A NOTE FROM THE EXECUTIVE DIRECTOR

Hello Everyone,

It’s Spring!! I am so pleased to share with you our Spring newsletter filled with updates, member news, and our guide of activities and programs. We have taken a hybrid approach this term and are offering both in-person as well as virtual programs and activities. We will continue to require masks and proof of vaccination for in-person activities so that everyone feels safe in our Centre.

In other news, we are rebranding! We have updated our logo and changed our general email address to: info@contactivitycentre.org. We have new Contactivity brochures and plenty of interesting specialty Contactivity items. You will soon be able to purchase Contactivity coffee cups, shopping bags, tablet stylus pens, and more so that you can show your pride as a Contactivity member.

We have plenty to celebrate and look forward to this Spring - Easter, Passover, National Volunteer Week, April/May/June member birthdays, Westmount Family Day, and Contactivity's 50th Anniversary. Most of all, we can’t wait to see you again at Contactivity!

Wishing everyone a Happy Spring!

Benita

CONTACTIVITY NEWS & UPDATES

Annual Membership Renewal for 2022-2023

It is time to renew your membership to Contactivity Centre. The annual membership fee is $20.00. It’s $30.00 if you would like to receive the newsletter by mail. Simply fill in the membership renewal form and return it to us in the stamped envelope provided, along with your cheque payable to Contactivity Centre. We sincerely hope that you will join us for another year of great programs and events. We thank you for your continued support of the Centre and making us an active and vital part of the community.

Activity Updates

We have several new programs and activities this Spring. We invite you to try them out! We also update our website when we add new activities. Don’t forget to check www.contactivitycentre.org regularly!

Also, follow us on Facebook and Instagram.

Contactivity Centre is a non-profit community organization for active seniors 60+.

Executive Director
Benita Goldin

Membership Coordinator
Barbara Savada

Volunteer Coordinator
Rekha Birla

Crafts Coordinator
Angelina Hum

Program Coordinator
Emily Rill

Trip & Activity Coordinator
Janice Parnell

Outreach Worker
Fiona Smith
Westmount Family Day, Westmount Park
Visit Contactivity's booth with a variety of beautiful handcrafted items made by our very own Arts & Crafts Group the Busy Bees. There will also be new promotional items for sale with Contactivity's new logo celebrating our 50th Anniversary. We will be along the walking path. See you there!

Guess Who Just Turned 50?
It's the 50th Anniversary of Contactivity Centre. We started off small and informally way back in 1972. Plans are in the works to celebrate our 50th together with food, music, and more. We'll be sending out an invitation when the dates and details are finalized.

Here's what you can do in the meantime - send us a one or two sentence answer to one or both of the following questions for a display: Where were you in 1972? What were you doing in 1972? Maybe raising a family or finishing school, busy with your career or travelling the world or even starting a commune? Just short and sweet, for a snapshot view of what we were all up to way back then! Email to info@contactivitycentre.org or mail it to us.

Volunteer News
April 24-30 is National Volunteer Week. We extend a big thank you to all our volunteers who have made an unmeasurable difference in the lives of our members through the pandemic. Our volunteers are indispensible! Thank you for all your help! Happy National Volunteer Week!

Office Closed
Contactivity will be closed on Friday, April 15th for Good Friday, Monday, April 18th for Easter Monday, May 23rd for Victoria Day, Friday, June 24th for Saint-Jean-de-Baptiste and Friday, July 1st for Canada Day.

Our Condolences
We would like to extend our deepest condolences to our member Nancy Ship on the loss of her son-in-law, to our member Susan Palevsky on the loss of her brother-in-law and to the family and friends of the late Jacquie Karasik.

ANNUAL GENERAL MEETING - THURSDAY, JUNE 23RD AT 1:30 PM ON ZOOM
This year, our AGM will be available by telephone conferencing and by ZOOM video conferencing. Registration is required. Deadline to register: Friday, June 17th.

How to Register: Go to our website and click on ONLINE COURSES AND ACTIVITIES, scroll down and click on the activity you'd like to register for, fill in your information and click 'Submit Registration'. OR if you choose to participate by telephone, call the Centre several days in advance at 514-932-2326 and leave a clear message stating you are registering for the AGM and leave your name and phone number.

