

CONTACTIVITY CENTRE EVENTS For October 2020

ONLY ONLINE AND BY TELECONFERENCE

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Storyteller Selina Eisenberg 1:30-2:30 HAPPY NATIONAL SENIORS DAY	Musical Concert – Alan De Souza 1:30-2:30
5	6	7	8	9
Movers and Zoomers Online SharkBridge 1:00-2:30 Death Cafe 4:00-6:00	Stretch and Movement Fitness 10:30-11:15 Lifelong Balance & Fall Prevention Workshop 2:00-3:00	Movers and Zoomers Birdwatching Workshop 2:00-3:00	Musical Concert – Ben Neelin and Ryan Simunik 1:30-2:30	Zumba Gold 10:00-11:00 French Conversation 10:30-11:30 Thomas More 1:30-2:30
12	13	14	15	16
HAPPY THANKSGIVING OFFICE CLOSED	Stretch and Movement Fitness 10:30-11:15 Lifelong Balance & Fall Prevention Workshop 2:00-3:00	Movers and Zoomers Birdwatching Workshop 2:00-3:00	Guest Speaker – Gary Evans – The Story of Sugar 2:00-3:00	Zumba Gold 10:00-11:00 French Conversation 10:30-11:30 Thomas More 1:30-2:30
19	20	21	22	23
Movers and Zoomers Online SharkBridge 1:00-2:30 Drawing Basics 1:00-3:00	Stretch and Movement Fitness 10:30-11:15 Lifelong Balance & Fall Prevention Workshop 2:00-3:00	Movers and Zoomers Birdwatching Workshop 2:00-3:00	Guest Speaker – Gary Evans – Landmark of Learning 2:00-3:00	Zumba Gold 10:00-11:00 French Conversation 10:30-11:30 Thomas More 1:30-2:30
26	27	28	29	30
Movers and Zoomers Online SharkBridge 1:00-2:30 Drawing Basics 1:00-3:00	Stretch and Movement Fitness 10:30-11:15 Lifelong Balance & Fall Prevention Workshop 2:00-3:00	Movers and Zoomers Birdwatching Workshop 2:00-3:00	2:00 pm Halloween Party	Zumba Gold 10:00-11:00 French Conversation 10:30-11:30 Thomas More 1:30-2:30

Contactivity Centre for Seniors is a non-profit charitable organization, partially funded by **Centraide**, by the **Ministère de la Santé** and by the **City of Westmount**, located at 4695 de Maisonneuve Blvd. W., Westmount, Quebec, H3Z 1L9. Telephone: **514-932-2326** or **514-932-3433**. Fax: 514-937-4087

Website: www.contactivitycentre.org

Email: contactivity@bellnet.ca

*Executive Director - Mary Stark; Membership Coordinator - Barbara Savada;
Volunteer & Program Coordinator – Rekha Birla; Crafts Coordinator – Angelina Hum;
Program Coordinator – Emily Rill; Trip & Activity Coordinator – Janice Parnell, Outreach Worker – Fiona Smith
and Support Workers – David Robinson, Clare Shuley and Gabrielle Thomas.*

CONTACTIVITY CENTRE EVENTS For November 2020 ONLY ONLINE AND BY TELECONFERENCE

Monday	Tuesday	Wednesday	Thursday	Friday
2 Movers and Zoomers Online SharkBridge 1:00-2:30 Drawing Basics 1:00-3:00 Death Cafe 4:00-6:00	3 Stretch and Movement Fitness 10:30-11:15	4 Movers and Zoomers	5 Nutrition Workshop 10:30-11:30 Storyteller Jane Amro 1:30-2:30	6 Zumba Gold 10:00-11:00 French Conversation 10:30-11:30 Thomas More 1:30-2:30
9 Movers and Zoomers Online SharkBridge 1:00-2:30 Drawing Basics 1:00-3:00	10 Stretch and Movement Fitness 10:30-11:15	11 Movers and Zoomers	12 Nutrition Workshop 10:30-11:30 Live Musical Concert – Dawn Tyler Watson 1:30-2:30	13 Zumba Gold 10:00-11:00 French Conversation 10:30-11:30 Thomas More 1:30-2:30
16 Movers and Zoomers Online SharkBridge 1:00-2:30 Drawing Basics 1:00-3:00	17 Stretch and Movement Fitness 10:30-11:15	18 Movers and Zoomers	19 Nutrition Workshop 10:30-11:30 Laughter Fitness 1:30-2:30	20 Zumba Gold 10:00-11:00 French Conversation 10:30-11:30 Thomas More 1:30-2:30
23 Movers and Zoomers Online SharkBridge 1:00-2:30 Drawing Basics 1:00-3:00	24 Stretch and Movement Fitness 10:30-11:15	25	26 Nutrition Workshop 10:30-11:30 Laughter Fitness 1:30-2:30	27 Zumba Gold 10:00-11:00 French Conversation 10:30-11:30 Thomas More 1:30-2:30
30 Movers and Zoomers Online SharkBridge 1:00-2:30 Drawing Basics 1:00-3:00				

