

## EVENTS FOR JANUARY 2012 at Contactivity Centre

### Course Registration for Proposed Winter Courses

#### We accept MAIL-IN REGISTRATION ONLY!!

We will continue with the new system again this term. The mail-in registration for Winter Courses will begin as soon as the December/January Bulletin is available to all our members.

**We request that payment for your courses be paid by cheque and mailed in to us.** Registration for courses will be on the date we receive your cheque in the mail and once a course is filled up, names will be added to a waiting list in case of any cancellations. All courses depend on adequate enrollment in order to be offered. **Last day to register will be on Thursday, January 19<sup>th</sup> from 11:00-12:00.** We will be accepting walk-in registration that day only. This will be the deadline to register for these courses. **IF YOU WANT YOUR FAVOURITE COURSE TO CONTINUE, BE SURE TO REGISTER BY MAIL AS SOON AS POSSIBLE.** **Likewise, if you want to be sure to get into a course that fills up quickly, register by mail ASAP.**

Please indicate clearly on the memo section of your cheque or on a separate attached note which courses you are registering for. Receipts will be available on the first day of the course, and your cancelled cheque will also be a double proof for you.

#### Schedule of Proposed Winter Courses

- **Tai Chi:** Thursdays, 2:30 - 3:30  
**Begins January 19<sup>th</sup> – March 29<sup>th</sup>**  
**Instructor:** Heather MacDow  
**11 weeks**  
**Cost: \$38.50 Member**  
**\$42.50 Non-Member**
- **Monday Stretch to Music:** 10:30 – 11:30  
**Begins January 23<sup>rd</sup> – March 26<sup>th</sup>**  
**Instructor:** Kersti Biro  
**10 weeks**  
**Cost: \$35.00 Member**  
**\$38.50 Non-Member**
- **Beginners II Bridge:** Wednesdays, 10:00 -12:00  
**Begins February 1<sup>st</sup> – March 21<sup>st</sup>**  
**Instructor:** Heather Felsky  
**8 weeks**  
**Cost: \$56.00 Member**  
**\$63.00 Non-Member**
- **Intermediate Bridge**  
Wednesdays, 12:15 – 2:15  
**Begins February 1<sup>st</sup> – March 21<sup>st</sup>**  
**Instructor:** Heather Felsky  
**8 weeks**  
**Cost: \$56.00 Member**  
**\$63.00 Non-Member**
- **Bridge - Supervised Playing:**  
Wednesday, 2:15 - 4:15  
**Begins February 1<sup>st</sup> – March 21<sup>st</sup>**  
**Instructor:** Heather Felsky  
**8 weeks**  
**Cost: \$56.00 Member**  
**Cost: \$63.00 Non-Member**
- **Thursday Stretch to Music:** 10:00 - 11:00  
**Begins January 26<sup>th</sup> – March 29<sup>th</sup>**  
**Instructor:** Wilma Christiansen  
**10 weeks**  
**Cost: \$35.00 Member**  
**\$38.50 Non-Member**
- **Great Cities of China:** Fridays, 10:00 – 12:00  
**Begins March 16<sup>th</sup> – March 30<sup>th</sup>**  
**Lecturer:** Harvey Levinson  
**3 weeks**  
**Cost: \$48.00 Member**  
**\$56.00 Non-Member**

A mini series of three lectures, accompanied with intriguing videos, highlighting the history and cultural attractions of Shanghai; Beijing; and recently reunited Hong Kong.

- **Line Dancing:** Fridays, 12:45-1:45  
**Begins February 3<sup>rd</sup> – March 23<sup>rd</sup>**  
**Instructor:** Jocelyne Kwok  
**8 weeks**  
**Cost: \$28.00 Member**  
**\$31.50 Non-Member**
- **Fall Prevention**  
**Possibly offered in March 2012**

Contactivity Centre, in conjunction with the CLSC Metro, may be offering a twice-weekly, 12-week Fall Prevention program. 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.**

- **Interlink Choir Links Youth & Seniors:** Thursdays, 10:30 – 11:30  
Contactivity members have the opportunity to participate in one of the most unique intergenerational projects in North America. Each senior member is paired with a junior choir member from Westmount Park School, and both exchange pen pal letters between joint performances. No need for special musical talents – just come and be yourself. **You'll get a lift from cooperating on a creative venture with a young student. To join or for more information, please call the Centre at 514-932-2326.**

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### **In-Town Lunch Club – Friday, January 20th at 1:00 p.m.**

This month's in-town luncheon will be at **Nickels Grill & Bar** located at **1500 Atwater Ave.**, between Ste.Catherine street and deMaisonneuve Blvd. W, inside the Alexis Nihon Plaza. **Nickels** takes pride in its high standards in quality of food preparation, presentation and service as well as for the friendly and upbeat atmosphere of its themed restaurant. Lunch specials are served with homemade soup of the day, a choice from 10 main courses, tea or coffee and dessert. Prices range from **\$7.49 - \$11.99**. They also have a "Golden Agers" menu for anyone 60 years or older to order from which offers 5 choices. You may also order from their regular menu. **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 by the Wednesday before.**

#### **Directions:**

**By Metro:** From Atwater metro, walk through the Alexis Nihon Plaza. The restaurant is located on street level, therefore you will have to go up one level from the metro.

