A NOTE FROM THE EXECUTIVE DIRECTOR

Hello Everyone,

I cannot believe we are sending out our Fall Newsletter already! We have wonderful programs planned for you this Fall. I encourage you to renew your Annual Membership ($20.00 per year) and sign up for our programs either on our website or give us a call. We are offering programs in person and online.

Keep in mind that we also update our website when we add new activities. Don’t forget to check www.contactivitycentre.org regularly! Also, follow us on Facebook and Instagram.

Comings and Goings among our staff. Angelina Hum is not on staff anymore as she started a new job in the business sector. Thank you Angelina for 10 years of crafting with our members! Dora Knez has joined our staff to teach our arts and crafts programs. Dora previously volunteered with us and is a multi-talented crafter. I know you will enjoy crafting with her. Elana Schwartz joins our staff as Intergenerational Program Leader. You may remember Elana from last year’s “Cooking Classy” program. Elana will manage our programs with Selwyn House School. Our summer students have finished their work with us. Thank you Alex and Adam for being so helpful and doing a great job this summer. We were happy to have you and hope you will return again next summer. Good luck with your studies!

Comings and Goings on the Board. At the June 23rd Annual Meeting, we welcomed new members to our Board of Directors: Lorraine Deley (Treasurer), Bonnie Sandler (Member), and Rod Scott (Member). Bill Smith and Tom Thompson stepped down from the board. We extend many thanks to both of them for their years of service and dedication to Contactivity.

50th Anniversary Celebration Update. We are in the middle of planning several Fall events to celebrate our anniversary. There will be a photo display and time line of the past 50 years. We will have commemorative key chains and other merchandise available. More details about our Fall celebration plans coming soon.

We can’t wait to show you our newly remodeled Centre. We have additional program and office space, new furniture, fresh paint on the walls, new signage outdoors and indoors, updated technology, and warm, friendly smiles waiting to see you in person!

See you soon!

Benita
WELCOME NEW MEMBERS!

A big, big welcome to:
Freda Colquhoun
Moira Carley
Patricia Day
Lesley Desautels
Marie-Françoise Doërr
Valerie Fauteux
Anne Glassman
Nina Glavackas
Andrea Klein
Aminah EL Jubeily
Jean Milliken
Dorothy Occhionero
Nikki Patrikios
Diana Senoner

Thank you for joining the Contactivity family!!

CONTACTIVITY NEWS & UPDATES

Important Phone Changes
We have upgraded our phone system. Christina will be answering the main number. There are also some changes and new features available. Listen to the options carefully. You will be greeted by a familiar voice. Can you guess who it is?

Volunteer Opportunities
Do you have time to volunteer? Do you know someone who does? We are always looking for new volunteers to do grocery shopping, take members to medical appointments, help with Telecheck, and more. Please contact Christina Edwar and learn more about how to become a Contactivity Volunteer. 514-932-2326 or christina.edwar@contactivitycentre.org

Office Closed 2 Mondays for Statutory Holidays
Contactivity will be closed on Monday, September 5th for Labour Day and Monday, October 10th for Thanksgiving

Daylight Savings Time Ends – Sunday, November 6th
Before retiring for the evening on Saturday, November 5th, or when you rise on Sunday morning, set your clocks back one hour.

LOCAL COMMUNITY NEWS & UPDATES

Westmount Time Capsule
This fall, Westmount will be revealing the contents of a time capsule that was buried 100 years ago. To continue that tradition, the City is launching a contest for the contents of the next capsule!

The theme is Westmount: Now and Beyond. Share what makes Westmount special to you, or imagine what the City will be like 100 years from now. You can draw, paint, or compose a short text for your entry.

Submitted works will be exhibited in the Gallery at Victoria Hall from September 28 to October 14. The winners will be chosen by popular vote.

To participate, pick up your kit at the Westmount Library, or the Community Events Office at Victoria Hall. Please note that using the kit is mandatory, as special paper will be provided for preservation purposes.

