

Wednesday, September 27

Arsenal Contemporary Art:

INSIDE DALI

departure time: 10 h 30

Location: Arsenal (Williams Street)

Cost: \$ 54 / \$ 64 (bus & exhibit)

duration: approx. 60 min for 3 room discovery +

lunch @ Petrinos. (cost of lunch on your own)

RSVP: ASAP call if interested!



A MULTIMEDIA JOURNEY BETWEEN DIGITAL DREAM AND REALITY.

Inside Dalí is a stimulating experience on the frontier between imagination and reality. Enter an imaginary world and rediscover the life of one of the 20th century's greatest painters: Salvador Dalí, a leading figure of Surrealism. The exhibition combines cutting-edge technology, imagery, real objects, illusions and many other references to the unique world of the Catalan artist. Visitors will explore Dalí's art and venture into his flamboyant personality and fascination with classical art and the Renaissance. Viewers will get a fascinating glimpse of some of Dalí's famous masterpieces and a complete chronological journey through Dalí's life in pictures. The tradition of tiptoeing through silent galleries and gazing at paintings from afar in quiet contemplation is forgotten at Inside Dalí, as visitors find themselves interacting with art in ways they'd never imagined. From start to finish, you'll be surrounded by a vibrant symphony of light, color and sound.

3 ROOMS TO DISCOVER: EDUCATIONAL ROOM / IMMERSIVE ROOM / MIRROR ROOM

Thursday,
September 28
Soup's ON:

Join us for Lunch
Inspired by seasonal fruits & veggies!

Cost: \$20 for members / \$30 for non-members

Time: 12 noon Location: Community Centre

RSVP: September 22



Saturday, September 30th

National Day for Truth and Reconciliation
& Orange Shirt Day.

The day honours the children who never returned home and Survivors of residential schools, as well as their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.



Sunday,
October 1
National
Seniors Day

Enjoy all the well deserved perks:
Travel, movies, spas, groceries, shopping!
Free STM transport, Via rail, Cineplex, the Bay, Bulk Barn, M& M, Michael's, Pet Value, banks, museums, Pacini's restaurant
(@ Pacini's age discount on your bday 62 = 62 % off).
Ask, as they don't always tell you :)



Canneberge



Thursday, October 5

Cranberry Excursion

Accompanied by a guide you will visit the cranberry farm by wagon ride and discover the cranberry harvesting process in action this fall. Visit the interpretation center, enjoy a few samples, and a visit to the cranberry boutique. Lunch at Fromagerie Victoria (lunch specials, food not included)

Departure time: 9 am Return time: 5 pm

transportation: Deluxe minibus

(with stops for bathroom & coffee breaks)

location: Municipality of Saint-Louis-de-Blandford.

Cost: \$ 86 / \$ 96

includes: guided cranberry tour, tasting, cost of the bus, driver's tip.

RSVP: Sept 20 (rain or shine, dress for the weather)

Tuesday, October 17 GARDENS OF LIGHT: An ode to the Moon

Location: Montreal Botanical Gardens

departure time: 6 pm

Cost: \$ 54 / \$ 64

(school bus & entrance fee)

duration: 2 1/2 hours to explore

(rain or shine, dress for the weather)

return time; 10 pm (approx)

RSVP: October 2



Delight in the ambience of the Japanese Garden, transformed into a vast canvas on which autumn paints its colors. Then take an immersive and poetic journey through the First Nations Garden. Finally, the Chinese Garden lights up to share the timeless legend of the Butterfly Lovers.

MADA Consultation – Save the Date

The Town of Montreal West received certification as an Age Friendly Town (Municipalité amie des aînés – MADA) in 2022, and has been busy working on the objectives set out in our Age-Friendly Policy (available on the Town website). To inform **Montreal West residents** of our progress to date and solicit input on priorities for the coming years, we will be holding a consultation with seniors on **Saturday, October 21st**.

Fall Programs 2023

Montreal West Recreation
Department

70+ Fitness

Tuesdays & Thursdays

10:00-11:00 am

MW Town Hall
(Assembly Hall)

Sept. 2023-May 2024

Mah Jongg Workshop

Tuesdays 10:30 am-
12:30 pm.

start date: October 3rd

duration: 6 weeks

Community Centre

Adult Balance

fall, winter or spring

Monday or Wednesday

10:45-11:45

MW Town Hall
(music room)

info: 514.484.6186

www.montreal-west.ca

NEW: MAH JONGG

The workshop will consist of learning the game for the first few classes and then supervised play for the remainder of the session. You can expect to finish the workshop with full knowledge of how the game is played, the rules associated with play, and the confidence to show others how to play. The benefits of learning & playing Mah Jongg are keeping your brain sharp, helping improve memory skills and fostering patience, and of course, the social aspect is fundamental for mental health overall.



FOOT CLINIC

Please call 514-484-6186 to book an appointment or for information

October 4
November 1
December 6



ART ETC.

MW Town Hall,

50 Westminster s.

Sat. Nov.18 10 am-5pm

Sun. Nov. 19 10am-4pm

SENIOR ACTION QUEBEC online webinar

Tuesday November 21: 10:00 am to noon

TITLE: Understanding Artificial Intelligence - AI: A "Round Table" on What is AI and why we should care.

