



Contactivity
CENTRE
Contactivité

PROGRAMS & SERVICES
FOR SENIORS

Executive Director
Benita Goldin
(ext. 210)

Administrative Assistant
Monica Flowers
(ext. 200)

Program Coordinator (Interim)
Noemi Stafford
(ext. 202)

Program Leader
Lucas Liberta
(ext. 208)

Intergenerational Program
Leader
Elana Schwartz
(ext. 205)

Coordinator of
Outreach Services
Yasmina Al Hussein
(ext. 203)

Reception
(ext. 200)

Contactivity Centre
is a non-profit
Community Centre
for Active Seniors 60+



Come
Celebrate Winter
with Contactivity

www.contactivitycentre.org

Contactivity Centre NEWSLETTER

Winter 2024

As our name suggests, we bridge **contact** with **activity**!

A NOTE FROM THE EXECUTIVE DIRECTOR

Hello to our Contactivity audience!

Winter brings the Start of a New Program Year at Contactivity!

Winter has arrived! Season's Greetings to everyone. It's time to sign up for **Contactivity's winter activities**. Let's get going in person and online to exercise, play games, learn something new, make new friends, and enjoy lunches & entertainment. We have interesting outings planned; we're starting a bowling league; we'll learn to line dance; and we'll paint watercolours with **Julie Pomerleau** our new watercolour art teacher. We will have a **Valentine's Day Tea on February 14th** and we look forward to guest speakers including notable Quebec author **David Homel**, dementia expert **Dr. Serge Gauthier**, and McGill management professor **Dr. Karl Moore**. There is much to do at Contactivity! Sign up early and don't miss out on your favourite activities.

New staff: Please join me in welcoming **Yasmina Al Hussein** to the Contactivity team. Yasmina is our new Coordinator of Outreach Services. She is looking forward to meeting you. She can provide information and

referral to resources you may need. She can help you navigate the health care system and advocate on your behalf. She can also arrange assistance with groceries and accompaniment for medical appointments. Drop by her office to say hi!

Membership Renewal: Along with course registration, it's time to renew your membership. Membership renewal information is included with this newsletter.

Donations: It's also that time of year when we ask you to consider making a donation to Contactivity along with your membership renewal. It is thanks to donations that we are able to reduce course fees and when possible offer programs without charge.

Membership Survey: Thank you to everyone who completed the membership survey. It's not too late, you can still fill it out online or on paper.

Happy Winter! Looking forward to seeing you at the Centre.

**Warm wishes,
Benita**

What's coming up this WINTER 2024?

Exciting News and information to be found in this edition:

- **CONTACTIVITY NEWS & UPDATES**
- **WELCOME NEW MEMBERS!**
- **HAPPY BIRTHDAY** wishes!
- **WINTER COURSES ONSITE & ONLINE**
- **GET FIT, GET CREATIVE, GET SMART,**
- **GET YOUR GAME ON** and
- **Let's GET TOGETHER** with
- **THURSDAY AFTERNOON SERIES**
- **THURSDAY LUNCH**
- **AROUND THE TOWN ACTIVITIES**
- **GET TO SCHOOL** at SELWYN: INTERGENERATIONAL PROGRAMS
- **HOME SUPPORT SERVICES**
- **2024 WINTER ACTIVITY CALENDAR** at a glance!



Contactivity Centre Registration

* Visit page 4 for more information and how to register for **2024 WINTER COURSES!**

4695 de Maisonneuve Boul. West, Westmount, Qc. H3Z 1L9
514-932-2326 | info@contactivitycentre.org

www.contactivitycentre.org





Contactivity
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Contactivity BREAKING NEWS

Join us!
Make new friends,
enjoy our courses
in-person or online!

www.contactivitycentre.org

Simply Fabulous February at Contactivity!



Winter Carnival Lunch at Contactivity

Thursday February 1st, 2024

12:30-1:30 PM

Please reserve your spot by contacting
Contactivity at 514 932-2326.

Westmount Winter Carnival

Outside Activities at King George Park

February 3, 2024

Seasonal activities for the whole family to
enjoy! Frosty Fun!



Valentine's Day Tea

Wednesday, February 14th, 2024

2:00-3:00 PM

Drop by and celebrate Valentine's Day with
your friends at Contactivity Centre. Enjoy
sweet baked treats and tea.

Be Our Valentine's!

Annual Membership Renewal - by March 31st, 2024

It's time to renew your Contactivity
membership! Annual membership is \$20. If
you want the newsletter mailed to you, then
the annual membership is \$35 to cover the
cost of paper and postage.

*Please use the enclosed envelope to return
your membership form and payment. We look
forward to another year filled with recreation,
education, fitness, outings, lunches, and good
friends!*

Winter Boots

Please remove your
winter boots and
other overshoes
inside the front door of the Centre. Please
bring indoor shoes to wear while at the
Centre. Thank you for your cooperation!



OFFICE CLOSED:

Please note Contactivity will be
closed on the following dates:

New Year's

January 1st, 2024

Good Friday

March 29th, 2024

Easter Monday

April 1st, 2024



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 **Yasmina Al Hussein** (ext.203)
and learn more about how to become a
Contactivity Volunteer. **514-932-2326** or
outreach@contactivitycentre.org



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 for
your generosity!**



And now a hearty Contactivity *Welcome* to our new members...

Arlene Lund
Chunrong Wang
Claude Lymburner
Debbie Williams
Francis Twyman
Heather Clowater
Joanne Marco

Joanna DePoe
Joanne Gibbs
Madelene Sebaldt
Mair Verthuy
Marisa Cardazzi
Mary Ann Kilravey
Michelle Harper

Murray Bronet
Maureen Rappaport
Richard Swift
Sandra Allen
Susan Edmonds
Susi Lovell
Suzanne Maloney

Valiery Quinn Holland
Regula Mettler
Helen Cvejic
Lin Hu
Veronique Verthuy
Yolande Charbonneau

**Thank you for
joining the
Contactivity
family!**

We look forward to seeing you!



Happy Birthday!
Best wishes to our
Contactivity Members
Celebrating this Winter.

www.contactivitycentre.org



Contactivity
CENTRE
Contactivité

We look forward to Celebrating with you!

JANUARY

Andrea Klein
Anh Lan Vu
Anita Tulloch
Anne Hamilton
Anne Lessard
Annie Bergey
Antje Bier
Bernadette Chau
Betty Le Maistre
Carol Lord Spence
Catherine Lackenbauer
Debbie Blythe
Ellen Jacobs
Eve Lauder
Frances Gilsenan
Helen Cvejic
Hélène Thun
Ilse Smejkal
Jean Darmanie
Jill Harrison
Joanne Baird
Judy Yelon
Lillian Fox
Linda Del Rosario
Linda Edgar
Lise de Jocas
Lynn Caplan
Margaret Jones
Maria Gannon
Marie Pothier
Mary Flemming
Masao Ishida
Maureen Tinsley
Minoo Gundevia
Mitsuru Cope

Nettie Harris
Shirley Carreiro
Shirley Pow Chong
Virginia Elliott
Zarmine Torrossian

FEBRUARY

Agnes Berot
Ann Gray Rodriguez
Clement Lam
Constance Desmarais
Daren Laine
Gerry Glassman
Glenn Hynes
Johanne Church
Josef Schmidt
Karen Griffin
Kristina DeCruz
Mary Wojdyslawski
Michele Wraight
Michelle Harper
Nicole Forbes
Rachèle Rioux
Ramesh Chawla
Reva Lazarus
Susan Kravitz
Tom Thompson
Wendy Barnes

MARCH

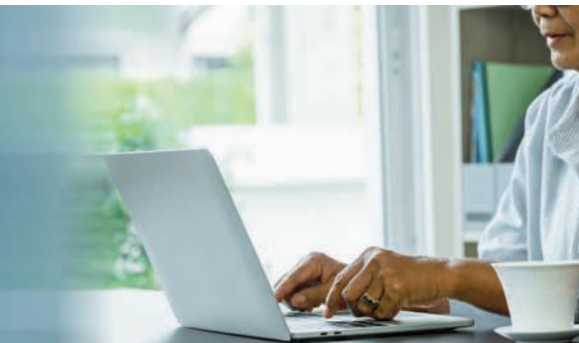
Adriana Lopez
Aimi Kuura
Andrea Todd
Annette Perlman
Arlene Lapointe
Bernice Cobrin
Celia Edmonds
Chrystine Chatigny
Colette Marcotte
Debbie Williams
Elva Crawford
Hazel Blenman
Hilda Lapointe Gagnon
Honor Barrett
Ledda Urbani
Linda Horton
Marcia Schaefer
Margaret Piton
Mirjana Gavrilouic Gagric
Nancy Paré
Patricia Kearns
Patricia Wilton
Paulin Argentine
Rachel Levy
Shelley Freeman
Susan Pook
Susan Palevsky
Susan Stock
Suzanne Gregory
Theresa Boulay
Ya Lin Wong



A Contactivity *Happy Birthday* to all of you...