Notice is hereby given that the Annual General Meeting of Centre Contactivité Inc. will be held on Thursday, June 23rd, 2022 at 1:30 pm online by Zoom video conferencing and by telephone conferencing for the following purposes:
1. To receive Annual Reports of the Officers and Standing Committees of the Board;
2. To receive the Balance Sheet and Financial Statement for the year ended at 31 March 2022; and Report of the Auditors thereon;
3. To appoint Auditors for the ensuing year; and
4. To elect the Directors to the Board

By Order of the Board
John Bailey
Chair
HAPPY BIRTHDAY!

Best wishes to everyone celebrating this spring.

APRIL


MAY


JUNE


LET’S STAY IN TOUCH

Do you have news to share with our membership? Please be in touch and call or email Barbara at 514-932-2326 or barbara.savada@contactivitycentre.org
A FEW GUIDELINES . . .

To Register: Visit our website www.contactivitycentre.org and 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.

Payment: You can pay online for courses & activities with our secure payment system.

Withdrawals and Cancellations: All course fees are non-refundable. If you need to cancel a course 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 yourself or your doctor if the type of physical fitness is right for you.

COURSE DESCRIPTIONS FOR ONLINE PROGRAMS

NEW DATE AND TIME: Online Chair Yoga
Wednesdays, 2:00-3:00 from April 20th – June 8th (8 weeks)
Instructor: Manon Lacroix
Cost: $38 Mem / $46 Non-Mem
Deadline to register: April 8th by noon

Learn how yoga can be made more accessible by modifying and adapting yoga postures with a chair. We will explore seated postures during the first half of class and then standing ones still with the support of the 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.

About the instructor: Manon Lacroix discovered yoga in 2004. In 2012, she finally decided to share her passion for yoga with others and became one of the first HappyTree Teacher Training graduates in both Yin and Hatha yoga. Since then, she also completed a 100 hour Yin and Restorative Teacher Training with Marie-Daphné Roy at Yoga Bhavana. Now a certified Yin, Restorative and Hatha yoga instructor, Manon has taught various styles of yoga. She feels strongly that yoga can be made accessible to all and one of her specialties is adapted chair yoga.
Online Tai Chi and Chi Kung
Mondays, 2:30-3:30 from April 25th – June 20th (no class on May 23rd) (8 weeks)
Instructor: Colin Young
Cost: $38 Mem / $46 Non-Mem
Deadline to register: April 8th by noon
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. Colin Young has 20 years of experiencing teaching both Tai Chi and Chi Kung. He will guide you through the practices of balance, coordination, breathing and circulation of energy exercises. The techniques and movements will be limited to easy-to-follow short sequences.

Online Fusion Fitness
Fridays, 10:00-11:00 from April 22nd – June 10th (8 weeks)
Instructor: Aireen Vargas
Cost: $38 Mem / $46 Non-Mem
Deadline to register: April 8th by noon
This high energy fusion class will combine different exercises. This class is medium to high intensity for 60+. The variation of exercises is designed to work your entire body including stretching, toning and aerobics.

Online Movers and Zoomers:
Mondays and Wednesdays for 10 weeks.
Instructor: Lana Romandini
This course is currently full but we are taking names for a waiting list.

Online Intermediate Bridge – Level 2
Mondays, 12:15-1:45 from April 4th – June 20th (10 weeks)
No classes on April 18th and May 23rd
Special deadline to register: March 28th by noon
Instructor: Heather Felsky
Cost: $122 Mem / $132 Non-Mem
Online Intermediate Bridge LEVEL 2 is approximately half an hour of theory and continue with an hour of interactive play using the SHARK BRIDGE application. This is an intermediate Level 2, suitable for you if you are learning how to be a Better Declarer (fineses, maintaining communication, promoting suits, managing the trump suit, etc.) In order to participate in this course, you must be familiar with the SHARK BRIDGE application and Zoom. Contactivity will not be able to provide assistance on how to use Shark Bridge. This course is non-refundable.

Online Tuesday Stretch and Movement Fitness
Tuesdays, 10:30-11:15 from April 19th – June 7th (8 weeks)
Instructor: Trudie Ogden
Cost: $34 Mem / $42 Non-Mem
Deadline to register: April 8th by noon
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 as you do low to medium intensity stretch and movement.
Online French Conversation
Fridays, 10:30-11:30 from April 22nd – June 10th (8 weeks)
Instructor: Ashod Alemian
Cost: $38 Mem / $46 Non-Mem
Deadline to register: April 8th by noon

Classes are conversation based and tailored to meet students’ practical needs, with fun activities covering topics of everyday life. Ashod is passionate about teaching and fully aware of the challenges students face in learning French. This is a Beginner-high level course, suitable for you if you recognize yourself in this description: “I know some French but I am not yet comfortable speaking. I want to be more fluent in asking and answering simple questions, and I want to learn more vocabulary and improve my pronunciation.”