Submit your creation by September 12th, 2022. Open to Westmount residents of all ages.

Information: Call 514-989-5521 or send email to egamble@westmount.org
HAPPY BIRTHDAY!

Best wishes to everyone celebrating this fall.

SEPTEMBER

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

OCTOBER


NOVEMBER


DECEMBER

Viviane Agia, Celeena Ajodha, Barbara Arbuckle, Lorraine Barolet, Anita Battigalli, Sandra Breen, Valerie Broege, Janet Broxup, Elaine Bruce, Maria Bybel, Helen Corrigan, Joseph Dabby, Frances Desautels, Monique Enzle, Susan Fein, Margaret Lai-Ping Fung, Helga Luise Hoffman, Henrique Joanes, Patricia Johnston, Judi Klugerman, Tommy Mawhood, Cathy McMaster, Janet Moyer, Jane Cattan Nounou, Rita Pomade, Gizelle Popradi, Ramona Randal, Daniel Reicher, Andrea Ritchie, Viviane Sananes, Linda Shear, Beatrice Smith, Carol Cummings Speirs, Libby Stark, Evelyn Szabó, and Christa Toepffer.
FALL COURSES ONLINE AND ONSITE

A FEW GUIDELINES . . .

To Register: Visit our website www.contactivitycentre.org and click on Online Courses and Activities to register. Scroll down and click on the activity you’d like to register for, fill in your information and click ‘Submit Registration’.

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

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

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

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

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

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

COVID Prevention: In order to participate in onsite activities and courses, proof of vaccination is required and indoor masking is still mandatory.

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.
NEW Online Jumpstart Writing Workshop Series
Fridays, 2:00-3:00
October 7th, October 14th, October 21st and October 28th (4 weeks)
Facilitator: Marlene Cullen
Cost: FREE for Members
Deadline to register: September 9th by noon

Using prompts to spark writing, you will have the chance to write about memories and new thoughts. This writing style can lead to short stories, novels, memoirs, personal essays, and poetry. You will need a notebook and a pen or a digital device (tablet, computer).

Marlene Cullen is a professional writer and workshop leader. She hosts The Write Spot Blog and Writers Forum. [https://www.thewritespot.us](https://www.thewritespot.us)

Online Chair Yoga
Wednesdays, 2:00-3:00 from September 21st – November 30th (11 weeks)
Instructor: Manon Lacroix
Cost: $51.50 Mem / $62.50 Non-Mem
Deadline to register: September 9th by noon

Learn how yoga can be made more accessible by modifying and adapting yoga postures with a chair. We will explore seated postures during the first half of class and then standing ones still with the support of a chair during the second half of class. Breathing techniques, meditation and mindfulness will also be incorporated while we move from each pose with breath and awareness. A gentle yet effective yoga practice open to all. Beginners are welcome.

Online Tai Chi and Chi Kung
Mondays, 2:30-3:30 from September 19th – November 28th. No class on October 10th (10 weeks)
Instructor: Colin Young
Cost: $47 Mem / $57 Non-Mem
Deadline to register: September 9th by noon

Tai Chi and Chi Kung is the synergy between sequences of movements and the awareness and mindfulness of the energy of circulation behind them. It’s faster than one usually associates with Tai Chi but senior-friendly. Colin Young has 20 years of experiencing teaching both Tai Chi and Chi Kung. He will guide you through the practices of balance, coordination, breathing and circulation of energy exercises. The techniques and movements will be limited to easy-to-follow short sequences.

Online Movers and Zoomers
Mondays and Wednesdays, 10:00-11:00 and 11:10-12:10
September 19th – December 7th (23 classes - no class on October 10th)
Instructor: Lana Romandini
Cost: $186 Mem / $209 Non-Mem
Deadline to register: September 9th by noon

Low intensity sequences focus on strengthening and stretching your body. A few spots are open, so please email emily.rill@contactivitycentre.org for more information and/or to register.