Contactivity
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Contactivité



Let's Get Connected!

*How to register
for our courses
in-person or online!*



www.contactivitycentre.org

Contactivity Centre Registration

WINTER 2024

A FEW GUIDELINES

To Register:

Visit our website www.contactivitycentre.org and simply 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 and 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:

Please do not come to the Centre if you are not well.

A Contactivity *Note*...

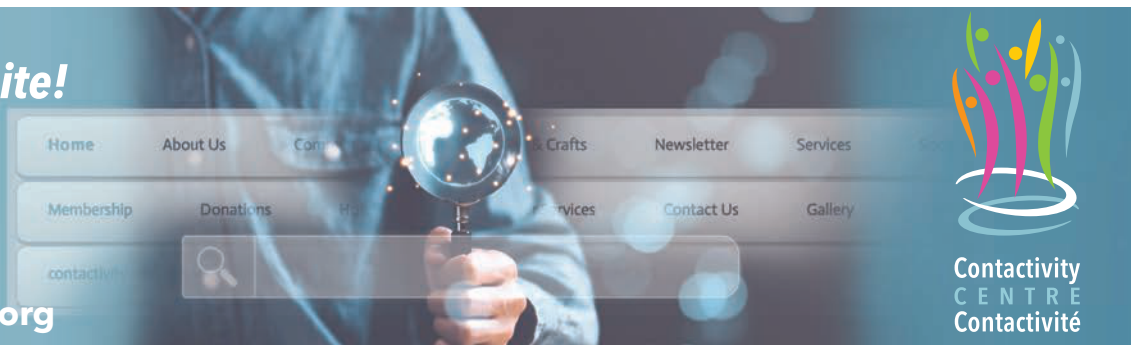
CANCELLATIONS FOR FREE ACTIVITIES:

Please keep in mind that if you have registered for an activity but find yourself unable to participate, please contact the Centre ASAP at **514-932-2326** or send an email to admin@contactivitycentre.org leaving your name, contact information and a clear message about what you need to cancel. Letting us know you cannot attend gives us the opportunity to invite other members who may be on a waiting list.

Thank you!

Navigating our Website!
*How to Use, Search and
Find what you are
looking for.*

www.contactivitycentre.org



Be on the LOOKOUT

Contactivity Centre Website

We are updating our website and look forward to announcing its launch in Winter 2024!

TABLE OF CONTENTS

A Quick Glossary of REGISTRATION Icons



Onsite

Activity or Event will take place at Contactivity

4695 de Maisonneuve Boul. West,
Westmount, Qc. H3Z 1L9



Online

**Participate in an Activity or Event from
your home computer**

We can even help you set that up



Get Fit

A variety of courses to
keep you moving and
grooving! Pages 6-7



Get Creative

Bring out your inner
artist and improve your
skills. Page 8



Get Smart

Brain power activities
to keep you sharp!
Pages 9-10



Get Your Game On

It's ok to be competitive.
Let's Play! Page 11



Get Together

Join us for **Thursday
Lunches and Entertainment**
Pages 12-13, 15



Get Outta Here

Let's leave for **Outings
and Adventure**
Page 14



Get To School

At Selwyn House
Intergenerational
Programs. Page 16



**Contactivity
Home Support Services**
We can Help.
Pages 17-19



Yes Chef!

Recipes of the Month
Page 20

2024 WINTER ACTIVITY CALENDER

at a glance!
Pages 21-23

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GET FIT

At **Contactivity**, we offer a large selection of Fitness and Wellness courses. Studies show that staying active after 60 keeps the body and mind healthy and young! Check out our action-packed Winter courses.



ONSITE

SNOWSHOEING

Tuesdays, 10:00-11:00

January 16 - March 12 (9 Weeks)

Facilitator: Benita Goldin

Cost: \$10 Member / \$15 Non-Member

Strap on your snowshoes and come join Contactivity. We will snowshoe along the trails in Westmount Park while enjoying good company. Snowshoeing is a great winter sport for cardiovascular fitness and is considered low impact. So come enjoy the winter with us! If you can walk independently without a walking aid and are in good physical condition, then this program may be right for you. Equipment will be provided.



WALKIE TALKIES

Thursdays, 10:00-11:00

January 4 - March 28 - Ongoing, weather permitting

Facilitator: Glenn Hynes

FREE for Members

The group 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.

NEW SKATING

Fridays, 12:00-1:00

January 12 - February 16 (6 Weeks) - Weather permitting

Facilitator: Lucas Liberta

Cost: \$5 Member / \$10 Non-Member

Join us at the Westmount Park Outdoor Skating rink. This is a non-instructional activity; knowledge of skating is required. Equipment not provided.



ONSITE

PICKLEBALL

Mondays, 10:30-12:00

January 15 - March 25 (11 weeks)

Facilitator: Lucas Liberta

Cost: \$32 Member / \$35 Non-Member

Try the newest fitness fad! Contactivity provides all equipment.

NEW LINE DANCING

Tuesdays, 1:00-2:30

February 13 - March 19 (6 Weeks)

Instructor: Linda Chou

Cost: \$50 Member / \$57 Non-Member

Let's welcome back Linda to Contactivity Centre! Line Dancing is a choreographed dance in which a group of people dance along to a repeating sequence of steps while arranged in one or more lines or rows. Let's dance!

THURSDAY STRETCH AND MOVEMENT FITNESS

Thursdays, 10:00-11:00

January 11 - March 21 (9 weeks) No class, February 1 and 8

Instructor: Trudie Ogden

Cost: \$50 Member / \$60 Non-Member

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.

HYBRID ONSITE & ONLINE SIMULTANEOUSLY

CHAIR YOGA

Wednesdays, 3:00-4:00

January 17 - March 20 (10 weeks)

Instructor: Manon Lacroix

Cost: \$52 Member / \$62 Non-Member

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 Courses - for when you just can't be there in person but want to experience all the same benefits. It's the way of the future baby... and we will even help you get online!

GET FIT



ONLINE

NEW RESISTANCE TRAINING

in partnership with Concordia University's Department of Exercise Science

Tuesdays and Thursdays, 10:00-11:00

January 16 - March 21 (10 weeks)

Instructor: Daniela Presta

FREE for Members

Under Daniela's guidance, this class will focus on easy-to-follow resistance exercises aimed at perfecting your form. This course will further Daniela's exercise research on strength, functionality, and oxygen demand. To participate, you will be expected to attend three 30-minute testing sessions at Concordia's Loyola Campus before starting the program, midway through, and at the end of the 10-week period. Full attendance at the online course for the entire 10 weeks is required.

MOVERS AND ZOOMERS

NEW TIME Mondays and Wednesdays, 10:30-11:30

January 15 - March 20 (10 weeks)

Instructor: Lana Romandini

Cost: \$163 Member / \$186 Non-Member

Join Lana for low-intensity sequences focusing on strengthening and stretching your body.

TUESDAY STRETCH AND MOVEMENT FITNESS

Tuesdays, 10:30-11:15

January 9 - March 19 (11 weeks) No class February 13

Instructor: Trudie Ogden

Cost: \$47 Member / \$57 Non-Member

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.



ONLINE

TAI CHI AND CHI KUNG

Fridays, 10:00-11:00

January 19 - March 22 (10 weeks)

Instructor: Colin Young

Cost: \$43 Member / \$52 Non-Member

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. The techniques and movements will be easy-to-follow short sequences focusing on balance, coordination, breathing and circulation of energy.



Congratulations for starting an Online Workout with us!

Here are some guidelines to ensure your Online workouts are best suited to your capabilities:

Lightly challenge your capabilities without exceeding them:

That will make you stronger rather than sore and weaker.

Stop before you get sore:

Don't risk injury, train in smaller increments more often.

Increase the challenge slowly:

When you exercise, you will adapt. Go Slow.

Other important considerations:

Chronic health issues:

If you are concerned, consult a health professional when embarking on a new fitness regime.

Medications:

To reduce the risk of a Fall take into consideration that some common medications can upset your sense of balance.



GET CREATIVE

At **Contactivity**, we encourage you to release your inner Artist and embrace your passion! We provide the guidance and materials and you provide the inspiration!



ONSITE

BUSY BEES ARTS & CRAFTS GROUP

Wednesdays, 10:30 – 3:00 Ongoing

Instructor: Noemi Stafford, Interim

FREE for Members

The Busy Bees knit, quilt, crochet, and weave crafts for Contactivity sales and special projects.

SCRAPBOOKING CREATIONS

Every second Tuesday, 11:30-12:30

January 23 – March 19 (5 Weeks)

Facilitator: Yasmina Al Hussein

Cost: \$25 Member / \$30 Non-Member

Explore themed scrapbooking with us. Learn how to turn your memories into timeless art. Discover inspiration and valuable tips for preserving your cherished moments, one beautiful page at a time!

