Hello Everyone,

Finally, it's summer and we can have outdoor programs! We hope you'll join us for in-person courses as well as online programs. Our Summer Program Bash is filled with interesting opportunities to Get Fit, Get Creative, and Get Connected.

We want to keep everyone safe and healthy as we move towards in-person programs, so please read our COVID prevention policy. In other updates, please renew your Contactivity membership if you haven't already. Membership renewal forms and self-addressed envelopes were mailed to you with the last newsletter.

Lastly, we encourage you to attend our Annual Meeting which will be on Zoom or by phone on June 23 at 1:30. Registration is on our website. The deadline to register is June 17. Looking forward to seeing you soon!

Warm, sunny regards,
Benita
**CONTACTIVITY CENTRE COVID POLICY**

Contactivity Centre is reopening and welcoming back members and staff for onsite programs. While virtual activities have and will continue to be an important part of our programming, we all know that the in-person experience of being at the Centre is so crucial for so many reasons.

We believe that reopening must come with the common shared objective of health and safety for all members, staff, instructors, volunteers, and visitors. As such, the Board of Directors decided the following COVID policies and practices for Contactivity. Everyone is expected to wash their hands regularly, keep their distance, and must always wear a mask while at the Centre. Proof of vaccination is also required to participate in our programs and activities. If you are experiencing any COVID symptoms, we ask that you not come to the Centre. If you begin experiencing symptoms while at the Centre, we ask that you leave the Centre and inform us if you test positive for COVID.

The Board prioritizes health and safety and feels that the implementation of these COVID prevention measures will help limit the risk of spreading COVID as much as is possible. The health and safety measures are for all, but they are also the responsibility of all.

We ask that you respect our COVID prevention initiatives so we can all benefit from Contactivity remaining open.

Adopted by the Board of Directors on May 16, 2022

---

**CONTACTIVITY NEWS & UPDATES**

**Our Condolences**

We would like to extend our deepest condolences to member Christine MacKay and family for the loss of her husband John MacKay, to member Susan Palevsky and family for the loss of her grand-nephew and to member Blanche Killam and family for the loss of her sister-in-law.

**Office Closed**

Contactivity will be closed on **Friday, July 1st** for Canada Day and **Monday, August 1st**.

---

**WELCOME NEW MEMBERS!**

A big, big welcome to:

- Elizabeth Bennett
- Joseph Dabby
- Anna Beth Doyle
- Shelley Freeman
- Frances Gilsenan
- Susan Gray
- Marc Grisaru
- Deanne Habeeb
- David Jones
- Sandra Lore
- Marcia Schaefer

Thank you for joining the Contactivity family!!
HAPPY BIRTHDAY!

Best wishes to everyone celebrating this spring.

JULY


AUGUST

Francine Arès, Lucette Beauchamp, Paul-André Billette, Ghanshyam Birla, Barbara Bobrow, Uta Chaudhury, Joanne Chouinard, Rochelle Ferri, Lise Gagnon, Nadia Georgiades, Barbara Good, Nancy Grayson, Joan Gross, Jerbanoo Irani, Elizabeth Johnston, Renée Kinik, Georgette Korn, Catherine MacCabe, Kate Maguire, Maureen McCrory, Ruth Naud Tisdale, Ian Porteous, Deirdre Smart, Barbara Tetrault, Irene Theodrides, Fred Wiegand, Sally Williams and Cynthia Wiltshire.

SEPTEMBER

Jennifer Anstead, Shirley Bartem, Frances Belland, Chanchala Birla, Tutti Borsu, Stella Broda, Linda Brunetti, Domenica Dina Castracane, Diane Cholette, Carolyn Cronk, Carol Delisle, Joan Donnelly, Kathleen Dunn, Pat Gauthier, Beverley Gregor-Pearse, Margaret Griffin, Joan Grolimond, Deanne Habeeb, Sam Houston, Lilian Howick, Gloria Hughes, Margaret Jackson, Joyce Jason, Shirley Kossman, Brigitte Kuntz, Carolyn Lancaster, Irene Langevin, Denise McAteer, Gemma Mattheij, Elizabeth Mitchell, David Morris, Sally Rioux, Evelyn Sarmiento, Elca Shinder, Sara Silva-Simoes, Pierrette Sinclair, Greta Stethem, Rosalind Tomera, Eveline Weber, Oi Yee Woo, Lyn Worrell and Thomas Zukow.