Online Tuesday Stretch and Movement Fitness
Tuesdays, 10:30-11:15 from September 27th – November 29th (10 weeks)
Instructor: Trudie Ogden
Cost: $42 Mem / $52 Non-Mem
Deadline to register: September 9th by noon

Low to medium intensity Stretch and Movement course. Feel good by moving and strengthening your body as this class will focus on muscle strength and flexibility. There will be a mix of chair and standing exercises. Feel free to use stretch bands, light weights or other equipment you may own. Limited spots available.
Online Bridge:
All levels are from September 12th – December 12th (12 weeks)
No classes on September 26th and October 10th
Instructor: Heather Felsky
Each level costs: $146 Mem / $158 Non-Mem
Deadline to register: September 9th by noon
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. All three levels, are approximately half an hour of theory and continue with an hour of interactive play using the SHARK BRIDGE application.

Online Beginners Bridge
Mondays, 9:30-11:00
Starting out.

Online Intermediate A
Mondays, 11:30-1:00
This intermediate A class is suitable for you if you are learning: 2 Club Opening Bids, Jump Shifts, Blackwood and more.

Online Intermediate B
Mondays, 1:30-3:00
This intermediate B class is suitable for you if you are learning: Overcalls, Take Out Doubles, Negative Doubles and more.

Online Breath and Mindfulness
Tuesdays & Thursdays, 9:30 -10:00
September 20th – December 1st (11 weeks)
Instructor: Sara Gallagher
Cost: $46 Mem / $68 Non-Mem.
Deadline to register: September 9th by noon
Use your imagination as Sara guides us through breathing and creative thinking while connecting with yourself and others. Pranayama is a practice of bringing our attention to our breath, to strengthen our body, to nourish our minds and to bring balance to our hormones! Prana is the energy, minerals, ions and space dust referred to loosely as our life force, which we filter in through breathing! The amount of prana we have inside our body is related to our overall vitality. Imagine your body as a house for your soul.

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

Online French Conversation
Fridays, 10:30-11:30 from September 23rd – November 25th (10 weeks)
Instructor: Ashod Alemian
Cost: $52 Mem / $62 Non-Mem
Deadline to register: September 9th by noon
Classes are conversation based and tailored to meet students' practical needs, with fun activities covering topics of everyday life. Ashod is passionate about teaching and fully aware of the challenges students face in learning French. This is a Beginner'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.”
Some of the topics that will be discussed are: Les cinq sens, chez l’optométriste et l’audiologiste, la mobilité, chez le phisiothérapeute et les souvenirs du passé.
Online Guest Speakers – FREE for Members

Do You Have The Guts To Be Healthy?
Guest Speaker: Frances Michaelson
Thursday, September 15th from 1:30-2:30 pm
FREE for Members
Deadline to register: Friday, September 9th by noon

We are not what we eat, we are rather what we digest. If we fail at digesting our food properly, we will have signs and symptoms that Frances calls Body Language. Treating these symptoms does not help you heal. Learning the root cause is the solution. Frances Michaelson is a certified Naturopath and will discuss her book Do You Have the Guts to be Healthy?

Covid-19 Safety and Prevention
Thursday, September 22nd from 1:30-2:30 pm
Guest Speaker: Juanita Belanger, Infection Control Nurse
FREE for Members
Deadline to register: Friday, September 16th by noon

Juanita Belanger, Infection Prevention and Control Nurse at the Kateri Memorial Hospital will give a special presentation about Covid-19 preventive measures to take. She will answer any questions you may have about COVID prevention.

Lunch and Special Guest Speaker (available ONSITE only)
Guest Speaker: Sam Watts, CEO Welcome Hall Mission
Thursday, October 20th from 1:30-2:30 pm
Deadline to register: Friday, October 14th by noon
Lunch cost $12.00 for Members

The challenge of homelessness has become one of the most complex and intractable urban concerns of the early part of the 21st century. Shelters are full, people who have no place to call home are camping in parks and underneath overpasses. Was it always this way or has something changed? What do we typically misunderstand about people experiencing homelessness? Why can't we seem to make much progress towards solutions?