POLYMER CLAY

Tuesdays, 12:30-2:30

January 16 – February 20 (6 Weeks)

Instructor: Ellen Jacobs

Location: Selwyn House School

Cost: \$60 Member / \$65 Non-Member

Polymer clay can be used to create jewelry such as necklaces, bracelets, earrings, decorative pins; sculptures with/without armatures; vessels; mosaic designs; wall hangings. The material is inexpensive, the colour ways are unlimited, and the process used to create items ranges from the very simple and enjoyable to the incredibly complex and challenging. In this four-week workshop we will focus on making wearables and will begin with simple procedures. Materials will be provided as will the essential tools.



CRAFT AND CHAT GROUP

NEW TIME Fridays, 11:00-12:30

Facilitator: Noemi Stafford

FREE for Members

Have you been working on a craft project? Come show us what craft you've been working on! Get together with fellow crafters to craft and chat and share your crafting projects. We'll have coffee/tea and some treats to enjoy too.



ONSITE

PAINTING WITH ACRYLICS

Tuesdays, 1:00 – 3:30

January 23 – March 26 (10 weeks)

Instructor: Suzy Levy

Cost: \$105 Member / \$115 Non-Member

This course will focus on creative approaches to painting with acrylic using personal choices for subject matter and reference to different styles in art history. Basic skills and techniques will be covered with emphasis on composition and colour.

DRAWING

Fridays, 1:00 – 3:00

January 26 – March 15 (8 weeks)

Instructor: Suzy Levy

Cost: \$85 Member / \$95 Non-Member

This course is for anyone who has an interest in drawing or sketching. It covers the skills you need to learn the different techniques and styles to achieve successful expression of chosen subjects, people, places objects and even abstract concepts.

HYBRID

ONSITE & ONLINE SIMULTANEOUSLY

NEW

INTRO TO WATERCOLOURS

Fridays, 10:00-12:00

February 16 - March 22 (6 Weeks)

Instructor: Julie Pomerleau

Cost: \$50 Member / \$56 Non-Member

Build your confidence in watercolour painting with this beginner-friendly class. Using step by step, follow along instructions, participants will learn tips, techniques, drawing skills, and colour theory. After each session participants will walk away feeling relaxed with a finished painting and a better understanding of the art medium.

About Julie: Julie has taught virtual drawing classes to a group of 7-14 year old youths for the Multicultural Council of Windsor and Essex County. In 2021 she taught beginner watercolour painting classes at AGAPE's English-speaking Senior Wellness Centre in Laval as well as to teachers in the English School Board of Montreal.

And now for a workout for your Brain!

We all know that our brain needs exercise as well to improve memory function and cognitive abilities. So learn something new, stay sharp and **Train your Brain** with us!

GET SMART



ONSITE

CURRENT EVENTS DISCUSSION GROUP

Thursdays, 10:00-11:00

January 11 – March 21 (11 weeks)

Facilitator: Lucas Liberta

FREE for Members

Do you like discussing breaking news? Are you a sports fan? Let's talk! Come and stay up to date on the latest news and sports developments. Let's discuss current happenings that affect our community, province, and country. We'll discuss what's in the newspaper, on the radio, on t.v., and online. We'll also watch news and sports clips and talk about them. Looking forward to hearing everyone's opinions on the things that matter!

THOMAS MORE DISCUSSION GROUP

Thursdays, 11:00-12:30

January 25 – March 28 (10 weeks)

Facilitators: Patricia Sikender and Jane Thomson

Cost: \$35 Member / \$45 Non-Member

The theme for this term is Exploring the Relationship Between Children's Literature and Childhood. We will study the development of children's literature and the importance of reading to children. We will look at fairy and folk tales and discuss their role in a child's development. What value do they have for the child and more importantly, what do they teach the parents or grandparents reading them? How do they help form bonds between generations while also appealing to a sense of wonder in children?

BOOK CLUB AT CONTACTIVITY

Wednesday, January 24, February 28, March 27, 1:30 – 3:00

Instructor: Elana Schwartz

Cost: \$15 Member / \$20 Non-Member

Join us for interesting, lively discussions with themed snacks to match our reading material!

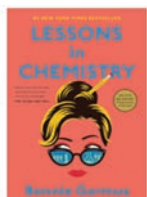
January 24

Before the Coffee Gets Cold
by Toshikazu Kawaguchi



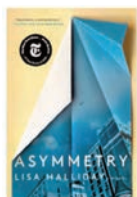
February 28

Lessons in Chemistry
by Bonnie Garmus



March 27

Asymmetry
by Lisa Halliday



HYBRID

ONSITE & ONLINE SIMULTANEOUSLY

FRENCH CONVERSATION - INTERMEDIATE LEVEL

Fridays, 10:00 - 11:00

February 2 – March 22 (8 weeks)

Instructor: Ashod Alemian

Cost: \$42 Member / \$50 Non-Member

This course will help you be more confident to converse in French by improving your vocabulary covering different topics of everyday life: habits, health, hobbies, diet & cooking, etc. The focus will be on some grammar, two past tenses, prepositions, negation, and sentence structure. Join us for an informal program to improve your everyday French.



ONSITE

MY LEGACY – STORYTELLING

By Appointment Only

Instructor: Lucas Liberta

FREE for Members

Join us at Contactivity and share your story with us!

At the end of the program, you will have created your own booklet with a handmade or digital copy. You can share these booklets with your grandchildren and children.

TECH SUPPORT

By Appointment Only

Call 514-932-3433 ext.203 to schedule an appointment

Facilitator: Tech Volunteer

FREE for Members

Are you feeling overwhelmed by technology? Eager to learn more? Struggling to join Zoom classes or managing your overflowing inbox? We've got you covered! Simply schedule a tech assistance appointment with one of our volunteers.



GET SMART

Train your Brain with us...

Engage with us ONLINE
with discussions on Art, Music, Fashion, Health
and so much more!

HYBRID

ONSITE & ONLINE SIMULTANEOUSLY

NEW FASHION OF THE 1940'S

Tuesday, February 6, 1:30-2:30

Instructor: Pamela Elizabeth Grimaud

FREE for Members

Join us for an enlightening presentation on the fashion trends of the 1940s with Pamela Grimaud. Her presentation will delve into the profound impact World War II had on 1940s fashion.

***About Pamela:** Pamela Grimaud is a Visual Researcher and Fashion Historian who obtained her MA in Costume History and Visual Culture from New York University. She has shared her expertise through extensive lectures at cultural centers, libraries, Parsons School of Design, and The Fashion Institute of Technology in New York, as well as several schools in Montreal. Her notable contributions with The Soprano's costume designer Juliet Polska and photographer Annie Liebovitz showcases her experiences in the field.*

NEW WHAT DOES MY NEIGHBOUR DO?

Wednesday, January 31, 10:00-11:00

Instructor: Sandra Churchill

FREE for Members

*Come join us for our new series, **What Does My Neighbour Do?** Learn about local Westmounters and their interesting career paths. First in this series is Sandra Churchill who reads for Audible Books. She will talk about how she started in the audiobook industry and give us a demonstration of how she works. Sandra reads *Mysteries (Cozy or Thriller)*, *Children's Adventure*, *Young Adult*, *Historical Fiction/Romance*, *Fantasy* and *Non-fiction*.*

***About Sandra:** Sandra Churchill was trained as a classical singer and has been telling stories for as long as she can remember. She now channels her love of stories into recording audiobooks from her home studio in Westmount where she lives with her family of five.*

Wednesday, February 7, 11:00-12:00

Instructor: Aphrodite Salas

FREE for Members

Aphrodite Salas will talk about video journaling and her career.

***About Aphrodite:** Aphrodite was a video journalist and assignment editor at CTV Montreal, senior anchor at Global Quebec and hosted her own current affairs radio program on 940 Montreal. Aphrodite also covered news from parliament hill in Ottawa. Aphrodite holds an Honours BA from the University of Toronto and an MA in Public Policy and Public Administration from Concordia University where she also teaches.*



ONLINE

CLASSICAL MUSIC WORKSHOP: J.S BACH

Wednesdays, 3:00 - 4:00

January 17 - February 21 (6 weeks)

Instructor: Jonathan Palevsky

Cost: \$40 Member / \$45 Non-Member

Join us on Zoom and enjoy the music of German composer Johann Sebastian Bach, a musician of the late Baroque period.

BEGINNER SPANISH

NEW DATE Wednesdays, 11:00 - 12:00

January 17 - March 6 (8 weeks)

Instructor: Isabel Pardo

Cost: \$40 Member / \$48 Non-Member

Learn Spanish basics including the alphabet, numbers, greetings, basic verb conjugation, vocabulary, and every-day phrases.

HYBRID

ONSITE & ONLINE SIMULTANEOUSLY

HEALTHY AGING SERIES

Dr. Avi Whiteman, Family Medicine

Monday, January 8 - 1:30-2:30

Dr. Whiteman's presentation will touch on a variety of topics including medication, vaccines, regular screenings, fitness, and other issues important to managing your health as you age.

