

50+ Club

Montreal West Adventures

www.montreal-west.ca

514-484-6186

8 Westminster South

H4X 1Y5

recreation@montreal-west.ca



We
Wish You:

Abundant Angels,
Bountiful Blessings,
Beautiful Bayberry, Candy Canes,
Celestial Cherubs, Candlelit Creations,
Christmas Cards, Decorated Doors, Enduring
Evergreens, Family Festivities, Frosty Fantasies,
Green Garland, Homespun Holidays, Holly Happenings,
Illuminated Images, Joyful Jubilations, Kris Kringle, Liquid
Libations, Merry Mistletoe, Majestic Menorahs, Magical Magi,
Nostalgic Noels, Opulent Ornaments, Passover Presents, Quaint
Quotations, Red-nosed Reindeers, Soggy Snowmen, Seasonal Sweets,
Special Stockings, Secret Santa, Traditional Tinsel, Tiny Tim, Tannenbaum
Trimmings, Tech Toys, United Universe, Vintage Velvets, Winter Wreaths,
Whimsical Wrappings, Warm Welcomes, X-cellent Xmas, Yearly Yuletide
and the
Zestiest,
Zaniest,
Holiday Ever!



MEMBERSHIP 2024

Membership is due!

\$20 for Montreal West, CSL
and Hampstead residents
\$30 for all other residents



Happy Holidays to friends!

Happy Holidays to foes!

The world's bright with joy, so

Forget all your woes.

The earth's full of beauty,
of Love And good cheer.

Merry Christmas to all and
a Happy new Year!



Wednesday January 17 Soup's On

Lecture and Lunch.

We Thought of That:
A History of Canadian
Inventions

Lecture by Bruno Stenson

Menu: Tortière meal

Cost: \$25 members

\$35 non-members

Location: Montreal West
Community Center

Time: 12 noon

RSVP: January 10, 2024

Happy New Year 2024!

FREE LECTURE 2024

Tea & Talk

January 24 @ 1 PM: FREE
by Osteoporosis Canada

Bone Health 101

WHAT YOU NEED TO KNOW ABOUT YOUR BONE HEALTH

Did you know at least 1 in 3 women and 1 in 5 men will
suffer from an osteoporotic fracture in their life.

What can you do to protect your bones? Learn about
osteoporosis, the risk of fracturing and how to
maintain healthy bones.

Location: Montreal West
Community Centre

January/February/March 2024

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Jam Night

Friday, February 9

JAM Night Town Hall music room

@ 7:30pm

Fundraising for the new

Sports and Recreation Centre

Open Mic Experience:

Showcase your musical talents.

Bring your instrument and share your passion, whether you play guitar, piano, drums, vocals or any other instrument.

Meet other musicians or admire local talent.

Register online on AMILIA or call

the community center.

5\$ ahead of time or 10\$ at the door.



Wednesday February 14

Valentines Brunch



Valentines Brunch –
join us for a delicious
hot breakfast at the MW
Community Center

Cost: \$15 for members

\$20 for non-members

Time: 10 am

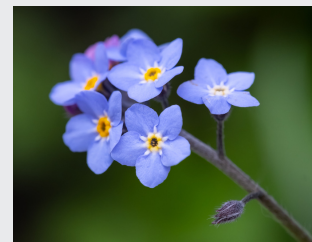
RSVP February 3

Remembering

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

Bill Quartel

December 6, 2023



Montreal West Recreation Winter Programs begin January 2024

Adult Balance

Monday & Wednesday 10:45 am

Essentrics

Monday & Wednesday 9:30 am

Stretch

Tuesday & Thursday 5:50 pm



Workshop: Mah Jongg

(6 weeks) Tuesday 10:30 am

Meditation

Thursday 7:00 pm

Interested? Call 514-484-6186

January/February/March 2024

Friday March 15 St. Patrick's day Lunch

Come celebrate with us!

Classic Irish stew and music by the Swindler Duo

BYOB (bring your own beverage (alcoholic or non))

Cost: \$30 for members

\$40 for non-members

Location: Montreal West Town Hall

(50 Westminister south) Music Room (1st floor)

Time : 12 noon RSVP March 1

(Please let us know if you have any allergies)



Foot Clinic

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



January 10
February 7
March 13

Saturday March 23 at 8:30 PM



Every year, we countdown together across the globe to celebrate Earth Hour and take one iconic action: switch off the lights. But it is so much more than that. It is a symbol of unity. It is a symbol of hope. It is a demonstration of the power of collective action for our future and the planet's.

Bridge @ 1PM Community Centre

Cost: \$5

per player

Must have a full
table to reserve

514-484-6186

January 30
February 27
March 26



Mah Jongg Workshop 6 classes

Instructor Shafrit
call to sign up

Cost: \$90 residents / \$100 non-residents
starts January 9th 2024



Free drop-in playing time
Thursday Jan. 18, Feb 1, Feb 15 1:30 pm
@ MW Community Centre
call to reserve a spot
514-484-6186

Montreal West Adventures

Coming Soon

Upper Canada Playhouse dates:

June 19 Perfect Wedding - July 10 Bedtime Stories

Aug 14 Leaving Miss Bliss - Dec 4th Christmas on
34th Street

Trips: gardens in

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 Westminister 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.

Senior Action Québec Webinars



**SENIORS
ACTION
QUEBEC**

To register, or for any questions about our webinars, please contact Ruth Pelletier at: ruthkathleenpelletier@gmail.com



**SENIORS
ACTION
QUEBEC**

January 23: 10 am - noon • Programs and
Rebates for Seniors Aging in Home

This webinar will provide information on how to find and organise good care for seniors as they age at home. Themes will revolve around making homes safe for seniors, how to navigate the CLSC system, and how using technology can help the process of aging at home. The webinar will also be looking at explaining provincial and federal government programs that are available for seniors when it comes to aging at home.

DEADLINE TO REGISTER: JANUARY 16, 2024

Friday January 26: 1:30-3:00 pm

• Social, Affordable and Community Housing:
What Are They?

This webinar will explain the difference between social, affordable and community housing. Special attention will also be given to the benefits in these three types of housing and prevailing stigmas associated with them.

Finally, the webinar will share a success story of a community who flourished after embracing a community housing project in their neighbourhood.

DEADLINE TO REGISTER: JANUARY 19, 2024

January 26: 10:30 am to noon

• The Impact of Poor
Housing on Our Health

This morning session will pay special attention to the negative effects poor conditions have on the physical, emotional and psychological health of seniors. The presentation will also focus on the hidden costs of poor housing on society and what can be done to change these negative impacts.

DEADLINE TO REGISTER: JANUARY 19, 2024

Tuesday January 30: 10:00 a.m. to 11:30

• Do I still need this medication?

Medications can help us in many different ways. However, as we age, our bodies become more sensitive to the effects of medications. Some medications we take may even cause more harm than benefit. Learn about safe medication use and essential questions to ask your healthcare professional to help prevent medication harm—for you and those you care for!

** PLEASE NOTE: Registrations for this webinar must be sent to info@seniorsactionquebec.ca

DEADLINE TO REGISTER: JANUARY 23, 2024