CONTACTIVITY CENTRE EVENTS For December 2020 ONLY ONLINE AND BY TELECONFERENCE

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Movers and Zoomers	3 Laughter Fitness 1:30-2:30	4
7 Movers and Zoomers Drawing Basics 1:00-3:00	8	9 Movers and Zoomers	10 Musical Concert - Singing Our Way into the Holiday Spirit with Ben Neelin and Ryan Simunik 1:30-2:30	11
14 Movers and Zoomers	15	16 Movers and Zoomers	17 2:00 pm Holiday Celebration	18
21 Closed for the Holidays (Telecheck still on)	22 Closed for the Holidays (Telecheck still on)	23 Closed for the Holidays (Telecheck still on)	24 Closed for the Holidays	25 Merry Christmas! Happy Holidays!
28 Closed for the Holidays	29 Closed for the Holidays	30 Closed for the Holidays	31 Closed for the Holidays	January 1, 2021 Happy New Year! Office Reopens Jan. 4 th , 2021

Virtual Annual General Meeting – Thursday, September 17th at 1:30 pm

This year our AGM will be available by telephone conferencing and by ZOOM video conferencing. If you choose Zoom - it is a requirement that your device have functional speakers, a microphone and a webcam. It is important for us to keep an attendance of the number of members that participate for our official records. **Registration is required.** Deadline to register: Monday, September 14th.

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, September 17th, 2020 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 2020; 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

Zoom Meeting Link by Computer

<https://us02web.zoom.us/j/85108201039>

Meeting ID: 851 0820 1039

To Join by Telephone:

STEP 1: Dial: 438-809-7799 (Montreal)

STEP 2: When prompted, enter Meeting ID: 851 0820 1039

STEP 3: When prompted, put in participant ID
- JUST PRESS: #

Services Offered

Friendly Volunteer Chat Phone Callers – this program pairs volunteers with members and other seniors in our community who feel they could benefit from weekly phone calls. During this pandemic, Friendly Phone volunteers make a huge difference helping seniors manage physical and social isolation. Call Rekha at 514-932-2326 and leave a message if you are interested in this program or would like more information and she will call you back.

Telecheck – a week-day telephone service for seniors living alone (or temporarily staying alone). You can phone in to TELE-CHECK to confirm that all is well before 11:00 am. Or if you prefer, a volunteer will call you between 9:00 am. and 11:00 am. There is a form to fill out and two emergency contacts are required. Cost: \$10 per year for non-members or \$5 per year for members. Call Barbara at 514-937-4273 to leave a message and she will call you back or you can send an email to barbara.savada@contactivitycentre.org.

Volunteer Home Support and Outreach Services:

Grocery Shopping by Volunteers – we have volunteers who are willing to do grocery shopping for our members and other seniors in the Westmount area and deliver them right to your door. Call David at (438) 699-9927 or you can send an email to volunteer.contactivity@gmail.com for more information or to make a request.

Outreach Services – Do you need information about resources and services for seniors? Contactivity's Outreach worker Fiona (ITMAV Program) can steer you in the right direction and she can be reached at fsmithcontactivity@gmail.com or (438) 920-3460 to refer citizens to the resources and/or services available to them including meals-on-wheels. Many neighbourhoods have their own Outreach worker, feel free to ask for their contact details! Please leave a detailed message/email during business hours so that your questions can be answered by order of urgency.

Office Closed

The Office will be closed on **Monday, October 12nd for Thanksgiving.**

Reminder - Annual Membership Renewal

If you haven't done so already, there is still time to renew your membership to Contactivity Centre and benefit from our many activities. Membership remains at **\$20.00** or **\$30.00** if you would like to receive the newsletter mailed to your home. The newsletter of events is also available on our website and when we are back at the Centre, you can pick up a copy in the drop-in room.

Kindly fill in the membership renewal form which was mailed with the July/August newsletter and mail it along with your membership fee. Cheque is payable to Contactivity Centre. We thank you for your continued support to the Centre and making us an active and vital part of the community.

Thank you so much!



September Birthdays

Best wishes to all of the following members who are celebrating a birthday in September. We hope you have a wonderful day!!