Dr. Kerstin Tiedemann, Bone Density

Monday, January 29 - 1:30-2:30

Dr. Tiedemann will discuss ways to build and maintain healthy bone density.

Dr. Serge Gauthier and Claire Webster, Dementia Care

Monday, February 5 - 11:30-12:30

Dr. Gauthier will provide information on different types of neurocognitive disorders. He will discuss the associated behavioural and psychological symptoms that manifest as the disease progresses. Ms. Claire Webster will share practical advice on how to care for a person living with dementia.

Dr. Justine Clark, Podiatrist

Monday, February 19 - 11:30-12:30

Justine Clark will explain how to maintain proper foot health. She will discuss a variety of possible foot issues that may arise and what you should do if you encounter these symptoms.

Games aren't just for Kids! They help you use different strategies to enhance your thinking, word skills, socialize and engage in life. After a few months of using these strategies, you will notice a big improvement in your memory skills.

**GET YOUR
GAME ON**



ONSITE

MAH-JONG

Wednesdays, 10:00-12:00

February 7 to March 27 (8 weeks)

Instructor: Nellie Kopek

FREE for Members

Interested in learning a new game? Learn to play the North American version of Mah-Jong. This is an instructional class. Mah-Jong is great exercise for the brain and improves memory skills.

About Nellie: Nellie Kopek being a fan of Mah-Jong for over 25 years, loves teaching it to others. She has taught Mah-Jong to beginners in Alberta, Ontario and Quebec.

CANASTA GROUP

Wednesdays, 12:00-3:00

January 10 - March 27 (12 Weeks)

FREE for Members

Canasta is a card game, similar to Rummy, that was developed in South America and became a popular game in the 1950's. It is now on an upswing. Come and join the "Canasteras" and learn how to play the game and have fun doing so.

TRIVIA & BOARD GAMES

Mondays, 2:30- 3:30

January 15 - March 11 (9 weeks)

Facilitator: Lucas Liberta

FREE for Members

Join us every Monday afternoon for fun, interactive board games such as scrabble, cribbage, Monopoly. We will alternate playing board games and trivia each week.



ONSITE

BRIDGE GROUP

Mondays, 1:00-3:30

January 8 - March 25 (12 weeks)

Bridge Convener: Dan Dutton

Cost: \$2.00 per Monday

Join us for Bridge! Participants must be a Contactivity member and have experience and understanding of how to play Bridge. This is not an educational course.

INSTRUCTIONAL INTERMEDIATE BRIDGE

Tuesday, 9:45-11:45

January 16 - March 19 (10 weeks)

Instructor: Francis Therrien

Cost: \$122 Member / \$132 Non-Member

About Francis: Francis Therrien is our new Intermediate Bridge instructor. He has his own practice and teaching facility on the West Island and has been teaching Bridge for over 20 years. Francis has also been involved with the Montreal and Atwater Bridge clubs. His enthusiasm and dedication for the game make his teaching methods fun and engaging.





GET TOGETHER FOR LUNCHES & ENTERTAINMENT

Socializing and Connecting is good for the soul and a basic human need. It's also what we do best!
At Contactivity we Bridge Contact with Activity.
Join us and get out there!



ONSITE

DR. KARL MOORE

**AUTHOR OF GENERATION WHY? HOW BOOMERS CAN
LEAD AND LEARN FROM MILLENNIALS AND GEN Z**

Thursday, January 18

Lunch 12:30-1:30

Guest Speaker 1:30-2:30

Cost \$15

Lunch: Pork Souvlaki + Greek potatoes + Rice + Salad
OR Vegetarian Omelette + Greek potatoes + Salad

*As Gen Z and younger millennials enter the workforce, older generations are scrambling to understand the new ways of work. Karl Moore's **Generation Why** book explains valuable leadership advice, and how boomers can learn from the ways Millennials and Gen Z think and go about things. We will also be giving away one of his books to a lucky winner!*

ROB LUTES - JANUARY BIRTHDAY LUNCH

AWARD WINNING MONTREAL-BASED SINGER-SONGWRITER

Thursday, January 25

Lunch 12:30-1:30

Performance 1:30-2:30

Cost \$15

Lunch: Meat Lasagna + Veggies OR Vegetarian Lasagna + Veggies

In this one-hour show, Rob will talk about and perform songs from the late 1960s and 1970s singer-songwriter movement. He will feature a selection of popular songs and the stories behind them.

HYBRID

ONSITE & ONLINE SIMULTANEOUSLY

TOUR NEW ORLEANS WITH HARVEY LEVINSON

Thursday, February 1

Lunch 12:30-1:30

Tour 1:30-2:30

Cost \$15

Lunch: Chicken Parmigiana + Pasta + Roasted Veggies OR
Eggplant Parmigiana + Pasta + Roasted Veggies

Celebrate the Westmount Winter Carnival and Mardi Gras and visit New Orleans, Louisiana with Harvey Levinson. He will be showing off their infamous "Mardi Gras" celebration.



ONSITE



DAVID HOMEL

**A DISCUSSION WITH ONE OF
QUEBEC'S LEADING AUTHORS**

Thursday, February 8

Lunch 12:30-1:30

Guest Speaker 1:30-2:30

Cost \$15

Lunch: Beef Bourguignon + Rice + Veggies
OR Vegetarian Quiche + Veggies

David Homel will present the writer's life and pique our interests with a few short readings that will illustrate how he builds novels. He will talk about his fiction for adults, younger readers (7 - 12 yrs. old) and non-fiction, including personal essay, memoir, journalism and documentary film. In presenting his future projects, he will address what writers work on as they age and how to stay in the game.

*About David: David Homel was born in Chicago, a place he left in 1970. After living in France and Toronto, he settled in Montreal in the early 1980s, where he has worked as a novelist, essay writer, journalist, filmmaker, literary translator, editor, and teacher. He has published 16 books, including 5 for younger readers with Marie-Louise Gay. He has won a number of prizes for his writing, translations and films. His most recent work is a collection of essays called **How Did I Get Here? A Writer's Education**. He is currently working on a new book.*

HYBRID

ONSITE & ONLINE SIMULTANEOUSLY

HEARING HEALTH WITH SYLVIE AUGER

AUDIOLOGIST

Thursday, February 22

Lunch 12:30-1:30

Guest Speaker 1:30-2:30

Cost \$15

Lunch: Braised beef Tortellini + Veggies OR
4 Cheese Tortellini + Veggies

Let's welcome back Sylvie Auger! Sylvie will discuss issues with hearing and aging, hearing aids, and other factors that enhance your day-to-day hearing life.

Please see our

**THURSDAY LUNCHES & ENTERTAINMENT
MENU - Page 15**



Happy Birthday Contactivity Members!

Socializing and Connecting is good for the soul and a basic human need. It's also what we do best!

At Contactivity we Bridge Contact with Activity. Join us and get out there!

GET TOGETHER FOR LUNCHES & ENTERTAINMENT



ONSITE

MUSICAL PERFORMANCE WITH JEWELLE MCKENZIE SINGER, SONGWRITER, PRODUCER AND FEBRUARY BIRTHDAY LUNCH

Thursday, February 29
Lunch 12:30-1:30
Performance 1:30-2:30
Cost \$15

Lunch: Beef Stew + Potatoes + Veggies OR
Eggplant Parmigiana + Potatoes + Veggies

Happy Birthday to February Members!

Jewelle McKenzie is an incomparable vocalist and consummate performer in the Jazz, R&B and gospel genre. She has performed over 1500 shows locally and 500 shows internationally including Qatar, Morocco, Thailand, Vietnam and Canada! Come enjoy her undeniable stage presence and extraordinary voice and range.



ONSITE

ST PATRICK'S DAY LUNCH WITH GIOVANNI NATALE

Thursday, March 14
Lunch 12:30-1:30
Performance 1:30-2:30
Cost \$15

Lunch: Shrimp Linguini + Veggies OR
Manicotti Rose + Veggies

Happy St. Patrick's Day!

Giovanni is back and will be playing Irish-themed music and traditional folk tunes on the accordion.

MUSICAL CONCERT WITH SINGER DAWN TYLER



WATSON SINGER, SONGWRITER, PRODUCER AND MARCH BIRTHDAY LUNCH

Thursday, March 28
Lunch 12:30-1:30
Performance 1:30-2:30
Cost \$15

Lunch: Chicken Souvlaki + Greek

potatoes + Rice + Salad

OR Vegetarian Quiche + Greek potatoes + Salad

Happy Birthday March Members!

Let's celebrate with iconic singer and Juno award winner Dawn Tyler Watson. Her shows inspire and move the spirit. Join her and sing along to classic tunes and jazzy originals.