In this short interactive talk, Sam Watts will respond to some of these questions and review how the pandemic has altered the landscape. Is there reason for optimism? Sam would say; “You bet!” However, there are actions that are well understood that we need to take right away in order to course correct and provide vulnerable people with the services that they need.

Remembering and Celebrating Those Who Sacrificed
Guest Speaker: Colonel (RET'D) Sylvain Fredette, MStJ, CD, PMSC, ICD.D.
Thursday, November 10th
FREE for Members
Special Time: 1:00-2:00 pm
Deadline to register: Friday, Nov. 4th by noon

In honour of Remembrance Day, retired Colonel Sylvain Fredette will share his career experiences in the The Canadian Armed Forces. He served in Africa and the Caribbean as head of various missions for the Directorate of Foreign Affairs and International Trade, he was a department Dean at the Military College in Kingston Ontario, he was the Director of Strategic Planning in Ottawa, Ontario and finished his army career in December 2014 as Director of Research and Development in Kingston Ontario. He brings a wealth of knowledge of the role of the Armed Forces in Canadian society and in world affairs.
ONLINE THURSDAY AFTERNOON SERIES OF GUEST SPEAKERS, MUSICAL PERFORMANCES, AND WORLD TOURS (ZOOM OR TELEPHONE CONFERENCING)

Online Live Musical Concerts – FREE for Members

Gathering Sparks
Entertainer: Jane Lewis & Eve Goldberg
Thursday, September 29th from 1:30-2:30
FREE for Members
Deadline to Register: Friday, September 23rd by noon
You will come to listen but walk away singing. GATHERING SPARKS is the graceful collision of Eve Goldberg and Jane Lewis - musical friends who blend tight harmonies, finely crafted songs, and a love of participatory singing to create an intimate and uplifting experience. Their inclusive approach embraces folk, pop, blues and gospel influences tastefully played on acoustic guitar, piano, accordion, and ukulele.

A Halloween Party
Entertainer: David Longlade
Thursday, October 27th from 1:30-2:30
FREE for Members
Deadline to Register: Friday, October 21st by noon
From the Monster Ball to the Monster Mash, from the eerie to the scary, an afternoon of friendly fun-loving ghouls, pranksters and of course an invitation for one and all to impersonate in costumes galore your favourite spooky character and to revel in more, much more. Prizes will be awarded to the most original, creative and colourful makeup and presentation!

Joy In Song & Comedy
Entertainer: Wendy Farha
Thursday, November 17th from 1:30-2:30
FREE for Members
Deadline to Register: Friday, November 11th by noon
Wendy Farha is a singer, songwriter, musician, comedian & inspirational speaker. For nearly 45 years, she has been delighting audiences with her poignant songs & hilarious humour. In 2000, Wendy was diagnosed with clinical depression and then in 2009, with an aggressive form of breast cancer. In remission since 2011, she now tours Canada & the USA, sharing her music, comedy & her story of finding joy in the journey. Her story is an inspiring journey of how our woes can become our wows!

Singing Into The Holidays
Entertainer: Greg Inniss
Thursday, December 8th from 1:30-2:30
FREE for Members
Deadline to Register: Friday, December 2nd by noon
Join us for this special concert to start the holiday season. Greg is always eager to entertain and brings us a playlist of wide-ranging tastes of the holiday season.

