

CONTACTIVITY CENTRE EVENTS For September 2021

ONLY ONLINE AND BY TELECONFERENCE

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6 LABOUR DAY OFFICE CLOSED	7	8	9	10
13	14	15	16	17 Virtual Open House 2:00-3:00
20 Canadian Federal Election Day	21 <u>Sample Classes Today:</u> Breathing with Sara Gallagher 9:30-10:00 Stretch and Movement 10:30-11:00 Chair Yoga 2:00-2:30 Fusion Fitness 3:00-3:30	22 <u>Sample Classes Today:</u> Tai Chi and Chi Kung 10:30-11:00 Young at Heart GROOVE 1:30-2:00 Introduction to Classical Music Theory - with teaser of the Fall term topic 3:00-4:00	23 <u>Sample Music Concert:</u> David Longlade 1:30-2:30	24
27	28	29 Craft & Chat Virtual Get-Together 3:00-4:00	30	

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				1
4 Movers and Zoomers Online Intermediate Bridge – Level 1 10:00-11:30 Online Intermediate Bridge – Level 2 12:15-1:45 Tai Chi and Chi Kung 3:00-4:00	5 Breathing with Sara Gallagher 9:30-10:00 Stretch and Movement Fitness 10:30-11:15 Chair Yoga 2:00-3:00	6 Movers and Zoomers Young at Heart GROOVE 1:30-2:30 Classical Music Workshop Series – Music Tells Stories 3:00-4:00 Craft & Chat Virtual Get-Together 3:00-4:00	7 Breathing with Sara Gallagher 9:30-10:00 Stretch and Movement Fitness 10:30-11:15 Halloween Party and Musical Concert – Hallowtime with Alan De Souza 1:30-2:30	8 Fusion Fitness 10:00-11:00 French Conversation 10:30-11:30 Thomas More 11:00-12:30
11 HAPPY THANKSGIVING OFFICE CLOSED	12 Breathing with Sara Gallagher 9:30-10:00 Stretch and Movement Fitness 10:30-11:15 Chair Yoga 2:00-3:00	13 Movers and Zoomers Young at Heart GROOVE 1:30-2:30 Classical Music Workshop Series – Music Tells Stories 3:00-4:00 No Craft & Chat Virtual Get-Together Today	14 Breathing with Sara Gallagher 9:30-10:00 Stretch and Movement Fitness 10:30-11:15 Guest Speaker – Paper Sorting with Kathleen Murphy 1:30-2:30	15 Fusion Fitness 10:00-11:00 French Conversation 10:30-11:30 Thomas More 11:00-12:30
18 Movers and Zoomers Online Intermediate Bridge – Level 1 10:00-11:30 Online Intermediate Bridge – Level 2 12:15-1:45 Tai Chi and Chi Kung 3:00-4:00	19 Breathing with Sara Gallagher 9:30-10:00 Stretch and Movement Fitness 10:30-11:15 Chair Yoga 2:00-3:00	20 Movers and Zoomers Young at Heart GROOVE 1:30-2:30 Classical Music Workshop Series – Music Tells Stories 3:00-4:00 Craft & Chat Virtual Get-Together 3:00-4:00	21 Breathing with Sara Gallagher 9:30-10:00 Stretch and Movement Fitness 10:30-11:15 Virtual Tour of Budapest 1:30-3:00	22 Fusion Fitness 10:00-11:00 French Conversation 10:30-11:30 Thomas More 11:00-12:30
25 Movers and Zoomers Online Intermediate Bridge – Level 1 10:00-11:30 Online Intermediate Bridge – Level 2 12:15-1:45 Tai Chi and Chi Kung 3:00-4:00	26 Breathing with Sara Gallagher 9:30-10:00 Stretch and Movement Fitness 10:30-11:15 Chair Yoga 2:00-3:00	27 Movers and Zoomers Young at Heart GROOVE 1:30-2:30 Classical Music Workshop Series – Music Tells Stories 3:00-4:00 Craft & Chat Virtual Get-Together 3:00-4:00	28 Breathing with Sara Gallagher 9:30-10:00 Stretch and Movement Fitness 10:30-11:15 K.E.Y Lecture Series - Nova Home Care 1:00 pm	29 Fusion Fitness 10:00-11:00 French Conversation 10:30-11:30 Thomas More 11:00-12:30

