



Contactivity  
CENTRE  
Contactivité

PROGRAMS & SERVICES  
FOR SENIORS

Executive Director  
**Benita Goldin**  
(ext. 210)

Administrative Assistant  
**Noemi Stafford**  
(ext. 200)

Program Coordinator  
**Andrea Shak**  
(ext. 207)

Program Leader  
**Lucas Liberta**  
(ext. 208)

Intergenerational Program  
Leader  
**Elana Schwartz**  
(ext. 205)

Coordinator of  
Outreach Services  
**Yasmina Al Hussein**  
(ext. 203)

Reception  
(ext. 200)

Contactivity Centre  
is a non-profit  
Community Centre  
for Active Seniors 60+

*Spring is  
in the Air  
at Contactivity*

[www.contactivitycentre.org](http://www.contactivitycentre.org)

# Contactivity Centre NEWSLETTER

Spring  
2024

As our name suggests, we bridge **contact** with **activity**!

A NOTE FROM THE EXECUTIVE DIRECTOR

## Jump into Spring with New Programs at Contactivity!

**Greetings everyone! It's Spring! Time to "spring" into action and register for Contactivity's Spring programming.**

*Join us in-person and/or online.*

Continue to enjoy our familiar programs and try out new ones including **Kinstretch** which is a new type of fitness focusing on stretching and increasing mobility.

Join us for outings to the **Botanical Gardens, Ceramic Café and Meadowbrook.**

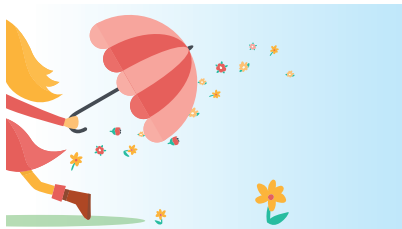
In our newest successful series **"What Does My Neighbour Do?"** we'll hear from Westmount writer and publisher **Linda Leith** as well as **John Bailey** celebrated Westmount artist.

**Thursday lunch programs** feature performers including **Richard Wills & Maureen Powers, Sheli Stevens**; guest speakers include **Marc Garneau** and former Gazette senior editor **Bryan Demchinsky**. *Renew your membership and register early for your favourite programs!*

### Remember to say Hi to the staff!

When you come to Contactivity, you will now see **Noemi Stafford** at the main office. **Monica Flowers** is on maternity leave and **Noemi** is replacing her. **Emily Rill** is also on maternity leave. We wish them both all the best! We are pleased to welcome **Andrea Shak** as our new Program Coordinator. Also be on the lookout for our 3 Dawson College interns, **Gideon, Elizabeth and Natasha.**

**To those who celebrate, Happy Easter, Happy Passover, Ramadan Kareem, Eid Mubarak.**



**SPRING is Here!**  
*See you at the Centre...*  
**Benita**

## What's coming up this SPRING 2024?

*Exciting News and information to be found in this edition:*

- **CONTACTIVITY NEWS & UPDATES**
- **WELCOME NEW MEMBERS!**
- **HAPPY BIRTHDAY** wishes!
- **SPRING COURSES ONSITE & ONLINE**
- **GET FIT, GET CREATIVE, GET SMART,**
- **GET YOUR GAME ON** and
- **Let's GET TOGETHER** with
- **THURSDAY AFTERNOON SERIES**
- **THURSDAY LUNCH**
- **AROUND THE TOWN ACTIVITIES**
- **GET TO SCHOOL** at SELWYN: INTERGENERATIONAL PROGRAMS
- **HOME SUPPORT SERVICES**
- **2024 SPRING ACTIVITY CALENDAR** at a glance!



## Contactivity Centre Registration

*\* Visit page 4 for more information and how to register for 2024 SPRING COURSES!*

4695 de Maisonneuve Boul. West, Westmount, Qc. H3Z 1L9  
514-932-2326 | [admin@contactivitycentre.org](mailto:admin@contactivitycentre.org)

[www.contactivitycentre.org](http://www.contactivitycentre.org)





Contactivity  
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# Contactivity BREAKING NEWS

**Join us!**  
Make new friends,  
enjoy our courses  
in-person or online!

[www.contactivitycentre.org](http://www.contactivitycentre.org)

## It's Coming Up Spring!

at  
Contactivity!



### SAVE THE DATE

#### Westmount Family Day in Westmount Park

Saturday, May 25, 2024

10:00-3:30 PM

Spring activities for the whole family to enjoy!  
Stop by the Contactivity table.

#### Annual General Meeting - Thursday, June 20th at 1:30PM

This year, our AGM will be after our Thursday lunch. Registration is required. You must be a member in good standing to attend the meeting.

Deadline to register: Friday, June 7th, 2024

#### Annual Membership Renewal - by March 31st, 2024

Renew your Contactivity membership!

If you haven't already renewed your membership, please do so before March 31. The Annual membership fee is \$20.00. If you want the newsletter mailed to you, then the annual membership fee is \$35.00 to cover the extra cost.

*We look forward to another season filled with recreation, education, fitness, outings, lunches, and good friends!*

## And now for a recap of some 2023 highlights:

### We made beautiful music together

December's Holiday Lunch was a great success! Everyone enjoyed the turkey lunch and Sheli Stevens' musical performance was amazing! She will be back for our May Birthday Lunch on May 30. Register early, you don't want to miss her!



### Contactivity's Valentine's Day Tea - A heartfelt success!

Thanks to Suzy Levy's art students we had original paintings on display at our annual Valentine's Day Tea. Thank you to everyone who joined us for the event. We look forward to additional vernissages from our artists! Next showing will be at our Annual General Meeting on June 20.

### Tasty Turnovers

Our Selwyn House School elementary student volunteers always impress! They baked tasty and festive holiday cookies for the December Holiday Lunch as well as the Valentine's Day Tea. The boys are also fantastic helpers at our lunches. Look out for more lunches with our talented young assistants!

### Introducing a new initiative -

**Borrow A Senior** - We are excited to announce a new initiative with Selwyn House. Would you like to be a guest speaker at Selwyn? We would like to create a "living library" of Contactivity members who are available to be "borrowed" by Selwyn teachers and students. You could talk about your career, hobbies, travels, a brush with fame, involvement at a significant moment in history, and other topics you would like to share.

If interested, please call or email  
Elana Schwartz, Intergenerational Program  
Leader at 514-932-2326 ext. 205 or  
[elana.schwartz@contactivitycentre.org](mailto:elana.schwartz@contactivitycentre.org)

### CONTACTIVITY CENTRE CLOSED:

Please note Contactivity will be closed on the following dates:

#### Good Friday

March 29th, 2024

#### Easter Monday

April 1st, 2024

#### Victoria Day

May 20th, 2024

#### St. Jean Baptiste Day

June 24th, 2024



## And now a hearty Contactivity *Welcome* to our new members...

Rosalind Gliserman  
Carol MacLeod  
Ann Rodriguez  
Rosalind Davis  
Maureen Sacci

Carroll Salomon  
Ann Waldron  
Alison Streight  
Michael Moore  
Barbara Allworth Good

Anne Engel  
Marcelina (Lina) St Pierre  
Pia Ajango

**Congratulations  
on joining the  
Contactivity family!**

*We look forward to seeing you!*



**Happy Birthday!**  
Best wishes to our  
Contactivity Members  
Celebrating this Spring.

[www.contactivitycentre.org](http://www.contactivitycentre.org)



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*We look forward to Celebrating with you!*

**APRIL**

Alison Streight  
Alma Vaillancourt  
Anahid Kutlu  
Annelise Klug  
Aranka Torok  
Bernard Pomade  
Birgitta Steinmetz  
Bonnie Sandler  
Caroline Jarvis  
Danielle Berthiaume  
Diana Bishop  
Elizabeth Ballantyne  
Fernande Krahulec  
Glenna MacLeod  
Heather MacLeod  
Helen Buck  
Ian McCance  
Jean McGilton  
Jeanne McDonald  
Joyce Thibeault  
Judith Bilefsky  
Judy Gatz  
Katarina Farsky  
Laura Clarke  
Lesley Desautels  
Lillian Arseneault  
Linda Drodge  
Louise Mackay  
Lynn Chapman  
Mair Verthuy  
Maria Randisi  
Maureen Kiely  
Maureen Rappaport  
Maureen Arseneault  
Michael Gale  
Muriel Valdron  
Nancy Walkling  
Nina Glavackas  
Patricia Hamilton  
Patricia Potter

Roslyn Selig  
Sylvia Cannon  
Terrance Rigelhof  
Terry McGimpsey  
Valerie Aitken

**MAY**

Arnold David Purdon  
Barbara Anne Howard  
Barbara Osterholz Leblond  
Barrie Wilson  
Carla Laufer  
Carol MacLeod  
Carolyn Kato  
Charles Gregory  
Christine Downs  
David Adley  
Dawn Kenny  
Denise Roy  
Diane Webster  
Elizabeth Brierley  
Elsebeth Merkly  
Enid Sarrazin  
Erika Stokes  
Erlinda Vasquez  
Gail Mcwade  
Gary Evans  
Gweneth Thirlwell  
Heather Barwick  
Irvin Ford  
Isabel Pappe  
Jacqueline Heaton

Judith Stewart  
Linda Morrison  
Mair Richards  
Margaret Ludwig  
Marietta LeBlanc  
Marilyn Csik  
Marlene Kronick  
Maureen Moffat  
Maurice Fefer  
Nancy Ship  
Noreen Jackson  
Patricia Cogan  
Patricia Philip  
Reisa Vineberg  
Rena Miller  
Renate Stangl  
Robert Gaudreau  
Robert Venafro  
Sheila Hayes  
Terry Pozzobon  
Toba Zinman