HYBRID

ONSITE & ONLINE SIMULTANEOUSLY

TOUR ENGLAND WITH HARVEY LEVINSON

Thursday, March 7
Lunch 12:30-1:30
Tour 1:30-2:30
Cost \$15

Lunch: Meat Shepard's pie + Veggies OR
Vegetarian Shepard's pie + Veggies

Visit London's world of art, education, media, and financial sector. Enjoy the beauty and magnificence of London with Harvey!

Please see our
**THURSDAY LUNCHES & ENTERTAINMENT
MENU - Page 15**





GET OUTTA HERE **LET'S LEAVE FOR OUTINGS** **AND ADVENTURE**

On the road again with Contactivity!
Places and people to connect to.
Join us and get out there!



OUTINGS



GUIDED TOUR: **MARISOL at the MONTREAL** **MUSEUM OF FINE ARTS**

Thursday, January 11

2:00-3:00

Facilitators: Noemi Stafford &
Lucas Liberta

FREE for Members

Meet at the GROUP ENTRANCE - 2075 Bishop Street

Marisol is an exhibit celebrating the life and work of Marisol, a Parisian artist born to Venezuelan parents. Having attended the Académie Julian and the École des Beaux-Arts in Paris, she relocated to New York in the 1950s where she developed an interest in sculpture.

This exhibition not only includes her artwork, it exhibits the artist's source materials, influences, sketches, studies and personal photographs, shedding light on her working methods as well as her everyday life.

GUIDED TOUR: **BECOMING** **MONTREAL: THE** **1800'S PAINTED BY** **DUNCAN MCCORD** **STEWART MUSEUM**

Friday, February 23

1:00-2:00

Meeting time 12:45 PM

Facilitators: Noemi Stafford & Lucas Liberta

Cost: \$15 member/ \$17 non-member

Meet at the MAIN ENTRANCE of the museum

McCord Stewart Museum, 690 Sherbrooke Street West

On the guided tour, visitors journey into Montreal's past as they delve into the striking watercolours of James Duncan (1806-1881), who followed the city's evolution in the fifty years he painted from 1830 to 1880 and created panoramic views that predate photography. His works are part of Montreal's living history.



OUTINGS

MOVIE OUTING: BOB MARLEY, **ONE LOVE**

Tuesday, January 23

Facilitator: Lucas Liberta

Cost: \$10.00

***Please register no later than**
January 16

Bob Marley, known as the icon and creator of the Reggae Music genre. This movie is about his life experiences from childhood through his rise to stardom.



NOW, LET'S GET OUTTA HERE! **BOWLING AT ROSE BOWL/ QUILLES G PLUS**

Thursday, March 21

10:00-3:00

Facilitators: Noemi Stafford & Lucas Liberta

Cost: \$15 member/ \$17 non-member

Join us for a symphony of clattering pins and rolling balls. Come with friends and enjoy the thrill of friendly competition at Rose Bowl, 6510 St-Jacques W.



Who doesn't like lunch?!

Add Entertainment, Birthdays and Holidays and you got a Feast!
Good company and Hot meals with all the trimmings
...now that's entertainment!

GET TOGETHER FOR LUNCHES AT CONTACTIVITY



THURSDAY LUNCHES & ENTERTAINMENT

Cost: \$15.00

Lunches include dinner rolls + dessert + coffee & tea

Lunch and Entertainment 12:30-2:30

JANUARY 18

Pork Souvlaki + Greek potatoes + Rice + Salad
OR
Vegetarian Omelette + Greek potatoes + Salad

JANUARY 25

Meat Lasagna + Veggies
OR
Vegetarian Lasagna + Veggies

FEBRUARY 1

Chicken Parmigiana + Pasta + Roasted Veggies
OR
Eggplant Parmigiana + Pasta + Roasted Veggies

FEBRUARY 8

Beef Bourguignon + Rice + Veggies
OR
Vegetarian Quiche + Veggies

FEBRUARY 22

Braised Beef Tortellini + Veggies
OR
4 Cheese Tortellini + Veggies

FEBRUARY 29

Beef Stew + Potatoes + Veggies
OR
Vegetarian Shepard's Pie + Veggies

MARCH 7

Meat Shepard's Pie + Veggies
OR
Vegetarian Shepard's Pie + Veggies

MARCH 14

Shrimp Linguini + Veggies
OR
Manicotti Rose + Veggies

MARCH 28

Chicken Souvlaki + Greek potatoes + Rice + Salad
OR
Vegetarian Quiche + Greek potatoes + Salad





GET TO SCHOOL AT SELWYN HOUSE INTERGENERATIONAL PROGRAMS

Stay young and Get Tech Savvy with the younger generation!

Learn what all those new age terms mean and share your knowledge at the same time.

FRIENDLY VISITS

Lunch Time at Selwyn House

Wednesday 12:45-1:45

Lunch included

OR Weekdays, 3:00-5:00

January 15 - March 1

Program Leader: Elana Schwartz

FREE for Members

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. Alternatively, you can visit with your student at Selwyn House and have lunch together.



CRAFTING AT SELWYN

Tuesdays, 12:30-1:30

January 16 - February 27

Location: Selwyn House School

Instructor: Ellen Jacobs

Join Ellen Jacobs and help teach students in Grades 7 and 8 how to work with polymer clay.



DIGITAL LITERACY

Wednesdays, 3:30 - 4:30

January 17- February 28

Location:



Contactivity Centre and



Online option

Instructor: Charlotte Power

FREE for Members

Don't know how to make the most of your laptop, tablet, smartphone, ? 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? Charlotte and her teaching assistants (Selwyn students) will cover these topics and more to improve your tech savvy skills.



SPORTS WITH SELWYN HOUSE

January 15 - March 1

Time: TBD

Location: Selwyn House School OR Sports Venue

Would you like to help the boys with sports activities? You can help keep score at the national basketball tournament and hockey events and/or cheer on the boys as they practice curling. It's a great opportunity to pass along your sports expertise to a younger generation.

LUNCH MONITORS

Monday-Friday, 11:15-12:30

January 15 - March 1

Location: Selwyn House

Would you like to help Kindergarten students at lunch time? Lunch Monitors help elementary school children fill cups with milk and water, manage their trays, socialize with their fellow students, and keep the lunchroom orderly. Lunch is included.

SPECIAL WORKSHOPS

Throughout the 2024 school year, we will be periodically offering workshops with Selwyn students and guest speakers. Check out the Contactivity website for updates and announcements.



Selwyn House School is an independent boys' school located in Westmount, Quebec. The school was founded in 1908. Boys can attend from Kindergarten through Grade 12.

We can help.

Whether you need a ride, a delivery or a simple hello from time to time...

We got ya!

Contactivity Outreach & Home Support Services



FRIENDLY CALLS/VISITS

Our program brings together volunteers and seniors who value regular, friendly conversations. Whether it's a comforting chat over the phone or a warm in-person visit, these connections create a sense of community and companionship, brightening the days of our participants.

TELECHECK

A daily telephone check-in service for seniors living alone.

GROCERY SUPPORT

Share your grocery list with us via call or email, and we'll handle the rest. Thanks to our partnership with Metro Westmount, your groceries will be delivered right to your door. Residents in Westmount and the surrounding areas can conveniently pay with cash, cheque, or credit card. Don't live in the service area? No worries – we can connect you with a dedicated volunteer shopper who will also ensure your groceries are delivered to your doorstep.

MEDICAL ACCOMPANIMENT

Need help getting to a medical appointment? Our volunteers are here to help. We kindly ask for a week's notice to ensure we can pair you with a dedicated driver who will make your trip comfortable and hassle-free.



ONSITE ADDITIONAL PROGRAMS



CAREGIVER COMPASSION CIRCLE

Every Second Tuesday, 11:30-12:30

January 16 – March 26

Facilitators: Yvonne Clark, Social Worker & Yasmina Al Hussein, Outreach Worker

FREE for Members and \$15 for Non-Members

Step into a nurturing community where spousal caregivers share their journeys, and gather invaluable insights into providing care for their partners. Our support group is a sanctuary for those on the caregiving path, offering a welcoming space for candid conversations, emotional support, and expert guidance. Here, you can connect with others who truly understand your challenges and victories.

HEALING PAWS

Thursday, 1:00-2:00

February 15

Facilitator: Yasmina Al Hussein, Outreach Worker

FREE for Members

Discover the heartwarming benefits of animal therapy; a unique and uplifting experience where you can interact with well-trained, friendly animals. Whether you prefer cuddles, conversations, or simply being in their company, this session promises to create memorable moments and warm connections.

VOLUNTEER OPPORTUNITIES:

Are you interested in volunteering?

Do you know someone who is?

We have openings for volunteers to help with:

- Tech Support
- Driving to Medical Appointments
- Grocery Support
- Special Events
- Lunches
- Friendly Visits or Calls
- Outreach
- Activities at the Centre

Please reach out to:

Yasmina Al Hussein at **514-932-2326**

ext. 203 or

outreach@contactivitycentre.org

and learn more about how to become a Contactivity Volunteer.