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1 Movers and Zoomers Online Intermediate Bridge - Level 1 10:00-11:30 Online Intermediate Bridge - Level 2 12:15-1:45 Tai Chi and Chi Kung 3:00-4:00	2 Breathing with Sara Gallagher 9:30-10:00 Stretch and Movement Fitness 10:30-11:15 Chair Yoga 2:00-3:00	3 Movers and Zoomers Young at Heart GROOVE 1:30-2:30 Craft & Chat Virtual Get-Together 3:00-4:00	4 Breathing with Sara Gallagher 9:30-10:00 Stretch and Movement Fitness 10:30-11:15 "Broadway Happy Hour" with Nick Burgess 1:30-2:30	5 Fusion Fitness 10:00-11:00 French Conversation 10:30-11:30 Thomas More 11:00-12:30
8 Movers and Zoomers Online Intermediate Bridge - Level 1 10:00-11:30 Online Intermediate Bridge - Level 2 12:15-1:45 Tai Chi and Chi Kung 3:00-4:00	9 Breathing with Sara Gallagher 9:30-10:00 Stretch and Movement Fitness 10:30-11:15 Chair Yoga 2:00-3:00	10 Movers and Zoomers Young at Heart GROOVE 1:30-2:30 Craft & Chat Virtual Get-Together 3:00-4:00	11 Breathing with Sara Gallagher 9:30-10:00 Stretch and Movement Fitness 10:30-11:15 Guest Speaker – Dogmatic Truths with Author Spencer Boudreau 1:30-2:30	12 Fusion Fitness 10:00-11:00 French Conversation 10:30-11:30 Thomas More 11:00-12:30
15 Movers and Zoomers Online Intermediate Bridge - Level 1 10:00-11:30 Online Intermediate Bridge - Level 2 12:15-1:45 Tai Chi and Chi Kung 3:00-4:00 Drawing with Color 1:00-3:00	16 Breathing with Sara Gallagher 9:30-10:00 Stretch and Movement Fitness 10:30-11:15 Chair Yoga 2:00-3:00	17 Movers and Zoomers Young at Heart GROOVE 1:30-2:30 Craft & Chat Virtual Get-Together 3:00-4:00	18 Breathing with Sara Gallagher 9:30-10:00 Stretch and Movement Fitness 10:30-11:15 Virtual Tour of The Orient Express 1:30-3:00	19 Fusion Fitness 10:00-11:00 French Conversation 10:30-11:30 Thomas More 11:00-12:30
22 Movers and Zoomers Online Intermediate Bridge - Level 1 10:00-11:30 Online Intermediate Bridge - Level 2 12:15-1:45 Tai Chi and Chi Kung 3:00-4:00 Drawing with Color 1:00-3:00	23 Breathing with Sara Gallagher 9:30-10:00 Stretch and Movement Fitness 10:30-11:15 Chair Yoga 2:00-3:00	24 Movers and Zoomers Young at Heart GROOVE 1:30-2:30 No Craft & Chat Virtual Get-Together Today	25 Breathing with Sara Gallagher 9:30-10:00 Stretch and Movement Fitness 10:30-11:15 K.E.Y Lecture Series – Tel-Aide 1:00 pm	26 Fusion Fitness 10:00-11:00 French Conversation 10:30-11:30 Thomas More 11:00-12:30
29 Movers and Zoomers Online Intermediate Bridge - Level 1 10:00-11:30 Online Intermediate Bridge - Level 2 12:15-1:45 Tai Chi and Chi Kung 3:00-4:00 Drawing with Color 1:00-3:00	30			

CONTACTIVITY CENTRE EVENTS For December 2021

ONLY ONLINE AND BY TELECONFERENCE

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Movers and Zoomers Craft & Chat Virtual Get-Together 3:00-4:00	2 Guest Speaker – Holiday Fashion Styling with Jeff Golf and Caroline Alexander 1:30-2:30	3
6 Movers and Zoomers Online Intermediate Bridge – Level 1 10:00-11:30 Online Intermediate Bridge – Level 2 12:15-1:45 Drawing with Color 1:00-3:00	7	8 Movers and Zoomers Craft & Chat Virtual Get-Together 3:00-4:00	9 Holiday Celebration with Greg Inniss 1:30-2:30 pm	10
13 Movers and Zoomers Online Intermediate Bridge – Level 1 10:00-11:30 Online Intermediate Bridge – Level 2 12:15-1:45 Drawing with Color 1:00-3:00	14	15 Movers and Zoomers Craft & Chat Virtual Get-Together 3:00-4:00	16 Virtual Tour of Amalfi Coast 1:30-3:00	17
20 Closed for the Holidays (Telecheck still on)	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 Happy Holidays! (Telecheck still on)
27 Closed for the Holidays	28 Closed for the Holidays	29 Closed for the Holidays	30 Closed for the Holidays	31 Happy New Year! Office Reopens Jan. 4 th , 2022

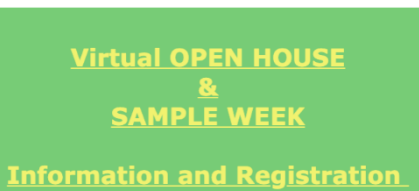
Virtual OPEN HOUSE – Friday, September 17th, 2021 at 2:00-3:00 pm

Contactivity is holding its first Virtual Open House as an opportunity for the community to get to know us better. It's a perfect time for you to invite friends and family members to learn more about our mission, and our programs and the services we have to offer as well as meet our friendly staff. It will be available by telephone conferencing and by ZOOM video conferencing. There will be door prizes and Mayor Christina Smith will be there too!