Online World Tours – FREE for Members

Virtual Visit: Time Travel to Montmartre, Paris
NEW and FREE for Members
Thursday, October 13th from 1:30-3:00 pm
Deadline to Register: Friday, October 7th by noon
Explore Paris’s artistic history from the Moulin Rouge to the Sacre Coeur Basilica, Van Gogh’s residence, Moulin de la Galette, Place Dalida and more. Feel transported back in time as we walk the winding cobblestone streets of this hilltop neighbourhood. Karen will take us to Paris’ most bohemian, artistic district, Place du Tertre. You will discover the picturesque streets that inspired Renoir, Picasso, and Edith Piaf.
Virtual Tour: The Best of Japan  
Thursday, November 3rd  
NEW and FREE for Members  
Special Time: 10:00-11:30 am  
Deadline to Register: Friday, October 28th by noon

Japan offers so much from the scenic beauty, amazing food, and a long, rich history. On this journey, we will explore some of the major cities and cultural centers. From the hustle and bustle of Osaka, the tragedy and hope that lies in Hiroshima, the ancient capital of Kyoto, the scenic town of Hakone, and the new, modern capital and business hub of Tokyo, get a taste of the diversity within this beautiful island country. Escape to the land of the rising sun. Come along on this journey and delve into beautiful Japan with our guide Mardi Robinson.

Virtual Visit: Holiday Sweets on Parisian Streets  
Thursday, December 1st from 1:30-3:00 pm  
NEW and FREE for Members  
Deadline to Register: Friday, Nov. 25th by noon

Paris is the culinary capital of the world. For those with a sweet tooth, you really can't go wrong in Paris. From meringues & madeleines to macarons and all tasty surprises in between... if you have a sweet tooth, think honey and chocolate, then this tour is for you. Karen will share the history and importance of desserts and pastries in France. We will visit the historic “sweet street” in the Marais neighbourhood and Place de la Bastille.

Don’t have a computer or wifi at home but would like to virtually travel to Paris? Reserve a seat in Contactivity’s new Program Room to watch with fellow Contactivity Members. There are limited spots available. Register online or call 514-932-2326 and leave a message for Noemi with your reservation request.

ONSITE PROGRAMS FALL COURSE DESCRIPTIONS

COVID PREVENTION
In order to participate in onsite activities and courses, proof of vaccination is required and indoor masking is still mandatory.

NEW ONSITE Photography Workshop with Professional Photographer  
Friday, November 11th or Friday, November 18th from 1:00 – 3:00pm

Instructor: Professional Photographer Thomas Königstahl  
Cost: $32 Mem / $35 Non-Mem  
Deadline to register: September 9th by noon

In this 2-hour interactive workshop, you will focus on artificial and natural light (and the combination of both) using a traditional digital camera (SLR) and also any Smart Phone camera. We will explore the advantages and disadvantages of both when doing portrait photography. Using your own camera, you will learn easy tricks and considerations when shooting people/animals/crowds and even inanimate objects to optimize the end results. Everyone will have their portraits done using Thomas’ professional lighting setup and you will receive digital files of your pictures.

Thomas first studied arts under the guidance of Arthur Lismer (the Group of Seven). He turned to sculpture which evolved towards photography. In photography he found his voice to express his passion for beauty, his respect and admiration for nature, social discontent, his search for a balanced way of life and his commitment to his profound belief in the importance of values in human evolution. His work has appeared on book covers, in magazines, alternative newspapers, annual reports and in advertising. Königsthal has received awards including the Coq D’Or, the Boman Battan Award for Editorial Photography and a National Magazine Award for editorial photography in Canada.
NEW ONSITE Social Book Club
Includes 3 Meetups: Wednesday, September 21st, November 2nd and December 14th
10:30 am - 12:00pm
Facilitator: Elana Schwartz
Cost: $10 Mem / $15 Non-Mem
Deadline to register: September 9th by noon
Join us for a book club in person at Contactivity to read and discuss books that we love. We will have three sessions this fall: our first meeting will be an introduction to the program where we will choose the books we will be reading (by genre, author or any suggestions you may have) the next two sessions we will discuss the books in a cozy room with snacks and drinks.

ONSITE Busy Bees Arts & Crafts Group – Mondays and Wednesday from 10:30 am – 3:00 pm
Schedule provided to the registered participants.
Facilitator: Dora Knez
Cost: Free for Members
The Busy Bees make crafts for the annual bazaar. The program is currently full but we are taking names for a waiting list.