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

SEPTEMBER
SUMMER COURSES ONLINE AND ONSITE

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.

ONLINE BRIDGE NOTICE:
INSTRUCTOR: HEATHER FELSKY

Please note that Bridge will return online for the Fall 2022 and Winter 2023 terms on Mondays. We aim to offer Bridge courses in-person starting Spring 2023. Registration will be made available soon on our website. Thank you for your understanding and patience.
Get Fit, Get Creative and Get Connected by joining our Special Program BASH today!
We challenge you, to sign up for one of our summer special programs!

**ONSITE Self – Care Workshop Series with Sara Gallagher**
Wedgesdays, 10:00 -10:45 from July 6th – July 27th (4 weeks)
Instructor: Sara Gallagher
Location: Westmount Park
Deadline to register: June 20th by noon
Start off this summer program bash with a 4-week self-care workshop series that focuses on breathing, movement, and meditation. You deserve it!

**NEW ONSITE ACTIVITY – Self-Defense Interactive Workshop Series**
Thursdays, 10:30 -12:00, July 21st & July 28th (2 weeks)
Cost: $45 Mem / $55 Non-Mem.
Instructor: George Manoli (he has over 35 years experience)
Deadline to register: June 20th by noon
Location: Victoria Hall – Lodge Room
Entrance by elevator: The best entrance to use is the east side entrance by the Gallery then you can get directly on the elevator without having to take the stairs at the main entrance.

This 2-week self-defence course will give you tips on the best techniques to use if someone ever attacks you. You will learn about what to do if you are followed home, how to protect your purse, and how to prevent fraud. He is the first to admit that it’s not an easy task with reduced mobility. So please note, during the self-defence sessions, he will simulate various scenarios to see what you can realistically do if approached. Limited spots available.

**ONSITE Drum CIRCLE**
Thursday, August 11th 10:00-11:00 or Thursday August 18th 10:00-11:00
Cost: FREE for Members
Instructor: Naoko Funahashi
Deadline to register: June 20th by noon
Location: Outdoors in front of Contactivity Centre

If you are looking for an opportunity to connect with others, to tap into your creativity, or to find an energizer, join our Drum Circle. No musical experience is required. We will supply the instruments, but if you have your own, please let Noemi Stafford know in advance at Noemi.Stafford@contactivitycentre.org or 514-932-2326 (leave a detailed message).
NEW ONSITE ACTIVITY – Afternoon Paint Nite
Thursday August 4th, 2:00-4:00
Deadline to register: June 20th by noon

Unleash your inner artist at the Original Paint Nite. You’ll go from a blank canvas to a masterpiece of your own with plenty of laughs along the way. Guided by a talented and entertaining artist host, you’ll be amazed at what you create, and how much fun you have doing it. There is no experience required and everything you need is supplied. The best part? You don’t need to be an artist to have fun and you get to take home your painting!

ONSITE ACTIVITY - Bingo
Tuesdays, July 12th - August 30th, 1:00-2:00
FREE for Members

Come spend time with other Contactivity members and play the classic game of Bingo. Small prizes will be given weekly. Limited spots available.

COURSE DESCRIPTIONS FOR SUMMER ONLINE PROGRAMS

NEW Online Dance Balance with Emma Chen
Wednesdays, 10:00 -11:00 from July 20th – August 24th (6 weeks)
Cost: $32 Mem / $38 Non-Mem.
Deadline to register: June 20th by noon

Dance enhances strength, mobility, proprioception and balance confidence. In these ballet and modern-dance inspired classes, the emphasis will be on pliés and tendus which will be used to build different combinations. Flowing dance steps from Limón modern dance and from centre work in ballet will also be a highlight. All you will need is 6x6ft of dancing space, a chair without wheels and water.

Online Tuesday Stretch and Movement Fitness
10:30-11:15 from July 5th – August 23rd (8 weeks)
Instructor: Trudie Ogden
Cost: $38 Mem / $46 Non-Mem
Deadline to register: June 20th 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.

Online Movers and Zoomers
Mondays and Wednesdays, 10:00-11:00 and 11:10-12:10
Instructor: Lana Romandini

Exercise classes given on Mondays and Wednesdays for 9 weeks. This course is currently full but we are taking names for a waiting list.
Online Tai Chi and Chi Kung
Mondays, 2:30-3:30 from July 4th – August 29th (no class on August 1st) (8 weeks)
Instructor: Colin Young
Cost: $38 Mem / $46 Non-Mems
Deadline to register: June 20th 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. You will learn balance, coordination, breathing and circulation of energy exercises. The techniques and movements will be easy-to-follow short sequences.