Showcase week: Check out FREE sample classes from Tuesday, September 21st to Thursday, September 23rd. Register now by visiting our website and click directly from our home page "Virtual OPEN HOUSE & SAMPLE WEEK Information and Registration". We are encouraging members and non-members to participate in the **Sample Classes** to see what the activity is like before registering for the fall term. But we ask anyone who has participated in the reoccurring fitness classes in the past and know what to expect, to please leave the sample class spots open and available for a person wanting to experience for the first time. Thank you for your cooperation.

Registration is required.

Deadline to register: Monday, September 13th.



How to Register for the Open House: Go to our website and click on "Virtual OPEN HOUSE & SAMPLE WEEK Information and Registration" directly from our homepage! This will take you to more information and registration for the open house and sample classes! **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 OPEN HOUSE 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.

A Big Big Thank You

We would like to thank Mr. George Gantcheff, CEO of Cromwell Management for hosting two "Contactivity Days" on June 2nd, 2021 at Bilboquet Westmount Ice Cream Parlor and on July 22nd, 2021 @ Dairy Queen Westmount, offering a complementary ice cream for members who dropped by on those two days! He has also generously offered to donate all the summer 2021 profits from Bilboquet Westmount to Contactivity. It was Mayor of Westmount Christina Smith who recommended Contactivity to him.

Reminder - Annual Membership Renewal 2021-2022

If you haven't done so already, there is still time to renew your membership to Contactivity Centre and benefit from our many activities and services we have to offer. 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!

(To keep everyone safe in light of the COVID-19 variants, we will continue with online programming for now. When we open up to activities in the future, we will let you know.) Thank you for your understanding and take care.



Welcome New Members

A big, big welcome to Marianne Braganza, Shirley Pow Chong, Elva Crawford, Monique Enzle, Diane Gendron, Marcia Goldberg, Carolyn Grant, Joan Grolimond, Nicholas Hanlon, Elaine Heitner, Catherine Juster, Bronwen Mantel, Pierrette Sinclair, Erlinda Vasquez, Roanne Weisman, Graham Wright and Thomas Zukow.

Thank you for joining the Contactivity family!!

Office Closed 2 Mondays for Statutory Holidays

The Office will be closed on **Monday, September 6th for Labour Day** and on **Monday, October 11th for Thanksgiving**.



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 check-up 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 – Are you having trouble getting your groceries for the week? Do you feel unsafe going to the grocery store? If you happen to live in Westmount or adjacent, we've got you covered! We have a dedicated team of volunteers who can shop for you and deliver the order directly to your door, free of charge. For more information or to make a request, call us on the special phone line **438-699-9927**. Or send an email to volunteer.contactivity@gmail.com.



Outreach Services – Do you need information or a referral to resources and services for seniors? Contactivity's Outreach worker in Westmount, Fiona Smith (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. Also, many neighbourhoods have their own Outreach worker, so feel free to ask Fiona for their contact details! Please leave a detailed message/email during business hours so that your questions can be answered by order of urgency.

Note: Fiona will be away from August 27 to Sept 21 inclusive. Although we can't offer the full Outreach service while she is away, if you have an important query, call and leave a clear message at our regular office number during her absence and we will do our best to offer referrals.



October Birthdays

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

Rosanne Baatz, Mary Baldwin, Bob Bassett, Brigitta Brittain, Vera Burt, Candice Cassils, Carole Cholewick, Norma Connolly, Lyra deSouza, Colleen Dick, Karin Doerr, Wilda Doré, Barbara Jean Faessler, Umed Gohil,

Clara Gomez, Wilma Goodman-Lo, Steadman Grant, Joan Hagerman, Bruno Halberstadt, Stanley Hopmeyer, Nina Howe, Nancy Kamel, Jack Kostovesky, John Langevin, Fran Langton, Brian Lomas, Christine MacKay, Louise Mailhot, Bronwen Mantel, Cindy McMahon, Frank Moller, Daphne Morris, Jennifer M'Rinkima, Norma Mullings, Rose Nawrocki, Sheila Powell-Porteous, Lily Przybylowski, Genevieve Ritzenthaler, Johann Sadegursky, Claire Salzberg, Ruth Shine, Marian Testart, Renée Therrien, Jean Thomas, 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!

Bill Anderson, John Bailey, Norma Bennett, 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, Marcia Goldberg, Joni Gosselin, Abe Grant, Louise Halperin, Triena Huneault, Elisabeth Johnson, Lea Katsania, Frances Katz, Barbara Kerr, Cathy Kierans, Nancy Douglas Lorimer, Joan MacLellan, Donna McDougall, Janis Morelli, Judith Mowat, Dael Perry, 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, Celeena Ajodha, Barbara Arbuckle, Lorraine Barolet, Anita Battigalli, Irene Blach, Sandra Breen, Valerie Broege, Janet Broxup, Elaine Bruce, Maria Bybel, Anita Carrier, Helen Corrigan, Monique Enzle, Hakima Fassi, Susan Fein, Margaret Lai-Ping Fung, Marie Gilbeau, Louise Généreux, Christopher W. Herten-Greaven, Dorothy Heppner, Helga Luise Hoffman, Henrique Joanes, Jacquie Karasik, Val Klein, Sylvie Leroux, Gregory Little, Robin Mader, Thelma Mariano, Tommy Mawhood, Cathy McMaster, Janet Moyer, Patricia Norwick, Jane Cattan Nounou, Rita Pomade, Gizelle Popradi, Ramona Randall, Beatrice Smith, Carol Cummings Speirs, Libby Stark, Evelyn Szabó, Christa Toepffer and Michael Webb.