ONSITE Craft and Chat Group
Tuesdays from 10:00 am - 12:00 pm
Facilitator: Dora Knez
Cost: Free for Members
Get together with fellow crafters to craft and chat, learn about new crafts, and share your crafting projects. You will work on your own craft projects and make at least 1 item for Contactivity’s Bazaar in the Fall (materials will be provided by Contactivity Centre for this project)

ONSITE Walkie Talkies
Thursdays at 10:00 am from September 8th – December 15th
Facilitator: Glenn Hynes
Cost: FREE for Members
This walking group usually starts at the Greene Avenue entrance to Westmount Square. Walks are an hour long and then there is an option to stop for coffee/snack afterwards.

ONSITE Bridge Group: Mondays, 1:00-3:30 pm from September 19th – December 12th
For Members Only
Cost: $2.00 per Monday
Bridge Convener: Dan Dutton
We are pleased to announce that our Monday Bridge Group will be starting up again to play a friendly game of Bridge on Monday afternoons. Participants must be a Contactivity member and have experience and understanding of how to play Bridge. This is not an educational course. The group will meet in the Drop-in room. Max of 4 tables. First come, first served. If you are interested in joining this group, please call 514-932-2326 and leave a message.

ONSITE Motivate to Move
Tuesdays, 1:00-2:00 from September 20th – November 8th (8 weeks)
Cost: $38 Mem / $46 Non-Mem
Instructor: Lana Romandini
Deadline to register: September 9th by noon
Intermediate Fitness class with focus on body awareness, balance, mobility, stability and strength training. Some chair exercises will be incorporated, however, ability to stand for most exercises is important. Classes will occasionally, include choreography to music.
ONSITE Thursday Stretch and Movement Fitness
Thursdays, 10:30-11:30
October 6th – November 24th (8 weeks)
Instructor: Trudie Ogden
Cost: $38 Mem / $46 Non-Mem
Deadline to register: September 9th 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.

ONSITE Fall Prevention Program
Mondays and Wednesdays, 1:30-3:00
September 12th – December 5th (No class on October 10th) (12 weeks)
Instructor: Philippe Briand, Kinesiologist
Cost: FREE for Members
Deadline to register: September 9th by noon

This program is currently full but we are taking names for a waiting list.

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

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

ONSITE Thomas More Discussion Group
Thursdays, 11:00-12:30
October 13th – December 1st (8 weeks)
Facilitator: Patricia Sikender and Jane Thomson
Cost: $22 Mem / $32 Non-Mem
Deadline to register: September 9th by noon

The theme for this term is READING STORIES – THE CANADIAN EXPERIENCE

The short story is one of the oldest literary genres. Many Canadian authors known primarily as novelists, such as, Margaret Atwood, Thomas King, Gabriel Roy and Madeleine Thien, have delved into the short story. What prompts them to do so? For the story to be considered “Canadian” must the author be Canadian and do the stories have to be set in Canada?

In this 18-week course we will read a variety of Canadian short stories and in addition ask the following questions: What constitutes a short story? What can we learn about Canada from these stories? How do diverse writings reflect Canada’s tapestry?

NEW ONSITE Activity – Self-Defense Interactive Workshop Series
Wednesdays, 10:30-12:00
October 19th and October 26th (2 weeks)
Instructor: George Manoli
Cost: $45 Mem / $55 Non-Mem
Deadline to register: September 9th by noon

This 2-week self-defense course will give you tips on the best techniques to use if someone ever attacks you. You will learn about what to do if you are followed home, how to protect your purse, and how to prevent fraud.