**JUNE**

Ann Rigelhof  
Barbara Holubek  
Barbara Winn  
Barbara Sambad  
Bryna Cohen  
Carole Thorpe  
Carole Labelle Molson  
Charlotte Pinsonnault  
Connie Cordon

David Jones  
Deborah Rowat  
Donna Held  
Edna Ralston  
Eileen Parle  
Elaine Heitner  
Ernie Campbell  
Georgia Kanaki  
Gloria Amirault  
Helen Bocti  
Herbert Dobrinski  
Ivan Mozer  
Joanna Tse  
Joy Palevsky  
Joyce Blond  
Joyce Constantin  
Judith Henkewick  
June Brancato  
Lily Lam  
Louise Hanlon  
Ludmila Bogatkina  
Lynne Williams  
Madeleine Bouchard  
Madelene Sebaldt  
Margo Prince  
Maria Pitacciato  
Marjorie Sharp  
Mary Krohn  
Mary Hall  
Muriel Herrington  
Phyllis Vogel  
Rita Markland  
Roma Bross  
Ruth Gray  
Sheila Elle  
Sylvia Kartanowicz  
Tatiana Slivitzky  
Theodora Philippo-Calder  
Veronique Verthuy  
Zeela Kaufman



**A Contactivity *Happy Birthday* to all of you...**

4695 de Maisonneuve Boul. West, Westmount, Qc. H3Z 1L9

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[www.contactivitycentre.org](http://www.contactivitycentre.org)



Contactivity  
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**Let's Get Connected!**

*How to register  
for our courses  
in-person or online!*



[www.contactivitycentre.org](http://www.contactivitycentre.org)

# Contactivity Centre Registration

# SPRING 2024

## A FEW GUIDELINES

### To Register:

Visit our website [www.contactivitycentre.org](http://www.contactivitycentre.org) and simply click on **Online Courses and Activities** to register.

Scroll down and click on the activity you'd like to register for, fill in your information and click '**Submit Registration**'.

For **online activities**, a zoom link will be provided a few days before it starts **OR** if you choose to participate by telephone when available, call the Centre several days in advance at **514-932-2326** and leave a clear message stating what you are registering for and leave your name and phone number. Once you register, you'll get a return call from us to give you a phone number to dial in for the event.



### PAYMENT:

You can pay online for courses and activities with our secure payment system.

### WITHDRAWALS AND CANCELLATIONS:

All program fees, including courses, workshops and activities are non-refundable. If you need to cancel a program registration, please email or call and leave a message.

### EQUIPMENT:

For online courses, you need to have a functioning webcam and microphone on your laptop/tablet/desktop computer. We have a small number of webcam and microphone accessories to lend to our members who want to participate online but are missing these accessories.

### ZOOM:

If you need assistance learning to Zoom, please call us and we will be happy to help you.

### EXERCISE COURSES:

Before registering for any exercise class, ask your doctor if the type of physical fitness is right for you.

### COVID PREVENTION:

Please do not come to the Centre if you are not well.

## A Contactivity *Note*...

### CANCELLATIONS FOR FREE ACTIVITIES:

Please keep in mind that if you have registered for an activity but find yourself unable to participate, please contact the Centre ASAP at **514-932-2326** or send an email to [admin@contactivitycentre.org](mailto:admin@contactivitycentre.org) leaving your name, contact information and a clear message about what you need to cancel. Letting us know you cannot attend gives us the opportunity to invite other members who may be on a waiting list.

**Thank you!**

**Navigating our Website!**  
*How to Use, Search and  
Find what you are  
looking for.*

[www.contactivitycentre.org](http://www.contactivitycentre.org)



Contactivity  
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# Made just for YOU!

# Contactivity Centre Website

Check out the Website and find Courses and Activities made just for you for Spring 2024!

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#### Onsite

**Activity or Event will take place at Contactivity**

4695 de Maisonneuve Boul. West,  
Westmount, Qc. H3Z 1L9



#### Online

**Participate in an Activity or Event from  
your home computer**

We can even help you set that up



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A variety of courses to  
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grooving!  
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It's ok to be competitive.  
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#### **2024 Spring Activity Calender**

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## GET FIT

At **Contactivity**, we offer a large selection of Fitness and Wellness courses. Studies show that staying active after 60 keeps the body and mind healthy and young! Check out our action-packed Spring courses.



### ONSITE

#### NEW MUSIC AND MOVEMENT

Fridays, 11:00- 12:30

April 19 - May 31 (7 weeks)

Instructor: Ariana Pedrosa

Cost: \$60 Member / \$65 Non-Member



*The "Music and Movement" course aims to explore the rhythms of music with the whole body. It is a creative process that begins with a simple mindfulness warm-up followed by manual percussion and some instrument exploration. The program incorporates traditional Brazilian songs and explores their rhythms. The goal is to achieve a harmonious blend of music and movement.*

#### NEW KINSTRETCH

Wednesdays, 11:00-12:00

April 10- May 16 (6 weeks)

Instructor: Zack Powell

Cost: \$35 Member / \$40 Non-Member



*Zack Powell is an ultra endurance athlete who specializes in mobility and internally strengthening the body from the inside out. Kinstretch is a movement practice that will help you develop, maintain and train the ranges of motion you need for better health and longevity in your day to day life.*

#### THURSDAY STRETCH AND MOVEMENT FITNESS

Thursdays, 10:00-11:00

April 4 - May 9 (6 weeks)

Instructor: Trudie Ogden

Cost: \$32 Member / \$42 Non-Member

*This class will focus on muscle strength and flexibility. There will be a mix of chair and standing exercises. Class may incorporate light weights, stretch bands or other equipment.*

#### WALKIE TALKIES

Thursdays, 10:00-11:00

April 4 - June 27 - Ongoing, weather permitting

Facilitator: Glenn Hynes

Cost: **FREE** (Must be a Contactivity Member)

*The group starts at the Greene Avenue entrance to Westmount Square. Walks are an hour long and then there is an option to stop for coffee/snack afterwards.*



### ONSITE

#### A WALK IN THE PARK

Tuesdays, 10:00-11:00

April 9 - June 25 - Ongoing, weather permitting

Facilitator: Lucas Liberta

Cost: **FREE** (Must be a Contactivity Member)

*Do you use a cane, walker or that you just walk slowly? If so, this slow-paced walking group is for you! Let's walk together!*

#### PICKLEBALL

Mondays, 10:30-12:00

April 8 - June 3 (10 weeks)

Facilitator: Lucas Liberta

Cost: \$32 Member / \$35 Non-Member

*Try the newest fitness fad! Contactivity provides all equipment.*

#### LINE DANCING

Tuesdays, 1:00-2:30

April 23 - May 28 (6 weeks)

Instructor: Linda Chou

Cost: \$50 Member / \$57 Non-Member

*Enjoy a perfect blend of fitness and fun with Line Dance routines set to uplifting music. No previous dance experience required!*

#### FALL PREVENTION PROGRAM

Tuesdays and Thursdays, 3:00-4:30

April 9 - June 27 (12 weeks)

Instructor: Philippe Briand, Kinesiologist

Cost: **FREE** (Must be a Contactivity Member)

*Contactivity Centre, in conjunction with the CLSC Metro offers a twice-weekly, 11-week Fall Prevention program. There is no cost but the group must remain small and participants must make a commitment to the full 12 weeks.*

*Afraid to lose your balance? Fallen recently? The Fall Prevention program is for you! Take part in the program to increase your knowledge, strength, and gain confidence. You will improve your balance, coordination and increase your level of physical activity. All exercises are safe and adapted. To participate, you must meet the following guidelines: you are over 65 years old; you have not fallen more than once in the past year; you do not depend on a walking aid.*

**Online Courses** - for when you just can't be there in person but want to experience all the same benefits. It's the way of the future baby... and we will even help you get online!

**GET FIT**



**HYBRID**

**ONSITE & ONLINE SIMULTANEOUSLY**

### WEDNESDAY CHAIR YOGA

Wednesdays, 3:00-4:00

April 17 - June 19 (10 weeks)

Instructor: Manon Lacroix

Cost: \$52 Member / \$62 Non-Member

*Learn yoga by modifying and adapting yoga postures with a chair. Explore seated postures during the first half of class and then standing ones, still with the support of a chair, during the second half of class. Breathing techniques, meditation and mindfulness will also be incorporated while we move from each pose with breath and awareness. A gentle yet effective yoga practice open to all. Beginners are welcome. This class is also offered on Fridays.*

### FRIDAY CHAIR YOGA

Fridays, 1:30-2:30

April 17 - June 21 (10 weeks)

Instructor: Manon Lacroix

Cost: \$52 Member / \$62 Non-Member



**ONLINE**

### MOVERS AND ZOOMERS

Mondays and Wednesdays, 10:30-11:30

April 8 - June 19 (11 weeks)

Instructor: Lana Romandini

Cost: \$163 Member / \$186 Non-Member

*Join Lana for low-intensity sequences focusing on strengthening and stretching your body.*

### TUESDAY STRETCH AND MOVEMENT FITNESS

Tuesdays, 10:30-11:15

April 9 - June 18 (11 weeks)

Instructor: Trudie Ogden

Cost: \$47 Member / \$57 Non-Member

*Low to medium intensity Stretch and Movement course. Feel good by moving and strengthening your body as this class will focus on muscle strength and flexibility. There will be a mix of chair and standing exercises. Feel free to use stretch bands, light weights or other equipment you may own.*



**ONLINE**

### TAI CHI AND CHI KUNG

Fridays, 10:00-11:00

April 12 - June 14 (10 weeks)

Instructor: Colin Young

Cost: \$43 Member / \$52 Non-Member

*Tai Chi and Chi Kung is the synergy between sequences of movements and the awareness and mindfulness of the energy of circulation behind them. It's faster than one usually associates with Tai Chi but senior-friendly. The techniques and movements will be easy-to-follow short sequences focusing on balance, coordination, breathing and circulation of energy.*



### Congratulations for starting an Online Workout with us!

Here are some guidelines to ensure your Online workouts are best suited to your capabilities:

#### Lightly challenge your capabilities without exceeding them:

That will make you stronger rather than sore and weaker.