Events for FALL Programs 2021 - Contactivity Centre - Cont'd

Check out our fall program and visit our website to register. 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 at 514-932-2326. 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.

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

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.

Course Withdrawal Policy - All Courses are non-refundable

NEW Chair Yoga: Tuesdays, 2:00-3:00 from October 5th – November 23rd 8 weeks

Instructor: Manon Lacroix **Cost:** \$38 Mem / \$46 Non-Mem **Deadline to register:** September 29th by noon

Learn how yoga can be made more accessible by modifying and adapting yoga postures with the 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. Beginners are welcome. **Your device must have functional speakers, a microphone and a webcam.**

About the instructor:

Manon Lacroix has dedicated herself to a regular practice since discovering 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, including corporate/workplace yoga. She feels strongly that yoga can be made accessible to all and one of her specialties is adapted chair yoga in community centres and seniors residences.

NEW Tai Chi and Chi Kung: Mondays, 3:00-4:00 from October 4th – November 29th 8 weeks

No class on October 11th

Instructor: Colin Young **Cost:** \$38 Mem / \$46 Non-Mem **Deadline to register:** September 29th 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.

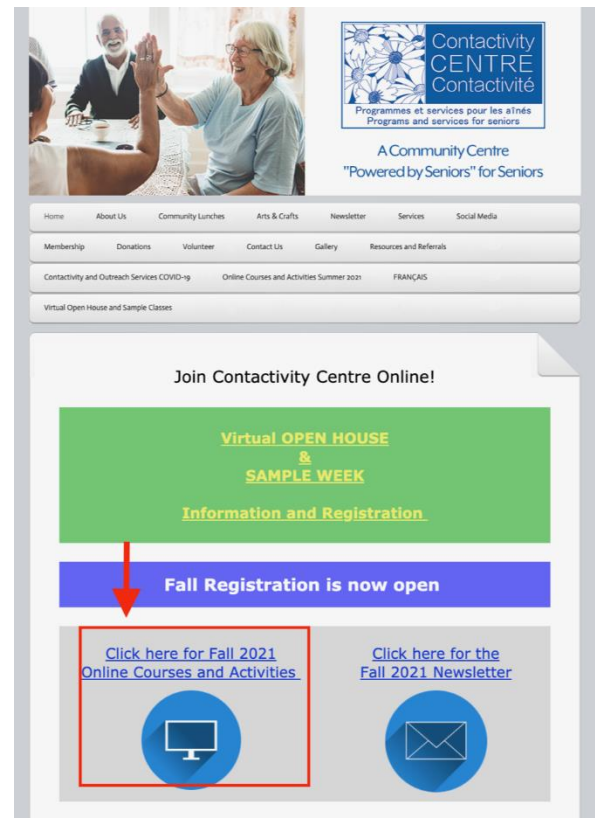
Your device must have functional speakers, a microphone and a webcam.

NEW Fusion Fitness: Fridays, 10:00-11:00 from October 8th – November 26th 8 weeks

Instructor: Aileen Vargas **Cost:** \$38 Mem / \$46 Non-Mem **Deadline to register:** September 29th by noon

This high energy fusion class will combine different exercises. This class is medium to high intensity for 60+. The variation of exercises are designed to work your entire body including stretching, toning and aerobics.

Your device must have functional speakers, a microphone and a webcam.



Events for FALL Programs 2021 - Contactivity Centre - Cont'd

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.

Your device must have functional speakers, a microphone and a webcam.

Johnathan Palevsky – Classical Music Workshop Series - Music Tells Stories!

Wednesdays, 3:00-4:00 from October 6th – October 27th 4 weeks Cost: \$20 Members / \$24 Non-Members

Deadline to register: September 29th by noon

Music Tells Stories!

In the music biz we call it program music...as opposed to abstract music. The idea of using music to tell stories or reflect extra musical ideas is as old as music itself. We have examples from each and every period and style from Renaissance to modern. Music has been used to depict the weather, the four elements, historical events (especially battles!) and mythological events. From Vivaldi's Four Seasons to Richard's Strauss' Tone Poems to Stravinsky's Fireworks and Firebird, composers have used their music to portray things greater than the music itself.

Come and spend a few weeks enjoying this combination of sound and story...signifying just about everything.