**By Bus:** Bus 90 and Bus 63 run along Ste.Catherine street and Bus 24, Bus 138 and Bus 104 run along Sherbrooke street.

### **Blood Pressure Clinic – Thursday, January 19<sup>th</sup>**

A nurse from CLSC Metro will be here on Thursday, **January 19<sup>th</sup>**, between 12:00 Noon and 1:00 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.

### **January Birthdays**

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

Rachel Berechit, Norma Brown, Susan Brunet, Gloria Cartier, Emilda Chaisson, Josée Charles, Jean Darmanie, Linda del Rosario, Mohammed Farahi, Joaquim Ferreira, Meta Fitch, Catherine Gleeson, Noreen Griffith, Jill Harrison, Carmella Henoud, Masao Ishida, Janette Jerassy, Veronica Komaroff, Lise Kennedy, Maureen Kennedy-Leduc, Halina Kozlowski, Irene Krumajs, Eve Lauder, Betty LeMaistre, Ruthmary Lonsdale, John MacKinnon, Barbara Malloch, Irene Marks, Paul Mok, Mabel Moldovan, Patricia Moores, Ann Naujokas, Jeanne Nicolas, Elizabeth O'Connor, Gina Paquette, Yvette Perreault, Martha Perry, Etel Radich, Rosemary Reilly, Miriam Robinson, Frances Rogers, Shirley Simaud, Josephine Stoker, Tatiana Troitsky, Anh-Law Vu, Allan Wagner, Judy Yelon

**We hope to see you at the Birthday Celebration on Thursday, January 19<sup>th</sup> at 1:00 p.m. Lunch is half price for birthday celebrants - \$3.75. If you can join us, please call the Centre at 514-932-2326 to reserve in advance, no later than Tuesday, January 17<sup>th</sup>.**

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### Weekly Thursday Lunches



### 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.

**January 19<sup>th</sup>**      **Birthday Lunch**      **Cost: \$7.50**  
Maple syrup roasted chicken breast, rice, market fresh vegetables.  
tea, coffee and dessert.

**Entertainment:** **Pierre Vivier** will be our entertainer today with a medley of hits from the 50's & 60's.

**January 26<sup>th</sup>** - Spinach and ricotta cheese cannelloni,      **Cost: \$5.00**  
salad, garlic bread, tea, coffee, and dessert.  
tea, coffee, and dessert

**Guest Speaker:** Presentation by Pharmacist **Millie Lum**, who will focus on "Safe Medicines for Seniors". The talk will include the common mistakes and problems with medications and the pharmacist's role in optimizing drug therapy.

### Know Your Rights and Responsibilities

The Observatory on Aging and Society, a think-tank associated with the Geriatric Institute of Montreal, has recently published a Charter of Seniors' Rights and Liberties. It draws heavily on both the Canadian Charter of Rights and the Quebec Charter of Rights, but goes further on some subjects relating to older adults. It is divided into three parts, the first of which we will share in this newsletter. (The use of the term he or his will be read to encompass both genders in this text, as does the original French version). It reads "Every senior, whether dependent or not, has inalienable rights with regards to: Personal - to stay in control of his life right up to the end, - to be free to choose his living environment, how he spends his time, and his spiritual practices, - to stay in an environment which favours independence and dignity and to not be isolated in his milieu."

### Outreach "Volunteer of the Month" for January

We would like to acknowledge **Rosanne Mulder**, as our January Outreach Volunteer of the month, for doing medical accompaniments with seniors in our community. Congratulations **Rosanne**, and thank you so much!

### Social Action Committee Resource Collection

Check out the reference shelf located in the Centre's lending library. The information is available for members to refer to while in the Centre. Here is a list of some of the topics available: Know Your Rights; Self-Help Groups in Montreal; Shelters, Housing, and Homes; Product Safety & Seniors; Nutrient Values of Foods; 5 Tips for Getting What You Need from Your Doctor, and more. Whenever you are in the Centre, take a look at the complete list of topics attached to the shelf. The collection will continue to grow, so check it out from time to time to see what's new.

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### A Call for Budding Journalists

One of our former interns here, **Karen Evoy**, is about to launch a health promotion newsletter. Input to this newsletter from seniors will be more than welcome, and encouraged. If ever you would like to write a brief article about some healthy lifestyle changes that you have made, or about how you have benefited from a health-related program (at Contactivity or elsewhere) feel free to contact **Karen** at [karen.evoy@sympatico.ca](mailto:karen.evoy@sympatico.ca)

You will, of course, appreciate that no monetary remuneration will be offered for this exercise.

### Welcome New Members

**A big, big welcome to:** Norma Connolly, Sheila Garner, Louise Halperin, Doreen Krasnow , Hamida Manjothi, and Maria Pitacchiato.

**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, January 31<sup>st</sup>**, 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](http://www.contactivitycentre.org).

It is updated regularly with current activities and photographs from recent events.

You can also check out our seniors resource website at [www.montrealfamilyties.net](http://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](http://www.contactivitycentre.org)

*Director - Mary Stark; Membership Coordinator - Barbara Savada; Activities Coordinator - Pat Smith; Crafts Animator - Janice Parnell;*

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