Jennifer Anstead, Shirley Bartrem, Mary Bassett, Chanchala Birla, Tutti Borsu, Stella Broda, Linda Brunetti, Irene Cartier, Domenica Dina Castracane, Carolyn Cronk, Annie Dejean, Carol Delisle, Kathleen Dunn, Susan French-Peterson,

Yvonne Gallant, Pat Gauthier, Margaret Griffin, Gilbert Hetu, Estelle Hopmeyer, Sam Houston, Lillian Howick, Gloria Hughes, Margaret Jackson, Mehdi Jalai, Joyce Jason, Csaba Jaszberenyi, Shirley Kossman, Brigitte Kuntz, Carolyn Lancaster, Irene Langevin, Vira Levi, Joan Marien, Cecily Mason, Denise McAteer, Elizabeth Mitchell, Louise Murray, Gloria Odorizzi, Ardyth Patterson, Denise Perras, Kate Ribicki, Sally Rioux, Marisa Rondina, Ana Seropian, Elca Shinder, Sara Silva-Simoes, Arlene Sproule, Rosalind Tomera, Brian Webb, Eveline Weber, Marilyn Williams and Oi Yee Woo.

October Birthdays

Best wishes to all of the following members who are celebrating a birthday in October. We hope you have a wonderful day!!

Aurora Abang, Beverley Alexander, Elizabeth Atkinson, Rosanne Baatz, Bob Bassett, Lillian Murphy Black, Brigitta Brittain, Vera Burt, Candice Cassils, Edward Charters, Carole Cholewick, Norma Connolly, Penelope Cumas, Lyra deSouza, Colleen Dick, Karin Doerr, Wilda Doré, Barbara Jean Faessler, June Gearey, Umed Gohil, Clara Gomez, Wilma Goodman-Lo, Steadman Grant, Joan Hagerman, Bruno Halberstadt, Stanley Hopmeyer, Nina Howe, Maria Jerabek, Nancy Kamel, Josephine Karpiszka, Jack Kostovesky, John Langevin, Fran Langton, Brian Lomas, Christine MacKay, Louise Mailhot, Cindy McMahon, Frank Moller, Daphne Morris, Jennifer M'Rinkima, Norma Mullings, Rose Nawrocki, Jan Patterson, Sheila Powell-Porteous, Lily Przybylowski, Genevieve Ritzenthaler, Johann Sadegursky, Marian Testart, Renée Therrien, Jean Thomas, Normand Trempe, Louise Trepanier, Nancy Turner, Doreen Wilson and Judith Wooldridge.

November Birthdays

Best wishes to all of the following members who are celebrating a birthday in November. We hope you have a wonderful day!

William Anderson, John Bailey, Norma Bennett, Wendy Booth, Sylvia Boucher, Tom Burpee, Jane Carson, Thomas Castle, Norma Chyka, Patricia Claxton, Harriette Colle, Eleanor Cripps, Anthea Downing, Pamela Dresdan, Elizabeth Edgar, Walter Egger, Richard Esber, Louise Halperin, Triena Huneault, Elisabeth Johnson, Lea Katsania, Frances Katz, Barbara Kerr, Nancy Douglas Lorimer, Joan MacLellan, Nicole Major, Janis Morelli, Judith Mowat, Dael Perry, Jock Pichette, Micheline Purenne, Veronica Redgrave, Frances Rorke, Claudette Sacchitelle, Jean Shettler, Daniele Tremblay-Lamer, Phyllis Walcott and Agnese Zilli.

December Birthdays

Best wishes to all of the following members who are celebrating a birthday in December. We hope you have a wonderful day!

Viviane Agia, Barbara Arbuckle, Lorraine Barolet, Anita Battigalli, Irene Blach, Sandra Breen, Valerie Broege, Janet Broxup, Maria Bybel, Anita Carrier, Cecelia Davies, Hakima Fassi, Susan Fein, Michel Fortier, Marie Gilbeau, Louise Généreux, Christopher W. Herten-Greaven, Dorothy Heppner, Helga Luise Hoffman, Zohreh Jalai, Henrique Joanes, Jacquie Karasik, Val Klein, Marilyn Lamond, Raymond Legault, Sylvie Leroux, Gregory Little, Ann Lloyd, Thelma Mariano, Tommy Mawhood, Mazie McKay, Cathy McMaster, Patricia Norwick, Jane Nounou, Rita Pomade, Maria Porraccio-Meguerditch, Gizelle Popradi, Ramona Randall, Daniel Reicher, Beatrice Smith, Carol Cummings Speirs, Libby Stark, Evelyn Szabó, Christa Toepffer, Michael Webb and Elizabeth Rolicz Woloszyk.

You might Get a Call from a Nice First-Year McGill Medical Student on our Behalf

Not about medical issues, though! Five first-year students are going to be helping us to check in on our members, find out what they are experiencing, get suggestions, and gather some demographic information about our membership. It will be collected without names, so responses will be anonymous – unless you request something specific for yourself, in which case we will follow up.

Events for FALL Programs 2020 - Contactivity Centre - Cont'd

Contactivity Centre is grateful for the New Horizons for Seniors Federal Grant that is making it possible for us to offer free workshops and concerts as well as subsidizing, in whole or in part, some of our courses this term. Check out our Fall programming and visit our website to register. And, for activities where there is a fee involved, you can now pay online with our new and secure online payment system.