#### Stop before you get sore:

Don't risk injury, train in smaller increments more often.

#### Increase the challenge slowly:

When you exercise, you will adapt. Go Slow.

#### Other important considerations:

##### Chronic health issues:

If you are concerned, consult a health professional when embarking on a new fitness regime.

##### Medications:

To reduce the risk of a Fall take into consideration that some common medications can upset your sense of balance.



## GET CREATIVE

At **Contactivity**, we encourage you to release your inner Artist and embrace your passion! We provide the guidance and materials and you provide the inspiration!



### ONSITE

#### BUSY BEES ARTS & CRAFTS GROUP

Wednesdays, 10:30 – 3:00 Ongoing

Instructor: Joulia Elhami, Interim

Cost: **FREE** (Must be a Contactivity Member)



*The Busy Bees knit, quilt, crochet, and weave crafts for Contactivity sales and special projects.*

#### PAINTING WITH ACRYLICS

Tuesdays, 1:00 – 3:30

April 16 – June 25 (10 weeks) No class on April 23

Instructor: Suzy Levy

Cost: \$105 Member / \$115 Non-Member

*This course will focus on creative approaches to painting with acrylic using personal choices for subject matter and reference to different styles in art history. Basic skills and techniques will be covered with emphasis on composition and colour.*

#### DRAWING

Fridays, 1:00 – 3:00

April 19 – June 7 (8 weeks)

Instructor: Suzy Levy

Cost: \$85 Member / \$95 Non-Member

*This course is for anyone who has an interest in drawing or sketching. It covers the skills you need to learn the different techniques and styles to achieve successful expression of chosen subjects, people, places objects and even abstract concepts.*



### ONSITE

#### POLYMER CLAY FOR BEGINNERS

Location: Selwyn House School

Tuesdays, 12:30-2:30 Lunch Included

April 2 – May 7 (6 Weeks)

Instructor: Ellen Jacobs

Cost: \$60 Member / \$65 Non-Member

*In this course we will focus on making sculptures and will begin with simple procedures. Selwyn House students will join the first hour of the class. Materials will be provided as will the essential tools.*



### HYBRID

### ONSITE & ONLINE SIMULTANEOUSLY

#### INTRO TO WATERCOLOURS

Mondays, 10:00-12:00

May 6 – June 10 (6 weeks)

Instructor: Julie Pomerleau

Cost: \$50 Member / \$56 Non-Member

*Build your confidence in watercolour painting with this beginner-friendly class. Using step by step, follow along instructions, participants will learn tips, techniques, drawing skills, and colour theory. After each session participants will walk away feeling relaxed with a finished painting and a better understanding of the art medium.*

And now for a workout for your Brain!

We all know that our brain needs exercise as well to improve memory function and cognitive abilities. So learn something new, stay sharp and **Train your Brain** with us!

**GET SMART**



**ONSITE**

### HEALING PAWS

Tuesday, April 2, 1:30-2:30

Facilitator: Yasmina Al Hussein, Outreach Worker

Cost: **FREE** (Must be a Contactivity Member)

*Discover the heartwarming benefits of animal therapy; a unique and uplifting experience where you can interact with well-trained, friendly dogs. Whether you prefer cuddles, conversations or simply being in their company, this session promises to create memorable moments and warm connections.*



### CAREGIVER COMPASSION CIRCLE

Every Second Wednesday, 1:30-3:00

April 10- June 19 (6 weeks)

Facilitators: Yvonne Clark, Social Worker and Yasmina Al Hussein, Outreach Worker

Cost: **FREE for Members** / \$15 Non-Member

*Step into a nurturing community where spousal caregivers share their journeys and gather invaluable insights into providing care for their partners. Our support group is a sanctuary for those on the caregiving path, offering a welcoming space for candid conversations, emotional support, and expert guidance. Here, you can connect with others who truly understand your challenges and victories.*



**ONSITE**

### CURRENT EVENTS DISCUSSION GROUP

Thursdays, 11:00-12:15

April 11 - June 20 (11 weeks)

Facilitator: Lucas Liberta

Cost: **FREE** (Must be a Contactivity Member)

*Do you like discussing breaking news? Are you a sports fan? Let's talk! Come and stay up to date on the latest news and sports developments. Let's discuss current happenings that affect our community, province, and country. We'll discuss what's in the newspaper, on the radio, on t.v., and online. We'll also watch news and sports clips and talk about them. Looking forward to hearing everyone's opinions on the things that matter!*

### TOOLS FOR PLANNING AHEAD: MANDATES, WILLS, MEDICAL DIRECTIVES

Wednesday, May 22, 11:00-12:30

Presented by: Educlooi

Cost: **FREE for Members** / \$3 Non-Member

*Gain insights into crucial legal tools such as Power of Attorney, Mandates, Advanced Medical Directives, and Wills. Join us as we navigate the various facets of essential planning that will fortify both you and your family's future.*

### STAMP COLLECTING: EXPLORE A PRIVATE COLLECTION OF CANADIAN FIRST DAY COVERS

Wednesday, May 15, 11:00- 12:00

Instructor: Dr. Avi Whiteman

Cost: **FREE**

*Dr. Whiteman recently donated his stamp collection of Canadian First Day covers to Contactivity! Join us for this special presentation where we will be the first to see the collection and appreciate its artistic beauty. Don't miss this unique opportunity. You will probably recognize many of the stamps and it will bring you back to a time where receiving letters from the mailman was an exciting part of the day.*





# GET SMART

**Train your Brain** with us...

Engage with us ONLINE  
with discussions on Art, Music, Fashion, Health  
and so much more!



**ONSITE**

## WHAT DOES MY NEIGHBOUR DO?

Wednesdays, 10:30-11:30

April 17 and May 1

Cost: **FREE** (Must be a Contactivity Member)

*In this new series, we feature Westmounters with interesting careers (current or former) and who have made a contribution to society. This Spring we are fortunate to have two special guest speakers. Learn something new and interesting about your neighbours!*

Photo credit:  
Judith Lerner Crawley



### Linda Leith

Writer, Publisher, Founder of Metropolis  
Wednesday, April 17, 10:30-11:30

**About Linda:** Born in Northern Ireland and based in Westmount, *Linda Leith* is the author of eight books, the most recent of which is *The Girl from Dream City: A Literary Life* (URP, 2021) and *The Nobel Prize in Love: A Meta-Memoir of Starting Over*, which is serialized on [lindaleith.medium.com](https://lindaleith.medium.com). In 1997, she founded *Blue Metropolis Foundation* and was President & Artistic Director of the *Blue Metropolis International Literary Festival* until 2010. In 2011 she created the literary press *Linda Leith Publishing*. In February 2024, she was appointed as an **Officer of the Order of Canada**.



### John Bailey

Former Marketing Executive, Current Artist  
Wednesday, May 1, 10:30-11:30

**About John:** John Bailey has been a resident of Westmount for 38 years. Originally from Toronto, John moved to Westmount to work at Kraft Foods in marketing in 1986. While pursuing his career he took drawing and painting courses at night. He has been painting watercolors for some 30 years. John has enjoyed recent notoriety with his local Westmount and Montreal scenes. His hobby has become a source of considerable joy in his retirement.



**ONSITE**

## CONTACTIVITY BOOK CLUB

Wednesdays, 1:30-3:00

April 24, May 29, June 26

Instructor: Elana Schwartz

Cost: \$15 Member / \$20 Non-Member

*Join us for interesting, lively discussions with themed snacks to match our reading material!*



April 24

Everything I Never Told You  
by Celeste Ng



May 29

The Sandcastle Girls  
by Chris Bohjalian



June 26

Our Souls at Night  
by Kent Haruf

## TECH SUPPORT

**By Appointment Only**

Call 514-932-3433 ext.203 to schedule an appointment

**Facilitator:** Tech Volunteer

Cost: **FREE** (Must be a Contactivity Member)

*Are you feeling overwhelmed by technology? Eager to learn more? Struggling to join Zoom classes or managing your overflowing inbox? We've got you covered! Simply schedule a tech assistance appointment with one of our volunteers.*

**HYBRID**

**ONSITE & ONLINE SIMULTANEOUSLY**

## FRENCH CONVERSATION - INTERMEDIATE LEVEL

Fridays, 10:00 -11:00

May 3 - June 21 (8 weeks)

Instructor: Ashod Alemian

Cost: \$42 Member / \$50 Non-Member

*Improve your French vocabulary by covering a wide array of different everyday life topics such as travelling, health, hobbies, diet, cooking, etc. The focus will be on some grammar, two past tenses, prepositions, negation, and sentence structure. Join us for an informal program to improve your everyday French.*

**Games aren't just for Kids!** They help you use different strategies to enhance your thinking, word skills, socialize and engage in life. After a few months of using these strategies, you will notice a big improvement in your memory skills.

