

# The Council For Black Aging Community Of Montreal Inc.

QUARTERLY NEWSLETTER

## July 2019

### Variety Show

*Laughter is the best Medicine* was the title of our show, held at the Royal Legion in Lasalle on July 12, 2019 and boy did we laugh and have a good time. The event was well attended; 129 people including staff and performers. Records were broken in terms of attendance, tickets sold and money made..

Elaine Nixon started us off with the reflective poem: *If God Went on Strike*, Lady Joyce, had us in stitches and wanting more. The skit by Sidney Brathwait and Carol Garnet was awesome and off the hook. Alexandrina Edgar cowgirl routine was a show stopper. CBAC folk dancers, under the direction of Shiata Lewis(West Can) had us moving in our seats. Sonia Nicholls voice was heavenly. Pat Dillon stories had us all on a visual journey. Our Wakanda fashion show had everyone bowl over, especially when Wilma D threw away her cane.

The Sharp 43" smart TV raffle was won by Arlene McKnight .

Special thank you to our Social & Entertainment Committee, all of our volunteers, everyone who advertised the show, sold tickets and attended.



"**CBAC Picnic**" was held at Parc Lefebvre on July 16th, a day of sunshine and cool breeze.

It was well attended, we had 39 people compared to 29 people last year.

Members came with their food, drinks and good vibes.

Special thank you to Mrs. Jean Moore, for the food and cake.

We had 3 inquiries about membership.



### **"Breakfast @CBAC Friday July 17th, 2019**

The good vibes of the picnic resulted in an impromptu breakfast at CBAC the next morning and everyone at the picnic was invited.

24 people attended including staff.

The President made the buljol. Ingrid Pierre supplied croissants, fruits, cheese, muffins and mini danishes.

Mrs. Diane Dobson made the bake. Mrs. Joyce Rice brought juice. Mrs. Jean Moore spice cake, chicken and macaroni pie was amazing. Since it was also Ingrid's birthday, there was cutting of the cake. Such a great time was had that Merley Cumberbatch believed she was on a cruise



### **Community Lunch + Information session July 25th 2019**

Another well attended CBAC event; 40 people including staff.

Catered by Rosemarie Frank menu was fish-salmon. Dessert was ice cream and cantaloupes. Criminologist Katherine St-Pierre from "CAVAC Montreal" spoke to us about the "Exploitation and Abuse of seniors" and where to find help.

## **Upcoming Events September 2019**

**Full activities will resume the  
week of the 9th of September**

September 12th .... General Meeting

September 19th.... Birthday Brunch

September 26th.... Community Lunch

**Coming Soon!!!!**

**October 26, 2019**

**Conference**