Online Chair Yoga
Wednesdays, 2:00-3:00 from July 6th – August 24th (8 weeks)
Instructor: Manon Lacroix
Cost: $38 Mem / $46 Non-Mem
Deadline to register: June 20th by noon.
Learn how yoga can be made more accessible by modifying and adapting yoga postures with a chair. The class will feature seated movements as well as standing ones but still with the support of a chair. Breathing techniques, meditation and mindfulness will also be incorporated while moving from each pose with breath and awareness. A gentle yet effective yoga practice open to all levels.

COURSE DESCRIPTIONS FOR ONSITE PROGRAMS

A Walk in the Park
Tuesdays, 10:00-12:00 ends August 30th (weather permitting)
Facilitator: Angelina Hum and Noemi Stafford
Cost: FREE for Members
A Walk in the Park is a slow-paced walking group to walk 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. We are taking names for a waiting list and if we have enough interest, we will offer a second group.

ONSITE Walkie Talkies
Thursdays at 10:00 AM
Facilitator: Glenn Hynes
Cost: FREE for Members
This walking group usually 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 Busy Bees Arts & Crafts Group
Mondays and Wednesdays from 10:30 am – 3:00 pm
Program Facilitator: Angelina Hum
Cost: FREE for Members
The Busy Bees make crafts for the annual bazaar. The program is currently full but we are taking names for a waiting list.

ONSITE Craft and Chat Group
Tuesdays, 10:00-12:00.
Program Facilitator: Angelina Hum.
Cost: FREE for Members
Get together with fellow crafters to craft, chat and learn about new crafts, and share your craft ideas. You will work on your own craft projects from home and make at least 1 item for Contactivity's Fall Bazaar (materials will be provided by Contactivity Centre for this project).
ONSITE Mosaic Art Activity
Thursday, July 14th from 1:00-2:30
Facilitator: Noemi Stafford
Cost: FREE
Deadline to register: June 20th by noon

Do you have any broken plates or china at home you have no idea what to do with? Come join Contactivity in creating beautiful mosaics with these pieces. Don't worry, if you don't have any china, we can provide some for you. Together we will learn, laugh, and create! Noemi Stafford will guide you step by step on how to grout and glue the tiles to create beautiful mosaics.

ONSITE Paint and Plant Activity
Thursdays, August 11th and August 18th from 1:00-2:00
Facilitator: Noemi Stafford
Cost: FREE
Deadline to register: June 20th by noon

Flowers are beautiful and colourful, but sometimes the planters can be boring. Brighten your home by decorating your planter.

On August 11th we will paint our planters and on August 18th, you will be able to come and plant a flower in your one-of-a-kind pot. Earth and plants will be provided.

ONSITE – Fall Prevention Program
September - Early December (Date and Time TBD) (12 weeks)
Instructor: Philippe Briand, Kinesiologist.
Cost: FREE for Members
Deadline to register: August 15th by noon

Please call or register online to reserve your spot for the Fall Term. We will contact you as soon as we have the details!

LOOK FOR ACTIVITY UPDATES ON OUR WEBSITE
Check out our website contactivitycentre.org. It is updated regularly with activities offered online, by telephone conferencing and onsite.
CONTACTIVITY SERVICES

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.

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.

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.

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 volunteer.contactivity@gmail.com to request this service.

Outreach Services – Information and referral to resources are available from Contactivity’s Outreach worker in Westmount, Fiona Smith. Keep an eye out for Fiona’s outdoor pop-up information tables in and around Westmount. 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.

TIPS FOR HEATWAVES

We lose sweat glands as we age, and therefore older people are more easily affected by summer heat.

Drink plenty of water (alcohol can cause dehydration and tea or coffee do not hydrate well), use light bedding and wear light loose clothing such as cotton or bamboo, these are fabrics that breathe. Use a fan and moisten your skin. It is best not to leave the lights on or use your oven or its self-cleaning function, the heat will diffuse into the rest of your home. If you want to eat hot, a slow cooker is preferable to use, it produces less heat than an oven. You can take a cool shower before bed. If you are exposed to the sun or heat and are feeling nausea or vomiting, headaches, rapid breathing and heartbeat, anxiety, light-headedness, slow weak pulse, chest pain or difficulty breathing – check your body temperature and seek advice at CLSC Info Santé at 811 to make sure you are not experiencing a heat stroke.
CONTACTIVITY WORD SEARCH CHALLENGE!