**GET YOUR  
GAME ON**



**ONSITE**

### MAH-JONG

Wednesdays, 10:00-12:00

May 1 to June 19 (8 weeks)

Instructor: Nellie Kopek

Cost: **FREE** (Must be a Contactivity Member)

*Interested in learning a new game? Learn to play the North American version of Mah-Jong. This is an instructional class. Mah-Jong is great exercise for the brain and improves memory skills.*



### CANASTA GROUP

Wednesdays, 12:45-2:45

April 10 - June 26 (12 Weeks)

(Must be a Contactivity Member)

Cost: \$2.00 per Monday

*Canasta is a card game, similar to Rummy, that was developed in South America and became a popular game in the 1950's. It is now on an upswing. Come and join the "Canasteras" and learn how to play the game and have fun doing so.*

### TRIVIA & BOARD GAMES

Mondays, 1:30- 3:00

April 15-June 17(10 weeks)

Facilitator: Lucas Liberta

Cost: **FREE** (Must be a Contactivity Member)

*Join us every Monday afternoon for fun, interactive board games such as scrabble, cribbage, Monopoly. We will alternate playing board games and trivia each week.*



**ONSITE**

### BRIDGE GROUP

Mondays, 1:00-3:30

April 8 - June 24 (12 weeks)

Bridge Convener: Dan Dutton

Cost: \$2.00 per Monday

*Join us for Bridge! Participants must be a Contactivity member and have experience and understanding of how to play Bridge. This is not an instructional course.*



### INSTRUCTIONAL BEGINNERS BRIDGE

Tuesday, 1:00- 3:00

April 16 - June 18 (10 weeks)

Instructor: Francis Therrien

Cost: \$122 Member / \$132 Non-Member

*Dive into the world of strategic card play. Whether you are new to the game or looking to refresh your skills, join us for an exciting journey into the art of Bridge. Connect with fellow beginners and build a community of card enthusiasts. No experience required - just a desire to play and enjoy the game. See you at the table!*

### INSTRUCTIONAL INTERMEDIATE BRIDGE

Tuesday, 9:45-11:45

April 16 - June 18 (10 weeks)

Instructor: Francis Therrien

Cost: \$122 Member / \$132 Non-Member

*Intermediate Bridge is the perfect bridge between beginner and advanced levels, offering players opportunities to deepen their understanding of the game while refining their skills.*

### FRIDAY FUN

Fridays, 2:30-4:00

April 19 - June 21 (10 weeks)

Facilitators: Lucas Liberta and Gideon Posluns

Cost: **FREE** (Must be a Contactivity Member)

*Fun Fun Fun for everyone! Join us at Contactivity Centre for Fun Fridays. Activities include something for everyone like - bowling, board games, bingo, etc.*



## GET TOGETHER FOR LUNCHES & ENTERTAINMENT

Socializing and Connecting is good for the soul and a basic human need. It's also what we do best!  
**At Contactivity we Bridge Contact with Activity.**  
Join us and get out there!



### ONSITE

#### NAVIGATING RENT INCREASES

Presented by: Logisaction

Thursday, April 11

Lunch 12:30-1:30

Guest Speaker 1:30-2:30

Cost \$15

**Lunch:** Chicken parmigiana + pasta + veggies OR  
Eggplant parmigiana + pasta + veggies

Savor a delicious lunch and learn about your tenant rights. Our informative and empowering program will give you all the information you need to make a decision about your rental increase and make you better informed about tenants' rights.

#### LET'S TALK POLITICS

##### WITH FORMER WESTMOUNT MP MARC GARNEAU

Thursday, April 18

Lunch 12:30-1:30

Presentation: 1:30-2:30

Cost \$15

**Lunch:** Breaded sole + roasted potatoes + veggies  
OR Omelet + roasted potatoes + veggies

Embark on an extraordinary journey with Marc Garneau, Canada's pioneering astronaut and seasoned politician. From soaring into outer space in 1984 to navigating the intricacies of foreign affairs and transport ministries, his story is a captivating exploration of the highs and lows associated with federal politics.

#### STORIES BEHIND THE SONGS - ROB LUTES

##### APRIL BIRTHDAY LUNCH

Thursday, April 25

Lunch 12:30-1:30

Performance 1:30-2:30

Cost \$15

**Lunch:** Chicken souvlaki + greek potatoes + rice + salad OR  
Tofu souvlaki + greek potatoes + rice + salad

**Happy Birthday April Members!**

In this one-hour show, Rob will discuss and perform songs from the late 1960s and 1970s singer-songwriter movement. Join us for a selection of popular songs and discussions about the stories behind them.



### ONSITE

#### MUSICAL PERFORMANCE BY RICHARD WILLS AND MAUREEN POWERS

Thursday, May 2

Lunch 12:30-1:30

Performance 1:30-2:30

Cost \$15

**Lunch:** Shrimp linguini pasta + salad OR Vegetarian pasta + salad  
Richard Wills (former RCA Victor recording artist in Nashville) and Maureen Powers (graduate of the American Musical and Dramatic Academy in New York City) combine their talents with **Willpower**, to bring you an eclectic array of melodic pop, folk, jazz and country music from the 50s to the 90s. You may recognize them from the Contactivity Selwyn Intergenerational Choir holiday videos.

#### MOVIES AT CONTACTIVITY: NAPOLEON

Thursday, May 9

Lunch 12:30-1:30

Movie 1:30-2:30

Cost \$15

**Lunch:** Meat shepherd's pie + salad OR  
Vegetarian shepherd's pie + salad

Step into the grandeur of history. Immerse yourself in the epic tales of Napoleonic era triumphs and challenges.



#### FEDERAL BENEFITS FOR SENIORS PRESENTED BY SERVICE CANADA

Thursday, May 16

Lunch 12:30-1:30

Presentation: 1:30-2:30

Cost \$15

**Lunch:** Spaghetti with meatballs + salad OR  
Spaghetti with veggie balls + pasta + salad

Get first-hand information directly from the source on Old Age Security, General Income Supplement, the new Canadian Dental Care Plan, Home Care Tax Credit, and more!

## Happy Birthday Contactivity Members!

Socializing and Connecting is good for the soul and a basic human need. It's also what we do best!

**At Contactivity we Bridge Contact with Activity.** Join us and get out there!

## GET TOGETHER FOR LUNCHES & ENTERTAINMENT



### ONSITE

#### THE GAZETTE THEN AND NOW WITH BRYAN DEMCHINSKY

Thursday, May 23

Lunch 12:30-1:30

Guest Speaker 1:30-2:30

Cost \$15

Lunch: Chicken fried rice + salad OR  
Tofu fried rice + salad

Bryan will tell the storied history of the paper, explaining its origins with a few lesser known details, such as that it was run by a woman, wife of the founder Fleury Mesplet, while he was in jail. He will engage us with stories about how the paper evolved over the years while he worked there and his views on what its prospects might be.



*About Bryan:* Bryan Demchinsky is a Montreal writer and editor. He worked at The Montreal Gazette for 30 years, where he was Business editor, Books and Visual Arts editor and Weekly Review editor. He has written for Canadian newspapers and magazines and has published several books, among them *After Auschwitz: One Man's Story and Storied Streets: Montreal in the Literary Imagination* (with Elaine Kalman Naves). He has recently begun writing for Substack and is working on a memoir called *My Ukrainian Family*.

#### MUSICAL PERFORMANCE WITH SHELI STEVENS MAY BIRTHDAY LUNCH

Thursday, May 30

Lunch 12:30-1:30

Performance 1:30-2:30

Cost \$15

Lunch: Beef tortellini + salad OR  
4 Cheese tortellini + salad

**Happy Birthday May Members!**

Indulge your senses in a feast of talent and taste! Join us for lunch followed by a live performance featuring the sensational Sheli Stevens- a multifaceted artist with a voice that has graced stages across the USA and Japan touring with *The Young American Song & Dance Co.* Sing along with Sheli as she performs current hits, oldies as well as songs from her album "Come Home".



### HYBRID

### ONSITE & ONLINE SIMULTANEOUSLY

#### VIRTUAL TOUR - RIO DE JANEIRO

Facilitator: Harvey Levinson

Thursday, June 6

Lunch 12:30-1:30

Presentation 1:30-2:30

Cost \$15

Lunch: Meatloaf + mashed potatoes +  
veggies OR Omelet + mashed potatoes  
+ veggies

Let's travel virtually to Rio de Janeiro and get whisked away to the renowned annual Carioca Carnival.



### ONSITE

#### MUSICAL PERFORMANCE WITH AURO MOURA JUNE BIRTHDAY LUNCH

Thursday, June 13

Lunch 12:30-1:30

Performance 1:30-2:30

Cost \$15

Lunch: Meat Cannelloni + salad  
OR Veggie Cannelloni + salad

**Happy Birthday June Members!**

In this one-hour show, join award winning Auro Moura, as he performs rock, jazz, and blues classics from the 1950s and 1960s.



#### ANNUAL GENERAL MEETING

Thursday, June 20

Lunch 12:30-1:30 - Lunch cost: \$15

Meeting 1:30-2:30

Lunch: BBQ platter + salads OR  
Veggie BBQ platter + salads

You must be a Contactivity member in good standing to attend the annual general meeting.





# GET OUTTA HERE LET'S LEAVE FOR OUTINGS AND ADVENTURE

On the road again with Contactivity!  
**Places and people to connect to.**  
Join us and get out there!