NEW – Online StoryScapes Workshop
Wednesdays, 10:00-12:00 from May 4th – May 25th (4 weeks)
Facilitator: Patti Warnock
Cost: FREE for Members
Deadline to register: April 8th by noon

This workshop is an invitation to explore not only the process of creative writing, but also a brief introduction to basics of oral and nonverbal communication necessary to tell a story. Participants will create an original short story or monologue and practice skills (including recognizing the essential story elements, use of pictographs, voice, gesture, etc.) in order to learn as opposed to memorize a story for telling. Participants will share their thoughts and ideas, memories, and emotions, in a positive, enjoyable, and non-judgemental environment designed to encourage growth and well-being.

About the facilitator: Patti Warnock, aka La Contesse, has participated in cultural activities and festivals throughout Quebec, Canada, the Caribbean, France, Iran, and China, receiving commendations for her storytelling and writing work. Her repertoire consists not only of traditional style tales, but also of her own creations, where reality and fiction walk hand in hand.

Online Breath and Mindfulness with Sara Gallagher
Tuesdays & Thursdays, 9:30-10:00 from April 19th – June 23rd (10 weeks)
Cost: $42 Mem / $62 Non-Mem
Instructor: Sara Gallagher
Deadline to register: April 8th by noon

Use your imagination as Sara guides us through breathing and creative thinking while connecting with yourself and others. Pranayama is a practice of bringing our attention to our breath, to strengthen our body, to nourish our minds and to bring balance to our hormones! Prana is the energy, minerals, ions and space dust referred to loosely as our life force, which we filter in through breathing! The amount of prana we have inside our body is related to our overall vitality. Imagine your body as a house for your soul.

About the Instructor: Sara is a lifelong student and teacher of the yogic sciences! She has been teaching these practices for 20 years in Montreal and around the world! You may have seen Sara at NDG MODO YOGA. Sara is passionate about living her best life and inspiring others to live theirs! She is the owner of Morpho-Blue Yoga.
New – Online Creative Group Music Therapy

**Option 1: Finding Connection in Voice**
Thursdays, 11:00 -11:45 from May 5th – June 2nd (5 weeks)
Cost: $30 Mem / $34 Non-Mem
Deadline to register: April 8 by noon

A small, intimate group, focusing on using music to create meaningful connections with others. Naoko will offer a variety of joyful musical experiences tailored to each group, including playful vocal explorations, interactive play, songs, light body movement. It will be offered in a supportive environment for everyone with all musical backgrounds and abilities and adapting of musical experience will be implemented if need be. The first class is an introduction with Naoko, followed by 4 group sessions.

**Option 2: Finding Connection in Sound & Rhythm**
Fridays, 11:00 -11:45 from May 6th – June 3rd (5 weeks)
Cost: $30 Mem / $34 Non-Mem
Deadline to register: April 8 by noon

Naoko will offer a variety of joyful musical experiences tailored to each group, including sounds and rhythm explorations, interactive play, light movement. It will be offered in a supportive environment for everyone with all musical backgrounds and abilities and adapting of musical experience will be implemented if need be. The first class is an introduction with Naoko, followed by 4 group sessions.

**About the Instructor:** Naoko Funahashi, MTA (Canadian accredited music therapist), MT-BC (American board-certified Music Therapist) holds a Bachelor’s degree from McGill University and is currently working on her Masters of Science in Music Therapy at Molloy College. Naoko believes that everyone is innately musical, and music can be perceived in many different ways.

Music therapy is the use of music-based interventions to accomplish social, emotional, academic, physical, and communicative goals in a musical context. This can include singing, moving to, creating, and listening to music.

Online Birdwatching Workshop
Mondays, 1:00-2:00 from April 25th – May 30th (5 weeks)
No class on May 23rd – Victoria Day
Cost: $29 Mem / $35 Non-Mem
Presenter: Sheldon Harvey
Deadline to register: April 8th by noon

Due to popular demand, the Birdwatching Workshop Series is back with new topics over the course of 4 weeks. A few of the topics include: The life cycle of birds, protecting bird and habitat since 1917 and more!