Click on "Online Courses and Activities" on our website to register.

If you have a desktop computer but you are missing the webcam and a microphone that you would need to participate, call us at the Centre and leave a message. We have a small number of webcam and microphone accessories to lend to our members who want to participate in our online courses and activities, and who have a computer but who lack those accessories.

ALSO – if you have never used the internet but would like to try for the sake of joining some of our online courses and activities, you might qualify for a limited program we are starting, whereby we loan you a tablet with built-in wifi and pair you up with a pleasant patient and free tutor to learn some basic uses. Call the office and leave a message at 514-932-2326.

It'll be fun and open up new worlds for you.

Courses and Workshops

****All Courses and Workshops will be offered only on Zoom Video Conferencing. It is a requirement that your device have functional speakers, a microphone and a webcam.**

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' a Zoom link will be provided once you register.

Movers and Zoomers - a closed exercise group that is full. (Lana needed to limit her numbers so that she could see everyone on her computer screen, and so she had to restrict registration to previous students)

Exercise classes given by Lana Romandini on Mondays and Wednesdays for 10 weeks.

Online SharkBridge: Mondays, 1:00-2:30 from October 5th – November 30th 8 weeks

Instructor: Heather Felsky **Cost:** \$80 Mem / \$85 Non-Mem **Deadline to register:** September 18th by noon

Welcome to the pilot online general intermediate bridge course. It will start with approximately half an hour of theory and continue with an hour of interactive play. Questions and comments are always welcome.

In order to participate, you will need to download Zoom and buy Shark Bridge. Shark Bridge is a program / app that allows you to play bridge with the supervision and instruction of the teacher. There is an annual cost for the program which will give you access to also play at your leisure.

Contactivity will not be able to provide assistance on how to use Shark Bridge but you will receive information on which plan to purchase to take part in this course. This course is non-refundable.

Stretch and Movement Fitness: Tuesdays, 10:30-11:15 from October 6th – November 24th 8 weeks

Instructor: Trudie Ogden **Cost:** \$24 Mem / \$28 Non-Mem **Deadline to register:** September 22nd

Welcome to our new Stretch and Movement Zoom 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. Limited spots available. Your device must have functional speakers, a microphone and a webcam.

Lifelong Balance and Fall Prevention Workshop: Tuesdays, 2:00-3:00 from October 6th – October 27th

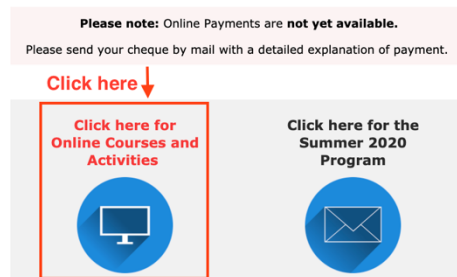
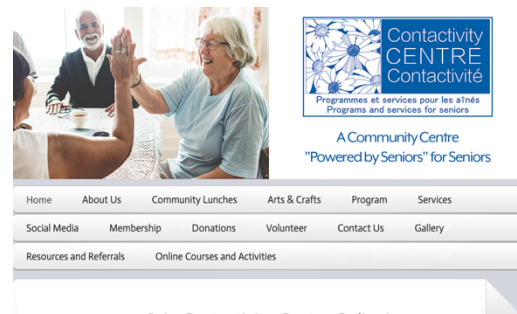
Instructor: Argi Papagiannaki **FREE** 4 weeks **Deadline to register:** September 22nd

Topics that will be covered include exercise for long-term foot health, balance, and how to get up from the floor. Additionally, the instructor will speak about behaviour change and habit formation, environment modification (for safety), shoe choice, dietary considerations for bone health, effects of medications on balance, the role that the mind plays in falls and how to self-evaluate your progress at home. All you need for this workshop is a chair, solid ball (tennis, lacrosse, golf, etc), paper and pen. Your device must have functional speakers, a microphone and a webcam.

Zumba Gold: Fridays, 10:00-11:00 from October 9th – November 27th 8 weeks

Instructor: Aileen Vargas **Cost:** \$32 Mem / \$36 Non-Mem **Deadline to register:** September 23rd

Zumba Gold® is a medium impact dance fitness class perfect for beginners of all fitness levels. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Some of the dances include Merengue, Salsa, Cha Cha, Cumbia, and Belly Dancing. Come ready to work out, and prepare to leave empowered and feeling strong. Must be able to be on your feet for 35 minutes. Limited spots available. Your device must have functional speakers, a microphone and a webcam.



Events for FALL Programs 2020 - Contactivity Centre - Cont'd

****All Courses and Workshops will be offered only on Zoom Video Conferencing. It is a requirement that your device have functional speakers, a microphone and a webcam.**

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' a Zoom link will be provided once you register.