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

Jonathon Palesky, a native Montrealer, left La Belle Province in 1977 to do his undergraduate studies in Music History at Carleton University in Ottawa. In 1982 he moved to Baltimore to do his Masters in Guitar Performance at Baltimore's Peabody Conservatory. Graduating from Peabody in 1986, he began working at WBJC-FM first as a classical music announcer, then as Program Director and now as Interim General Manager. In addition to his radio duties Mr. Palevsky frequently lectures on music and related subjects at both Johns Hopkins and Towson Universities.

Online Intermediate Bridge – Level 1: Mondays, 10:00-11:30 from October 4th – December 13th

10 weeks No class on Monday, October 11th

Instructor: Heather Felsky **Cost:** \$122 Mem / \$132 Non-Mem **Deadline to register:** September 29th by noon

Online Intermediate Bridge **LEVEL 1** 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 1, suitable for you if you are learning:

Declarer Play of the Hand (unblocking, promoting, finessing, 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.

Your device must have functional speakers, a microphone and a webcam.

Online Intermediate Bridge – Level 2: Mondays, 12:15-1:45 from October 4th – December 13th

10 weeks No class on Monday, October 11th

Instructor: Heather Felsky **Cost:** \$122 Mem / \$132 Non-Mem **Deadline to register:** September 29th by noon

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:

Competitive Auctions (overcalls, take out doubles, negative doubles, disturbing opponent's NT, 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.

Your device must have functional speakers, a microphone and a webcam.

Tuesday Stretch and Movement Fitness: Tuesdays, 10:30-11:15 from October 5th – November 23th

Instructor: Trudie Ogden **Cost:** \$34 Mem / \$42 Non-Mem **8 weeks**

Deadline to register: September 29th by noon

Welcome to our low to medium intensity 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.

Thursday Stretch and Movement Fitness: Thursday, 10:30-11:15 from October 7th – November 25th

Instructor: Trudie Ogden **Cost:** \$34 Mem / \$42 Non-Mem **8 weeks**

Deadline to register: September 29th 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.

Your device must have functional speakers, a microphone and a webcam.

Events for FALL Programs 2021 - Contactivity Centre - Cont'd

Breathing with Sara Gallagher: Tuesdays & Thursdays, 9:30 -10:00 October 5th – November 25th

Instructor: Sara Gallagher **8 weeks** **Cost:** \$42 Mem / \$50 Non- Mem.

Deadline to register: September 29th by noon

Your device must have functional speakers, a microphone and a webcam.

What is the Breathing Course all about?

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!

Why is this important? The amount of **prana** we have inside our body is related to our overall vitality. Imagine your body as a house for your soul.

Pranayama is doing the housework so that you can live in a clean house! We need techniques to take out our trash and to clean the drains!! Pranayama feeds vital energy to our organs so they can function at an optimal level!

About the Presenter: **Sara Gallagher** 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 MODO YOGA. Sara is passionate about living her best life and inspiring others to live theirs!



Young at Heart GROOVE: Wednesday, 1:30 -2:30 October 6th – November 24th **8 weeks**

Instructors: Diane Dupris **Cost:** \$38 Mem / \$46 Non-Mem **Deadline to register:** September 29th by noon

Young at Heart GROOVE is a dance exercise class for EVERYONE. You can join us seated or standing. We will join together with simple moves to super fun sing-along songs to keep you healthy: mind, body and soul!!

Your device must have functional speakers, a microphone and a webcam.

We follow 5 GROOVE Truths:

1. No one cares what you look like, and if they do it's their problem, not yours.
2. Your way is the right way! Adjust to make it feel good in your body.
3. No one can do it for you. You are responsible for taking care of yourself and moving your body!
4. We are all unique and should look different!
5. You won't know until you try! Come see what it is all about!



French Conversation: Fridays, 10:30-11:30 from October 8th – November 26th **8 weeks**

Instructor: Ashod Alemian **Cost:** \$38 Mem / \$46 Non-Mem **Deadline to register:** September 29th by noon

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: Les activités quotidiennes, La santé, chez le médecin, à la pharmacie, Les arts, le cinéma, la musique and Le sport et les activités physiques.

This is a Beginner's level 2, suitable for you if you recognize yourself in this description:

"I do 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."

Your device must have functional speakers, a microphone and a webcam.

Thomas More Discussion Group: Fridays, 11:00-12:30 from October 8th – November 26th **8 weeks**

Cost: \$27 Mem / \$32 Non-Mem (cost includes hard copies mailed to your home)

Deadline to register: September 29th by noon

Topic for 2021-22: Exploring Canada Through the Arts

What can we learn about our country by examining the arts?

Through fine arts, performing arts, and literature, we will visit Canada from coast to coast to coast. We will endeavour to learn more about Canada's people—from the Indigenous population to the newly arrived—and the places we share.

What do art and literature show us about the early relationship between Europeans and First Nations? What meanings are represented by the totem pole? How has storytelling contributed to our understanding of Canada? What role did French and English colonization play? How does music help to tell Canada's story? How have newcomers contributed to the Canadian art world?

You have a choice to participate by teleconference (dial in by phone) or join by Zoom video conferencing.