## OUTINGS

### CERAMIC CAFÉ

Thursday, April 4  
10:00-12:00

Cost: \$20 Member /  
\$25 Non-Member

Facilitators: Lucas Liberta  
and Gideon Posluns (Dawson Student Intern)

Meeting Point:  
4338 Saint Denis St, Montreal,  
Quebec H2J 2K8

Meet at: 10:00 AM

*Let's go to the Ceramic Café! We will be painting mugs with a choice of 60 brilliant colours.*

*Included in the experience is access to artisanal helpers, tools, and other accessories! The coffee shop on site will be sure to delight - (remember to bring cash or card). Enjoy some coffee, snacks and creative designs with good company. Bring home your work to display proudly or offer it as a priceless keepsake for a family member or friend.*



### VISIT TO THE MMFA EXHIBIT: GEORGIA O'KEEFFE AND HENRY MOORE

Friday, April 12  
2:00-3:30

Facilitator: Lucas Liberta

Cost: **FREE** (Must be a Contactivity Member)

Meeting Point:  
GROUP ENTRANCE - 2075 Bishop Street

Meet at: 1:30 PM

*Don't miss out on this guided tour at the Montreal Museum of Fine Arts. Join Contactivity as we explore the two greatest and most recognized names in the history of modern art. The exhibit, organized by the San Diego Museum of Art, examines the lives and art of O'Keeffe and Moore and features over 120 works of art. Get inspired by artistic expression and see the world through a new lens!*



## OUTINGS

### BOTANICAL GARDENS OUTING FOR MOTHER'S DAY

Friday, May 10  
1:30-3:00

Facilitator: Lucas Liberta  
Cost: \$25 Member / \$35  
Non-Member

Meeting Point:  
Botanical Gardens,  
4101 Sherbrooke East.  
Meet at: 1:00 PM



*This Mother's day, treat yourself to the lush and blossoming beauty nature has to offer at Montreal's Botanical Gardens! Whether you have a green thumb or simply enjoy being surrounded by nature, you will be captivated by numerous thematic gardens and greenhouses. Explore plants from all four corners of the world with the world and see why the Montreal Botanical Gardens is considered one of the city's jewels.*

### GOLF AT MEADOWBROOK FOR FATHER'S DAY

Friday, June 14  
9:00-12:00

Facilitator: Lucas Liberta

Meeting Point:  
Meadowbrook Golf Club, 8370 Côte Saint Luc Rd.  
Meet at: 1:30 PM

Cost: \$30 for Member / \$ 35 Non-Member *Join us for a Celebrate Father's Day in style with a round of golf at Meadowbrook Golf Club, located at 8370 Côte Saint Luc Rd. Lace up your shoes, grab your golf clubs, and embark on a memorable 9-hole game this June 14th.*





# GET TO SCHOOL AT SELWYN HOUSE INTERGENERATIONAL PROGRAMS

**Stay young and Get Tech Savvy**  
with the younger generation!

Learn what all those new age terms mean  
and share your knowledge at the same time.

## FRIENDLY VISITS

Lunch time at Selwyn House

Wednesday 12:45-1:45

(lunch included)

or Weekdays, 3:00-5:00

April 2 - May 17

Program Leader: Elana Schwartz

Cost: **FREE** (Must be a Contactivity Member)

*Interested in having a weekly chat with a young student? Visit in person or Zoom with a Selwyn student and learn how to make better use of your digital devices (laptop, tablet, cell phone). You could also chat with a student learning English as a second language or a student who wants to talk about current events, hobbies, and other interests. It's up to you to determine the length of your visits and the weekly topic for discussion. Most visits are between 15 and 30 minutes weekly. Alternatively, you can visit with your student at Selwyn House and have lunch together.*



## CRAFTING AT SELWYN

Tuesdays, 12:30-1:30

April 2 - May 14

Location: Selwyn House School

Instructor: Ellen Jacobs

Cost: **FREE** (Must be a Contactivity Member)

*Join Ellen Jacobs and help teach students in Grades 7 and 8 how to make playful figurines with polymer clay.*



## LUNCH MONITORS

Monday-Friday, 11:15-12:30

April 2 - May 17

Location: Selwyn House

*Would you like to help Kindergarten students at lunch time? Lunch Monitors help elementary school children fill cups with milk and water, manage their trays, socialize with their fellow students, and keep the lunchroom orderly. Lunch is included.*

## WOULD YOU LIKE TO BE A GUEST SPEAKER AT SELWYN HOUSE?

*Selwyn House students want to hear from you! If you are interested in speaking about your career, travel experience, or any achievements, please reach out to us. Join our "Borrow a Senior" program and share your life experiences!*

**Please contact:** Elana at 514 932 2326 ext. 205 or [elana.schwartz@contactivitycentre.org](mailto:elana.schwartz@contactivitycentre.org)

## DIGITAL LITERACY

Wednesdays, 3:30 - 4:30

April 3 - May 15



Contactivity Centre and



Online option

Instructor: Charlotte Power

Cost: **FREE** (Must be a Contactivity Member)

*Don't know how to make the most of your laptop, tablet, smartphone? Want to learn what the Cloud is, why an app is not an appetizer, why browser does not mean a leisurely shopper and why everyone needs to know about cybersecurity? Charlotte and her teaching assistants (Selwyn students) will cover these topics and more to improve your tech savvy skills.*



## CONTACTIVITY / SELWYN INTERGENERATIONAL CHOIR

4 Practices: May 3, 17, 24 and 31

11:30-1:30 (lunch included)

Location: Selwyn House School

Instructor: Sheli Stevens

Cost: **FREE** (Must be a Contactivity Member)

*The Contactivity - Selwyn choir is getting together again for a Spring performance. Choral practices will be held in-person at Selwyn House. Sheli Stevens, professional singer, vocal and performance coach will be conducting the Choir. No experience necessary just come with lots of energy and your singing voice.*



## INTERGENERATIONAL END OF YEAR TEA

June 3, 2:00 - 3:30

Location: Selwyn House School

*Join us as we celebrate our programs, activities, and accomplishments for the academic year 2023-2024. Open to everyone who participated in an Intergenerational Program from Sept 2023-June 2024. This year our Contactivity - Selwyn Intergenerational Choir will perform!*

## We can help.

Whether you need a ride, a delivery or a simple hello from time to time...

**We got ya!**

# Contactivity Outreach & Home Support Services



## FRIENDLY CALLS/VISITS

*Our program brings together volunteers and seniors who value regular, friendly conversations. Whether it's a comforting chat over the phone or a warm in-person visit, these connections create a sense of community and companionship, brightening the days of our participants.*

## TELECHECK

*A daily telephone check-in service for seniors living alone.*

## GROCERY SUPPORT

*Share your grocery list with us via call or email, and we'll handle the rest. Thanks to our partnership with Metro Westmount, your groceries will be delivered right to your door. Residents in Westmount and the surrounding areas can conveniently pay with cash, cheque, or credit card. Don't live in the service area? No worries – we can connect you with a dedicated volunteer shopper who will also ensure your groceries are delivered to your doorstep.*

## MEDICAL ACCOMPANIMENT

*Need help getting to a medical appointment? Our volunteers are here to help. We kindly ask for a week's notice to ensure we can pair you with a dedicated driver who will make your trip comfortable and hassle-free.*



## INSIGHTS FROM YASMINA

## THE BENEFITS OF MEDITATION AND MINDFULNESS:

**Meditation and mindfulness** are ancient practices that have stood the test of time for a reason—they work. For seniors, incorporating meditation into their routine can yield numerous benefits. Meditation promotes mental clarity, reduces anxiety, and enhances overall emotional well-being.

**Mindfulness**, a key component of meditation, involves paying attention to the present moment without judgment. Seniors can cultivate mindfulness by practicing activities such as mindful walking, eating, or simply observing their surroundings with heightened awareness. This intentional focus on the present helps break the cycle of worry about the past or future, leading to a more peaceful state of mind.

**Research indicates** that meditation and mindfulness practices can also contribute to better cognitive function, improved sleep, and a strengthened immune system. These holistic benefits make them powerful tools for seniors looking to enhance both.

## VOLUNTEER OPPORTUNITIES:

***Are you interested in volunteering?  
Do you know someone who is?***

*We have openings for volunteers to help with:*

- Tech Support
- Driving to Medical Appointments
- Grocery Support
- Special Events
- Lunches
- Friendly Visits or Calls
- Outreach
- Activities at the Centre

Please reach out to:

**Yasmina Al Hussein** at **514-932-2326**

ext. 203 or

**outreach@contactivitycentre.org**

and learn more about how to become a Contactivity Volunteer.

## OUTREACH SERVICES

***Searching for information on senior services and resources? We can provide support in various areas, including, but not limited to***

- Advocacy • Housing • Landlord-Tenant Issues • Transportation • Home Care Services • Cleaning Services • Medical accompaniment • Friendly Visits • Daily Phone Call Services • Food Security • Meals on Wheels • Community Meals • Grocery shopping • Abuse and Fraud Prevention • Health & Social Services • Hospitals • CLSCs • Day Centres • Assisted Living • Long-term care • Caregiver support • Counseling Resources • Government Resources

Please reach out to:

**Yasmina Al Hussein** at **514-932-2326**

ext. 203 or

**outreach@contactivitycentre.org**

## Be on the look out!

Elder financial fraud is one of the fastest growing crimes against older adults.

Be sure to **REPORT** any suspected **FRAUD** to your local Police .