Birdwatching Workshop: Wednesdays, 2:00-3:00 from October 7th – October 28th 4 weeks
Presenter: Sheldon Harvey **FREE** **Deadline to register:** September 23rd

The Contactivity Centre invites everyone to participate in a Wednesday afternoon series of 4 webinars in October featuring various aspects of birdwatching. Topics include "An Introduction to Birdwatching and your first 20 species", "Attracting and Feeding Birds - Installing and caring for bird feeders", "Observing Winter Birds in Quebec and "Preparing for the 2021 Spring Bird Migration".

The presenter, Sheldon Harvey, has been an avid birder for close to 20 years and has himself observed over 300 species of birds, all within a 100-kilometer radius of the city of Montreal! He is a Past President, current Vice-President and Treasurer, and Chair of the Outreach and Publicity Committee and the Field Trip Committee of Bird Protection Quebec, Quebec's oldest birding and conservation organization, having celebrated its 100th anniversary in 2017. Mr. Harvey conducts regular birdwatching courses with the Student Society of McGill University and the ENCORE Seniors Group. He also presents birdwatching lectures to students, seniors, special interest groups and others throughout Quebec and has developed and introduced a birdwatching and conservation project at a number of schools throughout the province.

French Conversation: Fridays, 10:30-11:30 from October 9th – November 27th 8 weeks
Instructor: Ashod Alemian **Cost:** \$32 Mem / \$36 Non-Mem **Deadline to register:** September 23rd

Ashod is an experienced and very dedicated instructor of French language courses. His classes are conversation based and tailored to meet students' practical needs covering topics of everyday life. Ashod is passionate about teaching and fully aware of the challenges students face in learning French. Some of the topics that will be discussed are: Asking questions in different ways, at the clinic, pharmacy and a store; Giving instructions or advice; Useful expressions of daily life with various verbs.

This is a Beginner's level 2, 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."

Thomas More Discussion Group: Fridays, 1:30-2:30 from October 9th – November 27th 8 weeks
Cost: \$15 Mem / \$20 Non-Mem **Deadline to register:** September 23rd

Capturing Time and Place: "Chekhovian" Writing Around the World

"Every country has its Chekhov" - Literary Hub

"It's not a matter of old or new forms; a person writes without thinking about any forms, he writes because it flows freely from his soul." - Anton Chekhov

A recognized master of the short story, Anton Chekhov has been embraced as a writer who articulated the meaning of Russian-ness. His stories capture a time and place so lucidly and with such vividness that they have become accepted as privileged windows into that cultural moment. A number of other writers enjoy similar reputations as spokespersons for a unique time, place, and culture.

During this 18-week course, we will examine the works of Chekhov, Alice Munro, and Tennessee Williams. In addition, we will read stories from writers around the world including China, India, Ireland and Israel. Why have these authors been compared to Chekhov? How do they infuse ordinary experiences with colour and life, yet make them subtle and specific too? What Chekhovian influence is reflected in their works? Using short stories, plays, and films to spark our discussions, we will explore how these writers capture the essence of their own time and place and make it come alive.

Drawing Basics: Mondays, 1:00-3:00 from October 19th – December 7th 8 weeks **Cost:** \$64

Minimum of 6 registrants needed. **Deadline to register:** October 9th (limited spots available)
Cost: \$64.00 (This includes required art materials and their delivery to your door.)

Back by popular demand, Pat Walsh's Drawing Basics Program will return for an encore this Fall. Whether you're coming back or joining us for the first time, this is what you have to look forward to: introduction to basics that will help you develop fundamental techniques and skills of drawing. Using simple materials (pencils and conté), we will explore the visual world as we observe and learn to draw everyday objects that surround us.

Pat Walsh has been teaching in and around Montreal for many years, including at the Visual Arts Centre in Westmount. She has a Bachelor's and a Master's Degree in Fine Arts, and has exhibited throughout eastern Canada.

Events for FALL Programs 2020 - Contactivity Centre - Cont'd

Nutrition Workshop: Thursdays, 10:30-11:30 from November 5th – November 26th 4 weeks

Registered Dietitian: Carrie Kessner-Cristofaro, P.Dt, B.Sc **FREE** **Deadline to register**: October 15th

Offered only on Zoom Video Conferencing. It is a requirement that your device have functional speakers, a microphone and a webcam.

Getting one well-balanced meal on the table every day, let alone three, can be a challenge for anyone!

But food is the body's fuel, and part of its medicine, too. Giving your body the right nutrients and maintaining a healthy weight can help you stay active and independent. Healthy eating is a key part of aging well. It is a way for you to stay healthy and strong, which is important to maintain your independence and quality of life! Topics to be discussed: Canadas Food Guide to Healthy Eating, How your needs change with age, Nutrients to keep an eye on and where to find them, How to read food labels to help you make wiser choices, Healthy snack ideas, Easy meal ideas & Tips to make grocery shopping easier.