NEW this term, is a Birdwatching OUTING!
We will be joining Sheldon as he guides us at Parc des Rapids on May 16th from 9:00 – 11:00 am (limited spots available)

By registering for this course, you are registering for BOTH online workshop series and the outing. If you are not interested or can’t go on the outing but would like to attend the online series, we kindly ask you to please email Noemi Stafford to register.

noemi.stafford@contactivitycentre.org.

**About the Presenter:** Sheldon Harvey, has been an avid birder for close to 20 years and has observed over 300 species of birds all within a 100 km radius of the city of Montreal! He has introduced birdwatching and conservation projects at numerous schools throughout Quebec.

Mr. Harvey is greatly involved with Bird Protection Quebec: Former President, Current Vice-President/Treasurer and The Chair of the Outreach / Publicity / the Field Trip Committee.
Parc des Rapids Outing: There is free parking. It’s accessible by public transit. It has flat surface trails; easy to get around. There are different habitats making for more types of birds and, with the marshy area, the opportunity to see many birds close up from the trails that run through it. There are a few public washrooms within a walking distance, however due to COVID-19 sometimes they can be closed. The group will meet at 9:00 AM at the Parking lot located on the corner of boulevard Lasalle and boul. Bishop-Power. There will be a Contactivity Staff holding a sign, please check in with them upon arrival.

Online Craft and Chat Get-Together
Wednesdays, 3:00-4:00 from April 13th – May 25th (7 weeks)
Instructor: Angelina Hum.
Cost: Free for members.
Deadline to register: April 6th

Get together with fellow crafters to craft and chat, learn about new crafts, and share your crafting projects. Each week, there will be a new topic for discussion. Besides doing your own crafts, you can participate in our Hope and Cope Project. We will knit/crochet chemo hats, fingerless gloves and/or lap blankets to donate to the Hope and Cope Cancer Wellness Centre of the Jewish General Hospital. Join us for a virtual hour of crafts, talk, laughter and fun!

Online Intergenerational Programs with Students from Selwyn House School

Online Friendly Visits on Zoom
March 21st – May 6th, 2022 (7 sessions)
Day & Time: Weekdays Between 3-5pm – to be determined mutually with the student
Free for members

Interested in having a weekly chat with a young student? 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. Visits are between 15 and 60 minutes weekly.

Online Photography 1
Mondays 4:00-5:00 pm; March 21st – April 4th, 2022 and
Fridays 9:20–10:20 am from April 8th – May 6th
Free for members
Instructor: Miss Lana, Selwyn House School

Learn to take better pictures with your iPhone, Smartphone, iPad, tablet, or camera. Miss Lana and her students will teach you tips and tricks so you can take captivating pictures! Photography 1 is for beginners.

Online Photography 2:
Mondays 4:00-5:00 pm; March 21st – May 2nd, 2022 7 sessions
Free for members.
Instructor: Tom Königstahl, Selwyn House School

This course is for those who have taken Photography 1 or those who have more than a basic knowledge of photography. Participants will learn advanced photography techniques.

Photo Exhibit from our Photography Courses
Location: Selwyn House School
End of May – date and time TBA – please check our website.

Intergenerational programs are funded by Canadian Heritage, Government of Canada.
Online Digital Literacy
Wednesdays from 4:00 – 5:00 pm; March 23rd – May 4th, 2022 (7 sessions)
Instructor: Glenn Funamoto, Selwyn House School
Free for members

Don't know how to make the most of your laptop, tablet, smartphone, iPad? 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? This course will cover these topics and more.

Online A Journey of Awakening and the Alchemy of Love by Author, Lianne Bridges
Thursday, April 14th from 1:30-2:30 pm
Deadline to register: April 8th by noon
FREE for Members

How powerful is love? Can our greatest loss reveal our true life purpose? How can we transform our pain to better ourselves and serve the world? Love Will Keep Us Alive, by change leader and international speaker, Lianne Bridges takes us through her personal challenges of losing the love of her life but reconnecting with love and finding her own new path. Her world was shattered at forty-six when she lost her husband and was left to raise two young boys. Her profound grief prompted her to rethink her entire life and embark on a healing journey of self-discovery. Her profound awakening began when she returned with her boys to Bali, the magical place of Bob and Lianne's nuptials. This was the beginning of her profound awakening. If you love romance, raw vulnerability, passion and soul conversations, you will love this book and won’t want to miss Lianne’s talk!