OUTREACH SERVICES

Searching for information on senior services and resources? We can provide support in various areas, including, but not limited to

- Advocacy • Housing • Landlord-Tenant Issues • Transportation • Home Care Services • Cleaning Services • Medical accompaniment • Friendly Visits • Daily Phone Call Services • Food Security • Meals on Wheels • Community Meals • Grocery shopping • Abuse and Fraud Prevention • Health & Social Services • Hospitals • CLSCs • Day Centres • Assisted Living • Long-term care • Caregiver support • Counseling Resources • Government Resources

Please reach out to:

Yasmina Al Hussein at **514-932-2326**

ext. 203 or

outreach@contactivitycentre.org



Contactivity Outreach & Home Support Services

DON'T SING THE WINTER BLUES!

...We can help.

Here are some ideas to help you embrace the positive aspects of the Winter season.

NAVIGATING WINTER BLUES:

MANAGING SEASONAL AFFECTIVE DISORDER (SAD)

As winter approaches and daylight hours wane, many seniors find themselves grappling with Seasonal Affective Disorder (SAD), a form of depression that typically occurs during the colder, darker months. Understanding the symptoms of SAD and learning strategies for maintaining mental and emotional well-being during this time is vital for our overall health.



RECOGNIZING THE SYMPTOMS OF SAD:

It's essential to be vigilant about the following symptoms:

1. **Persistent Sadness:** Those affected by SAD may experience enduring feelings of sadness or hopelessness.
2. **Increased Fatigue:** Individuals often feel extreme exhaustion and a lack of energy.
3. **Sleep Disturbances:** Changes in sleep patterns may lead to insomnia, early waking, or oversleeping.
4. **Appetite Changes:** There may be an increased desire for carbohydrates, which can result in weight gain, or a loss of appetite.
5. **Physical Symptoms:** Individuals may experience physical discomforts like headaches, body aches, and gastrointestinal issues.
6. **Social Withdrawal:** Isolation and withdrawal from social interactions may become more pronounced.
7. **Heightened Sensitivity:** Affected individuals may become more sensitive to perceived rejection or criticism.

STRATEGIES FOR COPING WITH SAD

There are several strategies to help maintain mental and emotional well-being during the darker months:

1. **Light Therapy:** Light therapy involves sitting in front of a light that emits full-spectrum light for a designated amount of time each day.
2. **Daily Exercise:** Regular physical activity has been shown to improve mood. Engaging in daily walks or chair exercises can be particularly beneficial.
3. **Nutritious Diet:** Eat a well-balanced diet rich in essential nutrients. Reducing sugar and processed food consumption is also advised.
4. **Social Connection:** Combatting isolation is essential. Stay connected with friends and family, even if through phone calls or virtual means. Consider participating in group activities or classes to maintain social bonds.
5. **Professionally Guided Support:** Individuals with severe or persistent SAD symptoms should seek professional help. Therapists or healthcare providers can offer specialized treatments, such as cognitive-behavioral therapy or medication.
6. **Embracing Winter:** Try to embrace the positive aspects of the season. Participating in winter-specific activities, like admiring holiday decorations, can instill a sense of joy.

By recognizing the symptoms of SAD and implementing these strategies, individuals can better navigate the challenges of this condition. Seasonal Affective Disorder can be managed effectively with the right tools and support. Affected individuals can continue to find joy, contentment, and well-being throughout the darker days of winter.

Additionally, remember that you can always reach out to

Yasmina Al Hussein, the Coordinator of Outreach Services at ext. 203, to schedule a one-on-one session.

Be on the look out!

Elder financial fraud is one of the fastest growing crimes against older adults.
Be aware and learn how to spot and prevent it.

Contactivity Outreach & Home Support Services



FRAUD PREVENTION:

The SPVM wants to inform the population, particularly seniors, of a new way in which fraudsters operate to extract money from victims. Fraudsters offer to call seniors to pick them up in order to transport them to a banking institution to withdraw money.

HOW DO THEY DO IT? THEY MANIPULATE YOU AND TAKE AWAY YOUR OPTIONS TO ACT.

Usually, fraudsters contact their victims by telephone and the name of a known banking institution will appear on the display. They pose as security personnel from the institution. They will solicit victims so that they can help them resolve a fraud problem by an employee of the institution. Thus, they create a situation of false urgency which will stress and worry the victim. The fraudsters, courteous and helpful, will convince the victims that the only solution to quickly resolve the problem is through a solution that will be offered to them, that being: to pick them up by vehicle and then travel to a banking institution to carry out transactions. The fraudsters will take them to a banking institution and say that they must withdraw a substantial sum of money in order to help them resolve the situation. Once back in the vehicle, the fraudsters steal the money, disembark the victim and flee in the vehicle.

ADVICE TO THE POPULATION, REMEMBER THAT:

- A banking institution, a security service, or a police service will never ask you for money, your banking card, or your PIN to resolve a situation.
- Never trust what is written on your phone's display, because fraudsters use applications that allow them to write the names of financial institutions as the caller.
- The more you talk with the fraudsters, the more you will be convinced to do what they ask you. They are polite, helpful and courteous in their approaches.

FOR RELATIVES OR FRIENDS OF AN ELDERLY PERSON:

If you have relatives or friends who are seniors, give them a strategy to use should they ever find themselves in such a situation. Ask them to contact you to discuss the situation and help them make a calm and informed decision.

FOR PEOPLE WHO ARE CONTACTED BY FRAUDSTERS

- Before continuing any discussion with the caller, tell the person soliciting you that you will call them back. In 99% of cases, fraudsters will hang up because they do not want to give a number to reach them;
- Hang up and verify with the person you trust, that you have already reached an agreement with, to discuss the situation, to help you regain your composure and make an informed decision;

NEVER ACCEPT AN OFFER OF TRANSPORTATION FROM THE CALLER

HOW DO YOU ASK FOR HELP IF YOU GET INTO THE VEHICLE AND FEEL TRAPPED?

- As soon as possible, discreetly dial 911 and leave the line open. The 911 operator will be able to hear what you say, you don't need to speak, and the police will be able to trace you;
- When you arrive at a bank to make a withdrawal, do not make the withdrawal and go directly to a bank employee to explain the situation; they will help you safely.

GETTING HELP OR REPORTING FRAUD

Do not be ashamed or feel guilty if you've been made to fall for a scam. These people are excellent actors and manipulators. In the event of fraud, report it to your local police.

To contact your neighbourhood police station (PDQ), dial 514 280-01XX (XX corresponds to the number of your PDQ).

For emergencies, call 911



Contactivity
CENTRE
Contactivité



Contactivity
Recipes
OF THE MONTH

Contactivity
Recipes
OF THE MONTH

PREP TIME
COOK TIME
INGREDIENTS
SERVES

Yes Chef!
Time to Let your
Inner Foodie Show!
HEART WARMING RECIPES
FROM OUR HOME TO YOURS

RECIPES OF THE MONTH:

HEARTY WINTER SOUP

INGREDIENTS

4 tbsp oil (canola or olive)
3 cloves garlic crushed
1 big tomato (or 2 small) grated
2 tbsp tomato paste
1/2 tsp paprika
1/4 tsp hot paprika (optional)
1/4 tsp turmeric
Salt, pepper
2 large carrots cut in chunks
1 big potato or 2 small cut in chunks
150 grams pumpkin cut in chunks
1 big zucchini or 2 small cut in chunks
1/4 cabbage cut in strands or chunks
1 cup chickpeas
2 pieces of chicken
Bone marrow (optional)
4-6 cups chicken broth or boiling water
1/2 cup cilantro, chopped
1/2 cup parsley, chopped

INSTRUCTIONS

1. Heat oil on medium heat
 2. Add garlic, tomatoes and tomato paste
 3. Add paprika, salt and pepper
 4. Stir for a few minutes and add one cup of boiling water
 5. Add all vegetables, chickpeas and chicken with broth
 6. Stir, bring to a boil simmer and cook for two hours
 7. Add parsley and cilantro and cook for 10 more minutes
- *Serve with couscous (or rice/pasta/orzo)

CHOCOLATE PIE

INGREDIENTS FOR CRUST

(or buy premade crust):
2 cups of flour
1/4 teaspoon of fine salt
2/3 of powdered sugar
200 grams of cold butter
1 egg

FILLING:

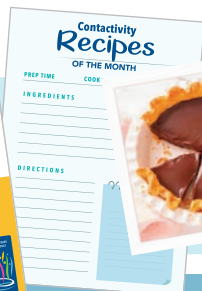
2 eggs
2 yolks
1/4 cup of white sugar
250 grams of dark chocolate
150 grams of butter
1/4 teaspoon of fine salt

HOT CHOCOLATE SAUCE:

1/2 cup of sweet cream
1 pinch of fine salt
120 grams dark chocolate

INSTRUCTIONS

1. In a food processor, process flour, salt, powdered sugar and butter into a crumbly mixture add an egg
2. Flatten the dough and put it in the fridge for two hours
3. Roll out the dough and transfer to the pan.
Flatten the dough to the bottom and sides, prick with a fork and transfer to the freezer for 10 minutes.
4. Heat the oven to 350 degrees
5. Bake the cake for about 15 minutes until the dough starts to turn golden
6. Beat eggs, yolks and sugar in a mixer for 5-7 minutes at high speed until thick and light foam is obtained
7. At the same time melt chocolate, butter and salt
8. Fold the chocolate into the egg foam and pour mixture into the cake
9. Bake only for 20-25 minutes until the filling is just starting to crack, if the filling doesn't look completely baked it will set during cooling.
10. Prepare hot chocolate sauce: heat whipped cream and salt to boiling point pour over the chocolate and stir until it melts.



