

The Council For Black Aging Community Of Montreal Inc.

QUARTERLY NEWSLETTER

BAP!!!

Beautiful Weather

New Board Members

New Administrative Assistant

Happy Summer to one and all.



Our new Administrative Assistant is Mrs Junora Etienne.

Mrs Etienne is Haitian Canadian, a Leo and happily married with three children. Passionate about life and helping others, she is looking forward to being an asset to CBAC.

BOARD MEMBERS

2019-2020

N Oji Mzilikazi	President
Ingrid Pierre	Vice-President
Johnson Ariwei	Treasurer
Elsie Weekes	Secretary
Darrah Virgo	Public Relation Officer
Urla Clarke	Director
Annmarie Clarke	Director
Elaine Nixon	Director

April 2019

Sugaring off

The time of year where the snow is slowly melting and sugar maple trees are ready for the invasion of the cabanes à sucres experience. 52 members and friends made the trip to "La Goudrelle (Mont St-Gregoire)". A good time was had by all.



Community Lunch + Information Session

Josephine Simon prepared a nice meal and a representative of the Alzheimer's Society presented "Alzheimer's Demystified."

"Volunteer Day" was celebrated at Vicky's Restaurant, in Ville Lasalle. 28 people attended

As we all know volunteers are the life line of our organisation. Thank you all for your hard work.



May 2019

Mothers Day"

They say a mother is she who can take the place of all others, but whose place no one else can take". Cardinal Merlillod

We celebrated the beautiful women we call mothers on May 9th at the MCSO, with our "Pre-Mother's Day Tea" function. Saxophonist Julian Mcintosh had ladies dancing up a storm!

Community Lunch + Information Session.

Oxtail, peas & rice was the meal done by Annmarie Clarke, and Sidney Braithwaite delivered a sumptuous cake.

A representative from Service Canada detailed their services and answered all of our questions regarding pensions.



June 2019

AGM

The weather is changing the flowers are blooming its that festive time of year.

Our Annual General Meeting was well attended. Elaine Nixon and Johnson Ariwei joined the Board.

Community Lunch+ Information Session

Cancellation resulted in the Lunch being catered. Two representative from the Société de transport de Montréal (STM), were the speakers.

"Birthday Brunch"

Birthdays from May to August was celebrated on June the 27th 2019. The theme of the "Birthday Brunch" was Mexican, and a Pinata to crown it off.

Comedy Corner!

A woman on the phone to her friend; I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.... I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.



Instead of the John I call my
bathroom the Jim!
That way it sounds better when I
say I go to the Jim first thing
every morning!!!



Don't Forget

We are closed in August.

Activities resume in September