Online Bone Density and Physical Activity by Dr. Kerstin Tiedemann
Thursday, May 19th from 1:30-2:30 pm
Deadline to register: May 13th by noon
FREE for Members

Physical inactivity is a modifiable risk factor for osteoporosis. Increasing physical activity at any point throughout the lifespan positively affects bone health. Research Associate in the Faculty of Dentistry at McGill University and the Shriners Hospital for Children, Dr. Tiedemann will speak on the benefits of leading an active older, longer life as it relates to bone density.

Online Journalism, Media and Reconciliation: Lecture and Screening with Aphrodite Salas
Thursday, May 26th from 1:30-2:30 pm
Deadline to register: May 20th by noon
FREE for Members

Aphrodite Salas is a veteran journalist who has worked as a national correspondent for CTV, a video journalist and assignment editor at CTV Montreal and an anchor at several stations across the country. She is currently the Graduate Journalism Diploma Program Director at Concordia University, where her research focuses on journalism education and TRC Call to Action 86. Aphrodite’s presentation will cover her career in broadcast journalism as well as her current project on collaborations with Indigenous Clean Energy.
ONLINE THURSDAY AFTERNOON SERIES OF GUEST SPEAKERS, MUSICAL PERFORMANCES, AND WORLD TOURS (ZOOM OR TELEPHONE CONFERENCING)

Online Queens, Goddesses and Women of Influence at the ROM, Royal Ontario Museum
Thursday, June 2nd from 1:30-2:30 pm
Deadline to register: May 27th by noon
FREE for Members

This virtual tour will be led by 4 docents and will “take” us around the ROM, looking at women who were Queens, Goddesses or just pretty important women. Having just had Mothers’ Day last month, this tour will be a perfect opportunity to look at females of mystery, power and intrigue, who captivate our interest and curiosity. We will hear the stories of fascinating women who have stood in the spotlight. In this presentation by the ROM, we will take a world journey that will take us across many cultures and throughout time. The docents welcome participants to come to the presentation with YOUR own ideas of queens, goddesses and average unsung women who may have influenced your own life’s journey.

Online Musical Performances

Online. Guitar Picking, Kazoo Tooting Tenor Daniel McKell
Thursday, April 28th from 1:30-2:30 pm
FREE for Members
Deadline to Register: Friday, April 22nd by noon

Daniel McKell has been writing songs, singing, and living in the country outside of Montréal for most of his life. He has led and played in many bands but most notably as a guitar picking, kazoo tooting tenor in award winning folk band Lake of Stew. His own music has been touted as a kind of ‘kids music for adults’ thus making it vastly appealing to people of all ages. His performances are noted as being entertaining and eclectic without shying from introspection. His latest recording ‘Welcome to the Purple Park’ was released in the autumn of 2020.

Online. Soulful Singer/Songwriter John Speed
Thursday, May 12th from 1:30-2:30 pm
FREE for Members
Deadline to Register: Friday, May 6th by noon

John Speed was born in Winnipeg, raised in Montreal. From a high school rock band in the 60’s, to years of jamming with friends, John delivers a unique music that has influences from two generations of folk, rock, R&B, blues, reggae, jazz ... You just can't pin it down. Wise, soft spoken, unsettled and still searching, John’s music takes shape through lyrics that grasp the essential truths often hidden in life’s awakenings. His thick and soulful sounds bring light to uncharted territory where his melodic quest is most welcome. What you’ll hear at this musical concert is an intimate experience with music that soothes the soul.

Online. The Popular Music of the Ages with Rob Lutes
Thursday, June 16th from 1:30-2:30 pm
FREE for Members
Deadline to Register: Friday, June 10th by noon

From the roots of traditional Southern Blues to innovative modern adaptations of music, heart and soul. Rob Lutes takes us on a journey of rich human stories of love, loss and renewal through song, encouraging us to connect with the brilliant artists showcased and most important – to link with each other in community during his musical concert.
Online World Tours

**Virtual Tour of Singapore: A City of Diverse Wonders**
**Thursday, April 7th from 1:30-3:00 pm**
**NEW and FREE for Members**
**Deadline to Register: April 1st by noon**

Singapore is a city of diverse wonders and many names. History buffs may know of it as the Lion City for its rich heritage and diverse cultures, evident in colonial buildings, museums and art galleries. Nature lovers may think of this metropolis as a city in a garden, home to nature sanctuaries, beautiful parks and thriving habitats. Regardless of the name you know it by, this virtual tour will have you exploring various facets of this city, from entrepreneurial Singapore, bustling street culture - with particular emphasis on its interesting ethnic quarters.