Prize 1: Win a Contactivity Coffee Mug by being the 5th member of contactivity to EMAIL in a picture of the completed Word Search by taking a photo or scanning the page. info@contactivitycentre.org

Prize 2: Win a Contactivity Water Bottle by being the 10th member of Contactivity to CALL IN and LEAVE A MESSAGE to announce your completion of the Word Search. 514-932-2326

Please note, you must come pick up your prize at the Centre sometime in July.

Happy Word Searching!

Prize 1: Win a Contactivity Coffee Mug by being the 5th member of contactivity to EMAIL in a picture of the completed Word Search by taking a photo or scanning the page. info@contactivitycentre.org

Prize 2: Win a Contactivity Water Bottle by being the 10th member of Contactivity to CALL IN and LEAVE A MESSAGE to announce your completion of the Word Search. 514-932-2326

Please note, you must come pick up your prize at the Centre sometime in July.

Happy Word Searching!

Contactivity Word Search Challenge!
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>1</td>
</tr>
</tbody>
</table>
| Movers and Zoomers 10:00-11:00 and 11:10-12:10 | ONSITE – Craft and Chat 10:00-12:00 | Movers and Zoomers 10:00-11:00 and 11:10-12:10 | Walkie Talkies 10:00-11:00 | Closed/Fermé  
Happy Canada Day  
Joyeuse Fête du Canada |
| Busy Bees Arts & Crafts Group ONSITE 10:30-3:00 | Stretch and Movement Fitness 10:30-11:15 | ONSITE Self-Care Workshop 10:00-10:45 | Fall Prevention ONSITE 3:00-4:30 |  |
| Tai Chi and Chi Kung 2:30-3:30 | A Walk in the Park 10:00-12:00 | Busy Bees Arts & Crafts Group ONSITE 10:30-3:00 |  |  |
| 11     | 12      | 13        | 14       | 15     |
| Movers and Zoomers 10:00-11:00 and 11:10-12:10 | ONSITE – Craft and Chat 10:00-12:00 | Movers and Zoomers 10:00-11:00 and 11:10-12:10 | Walkie Talkies 10:00-11:00 |  |
| Busy Bees Arts & Crafts Group ONSITE 10:30-3:00 | Stretch and Movement Fitness 10:30-11:15 | ONSITE Self-Care Workshop 10:00-10:45 | ONSITE Mosaic Art Activity 1:00-2:30 | ONSITE – Craft and Chat 10:00-12:00 |
| Tai Chi and Chi Kung 2:30-3:30 | A Walk in the Park 10:00-12:00 | Busy Bees Arts & Crafts Group ONSITE 10:30-3:00 | Fall Prevention ONSITE 3:00-4:30 | Stretch and Movement Fitness 10:30-11:15 |
| 18     | 19      | 20        | 21       | 22     |
| Movers and Zoomers 10:00-11:00 and 11:10-12:10 | ONSITE – Craft and Chat 10:00-12:00 | Movers and Zoomers 10:00-11:00 and 11:10-12:10 | Walkie Talkies 10:00-11:00 |  |
| Busy Bees Arts & Crafts Group ONSITE 10:30-3:00 | Stretch and Movement Fitness 10:30-11:15 | ONSITE Self-Care Workshop 10:00-10:45 | Self Defence 10:30-12:00 |  |
| Tai Chi and Chi Kung 2:30-3:30 | A Walk in the Park 10:00-12:00 | Online Dance Balance 10:00-11:00 |  |  |
| 25     | 26      | 27        | 28       | 29     |
| Movers and Zoomers 10:00-11:00 and 11:10-12:10 | ONSITE – Craft and Chat 10:00-12:00 | Movers and Zoomers 10:00-11:00 and 11:10-12:10 | Walkie Talkies 10:00-11:00 |  |
| Busy Bees Arts & Crafts Group ONSITE 10:30-3:00 | Stretch and Movement Fitness 10:30-11:15 | ONSITE Self-Care Workshop 10:00-10:45 | Self Defence 10:30-12:00 |  |
| Tai Chi and Chi Kung 2:30-3:30 | A Walk in the Park 10:00-12:00 | Online Dance Balance 10:00-11:00 |  |  |
| 26     | 27      | 28        | 29       |        |
| Movers and Zoomers 10:00-11:00 and 11:10-12:10 | ONSITE – Craft and Chat 10:00-12:00 | Movers and Zoomers 10:00-11:00 and 11:10-12:10 |  |  |
| Busy Bees Arts & Crafts Group ONSITE 10:30-3:00 | Stretch and Movement Fitness 10:30-11:15 | ONSITE Self-Care Workshop 10:00-10:45 |  |  |
| Tai Chi and Chi Kung 2:30-3:30 | A Walk in the Park 10:00-12:00 | Online Dance Balance 10:00-11:00 |  |  |
### AUGUST 2022