Events for FALL Programs 2021 - Contactivity Centre - Cont'd

Drawing with Color Course: Mondays, 1:00-3:00 from November 15th – December 13th 5 weeks

Instructor: Pat Walsh **Cost:** \$75 Member / \$85 Non-Member **Deadline to register:** September 29th by noon

A list of materials required for the course will be supplied before the first class.

This course builds on the basic principles of drawing and colour that were introduced in the 'Drawing With Colour' course given in the Spring. The fundamentals of line, gesture, volume, proportion etc. will be revisited and reinforced, and colour principles explored more deeply. Concepts of abstraction and collage will also be included as a way to enrich the vocabulary of drawing. Newcomers are welcome. Some drawing experience is recommended. Class size is limited.

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.

Your device must have functional speakers, a microphone and a webcam.

Guest Speakers – FREE for Members

****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.

So Many Papers! Paper Sorting, Organization and Purging with Kathleen Murphy

Thursday, October 14th from 1:30-2:30 pm **Deadline to register:** October 8th by noon

FREE for Members

Do you have to move papers off your kitchen table before having a meal? Learn how we can gain control and greatly reduce incoming paper, and consider what papers you may want and need to keep in your files. Information covered includes how best to decide on what to do with your collections of greeting cards, board minutes and committee papers, and the sentimental papers, like old report cards. The attendees will have the information needed to start sorting and reducing their paper piles.

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

Dogmatic Truths: What Dogs Teach Us About Life with author Spencer Boudreau

Thursday, November 11th from 1:30-2:30 pm **Deadline to register:** Nov. 5th by noon **FREE for Members**

The human relationship with dogs is older and more unique than that of humans with any other animal. McGill retired professor Spencer Boudreau will expand upon the exploration of this relationship from the personal perspective of the author, with the added insight of others who lovingly testify to the many ways dogs have enriched their lives. It includes stories of the roles dogs have played in the lives of saints and details the many services they render to human beings in general. Finally, the text explores the virtues, (yes virtues) dogs can teach us which have such an immeasurable capacity to enrich our lives.

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

Holiday Fashion Styling with Jeff Golf and Caroline Alexander

Thursday, December 2nd from 1:30-2:30 pm **Deadline to register:** Nov. 26th by noon **FREE for Members**

As the holiday season begins, it is time to think about clothing that feels festive, celebratory and even a little sparkly! Whether it is a quiet gathering at home, or a special meal at a favorite restaurant if circumstances permit, the holiday season is the time of year to let your wardrobe shine!

Join the stylists from Ludique in an interactive discussion about what to wear this holiday season. You are even invited to put on your favorite holiday outfit to get everyone in the spirit! We will be happy to answer any and all of your fashion related questions to help you look and feel your very best.

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

Live Musical Concerts – FREE for Members

****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.

Hallowtime with Alan De Souza – Thursday, October 7th from 1:30-2:30

FREE for Members

Deadline to Register: Friday, October 1st by noon

Friendly spirits will be frolicking with us all afternoon for fun and games at our Halloween celebration. Join the ever humorous musical jokester Alan in our afternoon journey of spirited music to suit all goblins looking for adventure. Alan, you should know, is an experienced guitarist, singer, showman and performer who loves to make people sing, laugh and have a great time. Bring your best impersonation of a Trick or Treat costume to entertain us. Prizes will reward the most original, creative and colourful makeup and presentation.

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

"Broadway Happy Hour" with Nick Burgess – Thursday, November 4th from 1:30-2:30

Deadline to Register: Friday, October 29th by noon **FREE for Members**

Nick Burgess is a graduate of McGill University in Montreal, and holds a postgraduate certificate from The Royal College of Music in England. His over 25 years of show business experience, and wide variety of musical stylings have allowed him to perform in the U.S., Europe and across Canada. As a music director, Nick has worked on over 50 productions including most recently: "The Best of Barbra"; "The Times They Are A Changin'"; and "Mythic". Nick is an accomplished pianist, singer, arranger, composer and vocal coach. His successful "Big Broadway Singalong" and "Broadway Happy Hour" events keep the crowd singing for hours. Don't miss this thrilling performance.

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

Holiday Celebration with Greg Inniss – Thursday, December 9th from 1:30-2:30

FREE for Members

Deadline to Register: Friday, December 3rd by noon

Join the staff as we ring the holiday bells with the multi-talented musician, singer Greg Inniss at our annual Holiday Celebration. Let's all get into the holiday spirit as Greg leads us through a medley of traditional, contemporary, and novelty rhythms of holiday time. Bring your favourite libation and wear whatever colours of the season you fancy.

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

Virtual Tours – FREE for Members

****The Virtual Tours 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 a few days before the activity begins. **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.

Virtual Tour of Budapest NEW and FREE for Members

Thursday, October 21st from 1:30-3:00 pm

Deadline to Register: October 15th by noon

Join Andrea Makkay, professional local tour guide, as she leads us through her beloved hometown. Budapest is a beautiful and glamorous city with a fascinating history. It is historical and modern, vibrant and calm, majestic and down-to-earth... all at the same time. Discover the capital of Hungary, get to know Hungarian history, learn about the origin of the Hungarian people, their unique language and much much more!