**Virtual Tour of Paris: A City of Lights, Candlelight and Love**
**NEW and FREE for Members**
**Thursday, May 5th from 1:30-3:00 pm**
**Deadline to Register: April 28th by noon**

Envision yourself in Paris through authentic, vintage and vibrant exposés of each location, person and topic on this tour. Wear a scarf or beret, prepare some authentic French food, and open some French wine while you virtually view images and profit from Karen’s vast knowledge of history and the interesting stories that only she knows! We want to explore the many facets of Parisian life and this will be the beginning of a mini-series brought to you by our very own our Paris expert.

**Virtual Visit to Copenhagen: The City of the Legendary Mermaid**
**Thursday, June 9th from 1:30-3:00 pm**
**NEW and FREE for Members**
**Deadline to Register: June 2nd by noon**

The premier capital of Northern Europe is Scandinavia’s most fantastic city and the center of the most dynamic region in Europe. The city is one of Europe’s oldest capitals with an exclusive royal touch - the monarchy in Denmark is the oldest in the world. Because of the fascinating architecture, many parks, gourmet restaurants and other attractions Copenhagen is a very popular place to be. Harvey Levinson will explain to us why Copenhagen has been nominated the best city by several organizations for livability, sustainability and other factors.

**COURSE DESCRIPTIONS FOR ONSITE PROGRAMS**

**Onsite Busy Bees Arts & Crafts Group**
**Mondays and Wednesday from 10:30 am – 3:00 pm**
**Starting Wednesday, June 1st**

The Busy Bees make crafts for the annual bazaar. The program is currently full but we are taking names for a waiting list.

**Onsite The Virtual Craft and Chat Group is Going LIVE**
**Starting Tuesday, June 7th from 10:00-12:00**
**Schedule to be provided before the first group meeting.**
**Program Facilitator: Angelina Hum**
**Cost: Free for members**
**Deadline to register: May 20th**

Get together with fellow crafters to craft and chat, learn about new crafts, and share your crafting projects. You will work on your own craft projects and make at least 1 item for Contactivity’s Bazaar in the Fall (materials will be provided by Contactivity Centre for this project).
ONSITE - Thursday Stretch and Movement Fitness  
Thursday, 1:00-2:00 from April 21st – May 12th  
Instructor: Trudie Ogden  
Cost: $18 Mem / $22 Non-Mem   4 weeks  
Deadline to register: April 8th by noon

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. Class may incorporate light weights, stretch bands or other small equipment. Limited spots available.

NEW ONSITE – Line Dancing  
Tuesdays, 1:00-2:30 from April 19th – June 7th (8 weeks)  
Instructor: Linda Chou  
Cost: $56 Mem / $64 Non-Mem  
Deadline to register: April 8th by noon

Come and dance to music with Linda Chou! Line dancing is composed of choreographed but fun dance routines. During the 1.5 hour dance class, you will experience various combinations that benefits not only the body but also the mind! Dance and express yourself. This group is for dancers who have some knowledge of line dancing steps.

ONSITE – Fall Prevention Program  
Tuesdays and Thursdays, 3:00-4:30 from April 19th – July 7th (12 weeks)  
Instructor: Philippe Briand, Kinesiologist  
Cost: FREE for Members  
Deadline to register: April 1st by noon

Contactivity Centre, in conjunction with the CLSC Metro, will be offering a twice-weekly, 12-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 the 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.

NEW: A Walk in the Park  
Tuesdays, 10:00-12:00 from April 12th – August 30th. Weather Permitting  
Facilitator: Angelina Hum!  
Deadline to register: April 8th by noon  
FREE for Members

Yes, this new spring and summer program is literally A Walk in the Park! Do you ever want to go for a walk to get some fresh air and exercise but would like some company? Do you feel that your walking is limited just because you use a cane, walker or that you just walk slowly? Then, this is the program for you!

A Walk in the Park is a slow-paced walking group with Group Leaders around the beautiful and scenic Westmount Park. Also, you can choose to bring your lunch so that we can have lunch together on the park benches. Each member will get a pedometer to measure your steps! You will see yourself get stronger during this program and may be able to do more laps around the park. Prizes will be given out throughout the spring and summer!
Onsite. Walkie Talkies
Facilitators: Glenn Hynes and co-leaders
FREE for Members
Deadline to register: April 25th by noon

We are pleased to announce that our walking group will be starting up again the week of May 2nd on Thursdays or Fridays at 10:00 am, to be determined by the group. The group usually meet 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.