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>
| Movers and Zoomers  
10:00-11:00 and 11:10-12:10  
Closed/Fermé  
Civic Holiday  
Congé civique | ONSITE – Craft and Chat  
10:00-12:00  
Stretch and Movement Fitness  
10:30-11:15  
A Walk in the Park 10:00-12:00  
ONSITE Bingo 1:00-2:00 | Movers and Zoomers  
10:00-11:00 and 11:10-12:10  
Online Dance Balance  
10:00-11:00  
Busy Bees Arts & Crafts Group  
ONSITE 10:30-3:00  
Chair Yoga 2:00-3:00 | Walkie Talkies  
10:00-11:00  
ONSITE ACTIVITY – Afternoon  
Paint Nite 2:00-4:00 | |
| 8      | 9       | 10        | 11       | 12     |
| Movers and Zoomers  
10:00-11:00 and 11:10-12:10  
Tai Chi and Chi Kung  
2:30-3:30 | ONSITE – Craft and Chat  
10:00-12:00  
Stretch and Movement Fitness  
10:30-11:15  
A Walk in the Park 10:00-12:00  
ONSITE Bingo 1:00-2:00 | Movers and Zoomers  
10:00-11:00 and 11:10-12:10  
Online Dance Balance  
10:00-11:00  
Busy Bees Arts & Crafts Group  
ONSITE 10:30-3:00  
Chair Yoga 2:00-3:00 | Walkie Talkies  
10:00-11:00  
On-site Drum Circle  
10:00-11:00  
Part 1: ONSITE Paint and Plant Activity 1:00-2:00 | |
| 15     | 16      | 17        | 18       | 19     |
| Movers and Zoomers  
10:00-11:00 and 11:10-12:10  
Tai Chi and Chi Kung  
2:30-3:30 | ONSITE – Craft and Chat  
10:00-12:00  
Stretch and Movement Fitness  
10:30-11:15  
A Walk in the Park 10:00-12:00  
ONSITE Bingo 1:00-2:00 | Movers and Zoomers  
10:00-11:00 and 11:10-12:10  
Online Dance Balance  
10:00-11:00  
Busy Bees Arts & Crafts Group  
ONSITE 10:30-3:00  
Chair Yoga 2:00-3:00 | Walkie Talkies  
10:00-11:00  
On-site Drum Circle  
10:00-11:00  
Part 2: ONSITE Paint and Plant Activity 1:00-2:00 | |
| 22     | 23      | 24        | 25       | 26     |
| Movers and Zoomers  
10:00-11:00 and 11:10-12:10  
Tai Chi and Chi Kung  
2:30-3:30 | ONSITE – Craft and Chat  
10:00-12:00  
Stretch and Movement Fitness  
10:30-11:15  
A Walk in the Park 10:00-12:00  
ONSITE Bingo 1:00-2:00 | Movers and Zoomers  
10:00-11:00 and 11:10-12:10  
Online Dance Balance  
10:00-11:00  
Busy Bees Arts & Crafts Group  
ONSITE 10:30-3:00  
Chair Yoga 2:00-3:00 | Walkie Talkies  
10:00-11:00 | |
| 29     | 30      | 31        |          |        |
| Movers and Zoomers  
10:00-11:00 and 11:10-12:10  
Tai Chi and Chi Kung  
2:30-3:30 | ONSITE – Craft and Chat  
10:00-12:00  
A Walk in the Park 10:00-12:00  
ONSITE Bingo 1:00-2:00 | Movers and Zoomers  
10:00-11:00 and 11:10-12:10  
Busy Bees Arts & Crafts Group  
ONSITE 10:30-3:00 | |