Hungarian history goes back to more than a 1000 years in the heart of Europe, however even before Hungarians got here, the land was already occupied by the Roman Empire. Hungarian history is full of occupations, sieges and battles, it has been a constant struggle for freedom and independence. Let yourself get swept away by the glamour, beauty and grandiosity of this wonderful and inspiring city that Andrea loves so much!

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

Events for FALL Programs 2021 - Contactivity Centre - Cont'd

Virtual Tour: The Orient Express NEW and **FREE** for Members

Thursday, November 18th from 1:30-3:00 pm

Deadline to Register: November 12th by noon

Join Georgiana, our narrator and tour guide, as she takes you on the journey of a lifetime. You are a detective who boards the Orient Express in Paris, with your final destination being Bucharest, Romania, where you were invited by a mysterious count to help him on a private matter. Your ride is long and to help pass the time you get acquainted with some interested fellow passengers.

Help us solve a mystery by following clues hidden all throughout our virtual travel tour on the Orient Express!"

You have a choice to participate by teleconference (dial in by phone) or join by Zoom video conferencing.

Virtual Tour: Amalfi Coast NEW and **FREE** for Members

Thursday, December 16th from 1:30-3:00 pm

Deadline to Register: December 10th by noon

Join one of Italy's finest Tour Directors, Elena Salerno, on a road trip to the Amalfi Coast with stops at Oplontis, Vesuvius, Capri and Sorrento. Enjoy some of Italy's favorites including limoncello, pizza, and buffalo mozzarella. Escape to southern Italy and let your mind go where your heart wants to be. Ciao!

You have a choice to participate by teleconference (dial in by phone) or join by Zoom video conferencing.

K.E.Y. (Keep Educating Yourself) Fall Zoom Lecture Series

These meetings, under the I.T.M.A.V. Outreach grant obtained by Contactivity Centre, are free for all and open to non-members, so you can invite a friend! Please register online or, if you will join in by telephone, call Fiona Smith at 438-920-3460 to register and/or for details on how to access the meeting.

Nova Home Care 1:00 PM Thursday October 28th, 2021 (**Register by Monday Oct. 25th**)

Nova Home Care has been offering crucial support for over 120 years (formerly known as the V.O.N. - Victoria Order of Nurses). Whether its palliative care provided by nurses (free of charge) or Home Care services provided by Home Health Aids (on a sliding scale), this organization has important programs in place to help patients stay at home. Find out more about their services and any eligibility criteria at this presentation by Dominique Gohier and Sarah LeBlanc. Have your questions ready!

Tel-Aide 1:00 PM Thursday November 25th, 2021 (**Register by Monday Nov. 22nd**)

Loneliness, emotional distress, strained relationships, addiction, stress at work. These are few of the instances when a person in distress may need an active listener. Join us and learn about the bilingual helpline that has been serving Montrealers for 50 years. Laura Caffin will give a presentation with a Q&A period afterwards.

Cancellations for Free Activities

If you have registered for an activity but you find yourself unable to participate as you had hoped, please call the Centre asap at 514-932-2326 and leave your name and a clear message stating what you are cancelling for or send an email to Emily at emily.rill@contactivitycentre.org or Barbara at barbara.savada@contactivitycentre.org. It is important for us to know how many to expect and it gives us the opportunity to invite other members who may be on a waiting list. Note: as stated earlier we cannot offer refunds for paid courses or workshops.

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.)



Zoom Tutorials

Learning to use Zoom can be challenging, but once you are familiar with the platform, it can allow you to stay involved with the many wonderful programs that Contactivity is currently offering online! To register for a one-on-one, 45 minute Zoom Tutorial, visit our website at <https://contactivitycentre.org/zoom-tutorials.php>, then scroll down and fill out the registration form. Or call us and leave a message at **514-932-2326**.

We are also available to help with other technology issues on a case-by-case basis. For that also, leave us a message at the above telephone number.



Back Due to Popular Demand!

Craft and Chat Virtual Get-Together

The Craft and Chat Virtual Get-Together was a hit this summer so it is back due to popular demand!

If you are a crafter and would like to spend an hour with fellow crafters, then this is the place for you!

Craft-minded people like yourself will meet once a week on Zoom for an hour to:

- Show and Tell whatever you are crafting at the moment
- Share stories, tell jokes, general chit chat, etc.
- Learn about a new craft from another participant
- Re-connect with old friends or make new ones
- Work on your own project and listen to stories that others will share with the group

Grab your craft project, a beverage of your choice and hang out with other crafters for a virtual hour of talk, laughter and fun!

This virtual get-together will be held every Wednesday afternoon from 3:00 – 4:00 PM (except for October 13 and November 24, no Craft and Chat) from September 29th to December 15th.

Event Facilitator: Angelina Hum

Cost: **FREE** for all crafters

Deadline to register: September 24th

How to Register: Go to our website and click on ONLINE COURSES AND ACTIVITIES, scroll down and click on the Craft and Chat Get-Together to register. Fill in your information and click ‘Submit Registration’.