SHARE WITH US!

Feel free to send us a picture of your version of these recipes or one of your own to be featured in our next **Newsletter** at admin@contactivitycentre.org



Onsite

• JANUARY 2024 •



Online

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>CLOSED/FERMÉ HAPPY NEW YEAR!</p>		<p>3</p> <p>Busy Bees Arts & Crafts Group 10:30-3:00</p>	<p>4</p> <p>Walkie Talkies 10:00-11:00</p>	<p>5</p> <p>Craft and Chat 11:00-12:30</p>
<p>8</p> <p>Monday Bridge Group 1:00-3:30 Healthy Aging Series 1:30-2:30</p>	<p>9</p> <p>Tuesday Stretch and Movement 10:30-11:15</p>	<p>10</p> <p>Busy Bees Arts & Crafts Group 10:30-3:00 Canasta 12:00-3:00</p>	<p>11</p> <p>Walkie Talkies 10:00-11:00 Thursday Stretch and Movement 10:00-11:00 Current Events 10:00-11:00 MMFA Museum Guided Tour Marisol 2:00-3:00 (Meeting time 1:45 pm)</p>	<p>12</p> <p>Craft and Chat 11:00-12:30 Skating 12:00-1:00</p>
<p>15</p> <p>Movers and Zoomers 10:30-11:30 Pickleball 10:30-12:00 Monday Bridge Group 1:00-3:30 Trivia Board Games 2:30-3:30</p>	<p>16</p> <p>Instructional Bridge 9:45-11:45 Resistance Training 10:00-11:00 Snowshoeing 10:00-11:00 Tuesday Stretch and Movement 10:30-11:15 Caregiver Compassion Circle 11:30-12:30 Polymer Clay 12:30-2:30</p>	<p>17</p> <p>Beginners Spanish 11:00-12:00 Movers and Zoomers 10:30-11:30 Busy Bees Arts & Crafts Group 10:30-3:00 Canasta 12:00-3:00 Chair Yoga 3:00-4:00 Friendly Visits at Selwyn 12:45-1:45 Classical Music Workshop: J.S Bach 3:00-4:30 Digital Literacy 3:30-4:30</p>	<p>18</p> <p>Walkie Talkies 10:00-11:00 Thursday Stretch and Movement 10:00-11:00 Current Events 10:00-11:00 Resistance Training 10:00-11:00 Lunch & Entertainment 12:30-1:30</p>	<p>19</p> <p>Tai Chi & Chi Kung 10:00-11:00 Craft and Chat 11:00-12:30 Skating 12:00-1:00</p>
<p>22</p> <p>Movers and Zoomers 10:30-11:30 Pickleball 10:30-12:00 Monday Bridge Group 1:00-3:30 Trivia & Board Games 2:30-3:30</p>	<p>23</p> <p>Instructional Bridge 9:45-11:45 Resistance Training 10:00-11:00 Snowshoeing 10:00-11:00 Tuesday Stretch and Movement 10:30-11:15 Scrapbooking Creations 11:30-12:30 Polymer Clay 12:30-2:30 Painting with Suzy 1:00-3:30 Movie outing Bob Marley: One Love</p>	<p>24</p> <p>Beginners Spanish 11:00-12:00 Movers and Zoomers 10:30-11:30 Busy Bees Arts & Crafts Group 10:30-3:00 Canasta 12:00-3:00 Book Club 1:30-3:00 Chair Yoga 3:00-4:00 Friendly Visits at Selwyn 12:45-1:45 Classical Music Workshop: J.S Bach 3:00-4:30 Digital Literacy 3:30-4:30</p>	<p>25</p> <p>Walkie Talkies 10:00-11:00 Thursday Stretch and Movement 10:00-11:00 Current Events 10:00-11:00 Resistance Training 10:00-11:00 Thomas More 11:00-12:30 Lunch & Entertainment 12:30-1:30</p>	<p>26</p> <p>Tai Chi & Chi Kung 10:00-11:00 Craft and Chat 11:00-12:30 Skating 12:00-1:00 Drawing with Suzy 1:00-3:00</p>
<p>29</p> <p>Movers and Zoomers 10:30-11:30 Pickleball 10:30-12:00 Monday Bridge Group 1:00-3:30 Healthy Aging Series 1:30-2:30 Trivia & Board Games 2:30-3:30</p>	<p>30</p> <p>Instructional Bridge 9:45-11:45 Resistance Training 10:00-11:00 Snowshoeing 10:00-11:00 Tuesday Stretch and Movement 10:30-11:15 Caregiver Compassion Circle 11:30-12:30 Polymer Clay 12:30-2:30 Painting with Suzy 1:00-3:30</p>	<p>31</p> <p>Beginners Spanish 11:00-12:00 What Does My Neighbour Do? Sandra Churchill 10:00-11:00 Movers and Zoomers. 10:30-11:30 Busy Bees Arts & Crafts Group 10:30-3:00 Canasta 12:00-3:00 Chair Yoga 3:00-4:00 Friendly Visits at Selwyn 12:45-1:45 Classical Music Workshop: J.S Bach 3:00-4:30 Digital Literacy 3:30-4:30</p>		