Chaired by Dr. Kim Sawchuk, Professor of Communications Studies, ACT Lab of Concordia University, this webinar will be discussing the rise of AI technology and its implications for the future.

Register by 14 November 2023

Fall 2023

To register, please email Ruth Pelletier at: ruthkathleenpelletier@gmail.com

Remembrance Events and Outings

Saturday, November 11

Shipyard Kitchen Party Presents: **100 Years from Now: An Original Folk Musical**



Two brothers and the women they love tell the tales of their triumphs and tragedies in the years surrounding World War I. Based on the inspiring life of Mae Belle Sampson, one of the first women to enlist in the Canadian Army Medical Corp., 100 Years From Now tells the story of Canada's coming of age in the Great War. Uplifting, humorous and emotional, 100 Years from Now combines an original folk music score with dramatic storytelling and stunning archival imagery, taking audiences on a musical journey from Georgian Bay to Vimy Ridge and beyond.

Cost: \$104 for members
\$114 for non-members
includes ticket for performance,
bus & tip for driver.

Departure Time: 5:30 pm
Show time: 7:30 pm
duration of performance: 2 h
return time: 10:45– 11 pm

Tickets : orchestra section: B & E
(tickets prices : \$ 54.35)
Location: Aultsville Theatre, Cornwall
RSVP: September 22

7:30pm show time, travel time : (105 km)

We know this is around **Meal time**...Suggestions: Eat a late lunch, an early dinner and/or bring a meal or snack to eat on the bus, have a snack at the theatre or order a boxed meal (sandwich, salad, fruit, dessert) extra cost: call if interested



Sunday, November 5 **Remembrance Ceremony**

12:15 Procession from Westminster north
12:30 pm Montreal West Cenotaph
50 Westminster south.



Saturday, November 4

A Walk to Remember

Led by Dr Robert Drummond.
Meeting place: Strathearn Park
Time: 1pm Cost: Free



Friday, November 10

Remembrance Lecture

Speaker : David O'Keefe
Award-winning historian,
documentarian and
professor at Marianopolis
College

Time: 7 pm Location: Music
Room, Town Hall

Cost: Free RSVP: Nov. 4
Refreshments will be served.



Friday, December 1st
Rock'n Roll Dance Party
Live Music by Vintage Wine (band)

Tickets : 20 \$ in advance / 30 \$ at the door
Montreal West Town Hall 50 Westminster south
Door Open @ 7pm (cash bar)



Wednesday, December 6
Upper Canada Playhouse presents:
Home for the Holidays

starring Leisa Way & the Wayward Wind Band

A new sensational holiday family concert from Leisa Way and the Wayward Wind Band created just for our Playhouse audience! Following the success of their former Christmas hit shows Have Yourself a Swinging Little Country Christmas & Mistletoe Magic, this spectacular new concert will feature a host of traditional, new and fun Yuletide music to put you in the Christmas spirit! Plus some interactive audience participation fun & sing-a-longs with Leisa and the band! 'Tis The Season for some great music at The Playhouse!



Cost: \$135 for members

\$145 for non-members

Departure Time: 9:45 am (2 PM show)

Return Time: 6 pm (approximately)

Included: Buffet Lunch @ McIntosh Inn
(seating in the pub, full buffet, tax & tip)

Location: Morrisburg, Ontario
transportation by small deluxe

(bus & drivers tip included)

RSVP: November 20



Saturday, December 16th

Christmas Dinner,

Town Hall (2nd floor, no elevator)

Cocktails: 6:30 pm Meal time: 7pm

Cost: \$ 40 members/ \$ 50 non-memb.

includes: Appetizers, fruit punch,
Turkey dinner and live performance.

BYOB (bring your own wine or beer)

Turkey & all the trimmings!

RSVP: December 1st

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.

Payments

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 sign-up for activities by telephone if you have a credit with us.

RSVP Dates

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

Annual MEMBERSHIP

\$20 for Montreal West, CSL and Hampstead residents

\$30 for all other residents

2024 membership due Jan 2024

Fall 2023



REMEMBERING

It is with sad news that we inform you of the passing of one of our members.

Josephine
Barnhoorn-Opdam
June 19, 2023



Please let us know if you are planning a trip with Senior Discovery Tours.

The MW 50+ Club receives a commission from member's bookings which goes straight to our outings and activities. For info on their trips call: 514-344-4500 www.seniortours.ca
Bon Voyage! Happy Travels!

Québec



People aged 80 years and older as well as people aged 18 years and older who are immunocompromised can get the [shingles vaccine](#) free of charge.

FALL 2023 Influenza vaccine:

[Influenza vaccine](#) will continue to be free of charge for anyone who wishes to take advantage of it during the next annual autumn vaccination campaign against this disease.

To register, Quebecers are invited to go to [Clic Santé](#) and select the Influenza module or call to make an appt. [1-877-644-4545](tel:1-877-644-4545) by phone.

Several pharmacies and private clinics will also be offering the influenza vaccination service.