



MW 50+ Club ADVENTURES

March-April 2021

Montreal West 50+ Club

8 Westminster south, Montreal-West, Quebec, H4X 1Y5

514-484-6186

The Community Centre will continue to be closed until the government regulations change. We will continue to answer your calls and emails.

Tuesday, March 16 @ 1 PM

Zoom LIVE video conference on:

Let's Talk about Fraud



Presented : Community Relations Officers Angela Rankin & Vincent De Angelis

Location: Zoom RSVP: email or call Kailin to receive the zoom link or phone number.
(to listen to the talk). Cost: free for members / 5\$ for non members

Wednesday, March 17

Montreal West Virtual St-Patrick's Concert

Put on your best green outfit and join your neighbors & friends to toast to everyone's health and dance your best Irish jig. **Sláinte!**

Location: **Live on Zoom**

RSVP: email or call Kailin to receive the zoom link or Phone number. (to listen to the concert).

Cost: free for members / 10\$ for non members

Time: to be confirmed

(if still curfew : 5pm showtime, no curfew 7pm)



Saturday, March 27 8:30-9:30 PM

Earth Hour—LIGHTS OUT



Started by WWF and partners as a symbolic lights-out event in Sydney in 2007, Earth Hour is now one of the world's largest grassroots movements for the environment. Held every year on the last Saturday of March, Earth Hour engages millions of people in more than 180 countries and territories, switching off their lights to show support for our planet.



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Tuesday March 30 @ 1pm

SENIOR DISCOVERY TOURS

Speaker: **Ruby Simard**

Senior Discovery Tours available and update on their current safety regulations.

Location: ZOOM Time: 1 pm

RSVP: Call or email Kailin to receive the zoom link or phone number

Cost: Free for members / 5\$ for non-members



Thursday, April 8 @ 1:30 PM

Zoom LIVE video conference on:

Stunning British Columbia and the Rocky Mountains.

By Frederic Hore

Join Adventure Fred for a remarkable 2,500km journey through the beauty and nature of BC, from the shiny and historic metropolis of Vancouver, to the stunning National Parks

of Mt Robson, Jasper and Banff. An exhilarating cycling trip on old railway trestles high above the Okanogan Valley rounds off the visit! Not to be missed!

Location: Zoom **RSVP:** email or call Kailin to receive the zoom link or phone number. (to listen to the talk). **Cost: free for members / 5\$ for non members**



Tuesday, April 13 @ 1pm

Time, A History

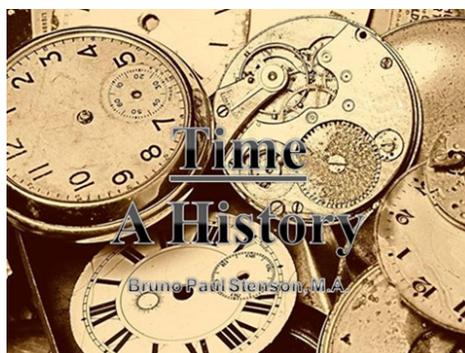
Speaker: **Bruno Paul Stenson**

Time is everywhere: on clocks, in music, in your body, and even in your jeans (yes, the pants), but what exactly is it and how have we dealt with it over... well... time? Take the time to find out in this lecture.

Location: ZOOM Time: 1 pm

RSVP: Call or email Kailin to receive the zoom link or phone number

Cost: Free for members / 5\$ for non-members





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MEMBERSHIP 2021 is normally due in January. You receive a **Free Membership for 2021** if you paid for 2020

Payments by cheque can be mailed to:

8 Westminster South, Montreal, QC H4X 1Y5

Chqs made out to: Montreal West Travel Club

You can only pay for activities by telephone if you have a credit with us.

Cancellation Policy

Cancellation after the RSVP date does not guarantee a full refund. Depending on the reservation policy of the host organisation, the deposits made for a trip, and the size of the group, partial refunds may be issued whenever possible.

Interested in joining the club?

You will receive regular mailings to keep you up to date with all activities and this will also entitle you to the members prices for trips.

New members, here are the prices:

Residents of Montreal West: \$20

Hampstead and CSL: \$20

All other Non-Residents: \$30

RSVP dates: please respect the RSVP dates, on that date we must decide if the trip is on or not. Often we have to cancel and later receive calls from people who wanted to go on the trip after the RSVP date.

Contact:

For info or questions on activities
or how to use zoom

Call Kailin /Tammy

514-484-6186 or email

recreation@montreal-west.ca

Foot Clinic Dates

March 10 and April 14

Cost: \$45 for first visit, \$35 for follow-up visits
By appointment only. Please call 514-484-6186



Support is offered to English-speaking Adults (16+) in Quebec who need help to:

- Print forms and essential information
- Understand written instructions including health and other government information
- **Get information online when they don't have internet at home**
- Seek information that is difficult to access during the pandemic
- **Click with confidence - learn to use a computer, tablet or cell phone to safely complete daily tasks, i.e. access services or programs online (Zoom, Facetime, online shopping, banking, etc.)**

How to get help

Call 1-888-521-8181 and speak to a volunteer or leave a message. You can also reach us by email help@literacyquebec.org



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WE'RE ALL IN THIS TOGETHER

Episode 3: **Art Therapy**

Episode 4: **Mindfulness and Movement**

Episode 5: **Author Conversations with Louise Penny** (already released)

Episode 6: **Creative Writing Christian**
(Feb 26 @ 6pm)

Senior Action Quebec & Elan (English language

Arts Network) are putting together a Series for Seniors

during COVID-19. Each **bi-weekly episode**, directed by Montreal-based, award-winning filmmaker Bobbi Jo Hart, features entertainment activities and conversations **designed to connect with those in need of support, and remind them that we are, indeed, all in this together.** Over the next nine months, we will release **18 episodes** that can easily be found on [YouTube](#) and [Facebook](#), and are available for anyone to enjoy. **Episodes can watched after the date they are released. .**

NDG Senior Citizen Council

They offer many services including: information and referral, income tax clinic, transportation to medical appointments, advocacy.

88 Ballantyne north, Montreal West Info: 514-487-1311



COVID-19 VACCINATIONS

Booking for your vaccination can be done online or by calling.

On Feb 25 @ 8 am anyone born in 1936 or early can book online or by calling 514-644-4545

In the following weeks other age groups will be able to do the same.

Look up COVID-19 vaccination website or find the information in the news.

A big **thank you** to **Kailin** who has been replacing Tammy during her maternity leave, which happened to be a different kind of year. Kailin began last March and has adapted to her ever changing role the pandemic brought her way. This was busy year of sending emails, zoom links, refunds, more zoom links, printing, emailing, responding, designing, scheduling, helping everyone who called the community centre and more. It was great having her as part of the team!

We wish her luck in her future endeavours.

Marian and the Community Centre Team