Onsite

• FEBRUARY 2024 •



Online

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Walkie Talkies 10:00-11:00 Current Events 10:00-11:00 Resistance Training 10:00-11:00 Thomas More 11:00-12:30 Lunch & Entertainment 12:30-1:30	2 Tai Chi & Chi Kung 10:00-11:00 French Conversation 10:00-11:00 Craft and Chat 11:00-12:30 Skating 12:00-1:00 Drawing with Suzy 1:00-3:00
5 Movers and Zoomers 10:30-11:30 Healthy Aging Series 11:30-12:30 Pickleball 10:30-12:00 Monday Bridge Group 1:00-3:30 Trivia & Board Games 2:30-3:30	6 Instructional Bridge 9:45-11:45 Snowshoeing 10:00-11:00 Resistance Training 10:00-11:00 Tuesday Stretch and Movement 10:30-11:15 Scrapbooking Creations 11:30-12:30 Polymer Clay 12:30-2:30 Painting with Suzy 1:00-3:30 Fashion of the 1940's 1:30-2:30	7 Mah-Jong 10:00-12:00 Movers and Zoomers 10:30-11:30 Beginners Spanish 11:00-12:00 What Does My Neighbour Do? Aphrodite Salas 11:00-12:00 Busy Bees Arts & Crafts Group 10:30-3:00 Canasta 12:00-3:00 Chair Yoga 3:00-4:00 Friendly Visits at Selwyn 12:45-1:45 Classical Music Workshop: J.S Bach 3:00-4:30 Digital Literacy 3:30-4:30	8 Resistance Training 10:00-11:00 Walkie Talkies 10:00-11:00 Current Events 10:00-11:00 Thomas More 11:00-12:30 Lunch & Entertainment 12:30-1:30	9 Tai Chi & Chi Kung 10:00-11:00 French Conversation 10:00-11:00 Craft and Chat 11:00-12:30 Skating 12:00-1:00 Drawing with Suzy 1:00-3:00
12 Movers and Zoomers 10:30-11:30 Pickleball 10:30-12:00 Monday Bridge Group 1:00-3:30 Trivia & Board Games 2:30-3:30	13 Instructional Bridge 9:45-11:45 Snowshoeing 10:00-11:00 Resistance Training 10:00-11:00 Caregiver Compassion Circle 11:30-12:30 Polymer Clay 12:30-2:30 Line Dancing 1:00-2:30 Painting with Suzy 1:00-3:30	14 Mah-Jong 10:00-12:00 Movers and Zoomers 10:30-11:30 Busy Bees Arts & Crafts Group 10:30-3:00 Beginners Spanish 11:00-12:00 Canasta 12:00-3:00 Valentine's Day Tea 2:00-3:00 Chair Yoga 3:00-4:00 Friendly Visits at Selwyn 12:45-1:45 Classical Music Workshop: J.S Bach 3:00-4:30 Digital Literacy 3:30-4:30	15 Resistance Training 10:00-11:00 Walkie Talkies 10:00-11:00 Current Events 10:00-11:00 Thomas More 11:00-12:30 Healing Paws 1:00-2:00	16 Tai Chi & Chi Kung 10:00-11:00 French Conversation 10:00-11:00 Intro to Watercolours 10:00-12:00 Craft and Chat 11:00-12:30 Skating 12:00-1:00 Drawing with Suzy 1:00-3:00
19 Movers and Zoomers 10:30-11:30 Pickleball 10:30-12:00 Healthy Aging Series 1:30-2:30 Monday Bridge Group 1:00-3:30 Trivia & Board Games 2:30-3:30	20 Instructional Bridge 9:45-11:45 Snowshoeing 10:00-11:00 Resistance Training 10:00-11:00 Tuesday Stretch and Movement 10:30-11:15 Scrapbooking Creations 11:30-12:30 Polymer Clay 12:30-2:30 Line Dancing 1:00-2:30 Painting with Suzy 1:00-3:30	21 Mah-Jong 10:00-12:00 Movers and Zoomers 10:30-11:30 Busy Bees Arts & Crafts Group 10:30-3:00 Beginners Spanish 11:00-12:00 Canasta 12:00-3:00 Chair Yoga 3:00-4:00 Friendly Visits at Selwyn 12:45-1:45 Classical Music Workshop: J.S Bach 3:00-4:30 Digital Literacy 3:30-4:30	22 Resistance Training 10:00-11:00 Walkie Talkies 10:00-11:00 Current Events 10:00-11:00 Thursday Stretch and Movement 10:00-11:00 Thomas More 11:00-12:30 Lunch & Entertainment 12:30-1:30	23 Tai Chi & Chi Kung 10:00-11:00 French Conversation 10:00-11:00 Intro to Watercolours 10:00-12:00 Craft and Chat 11:00-12:30 Skating 12:00-1:00 McCord Museum Guided Tour 1:00-2:00, (Meeting time 12:45 PM) Drawing with Suzy 1:00-3:00
26 Movers and Zoomers 10:30-11:30 Pickleball 10:30-12:00 Monday Bridge Group 1:00-3:30 Trivia & Board Games 2:30-3:30	27 Instructional Bridge 9:45-11:45 Snowshoeing 10:00-11:00 Resistance Training 10:00-11:00 Tuesday Stretch and Movement 10:30-11:15 Caregiver Compassion Circle 11:30-12:30 Line Dancing 1:00-2:30 Painting with Suzy 1:00-3:30	28 Mah-Jong 10:00-12:00 Movers and Zoomers 10:30-11:30 Busy Bees Arts & Crafts Group 10:30-3:00 Beginners Spanish 11:00-12:00 Canasta 12:00-3:00 Book Club 1:30-3:00 Chair Yoga 3:00-4:00 Friendly Visits at Selwyn 12:45-1:45 Digital Literacy 3:30-4:30	29 Resistance Training 10:00-11:00 Walkie Talkies 10:00-11:00 Current Events 10:00-11:00 Thursday Stretch and Movement 10:00-11:00 Thomas More 11:00-12:30 Lunch & Entertainment 12:30-1:30	



Onsite

• MARCH 2024 •



Online

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<div>1</div> <p>Tai Chi & Chi Kung 10:00-11:00 French Conversation 10:00-11:00 Intro to Watercolours 10:00-12:00 Craft and Chat 11:00-12:30 Drawing with Suzy 1:00-3:00</p>
<div>4</div> <p>Movers and Zoomers 10:30-11:30 Pickleball 10:30-12:00 Monday Bridge Group 1:00-3:30 Trivia & Board Games 2:30-3:30</p>	<div>5</div> <p>Instructional Bridge 9:45-11:45 Snowshoeing 10:00-11:00 Resistance Training 10:00-11:00 Tuesday Stretch and Movement 10:30-11:15 Scrapbooking Creations 11:30-12:30 Painting with Suzy 1:00-3:30 Line Dancing 1:00-2:30</p>	<div>6</div> <p>Mah-Jong 10:00-12:00 Movers and Zoomers 10:30-11:30 Busy Bees Arts & Crafts Group 10:30-3:00 Beginners Spanish 11:00-12:00 Canasta 12:00-3:00 Chair Yoga 3:00-4:00</p>	<div>7</div> <p>Resistance Training 10:00-11:00 Walkie Talkies 10:00-11:00 Current Events 10:00-11:00 Thursday Stretch and Movement 10:00-11:00 Thomas More 11:00-12:30 Lunch & Entertainment 12:30-1:30</p>	<div>8</div> <p>Tai Chi & Chi Kung 10:00-11:00 French Conversation 10:00-11:00 Intro to Watercolours 10:00-12:00 Craft and Chat 11:00-12:30 Drawing with Suzy 1:00-3:00</p>
<div>11</div> <p>Movers and Zoomers 10:30-11:30 Pickleball 10:30-12:00 Monday Bridge Group 1:00-3:30 Trivia & Board Games 2:30-3:30</p>	<div>12</div> <p>Instructional Bridge 9:45-11:45 Snowshoeing 10:00-11:00 Resistance Training 10:00-11:00 Tuesday Stretch and Movement 10:30-11:15 Caregiver Compassion Circle 11:30-12:30 Painting with Suzy 1:00-3:30 Line Dancing 1:00-2:30</p>	<div>13</div> <p>Mah-Jong 10:00-12:00 Movers and Zoomers 10:30-11:30 Busy Bees Arts & Crafts Group 10:30-3:00 Canasta 12:00-3:00 Chair Yoga 3:00-4:00</p>	<div>14</div> <p>Resistance Training 10:00-11:00 Walkie Talkies 10:00-11:00 Current Events 10:00-11:00 Thursday Stretch and Movement 10:00-11:00 Thomas More 11:00-12:30 Lunch & Entertainment 12:30-1:30</p>	<div>15</div> <p>Tai Chi & Chi Kung 10:00-11:00 French Conversation 10:00-11:00 Intro to Watercolours 10:00-12:00 Craft and Chat 11:00-12:30 Drawing with Suzy 1:00-3:00</p>
<div>18</div> <p>Movers and Zoomers 10:30-11:30 Pickleball 10:30-12:00 Monday Bridge Group 1:00-3:30</p>	<div>19</div> <p>Instructional Bridge 9:45-11:45 Resistance Training 10:00-11:00 Tuesday Stretch and Movement 10:30-11:15 Scrapbooking Creations 11:30-12:30 Painting with Suzy 1:00-3:30 Line Dancing 1:00-2:30</p>	<div>20</div> <p>Mah-Jong 10:00-12:00 Movers and Zoomers 10:30-11:30 Busy Bees Arts & Crafts Group 10:30-3:00 Canasta 12:00-3:00 Chair Yoga 3:00-4:00</p>	<div>21</div> <p>Resistance Training 10:00-11:00 Walkie Talkies 10:00-11:00 Current Events 10:00-11:00 Thursday Stretch and Movement 10:00-11:00 Thomas More 11:00-12:30 Bowling Quilles G Plus Rose Bowl 1:00-3:00</p>	<div>22</div> <p>Tai Chi & Chi Kung 10:00-11:00 French Conversation 10:00-11:00 Intro to Watercolours 10:00-12:00 Craft and Chat 11:00-12:30</p>
<div>25</div> <p>Pickleball 10:30-12:00 Monday Bridge Group 1:00-3:30</p>	<div>26</div> <p>Caregiver Compassion Circle 11:30-12:30 Painting with Suzy 1:00-3:30</p>	<div>27</div> <p>Mah-Jong 10:00-12:00 Busy Bees Arts & Crafts Group 10:30-3:00 Canasta 12:00-3:00 Book Club 1:30-3:00</p>	<div>28</div> <p>Walkie Talkies 10:00-11:00 Current Events 10:00-11:00 Thomas More 11:00-12:30 Lunch & Entertainment 12:30-1:30</p>	<div>29</div>  <p>Sorry We're CLOSED CLOSED/FERMÉ GOOD FRIDAY</p>

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www.contactivitycentre.org

Membership at Contactivity has its Privileges

Annual Membership Renewal - by March 31st, 2024

It's time to renew your Contactivity membership! Annual membership is \$20. If you want the newsletter mailed to you, then the annual membership is \$35 to cover the cost of paper and postage.

Please use the enclosed envelope to return your membership form and payment.

We look forward to another year filled with recreation, education, fitness, outings, lunches, and good friends!

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- Reduced tuition fees for courses, interest groups and excursions.
- Indulge in our Thursday lunches with entertainment and guest speakers.
- Members can receive a quarterly newsletter for a small fee to cover postage or check it out on our website for free.

To join as a New Member: Go to our Website to register online or download and print the form and mail it to Contactivity Centre with your payment.

We look forward to seeing you!



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MNA Jennifer Maccarone



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Nestled in Westmount, open to all.