**JUNE 15th WORLD ELDER ABUSE AWARENESS DAY**



## FRAUD PREVENTION:

The SPVM wants to inform the population, particularly seniors, of a new way in which fraudsters operate to extract money from victims. Fraudsters offer to call seniors to pick them up in order to transport them to a banking institution to withdraw money.

### HOW DO THEY DO IT? THEY MANIPULATE YOU AND TAKE AWAY YOUR OPTIONS TO ACT.

Usually, fraudsters contact their victims by telephone and the name of a known banking institution will appear on the display. They pose as security personnel from the institution. They will solicit victims so that they can help them resolve a fraud problem by an employee of the institution. Thus, they create a situation of false urgency which will stress and worry the victim. The fraudsters, courteous and helpful, will convince the victims that the only solution to quickly resolve the problem is through a solution that will be offered to them, that being: to pick them up by vehicle and then travel to a banking institution to carry out transactions. The fraudsters will take them to a banking institution and say that they must withdraw a substantial sum of money in order to help them resolve the situation. Once back in the vehicle, the fraudsters steal the money, disembark the victim and flee in the vehicle.

### ADVICE TO THE POPULATION, REMEMBER THAT:

- A banking institution, a security service, or a police service will never ask you for money, your banking card, or your PIN to resolve a situation.
- Never trust what is written on your phone's display, because fraudsters use applications that allow them to write the names of financial institutions as the caller.
- The more you talk with the fraudsters, the more you will be convinced to do what they ask you. They are polite, helpful and courteous in their approaches.

### FOR RELATIVES OR FRIENDS OF AN ELDERLY PERSON:

If you have relatives or friends who are seniors, give them a strategy to use should they ever find themselves in such a situation. Ask them to contact you to discuss the situation and help them make a calm and informed decision.

### FOR PEOPLE WHO ARE CONTACTED BY FRAUDSTERS

- Before continuing any discussion with the caller, tell the person soliciting you that you will call them back. In 99% of cases, fraudsters will hang up because they do not want to give a number to reach them;
- Hang up and verify with the person you trust, that you have already reached an agreement with, to discuss the situation, to help you regain your composure and make an informed decision;

## NEVER ACCEPT AN OFFER OF TRANSPORTATION FROM THE CALLER

### HOW DO YOU ASK FOR HELP IF YOU GET INTO THE VEHICLE AND FEEL TRAPPED?

- As soon as possible, discreetly dial 911 and leave the line open. The 911 operator will be able to hear what you say, you don't need to speak, and the police will be able to trace you;
- When you arrive at a bank to make a withdrawal, do not make the withdrawal and go directly to a bank employee to explain the situation; they will help you safely.

## GETTING HELP OR REPORTING FRAUD

Do not be ashamed or feel guilty if you've been made to fall for a scam. These people are excellent actors and manipulators. In the event of fraud, report it to your local police. To contact your neighbourhood police station (PDQ), dial 514 280-01XX (XX corresponds to the number of your PDQ). **For emergencies, call 911** or The Mistreatment Helpline at: (514) 489-2287.



Contactivity  
CENTRE  
Contactivité



Contactivity  
Recipes  
OF THE MONTH

Contactivity  
Recipes  
OF THE MONTH

PREP TIME  
COOK TIME  
SERVES

INGREDIENTS

TIPS

**Yes Chef!**  
**Time to Let your**  
**Inner Foodie Show!**  
**HEART WARMING RECIPES**  
**FROM OUR HOME TO YOURS**

## RECIPES OF THE MONTH

### HEALTHY BREAKFAST MUFFINS

*These muffins are very tasty. Great with a dab of cream cheese and your morning coffee.*

#### INGREDIENTS

- ½ cup unbleached flour
- ½ cup whole wheat flour
- ¼ cup oatmeal
- 1 ½ tsp. baking powder
- ¼ tsp. salt
- 1 tsp. baking soda
- ¼ tsp. cinnamon
- ¼ tsp. nutmeg
- ½ cup pecans

- Whisk together all the above in a large bowl
- Set aside. (Can be prepared the night before)
- 1/3 cup sugar (Less if you prefer your muffins less sweet)
- 2 large eggs
- ¼ cup light oil
- ½ cup golden raisins
- ½ cup; pitted prunes, cut in quarters
- 1 Large carrot peeled and grated
- 1 Granny Smith apple, unpeeled, cored and grated

#### INSTRUCTIONS

- Preheat oven to 350 F. Line 12 muffin tins with cup-cake liners or spray with Pam.
- In a separate bowl beat eggs and sugar. Add oil, raisins, prunes, carrot, and apple. Mix thoroughly.
- Make a well in the center of dry ingredients and pour in the carrot mixture. Fold gently until just blended. Do NOT over mix.
- Divide mixture into prepared muffin tins and bake for 20 minutes. Cool 5 minutes before removing from tins.

#### NOTES:

- Muffins will only rise a little. Freezes well for up to 4 months. Microwave 15-20 seconds to thaw and warm a little.

### ORANGE YOGURT LOAF

*Fresh, light and citrusy.*

*Great with a Cuppa Tea!*

- Use a light olive oil not to overpower the natural flavours of the orange and nuts when making this cholesterol-free loaf.

#### INGREDIENTS

- 1 ½ cups all-purpose white flour
- 1/3 cup ground blanched almonds
- 1 tsp. baking powder
- ½ tsp. baking soda
- ¼ tsp. salt
- ¾ cup plain yogurt
- 6 tbsps olive oil
- Finely grated rind of ½ orange (About 1 tbsp.)
- 3 large egg whites
- ¾ cup granulated sugar

#### ORANGE SYRUP

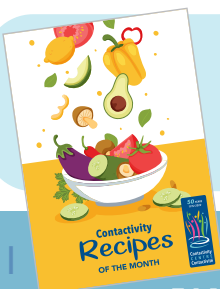
- Juice of 1 orange
- ½ cup sugar

#### INSTRUCTIONS

- Preheat oven to 350 F.
- Oil a loaf pan about 8-9" x 4 1/2 ", or spray with pam.
- Combine dry ingredients with ground almonds. Set aside.
- In a small bowl whisk together yogurt, oil, and orange rind until well blended. Set aside.
- In an electric mixer, beat the egg whites until soft peaks form. Beat in sugar gradually and continue beating until soft peaks form.
- Gently fold in flour/almond mixture alternatively the yogurt mixture until just blended, ending with flour mixture. Do NOT over mix.
- Pour batter into a prepared pan. Bake for 40-45 minutes, or until a tester inserted into the center of the loaf comes out clean.
- Make orange syrup: In a small saucepan, heat the orange juice and sugar until melted. Boil for 2 minutes while stirring. Drizzle syrup over warm cake in a loaf pan.
- Allow to cool completely in the pan before unmolding.

### SHARE WITH US!

Feel free to send us a picture of your version of these recipes or one of your own to be featured in our next **Newsletter** at [contactivitymembers@gmail.com](mailto:contactivitymembers@gmail.com)





## RECIPES OF THE MONTH

### SALMON WITH HONEY SAUCE

Honey Glazed Salmon is juicy, flaky, and so satisfying. It comes together in a few minutes for a quick and mouth-watering meal.

#### INGREDIENTS

- 3 salmon fillets
- Salt, pepper
- 1/4 cup flour (for coating)
- 3 Tbs soya sauce
- 1/4 cup date honey or regular honey or maple syrup
- 3 Tbs lemon juice
- 1/2 Tbs oil

#### INSTRUCTIONS (PRE-HEAT OVEN TO 400 DEGREES)

1. Rinse and dry fish
2. Sprinkle salt and pepper on fish
3. Lightly coat fish with flour; shake off any excess
4. Place fish on a baking pan lined with parchment paper
5. In a small bowl, make sauce by whisking honey, soya sauce, lemon juice and oil together
6. Pour sauce on fish (make sure the fish is coated on both sides)
7. Bake at 400 for about 15 minutes

#### STORAGE TIPS

##### To Store:

Refrigerate leftover salmon in an airtight storage container for up to 2 days.

##### To Reheat:

When rewarming your honey glazed salmon, pan fried is the best method. Very gently reheat salmon in a skillet on the stovetop over medium-low heat.

##### To Freeze:

Freeze leftovers in an airtight, freezer-safe storage container for up to 2 months. Let thaw overnight in the refrigerator before reheating. You can use the thawed salmon in any recipe that you would use canned salmon.

### QUINOA

Is a smart carbohydrate choice because it's rich in fiber, minerals, antioxidants, and protein.

#### INGREDIENTS

- 1 cup of Quinoa
- 1 onion chopped
- 2 cloves garlic crushed
- 2 Tbs oil (canola, olive, or vegetable)
- 2 cups chicken broth (or water)

#### INSTRUCTIONS

1. Heat oil on medium heat, add chopped onions and cook for about 10 minutes until translucent.
2. Add garlic to the onions and mix for a minute.
3. Add quinoa to the onions and garlic and mix to coat everything with oil.
4. Add broth or water and bring to a boil.
5. Lower heat and simmer covered for 15-20 minutes until water is absorbed.

### ROASTED CAULIFLOWER

Oven roasted cauliflower is such an easy side dish! The tender florets have golden brown edges and a delicious nutty flavor.

#### INGREDIENTS

- 1 cauliflower
- 2-3 Tbs olive oil
- 1/2 tsp turmeric
- Salt
- Pepper

#### INSTRUCTIONS

1. Wash cauliflower and cut into small florets with one side flat.
2. Mix florets in a bowl with spices and oil.
3. Place on a baking tray lined with parchment paper. Flat side down.
4. Roast at 400 degrees for 15 min on bottom rack then move to top rack for 15 minutes.