For more information, please call the Centre at 514-932-2326 or send an email to rekha.birla@contactivitycentre.org. Happy walking!

Westmount Lawn Bowling Club
Wednesdays, June 8th - August 31st from 9:30 am - 12:00 pm. Weather Permitting
Location: 401 Kensington Ave. (corner of Sherbrooke), Westmount, H3Y 3A2
FREE for Contactivity Members

Discover the sport of lawn bowling and/or croquet this summer by registering with Contactivity. Coaching will be provided every week. Remember, giving the modest level of exertion that will be required during play, participant must be in good overall physical condition. Flat-soled shoes are required.

Intergenerational Gardening with Daycare Fun Academy
We are hoping to have a summer gardening program in collaboration with Fun Academy. If this interests you, please sign up on our website or leave us a message. We will contact you with information once we have more details.

CONTACTIVITY SERVICES

Telecheck – a telephone check-in service for seniors living alone (or temporarily staying alone). For more information or to sign up, call Barbara at 514-937-4273 or you can send an email to barbara.savada@contactivitycentre.org.

Friendly Calls/Visits – this program pairs volunteers with members and other seniors in our community who feel they could benefit from weekly phone calls. Call Rekha at 514-932-2326 or email at rekha.birla@contactivitycentre.org and leave a message if you are interested in this program or would like more information and Rekha will get back to you.

Medical Accompaniment – Need assistance with getting to medical appointments? If you live in Westmount or adjacent, our dedicated team of volunteers can help. Call Rekha at 514-932-2326 or email at rekha.birla@contactivitycentre.org to request this service. Medical Accompaniment services will be available beginning in May.

Grocery Shopping – If you live in Westmount or adjacent, our dedicated team of volunteers can shop for you and deliver your groceries directly to your door, free of charge. For more information or to make a request, call us at 438-699-9927 or send an email to volunteer.contactivity@gmail.com.

Outreach Services – information and referral to resources are available from Contactivity’s Outreach worker in Westmount, Fiona Smith. She can be reached at fiona.smith@contactivitycentre.org or 438-920-3460. Please leave Fiona a detailed message/email and she will return your message. This service is funded by an ITMAV grant from the Ministry of Health & Social Services.
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<td>Movers and Zoomers 10:00-11:00 and 11:10-12:10 Online Intermediate Bridge – Level 2 12:15-1:45</td>
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<td>A Walk in the Park 10:00-12:00</td>
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<td>Closed/Fermé Easter Monday Lundi de Pâques</td>
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<td>Breath and Mindfulness 9:30-10:00 Stretch and Movement Fitness 10:30-11:15 A Walk in the Park 10:00-12:00 Line Dancing 1:00-2:30 Fall Prevention ONSITE 3:00-4:30</td>
<td>19</td>
<td>Movers and Zoomers 10:00-11:00 and 11:10-12:10 Chair Yoga 2:00-3:00 Craft and Chat Virtual Get-Together 3:00-4:00</td>
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<td>Movers and Zoomers 10:00-11:00 and 11:10-12:10 Online Intermediate Bridge – Level 2 12:15-1:45 Tai Chi and Chi Kung 2:30-3:30 Birdwatching 1:00-2:00 HAPPY NATIONAL VOLUNTEER WEEK</td>
<td>26</td>
<td>Breath and Mindfulness 9:30-10:00 Stretch and Movement Fitness 10:30-11:15 A Walk in the Park 10:00-12:00 Line Dancing 1:00-2:30 Fall Prevention ONSITE 3:00-4:30</td>
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<td>28</td>
<td>Breath and Mindfulness 9:30-10:00 Stretch and Movement Fitness ONSITE 1:00-2:00 Musical Concert with Guitar Picking, Kazoo Tooting Tenor Daniel McKell 1:30-2:30 Fall Prevention ONSITE 3:00-4:30</td>
<td>29</td>
<td>Fusion Fitness 10:00-11:00 French Conversation 10:30-11:30</td>
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<td><strong>23</strong> Contactivity Closed Victoria Day</td>
<td><strong>24</strong> Breath and Mindfulness</td>
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<td><strong>26</strong> Breath and Mindfulness</td>
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<td>9:30-10:00</td>
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