George has over 35 years experience and is the first to admit that self-defense may not be easy with reduced mobility. You will benefit from simulations of various scenarios to see what you can realistically do if approached. Limited spots available.
ONSITE PROGRAMS FALL COURSE DESCRIPTIONS (CONT’D)

ONSITE A Walk in the Park
Tuesdays and Fridays, 10:00-12:00 ends October 28th (weather permitting)
Facilitator: Noemi Stafford
Cost: FREE for Members

A Walk in the Park is a slow-paced walking group to walk around the beautiful and scenic Westmount Park. Also, you can choose to bring your lunch so that we can have lunch together on the park benches. Each member will get a pedometer to measure your steps! You will see yourself get stronger during this program and may be able to do more laps around the park.

If you are interested in participating, email noemi.stafford@contactivitycentre.org or call 514-932-2326 and leave a message for Noemi Stafford.

ONSITE Lunch and Special Guest Speaker
Guest Speaker: Sam Watts, CEO Welcome Hall Mission
Thursday, October 20th from 1:30-2:30 pm
Deadline to register: Friday, October 14th by noon
Lunch cost $12.00 for Members

The challenge of homelessness has become one of the most complex and intractable urban concerns of the early part of the 21st century. Shelters are full, people who have no place to call home are camping in parks and underneath overpasses. Was it always this way or has something changed? What do we typically misunderstand about people experiencing homelessness? Why can’t we seem to make much progress towards solutions?

In this short interactive talk, Sam Watts will respond to some of these questions and review how the pandemic has altered the landscape. Is there reason for optimism? Sam would say; “You bet!” However, there are actions that are well understood that we need to take right away in order to course correct and provide vulnerable people with the services that they need.

Intergenerational Programs with Students from Selwyn House School

Meet and Greet Intergenerational Program - Selwyn Students and Contactivity Members
October 3rd, 2022 from 2:45 to 3:45 pm in-person at Selwyn House School

This program is open to all members participating in Fall term Selwyn programs.

Friendly Visits
October 10th – December 9th, 2022
Day & Time: Weekdays between 3-5pm – to be determined mutually with the student.
FREE for Members
Visits will be either in person at a member’s home or on Zoom.
Deadline to register: September 16th by noon

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

There will be two opportunities for matched students and Contactivity members to meet for lunch at Selwyn House School on October 19th and November 16th.

Photography 1
Tuesdays, 1:45-2:45 pm; in-person at Selwyn House School
November 8th – December 9th 2022
FREE for Members
Instructor: Miss Lana, Selwyn House School and her Photography students
Deadline to register: September 16th by noon

Learn to take better pictures with your iPhone, Smartphone, iPad, tablet, or camera. Miss Lana and her students will teach you tips and tricks so you can take captivating pictures! Photography 1 is for beginners.
Digital Literacy
Wednesdays from 4:00 – 5:00 pm; online only
October 12th – December 7th, 2022
FREE for Members
Instructor: Chloe Monpetit
Deadline to register: September 16th by noon

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.

Reading Seniors
Would you like to read in-person to Elementary students in Kindergarten and Grade 1 at Selwyn House School? Once a week from October 10th – December 9th, 2022. Day and time to be determined between the teachers and Contactivity members. Books provided by Selwyn House.

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. Recordings will be done in-person. Dates and times to be determined in early November.

Special Workshops
Throughout the 2022-2023 school year, we will be periodically offering workshops with Selwyn students and guest speakers. Check out the Contactivity website for updates and announcements.

Intergenerational programs are funded by Canadian Heritage, Government of Canada

Spring 2022: Intergenerational Tea
**Friendly Calls/Visits** – this program pairs volunteers with members and other seniors in our community who feel they could benefit from weekly phone calls. Call Christina at 514-932-2326 or email at christina.edwar@contactivitycentre.org and leave a message if you are interested in this program or would like more information and Rekha will get back to you.

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

**Grocery Shopping** – If you live in Westmount or adjacent, our dedicated team of volunteers can shop for you and deliver your groceries directly to your door, free of charge. For more information or to make a request, call us at 514-932-2326 or send an email to christina.edwar@contactivitycentre.org.