*Bon appetit!*

## Who doesn't like lunch?!

Add Entertainment, Birthdays and Holidays and you got a Feast!  
Good company and Hot meals with all the trimmings  
...now that's entertainment!

## GET TOGETHER FOR LUNCHES AT CONTACTIVITY



### THURSDAY LUNCHES & ENTERTAINMENT

**Cost: \$15.00**

*Lunches include dinner rolls + dessert + coffee & tea*

**Lunch and Entertainment 12:30-2:30**

#### APRIL 11

Chicken parmigiana + pasta + veggies

OR

Eggplant parmigiana + pasta + veggies

#### APRIL 18

Breaded sole + roasted potatoes + veggies

OR

Omelet + roasted potatoes + veggies

#### APRIL 25

Chicken souvlaki + greek potatoes + rice + salad

OR

Tofu souvlaki + greek potatoes + rice + salad

#### MAY 2

Shrimp linguini pasta + salad

OR

Vegetarian pasta + salad

#### MAY 9

Meat shepherd's pie + salad

OR

Vegetarian shepherd's pie + salad

#### MAY 16

Spaghetti with meatballs + salad

OR

Spaghetti with veggie balls + salad

#### MAY 23

Chicken fried rice + salad

OR

Tofu fried rice + salad

#### MAY 30

Beef tortellini + salad

OR

4 Cheese tortellini + salad

#### JUNE 6

Meatloaf + mashed potatoes + veggies

OR

Omelet + mashed potatoes + veggies

#### JUNE 13

Meat cannelloni + salad

OR

Veggie cannelloni + salad

#### JUNE 20

BBQ platter + salads

OR

Veggie BBQ platter + salads





Onsite

• APRIL 2024



Online

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p>  <p><b>CLOSED/FERMÉ HAPPY EASTER!</b></p>	<p><b>2</b></p> <p>Healing Paws 1:30-2:30 Crafting at Selwyn 12:30-1:30 Polymer Clay 12:30-2:30</p>	<p><b>3</b></p> <p>Busy Bees Arts &amp; Crafts Group 10:30-3:00 Friendly Visits at Selwyn House 12:45-1:45 Digital Literacy 3:30 - 4:30</p>	<p><b>4</b></p> <p>Walkie Talkies 10:00-11:00 Ceramic Cafe 10:00-12:00</p>	<p><b>5</b></p>
<p><b>8</b></p> <p>Pickleball 10:30-12:00 Movers and Zoomers 10:30-11:30 Monday Bridge Group 1:00-3:30</p>	<p><b>9</b></p> <p>Walk in the Park 10:00-11:00 Tuesday Stretch and Movement 10:30-11:15 Crafting at Selwyn 12:30-1:30 Polymer Clay 12:30-2:30</p>	<p><b>10</b></p> <p>Busy Bees Arts &amp; Crafts Group 10:30-3:00 Movers and Zoomers 10:30-11:30 Kinstretch 11:00-12:00 Friendly Visits at Selwyn House 12:45-1:45 Canasta 11:45-2:45 Caregiver Compassion Circle 1:30- 3:00 Digital Literacy 3:30 - 4:30</p>	<p><b>11</b></p> <p>Thursday Stretch and Movement 10:00-11:00 Walkie Talkies 10:00-11:00 Current Events 11:00- 12:15 Lunch &amp; Entertainment 12:30- 2:30</p>	<p><b>12</b></p> <p>Tai Chi &amp; Chi Kung 10:00-11:00 MMFA 2:00-3:30</p>
<p><b>15</b></p> <p>Pickleball 10:30-12:00 Movers and Zoomers 10:30-11:30 Monday Bridge Group 1:00-3:30 Trivia &amp; Board Games 1:30-3:00</p>	<p><b>16</b></p> <p>Instructional Intermediate Bridge 9:45-11:45 Walk in the Park 10:00-11:00 Tuesday Stretch and Movement 10:30-11:15 Crafting at Selwyn 12:30-1:30 Polymer Clay 12:30-2:30 Instructional Beginners Bridge 1:00-3:00 Painting with Acrylics 1:00-3:00</p>	<p><b>17</b></p> <p>What Does My Neighbour Do? 10:30-11:30 Busy Bees Arts &amp; Crafts Group 10:30-3:00 Movers and Zoomers 10:30-11:30 Kinstretch 11:00-12:00 Canasta 11:45-2:45 Friendly Visits at Selwyn House 12:45-1:45 Chair Yoga 3:00-4:00 Digital Literacy 3:30-4:30</p>	<p><b>18</b></p> <p>Thursday Stretch and Movement 10:00-11:00 Walkie Talkies 10:00-11:00 Current Events 11:00- 12:15 Lunch &amp; Entertainment 12:30- 2:30</p>	<p><b>19</b></p> <p>Tai Chi &amp; Chi Kung 10:00-11:00 Music and Movement 11:00-12:30 Drawing with Suzy 1:00-3:00 Chair Yoga 1:30-2:30 Friday Fun 2:30-3:30</p>
<p><b>22</b></p> <p>Pickleball 10:30-12:00 Movers and Zoomers 10:30-11:30 Monday Bridge Group 1:00-3:30 Trivia &amp; Board Games 1:30-3:00</p>	<p><b>23</b></p> <p>Instructional Intermediate Bridge 9:45-11:45 Walk in the Park 10:00-11:00 Tuesday Stretch and Movement 10:30-11:15 Crafting at Selwyn 12:30-1:30 Polymer Clay 12:30-2:30 Line Dancing 1:00-2:30 Instructional Beginners Bridge 1:00-3:00</p>	<p><b>24</b></p> <p>Busy Bees Arts &amp; Crafts Group 10:30-3:00 Movers and Zoomers 10:30-11:30 Kinstretch 11:00-12:00 Canasta 11:45-2:45 Friendly Visits at Selwyn House 12:45-1:45 Chair Yoga 3:00-4:00 Book Club 1:30-3:00 Caregiver Compassion Circle 1:30- 3:00 Digital Literacy 3:30-4:30</p>	<p><b>25</b></p> <p>Thursday Stretch and Movement 10:00-11:00 Walkie Talkies 10:00-11:00 Current Events 11:00- 12:15 Lunch &amp; Entertainment 12:30- 2:30</p>	<p><b>26</b></p> <p>Tai Chi &amp; Chi Kung 10:00-11:00 Music and Movement 11:00-12:30 Drawing with Suzy 1:00-3:00 Chair Yoga 1:30-2:30 Friday Fun 2:30-3:30</p>
<p><b>29</b></p> <p>Pickleball 10:30-12:00 Movers and Zoomers 10:30-11:30 Monday Bridge Group 1:00-3:30 Trivia &amp; Board Games 1:30-3:00</p>	<p><b>30</b></p> <p>Instructional Intermediate Bridge 9:45-11:45 Walk in the Park 10:00-11:00 Tuesday Stretch and Movement 10:30-11:15 Crafting at Selwyn 12:30-1:30 Polymer Clay 12:30-2:30 Line Dancing 1:00-2:30 Instructional Beginners Bridge 1:00-3:00 Painting with Acrylics 1:00-3:00</p>	<p><b>1</b></p>	<p><b>2</b></p>	<p><b>3</b></p>



Onsite

• MAY 2024



Online

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

29

30

1

2

3

Mah-Jong 10:00-12:00  
What Does My Neighbour Do?  
10:30-11:30  
Busy Bees Arts & Crafts Group  
10:30-3:00  
Movers and Zoomers 10:30-11:30  
Kinstretch 11:00-12:00  
Canasta 11:45-2:45  
Friendly Visits at Selwyn House  
12:45-1:45  
Chair Yoga 3:00-4:00  
Digital Literacy 3:30-4:30

Thursday Stretch and Movement  
10:00-11:00  
Walkie Talkies  
10:00-11:00  
Current Events  
11:00-12:15  
Lunch & Entertainment  
12:30-2:30

Intermediate French Conversation  
10:00-11:00  
Tai Chi & Chi Kung  
10:00-11:00  
Music and Movement  
11:00-12:30  
Selwyn Intergenerational Choir  
11:30-1:30  
Drawing with Suzy 1:00-3:00  
Chair Yoga 1:30-2:30  
Friday Fun  
2:30-3:30

6

7

8

9

10

Watercolours  
10:00-12:00  
Pickleball  
10:30-12:00  
Movers and Zoomers  
10:30-11:30  
Monday Bridge Group  
1:00-3:30  
Trivia & Board Games  
1:30-3:00

Instructional Intermediate Bridge  
9:45-11:45  
Walk in the Park  
10:00-11:00  
Tuesday Stretch and Movement  
10:30-11:15  
Crafting at Selwyn  
12:30-1:30  
Polymer Clay 12:30-2:30  
Line Dancing 1:00-2:30  
Instructional Beginners Bridge  
1:00-3:00  
Painting with Acrylics 1:00-3:00

Mah-Jong 10:00-12:00  
Busy Bees Arts & Crafts Group  
10:30-3:00  
Movers and Zoomers 10:30-11:30  
Kinstretch 11:00-12:00  
Canasta 11:45-2:45  
Friendly Visits at Selwyn House  
12:45-1:45  
Caregiver Compassion Circle  
1:30-3:00  
Chair Yoga  
3:00-4:00  
Digital Literacy 3:30-4:30

Thursday Stretch and Movement  
10:00-11:00  
Walkie Talkies  
10:00-11:00  
Current Events  
11:00-12:15  
Lunch & Entertainment  
12:30-2:30

