pierre**, and thank you so much!

EVENTS FOR FEBRUARY 2012 at Contactivity Centre

Blood Pressure Clinic – Thursday, February 2nd

A nurse from CLSC Metro will be here on Thursday, February 2nd, between 11:30 a.m. - 12:30 p.m. to take your blood pressure. **Please call the Centre at 514-932-2326 to make your appointment today.**

Foot Care Clinic – Date not yet determined

Please call Barbara at 514-932-2326 to include your name on a waiting list, as there are no appointments available at this time. If you already have your name on the waiting list, Barbara will be in touch as soon as an appointment is available. The cost of the foot care clinic is **\$25.00**, payable directly to Dr. Bevacqua. We, along with Dr. Bevacqua, regret that he cannot accommodate more people at each visit, but he runs a very busy practice including outreach clinics across the city and he also teaches two days a week.

Super Bingo

The next Super Bingo at Place Kensington, located at 4430 Ste. Catherine St. W. (corner of Metcalfe Ave.) is on **Tuesday, February 28th** starting at 3:00 p.m. **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. 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; Activities Coordinator - Pat Smith; Crafts Animator - Janice Parnell; Program and Volunteer Coordinator – Rekha Birla;

On-call Honourary Chaplain - Reverend Frank Giffen, Tel: 438-275-7961 (not long distance).