Following the completion of an undergraduate degree in Biology from the University of Western Ontario, Carrie then completed a second Bachelor in Science, this time from The School of Dietetics and Human Nutrition at McGill University in 2002. She is a member of the Ordre Professionel des Dietetistes du Quebec as well as Dietitians of Canada. Over her career, Carrie has had the opportunity to practice as a registered dietitian in a rehabilitation hospital, has helped build menus for various schools, and has been fortunate enough to be a part of the Westmount Square Health Group since 2004.

Guest Speakers – FREE

****All Guest Speakers are available by telephone conferencing and by Zoom video conferencing. If you choose Zoom - it is a requirement that your device have functional speakers, a microphone and a webcam.**

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', a Zoom link will be provided once you register. **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 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.

Guest Speaker – Adventures in Storytelling NEW and **FREE**

Two Thursday Afternoons

Selina Eisenberg - Thursday, October 1st from 1:30-2:30 **Deadline to Register**: Friday, September 25th

Jane Amro - Thursday, November 5th from 1:30-2:30 **Deadline to Register**: Friday, October 29th

Storytelling has been with us since the dawn of humankind. Despite the advent of new technologies – from the printing press to radio, film and the modern computer – the oral tradition has remained an integral part of our cultures. And, in fact, it's presently enjoying a revival worldwide. Join us as we host two of Montreal's finest storytellers, Selina Eisenberg and Jane Amro, as they take down fabulous journeys of TALES and take the imagination to places near and far. Selina's YARN will draw us, with words and voice, up a ladder to where stories unfold. As a storyteller. Jane revels in entertaining her audiences with real-life adventures and episodes from our histories. Occasionally a fantastical fictional tale is thrown in. Both women are active members of the Montreal Storytellers Guild and have been Telling Stories for all ages over many decades.

You have a choice to participate by telephone conferencing or by Zoom video conferencing.

Guest Speaker – Gary Evans

Back by popular demand for his stimulating narratives of his travels and explorations, Westmount resident and retired Ottawa University professor Gary Evans will share memorable collections he has garnered as a historian, author and journalist. He has devoted recent years to being a special interest guest lecturer aboard cruise ships. This Fall Contactivity is happy to have Mr. Evans present two lectures.

Deadline to Register for Both of Gary's Presentations: Friday, October 9th

- **The Story of Sugar: Taste the Sweet – Ignore the Bitter** – Thursday, October 15th from 2-3 pm **FREE**
This talk by Prof. Evans provides historical snapshots of sugar, its origins, its production, its social costs, its generation of huge profits, and its permanent impact on the human diet. African slaves in the Caribbean became the workers who generated this product and its offspring, rum. Today the Caribbean languishes because sugar comes from other sources. Yet the legacy of sugar reminds us of ever-changing human tastes and the need to understand how a simple natural product, sugar cane, left a permanent impact on millions of lives.
- **Landmark of Learning: A brief visual history of the origin of education in Montreal, 1600s to present day** – Thursday, October 22nd from 2-3 pm **FREE**
It began with a lone idealist who devoted her simple talents to a life of teaching colonial and indigenous girls of the backwoods settlement of Montreal. It then evolved into institutions that today offer universally accessible post-secondary education to young women and men. The centerpiece of this history became the late 20th century Dawson College site on Atwater Avenue and Sherbrooke Street. This talk is based upon Prof. Evans' published history of the same title.

You have a choice to participate by telephone conferencing or by Zoom video conferencing.

Events for FALL Programs 2020 - Contactivity Centre - Cont'd

Mindful Nourishment: Laughter Fitness - NEW and **FREE** for ALL!

Three Thursday Afternoons

- Thursday, November 19th from 1:30-2:30 Deadline to register: Friday, November 13th
- Thursday, November 26th from 1:30-2:30 Deadline to register: Friday, November 20th
- Thursday, December 3rd from 1:30-2:30 Deadline to register: Friday, November 27th

UNLEASH THE LAUGHTER WITHIN and BUST STRESS WITH LAUGHTER

Laughter Yoga/Therapy is a unique, simple and fun exercise designed to make you laugh heartily, and to your heart's content. Laughing on command can be difficult at first as we break out of our shells, but during these sessions, we learn to release the judges that sit perched on our shoulders and allow ourselves to be less serious and way more playful – you know, the way it really should be IN LIFE! In the process, we discover (or rediscover) our smile, our breath, and our joyful selves. During these sessions, laughter is interspersed with information about the plethora of benefits to be gained from it, and how to use laughter as a health and wellness tool every day. I'm sure you'll agree that laughter is so needed, especially right now! And we are fortunate, because the contagious nature of laughter makes it a perfect activity to do online. We connect in a profound way, no matter what your age, background or physical ability.