Intermediate French Conversation  
10:00-11:00  
Tai Chi & Chi Kung  
10:00-11:00  
Music and Movement  
11:00-12:30  
Drawing with Suzy 1:00-3:00  
Chair Yoga 1:30-2:30  
Botanical Gardens  
1:30-3:00  
Friday Fun  
2:30-3:30

13

14

15

16

17

Watercolours  
10:00-12:00  
Pickleball  
10:30-12:00  
Movers and Zoomers  
10:30-11:30  
Monday Bridge Group  
1:00-3:30  
Trivia & Board Games  
1:30-3:00

Instructional Intermediate Bridge  
9:45-11:45  
Walk in the Park  
10:00-11:00  
Tuesday Stretch and Movement  
10:30-11:15  
Crafting at Selwyn 12:30-1:30  
Line Dancing 1:00-2:30  
Instructional Beginners Bridge  
1:00-3:00  
Painting with Acrylics  
1:00-3:00

Mah-Jong 10:00-12:00  
Busy Bees Arts & Crafts Group  
10:30-3:00  
Movers and Zoomers 10:30-11:30  
Kinstretch 11:00-12:00  
Stamp Collecting  
11:00-12:00  
Canasta 11:45-2:45  
Friendly Visits at Selwyn House  
12:45-1:45  
Chair Yoga 3:00-4:00  
Digital Literacy 3:30-4:30

Thursday Stretch and Movement  
10:00-11:00  
Walkie Talkies  
10:00-11:00  
Current Events  
11:00-12:15  
Lunch & Entertainment  
12:30-2:30

Intermediate French Conversation  
10:00-11:00  
Tai Chi & Chi Kung  
10:00-11:00  
Music and Movement  
11:00-12:30  
Selwyn Intergenerational Choir  
11:30-1:30  
Drawing with Suzy  
1:00-3:00  
Chair Yoga 1:30-2:30  
Friday Fun 2:30-3:30

20

21

22

23

24



CLOSED/FERMÉ  
HAPPY VICTORIA DAY!

Instructional Intermediate Bridge  
9:45-11:45  
Walk in the Park  
10:00-11:00  
Tuesday Stretch and Movement  
10:30-11:15  
Line Dancing 1:00-2:30  
Instructional Beginners Bridge  
1:00-3:00  
Painting with Acrylics  
1:00-3:00

Mah-Jong 10:00-12:00  
Busy Bees Arts & Crafts Group  
10:30-3:00  
Tools for Planning Ahead  
11:00-12:30  
Movers and Zoomers  
10:30-11:30  
Canasta  
11:45-2:45  
Caregiver Compassion Circle  
1:30-3:00  
Chair Yoga 3:00-4:00

Thursday Stretch and Movement  
10:00-11:00  
Walkie Talkies  
10:00-11:00  
Current Events  
11:00-12:15  
Lunch & Entertainment  
12:30-2:30\*\*

Intermediate French Conversation  
10:00-11:00  
Tai Chi & Chi Kung  
10:00-11:00  
Selwyn Intergenerational Choir  
11:30-1:30  
Drawing with Suzy  
1:00-3:00  
Chair Yoga 1:30-2:30  
Friday Fun 2:30-3:30

27

28

29

30

31

Watercolours  
10:00-12:00  
Pickleball  
10:30-12:00  
Movers and Zoomers  
10:30-11:30  
Monday Bridge Group  
1:00-3:30  
Trivia & Board Games  
1:30-3:00

Instructional Intermediate Bridge  
9:45-11:45  
Walk in the Park  
10:00-11:00  
Tuesday Stretch and Movement  
10:30-11:15  
Line Dancing 1:00-2:30  
Instructional Beginners Bridge  
1:00-3:00  
Painting with Acrylics  
1:00-3:00

Mah-Jong 10:00-12:00  
Busy Bees Arts & Crafts Group  
10:30-3:00  
Movers and Zoomers  
10:30-11:30  
Canasta  
11:45-2:45  
Book Club  
1:30-3:00  
Chair Yoga  
3:00-4:00

Thursday Stretch and Movement  
10:00-11:00  
Walkie Talkies  
10:00-11:00  
Current Events  
11:00-12:15  
Lunch & Entertainment  
12:30-2:30

Intermediate French Conversation  
10:00-11:00  
Tai Chi & Chi Kung  
10:00-11:00  
Selwyn Intergenerational Choir  
11:30-1:30  
Drawing with Suzy  
1:00-3:00  
Chair Yoga 1:30-2:30  
Friday Fun 2:30-3:30



Onsite

• JUNE 2024



Online

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27	28	29	30	31
3	4	5	6	7
Watercolours 10:00-12:00 Pickleball 10:30-12:00 Movers and Zoomers 10:30-11:30 Monday Bridge Group 1:00-3:30 Trivia & Board Games 1:30-3:00 Intergenerational End of Year Tea 2:00 - 3:30	Instructional Intermediate Bridge 9:45-11:45 Walk in the Park 10:00-11:00 Tuesday Stretch and Movement 10:30-11:15 Instructional Beginners Bridge 1:00-3:00 Painting with Acrylics 1:00-3:00	Mah-Jong 10:00-12:00 Busy Bees Arts & Crafts Group 10:30-3:00 Movers and Zoomers 10:30-11:30 Canasta 11:45-2:45 Caregiver Compassion Circle 1:30- 3:00 Chair Yoga 3:00-4:00	Thursday Stretch and Movement 10:00-11:00 Walkie Talkies 10:00-11:00 Current Events 11:00- 12:15 Lunch & Entertainment 12:30- 2:30	Intermediate French Conversation 10:00-11:00 Tai Chi & Chi Kung 10:00-11:00 Drawing with Suzy 1:00-3:00 Chair Yoga 1:30-2:30 Friday Fun 2:30-3:30
10	11	12	13	14
Watercolours 10:00-12:00 Movers and Zoomers 10:30-11:30 Monday Bridge Group 1:00-3:30 Trivia & Board Games 1:30-3:00	Instructional Intermediate Bridge 9:45-11:45 Walk in the Park 10:00-11:00 Tuesday Stretch and Movement 10:30-11:15 Instructional Beginners Bridge 1:00-3:00 Painting with Acrylics 1:00-3:00	Mah-Jong 10:00-12:00 Busy Bees Arts & Crafts Group 10:30-3:00 Movers and Zoomers 10:30-11:30 Canasta 11:45-2:45 Chair Yoga 3:00-4:00	Thursday Stretch and Movement 10:00-11:00 Walkie Talkies 10:00-11:00 Current Events 11:00- 12:15 Lunch & Entertainment 12:30- 2:30	Intermediate French Conversation 10:00-11:00 Tai Chi & Chi Kung 10:00-11:00 Chair Yoga 1:30-2:30 Golf at Meadowbrook 9:00-12:00 Friday Fun 2:30-3:30
17	18	19	20	21
Movers and Zoomers 10:30-11:30 Monday Bridge Group 1:00-3:30 Trivia & Board Games 1:30-3:00	Instructional Intermediate Bridge 9:45-11:45 Walk in the Park 10:00-11:00 Tuesday Stretch and Movement 10:30-11:15 Instructional Beginners Bridge 1:00-3:00 Painting with Acrylics 1:00-3:00	Mah-Jong 10:00-12:00 Busy Bees Arts & Crafts Group 10:30-3:00 Movers and Zoomers 10:30-11:30 Canasta 11:45-2:45 Caregiver Compassion Circle 1:30- 3:00 Chair Yoga 3:00-4:00	Thursday Stretch and Movement 10:00-11:00 Walkie Talkies 10:00-11:00 Current Events 11:00- 12:15 Lunch & Entertainment 12:30- 2:30	Intermediate French Conversation 10:00-11:00 Chair Yoga 1:30-2:30 Friday Fun 2:30-3:30
24	25	26	27	28
 Sorry We're <b>CLOSED</b> HAPPY SAINT-JEAN!	Walk in the Park 10:00-11:00 Painting with Acrylics 1:00-3:00	Busy Bees Arts & Crafts Group 10:30-3:00 Canasta 11:45-2:45 Book Club 1:30-3:00	Walkie Talkies 10:00-11:00	

# Come Celebrate Spring with Contactivity

[www.contactivitycentre.org](http://www.contactivitycentre.org)



## Membership at Contactivity has its Privileges

### Annual Membership Renewal - by March 31st, 2024

It's time to renew your Contactivity membership! Annual membership is \$20. If you want the newsletter mailed to you, then the annual membership is \$35 to cover the cost of paper and postage.

*Please use the enclosed envelope to return your membership form and payment.*

*We look forward to another year filled with recreation, education, fitness, outings, lunches, and good friends!*

### NOT A MEMBER? COME GET TO KNOW CONTACTIVITY - What are the Benefits?

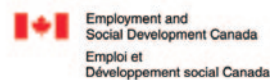
- Reduced tuition fees for courses, interest groups and excursions.
- Indulge in our Thursday lunches with entertainment and guest speakers.
- Members can receive a quarterly newsletter for a small fee to cover postage or check it out on our website for free.

*To join as a New Member: Go to our Website to register online or download and print the form and mail it to Contactivity Centre with your payment.*

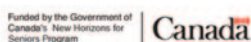
*We look forward to seeing you!*



## Programs and Activities are Funded in part by:



MNA Jennifer Maccarone



Contactivity Centre is a non-profit Community Centre for Active Seniors 60+  
Nestled in Westmount, open to all.