OR 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. A Zoom link will be provided a few days before the activity begins.

Halloween Party – Thursday, October 7th, 2021 at 1:30 PM



Join the Contactivity team on Thursday, October 7th at 1:30 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, creative and colourful makeup and presentation.

Joining us is the ever humorous musical jokester Alan De Souza in our afternoon journey of spirited music to suit all goblins looking for adventure. Alan, you should know, is an experienced guitarist, singer, showman and performer who loves to make people sing, laugh and have a great time.

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.

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 a few days before the activity. **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.

Holiday Celebration – Thursday, December 9th, 2021 @ 1:30 PM



Join the staff on Thursday, December 9th at 1:30 pm as we ring the holiday bells with the multi-talented musician, singer Greg Innis at our annual Holiday Celebration. Let's all get into the holiday spirit as Greg leads us through a medley of traditional, contemporary, and novelty rhythms of holiday time. Bring your favourite libation and wear whatever colours of the season you fancy.

We are looking forward to seeing you. You can join us online or by telephone.

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 a few days before the activity. **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.

Intergenerational Programs with Students from Selwyn House School

This program is funded by Canadian Heritage, Government of Canada.

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 a few days before the activity begins.

Your device must have functional speakers, a microphone and a webcam to participate in the following:

Zoom Visits

Would you like to Zoom with a Selwyn student and learn new computer skills? Be a better Zoomer? Learn how to make better use of your digital devices (laptop, tablet, cell phone)? Want to learn how to follow your favourite personalities on Instagram, Twitter, and more? Interested in having a weekly chat with a young student? Zoom with a Selwyn House School student once a week. Zoom Visits are on Mondays or Tuesdays between 3:00 and 5:00 pm. Specific meeting times arranged between you and your student. Zoom visits are up to 60 minutes.

Dates: October 4 or 5 to December 5 or 6.

Photography 1 and 2

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! New this year – there are two levels.

Photography 1 covers the basics and **Photography 2** allows you to enhance your skill level further.

Photography 1: Dates & Time: TBA; Instructor: Miss Lana, Selwyn House School

Photography 2: Dates & Time: TBA; Instructor: TBA

Courses are on Zoom with occasional outdoor classes if possible.

Tech Savvy 1 and 2

Tech Savvy 1: 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. Learn with Mr. Latreille and his team of Selwyn House students to maximize the use of your devices and your time on the Internet. In **Tech Savvy 2** you will learn more about using your digital devices and other important aspects of staying current with technology.

Tech Savvy 1: Wednesdays from 4:00 – 5:00 pm; Instructor: Mr. Latreille, Selwyn House School;
Start Date: TBA

Tech Savvy 2: Mondays 4:00 – 5:00 pm; Instructor: Mr. Latreille, Selwyn House School;
Start Date: TBA **Courses are on Zoom.**

Reading Seniors

Would you like to read to students in Selwyn Elementary School? We are gathering names of Contactivity members who would be interested in occasionally reading to students in Grades 1 – 4. Books provided by Selwyn House. **Readings will be on Zoom.**

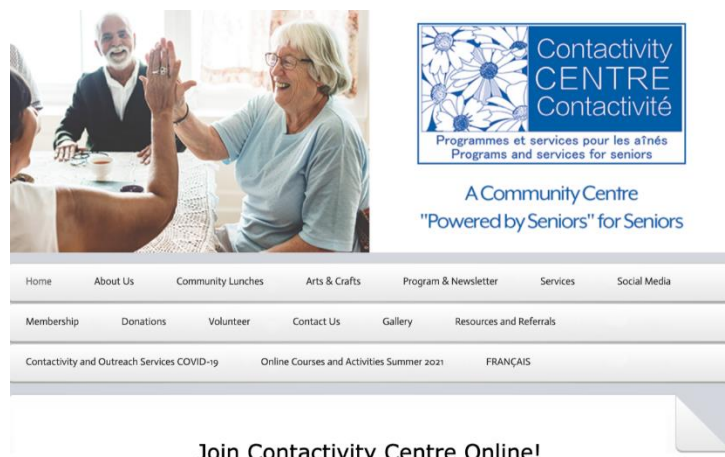
Contactivity – Selwyn Intergenerational Choir

We are gathering names of Contactivity members who would like to sing or play a musical instrument in our holiday music videos. Members are individually recorded. Recordings are then mixed with those of Selwyn students, staff, and teachers.

Special Workshops

Throughout the 2021-2022 school year, we will be periodically offering workshops with Selwyn students and guest speakers. **Workshops are on Zoom.** Check out the Contactivity website for updates.

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!



We would like to extend our deepest condolences to member Margo Prince and family for the loss of her loved ones, to member Ellen Jacobs and family for the loss of her sister-in-law and to the family and friends of the late Diane Desjardins and Rosemary Reilly.

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;
Support Workers – Clare Shuley and Michael Nolan; *Director of Development and Planning* – Benita Goldin