Our facilitator Wendy Singer, a Certified Laughter Yoga Teacher has witnessed the healing benefits of laughter on herself, and countless other Laughletes, and is eager to share the simple yet profound power of laughter with anyone who is willing to give it a try. Treat yourself this fall to some unique health breaks, bringing more joy into your life, using laughter as a coping tool.

You have a choice to participate by telephone conferencing or by Zoom video conferencing.

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', a Zoom link will be provided once you register. **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 what you are registering for and leave your name and number. Once you register, you'll get a return call from us to give you a phone number to dial in for the event.

If you choose Zoom - it is a requirement that your device have functional speakers, a microphone and a webcam.

Live Musical Concerts - FREE

****All Live Musical Concerts are available by telephone conferencing and by Zoom video conferencing. If you choose Zoom - it is a requirement that your device have functional speakers, a microphone and a webcam.**

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', a Zoom link will be provided once you register. **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 what you are registering for and leave your name and number. Once you register, you'll get a return call from us to give you a phone number to dial in for the event.

Up and Down Memory Lane with Alan De Souza – Friday, October 2nd from 1:30-2:30 **FREE**
Deadline to Register: Friday, September 25th

Guitar in hand, music in his soul, Minstrel Alan De Sousa will sing his way into your hearts with a play-list of tunes that will gladden your day and bring you back to the joyous times of your youth and bring you forward to your younger-than-springtime present. Do you like Frank, Dino, Sammy, Tony, Elvis, Pat, Del, Neil, Barbra, Paul (Anka, Simon, McCartney), Elton, and many other movers, crooners, and shakers of the 50s, 60s, and 70s? Then join us this coming October for a musical buffet of songs from Frank Sinatra's "Love and Marriage" to Elton John's "Yellow Brick Road". You will rock, you will roll, and you will leave gladder-of-heart and sounder-of-mind.

You have a choice to participate by telephone conferencing or by Zoom video conferencing.

Musical Hour with Ben Neelin and Ryan Simunik – Thursday, October 8th from 1:30-2:30 **FREE**
Deadline to Register: Friday, October 2nd

Grab your favourite drink and join us in an hour of magical musical mayhem with the mellow, sometimes raucous voices of Ben Neelin and Ryan Simunik who are returning to thrill you and please you with oldies but goodies of popular music of the 50's and 60's made famous by the exciting voices of Dean Martin, Al Martino, Pat Boone, The King, The Platters, The Drifters, Patsy Cline, Johnny Cash; John, Paul, Ringo, and George, Simon and Garfunkel, The Beach Boys, Bob Dylan, and even some Leonard Cohen tunes of delight. Feel free to sing along to your heart's content.

You have a choice to participate by telephone conferencing or by Zoom video conferencing.

Events for FALL Programs 2020 - Contactivity Centre - Cont'd

[Dawn Tyler Watson Sings of Happy and Blue](#) – Thursday, November 12th from 1:30-2:30 **FREE**

Deadline to Register: Friday, November 6th

Juno Award Winning accomplished and dynamic musical performer Dawn Tyler Watson will delight us with a memorable hour of fabulous music. Montréal's Queen of the Blues, Dawn's varied repertoire and multi-faceted vocals deliver a sound infused with Jazz, Soul, Rock and Gospel. Her dynamic stage presence, her warmth and her soul-stirring performances have garnered her national and world-wide recognition and once again, we are excited to have her join us and you for another occasion for getting us into the groove of 'The Happy Gang' at Contactivity. You have a choice to participate by telephone conferencing or by Zoom video conferencing.

[Singin' Our Way into the Holiday Spirit with Ben Neelin and Ryan Simunik](#) **FREE**

– Thursday, December 10th from 1:30-2:30

Deadline to Register: Friday, December 4th

Back to enchant, Ben Neelin and Ryan Simunik bring us their sleigh bells, mistletoe, and chestnuts roasting on an open fire, to lead us in Holiday carols we've learned to love. Grab a cup of eggnog, lift up your heart, and join us as we celebrate the joys of the season and the Twelve Days of Christmas with Rudolph, Frosty, The Little Drummer Boy, St. Nick, on a visit to The Little Town of Bethlehem. You have a choice to participate by telephone conferencing or by Zoom video conferencing.

Death Cafe

Death is often a taboo subject in our society. Although it occupies all of us in some form or another at various points in life, we are often afraid to talk openly about it. A Death Cafe is just a group of people who want to talk about death and dying. The group directs the discussion and there is no agenda, objectives, religious leanings, or themes. That means that you are free to bring up anything you'd like to talk about relating to death.

Our Grocery Volunteer Coordinator, David Robinson, is also a trained Death Cafe facilitator and he will be hosting two cafes on **Monday, October 5th** and **Monday, November 2nd**, in both cases from 4-6pm. Join us at one or both of these cafes either via Zoom, or over the phone.