**Medical Accompaniment** – Need assistance with getting to medical appointments? If you live in Westmount or adjacent, our dedicated team of volunteers can help. Call Christina at 514-932-2326 or email at christina.edwar@contactivitycentre.org to request this service.

**Outreach Services** – Information and referral to resources are available from Contactivity’s Outreach worker in Westmount, Fiona Smith. Keep an eye out for Fiona’s outdoor pop-up information tables in and around Westmount. She can be reached at fiona.smith@contactivitycentre.org or 514-932-2326, ext. 203. Please leave Fiona a detailed message/email and she will return your message. This service is funded by an ITMAV grant from the Ministry of Health & Social Services.

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**TESTIMONIALS**

> “I joined the Contactivity Group nine years ago primarily to take the wonderful twice a week chair exercise program. It was important for me to keep fit. I soon became aware of many other programs they offered. I enjoyed their delicious birthday luncheons and their bus trips to many interesting places. When Covid hit I went on Zoom with Contactivity as they had many programs we could listen to and take part in such as the exercise classes, lectures, music concerts and Travel programs. Contactivity was there for us even though we could not meet in person. For those who might be interested in joining, there are so many things that you might enjoy like Bridge lessons, Art, French lessons, dancing, Busy Bees, day trips, luncheons and much more. The last program I took was Fall Prevention. We were a small group and we all enjoyed so much. Lastly the staff are very caring and so helpful.”  - Diane Webster

> “As a baby boomer, I watched my parents and grandparents grow older. After they died, I felt unprepared for senior citizenship. Friends recommended Contactivity to me. When I decided to become a member, friendly staff welcomed me. I’ve participated in numerous activities – day trips, workshops, courses, and lunches. During the pandemic, I joined Telecheck, because isolation was tough. I continued to join online courses and activities during the pandemic. Contactivity rebranded is a step forward for hybrid learning, intergenerational activities, and more surprises on the horizon.”  - Carole Thorpe

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**DONATIONS**

As a non-profit community organization, Contactivity relies on funding from all levels of government, foundations, membership dues, course fees, and individual donor contributions.

Donations to Contactivity help us provide our programs and services at a reasonable cost and when possible for free. Please consider a donation to Contactivity. Donations can be made on our website www.contactivitycentre.org or by cheque. Thank you!
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<td>Movers and Zoomers 10:00-11:00 and 11:10-12:10</td>
<td>Busy Bees Arts &amp; Crafts Group ONSITE 10:30-3:00</td>
<td>Online Guest Speaker – Remembering and Celebrating those who Sacrificed with Retired Colonel Sylvain Fredette Special Time: 1:00-2:00</td>
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<td>Walkie Talkies 10:00-11:00</td>
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<td>Thomas More Discussion Group ONSITE 11:00-12:30</td>
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<td>Virtual Visit – Holiday Sweets on Parisian Streets 1:30-3:00 with the Possibility of Viewing ONSITE at Contactivity. Reservations needed</td>
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<td>Movers and Zoomers 10:00-11:00 and 11:10-12:10</td>
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<td>6</td>
<td>Craft and Chat ONSITE 10:00-12:00</td>
<td>Photography 1 at Selwyn 1:45-2:45</td>
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<td>Movers and Zoomers 10:00-11:00 and 11:10-12:10</td>
<td>Busy Bees Arts &amp; Crafts Group ONSITE 10:30-3:00</td>
<td>Digital Literacy 4:00-5:00</td>
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<td>Walkie Talkies 10:00-11:00</td>
<td>Online Singing into the Holidays with Greg Inniss 1:30-2:30 pm</td>
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<td>Craft and Chat ONSITE 10:00-12:00</td>
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<td>Book Club 10:30-12:00</td>
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<td>Walkie Talkies 10:00-11:00</td>
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<td>30</td>
<td>Closed for the Holidays / fermé pour les vacances Happy New Year! Bonne Année!</td>
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