- **Monday, October 5th** Deadline to register: Friday, October 2nd

- **Monday, November 2nd** Deadline to register: Friday, October 30th

How to Register: By phone: Call 438-699-9927 and leave a clear message stating your name, phone number and what you are registering for. Once you register, you'll get a return call from us to confirm your place and to give you the details for accessing the event.

Online: 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.' A Zoom link will be sent by email once you register.

Intergenerational Zooming with students from Selwyn House School (Grades 8 -11)

Would you like to Zoom with a Selwyn student and learn new skills? Do you want to improve your online skills? Be a better Zoomer? Help a student improve their English language skills? Do art or photography online with students? Or just have a regular chat with a young student? Keep it in mind and check the Contactivity website for more information as program details will be available in September. (We will also send out a group email with the details.) This program is funded by Canadian Heritage, Government of Canada.

Financial Assistance for Groceries

This time of isolation during the pandemic has been challenging for everyone and in so many ways. We would like to hear from you if you are finding that the cost of groceries has become a real issue for you lately. We might be able to help in some small way. Many of you are getting groceries delivered. Some of you are shopping on your own, using a mask and plenty of hand sanitizer. And some of you are getting help from our wonderful grocery shopping volunteers, who are mainly able to help out in the Westmount and some NDG areas. (If you need this kind of volunteer grocery shopping assistance but you live outside those areas, let us know and we can gladly refer you to one of our partner organizations.)

So – two things: 1) If you need local volunteer help with grocery shopping, call us on our dedicated line 438-699-9927. 2) If you receive the Guaranteed Income Supplement and you would like to discuss the possibility of a small time-limited subsidy for groceries due to a financial squeeze brought on by the pandemic, please call our director Mary Stark at 514-932-3433 and leave a message with just your name and phone number. Such requests will be kept confidential. You don't have to even specify what it's about – Mary will get back to you.

Keep Us “in the loop”

If you hear of a member who is ill, please let us know and we can send out a get-well card. And do stay in touch with any news about yourselves or other members. (We would ordinarily be able to chat about such news in person, but that’s not possible for the time being.)

A Little Essay “Contest”

Due to a generous donation, we are putting on an essay contest with a \$100 grand prize. And two \$25 additional prizes for runners-up. We are using the word “essay”, but it doesn’t have to be anything fancy or lengthy. Just jot down a couple of paragraphs (or more, if you feel inspired!) about what have been the biggest challenges for you personally during this pandemic and what you have found most helpful in dealing with these same challenges. What ideas, practices, support system and/or routines have helped you get through this long haul? And – also if you feel inspired – what words of advice would you give to young people who are finding it hard?

You can either email in your short essay to contactivity@bellnet.ca or else mail it by snail mail to us at 4695 de Maisonneuve W, Westmount QC H3Z 1L9. Don’t forget to include your name and phone number. Winner and runners-up will be contacted personally and will be announced on our website.

Halloween Party – Thursday, October 29th, 2020 @ 2:00 PM

Join the Contactivity team on Thursday, October 29th at 2:00 pm. Get costumed up and join us for a Halloween Celebration. You are encouraged to wear something with a Halloween theme or at least an outrageous hat. Prizes will be awarded to the most original imaginative costumes or hat. The team is looking forward to seeing you and chatting with you. Have your favourite beverage at your side. You can join us online or by telephone.

Zoom Meeting Link by Computer

<https://zoom.us/j/98200153191>

Meeting ID: 982 0015 3191

To Join by Telephone:

STEP 1: Dial: 438-809-7799 (Montreal)

STEP 2: When prompted to enter Meeting ID: 982 0015 3191

STEP 3: When prompted to put in participant ID
- JUST PRESS: #

Holiday Celebration – Thursday, December 17th, 2020 @ 2:00 PM

Join the Contactivity team on Thursday, December 17th at 2:00 pm to begin celebrating the Holidays with us. The Holidays... a time of reflection, a time for good cheer and a time for friends and family. Surprise musical guest will bring us some holiday spirit. We are looking forward to seeing you and chatting with you. Have your favourite drink at your side. You can join us online or by telephone.

Zoom Meeting Link by Computer

<https://zoom.us/j/93565041499>

Meeting ID: 935 6504 1499

To Join by Telephone:

STEP 1: Dial: 438-809-7799 (Montreal)

STEP 2: When prompted to enter Meeting ID: 935 6504 1499

STEP 3: When prompted to put in participant ID
- JUST PRESS: #

Our Website Address

While surfing the internet, check out our website address at www.contactivitycentre.org. It is updated regularly with current activities offered online and by telephone conferencing as well as having helpful lists of local resources. And if you are on Facebook you can visit and “like” us there too!

Welcome New Members

A big, big welcome to Roma Bross. Thank you for joining the Contactivity family!!

In Memoriam

We would like to extend our deepest condolences to member Jean Shettler and family for the loss of her brother and to the family and friends of the late Celia Miller.