

CONTACTIVITY CENTRE EVENTS For April 2021 ONLY ONLINE AND BY TELECONFERENCE

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
			Intergenerational Death Café and Art Workshop 1:40-3:00	
12	13	14	15	16
Movers and Zoomers Online SharkBridge 1:00-2:30	Stretch and Movement Fitness 10:30-11:15	Movers and Zoomers Young at Heart GROOVE 1:30-2:30	Stretch and Movement Fitness 10:30-11:15 Musical Concert - Deacon George Sings Along Memory Lane 1:30-2:20	Zumba Gold 10:00-11:00
19	20	21	22	23
Movers and Zoomers Online SharkBridge 1:00-2:30	Stretch and Movement Fitness 10:30-11:15	Movers and Zoomers Young at Heart GROOVE 1:30-2:30	Stretch and Movement Fitness 10:30-11:15 Guest Speaker – Decluttering and Organizing with Kathleen Murphy 1:30-2:30	Zumba Gold 10:00-11:00 French Conversation 10:30-11:30 Thomas More Discussion 11:00-12:30
26	27	28	29	30
Movers and Zoomers Online SharkBridge 1:00-2:30	Stretch and Movement Fitness 10:30-11:15	Movers and Zoomers Young at Heart GROOVE 1:30-2:30	Stretch and Movement Fitness 10:30-11:15 Virtual Tour of South West Iceland 1:30-3:00	Zumba Gold 10:00-11:00 French Conversation 10:30-11:30 Thomas More Discussion 11:00-12:30

CONTACTIVITY CENTRE EVENTS For May 2021 ONLY ONLINE AND BY TELECONFERENCE

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Movers and Zoomers Online SharkBridge 1:00-2:30 Drawing with Pat Walsh 1:00-3:00	Stretch and Movement Fitness 10:30-11:15 Art Appreciation 1:30-2:30	Movers and Zoomers Young at Heart GROOVE 1:30-2:30	Stretch and Movement Fitness 10:30-11:15 Guest Speaker – The Wonder of WEEDS! HEALTH & HEALING from the Garden 1:30-2:30	Zumba Gold 10:00-11:00 French Conversation 10:30-11:30 Thomas More Discussion 11:00-12:30
10	11	12	13	14
Movers and Zoomers Online SharkBridge 1:00-2:30 Drawing with Pat Walsh 1:00-3:00	Stretch and Movement Fitness 10:30-11:15 Art Appreciation 1:30-2:30	Movers and Zoomers Young at Heart GROOVE 1:30-2:30	Stretch and Movement Fitness 10:30-11:15 Musical Concert – Rick Clahane’s Hour of Springtime Joy 1:30-2:30	Zumba Gold 10:00-11:00 French Conversation 10:30-11:30 Thomas More Discussion 11:00-12:30
17	18	19	20	21
Movers and Zoomers Online SharkBridge 1:00-2:30 Drawing with Pat Walsh 1:00-3:00	Stretch and Movement Fitness 10:30-11:15 Art Appreciation 1:30-2:30	Movers and Zoomers Young at Heart GROOVE 1:30-2:30	Stretch and Movement Fitness 10:30-11:15 Virtual Tour: Jerusalem 1:30-3:00	Zumba Gold 10:00-11:00 French Conversation 10:30-11:30 Thomas More Discussion 11:00-12:30 The Environment, Climate Change and You 1:00-2:00
24	25	26	27	28
Movers and Zoomers Online SharkBridge 1:00-2:30 Drawing with Pat Walsh – No Class Today	Stretch and Movement Fitness 10:30-11:15 Art Appreciation 1:30-2:30	Movers and Zoomers Young at Heart GROOVE 1:30-2:30	Stretch and Movement Fitness 10:30-11:15	Zumba Gold 10:00-11:00 French Conversation 10:30-11:30 Thomas More Discussion 11:00-12:30 The Environment, Climate Change and You 1:00-2:00
31				
Movers and Zoomers Online SharkBridge 1:00-2:30 Drawing with Pat Walsh 1:00-3:00				

CONTACTIVITY CENTRE EVENTS For June 2021

ONLY ONLINE AND BY TELECONFERENCE

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Stretch and Movement Fitness 10:30-11:15 Art Appreciation 1:30-2:30	Movers and Zoomers Young at Heart GROOVE 1:30-2:30	Stretch and Movement Fitness 10:30-11:15 Musical Concert – Ben & Ryan's Collection of Oldies 1:30-2:30	Zumba Gold 10:00-11:00 French Conversation 10:30-11:30 Thomas More Discussion 11:00-12:30 The Environment, Climate Change and You 1:00-2:00
7	8	9	10	11
Movers and Zoomers Online SharkBridge 1:00-2:30 Drawing with Pat Walsh 1:00-3:00	Art Appreciation 1:30-2:30	Movers and Zoomers Young at Heart GROOVE 1:30-2:30	Workshop on Ageism by Daphne Nahmiash 1:30-2:30	Zumba Gold 10:00-11:00 French Conversation 10:30-11:30 Thomas More Discussion 11:00-12:30 The Environment, Climate Change and You 1:00-2:00
14	15	16	17	18
Movers and Zoomers Online SharkBridge 1:00-2:30 Drawing with Pat Walsh 1:00-3:00	Art Appreciation 1:30-2:30	Movers and Zoomers Young at Heart GROOVE 1:30-2:30	Virtual Tour: Musical Tour of Britain 1:30-3:00	Zumba Gold 10:00-11:00
21	22	23	24	25
Movers and Zoomers Drawing with Pat Walsh 1:00-3:00	Art Appreciation 1:30-2:30	Movers and Zoomers		
28	29	30		
Movers and Zoomers Drawing with Pat Walsh 1:00-3:00		Movers and Zoomers		

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

Website: www.contactivitycentre.org

Email: contactivity@bellnet.ca

*Executive Director - Mary Stark; Membership Coordinator - Barbara Savada;
 Volunteer & Program Coordinator – Rekha Birla; Crafts Coordinator – Angelina Hum;
 Program Coordinator – Emily Rill; Trip & Activity Coordinator – Janice Parnell, Outreach Worker – Fiona Smith,
 Community Support Workers – David Robinson, Clare Shuley and Michael Nolan and
 Director of Development and Planning – Benita Goldin*

Services Offered

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

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

Volunteer Home Support and Outreach Services:

Grocery Shopping by Volunteers – Are you having trouble getting your groceries for the week? Do you feel unsafe going to the grocery store? If you happen to live in Westmount or adjacent, we've got you covered! We have a dedicated team of volunteers who can shop for you and deliver the order directly to your door, free of charge. If you would like to use this service, please contact David Robinson at 438- 699-9927 or you can send an email to volunteer.contactivity@gmail.com.

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

April Birthdays



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

Valerie Aitken, Dorothy Bégin, Judy Bilefsky, Diana Bishop, Sylvia Cannon, Rita Captain, Lynn Chapman, Rea Couvas, John Fasciano, Judy Gatz, Patricia Hamilton, Caroline Jarvis, Maureen Kiely, Annelise Klug,

Fernande Krahulec, Taylor Laframboise, Mai Lloyd, Jean Eugenie Low, Linda Lowe, Louise MacKay, Bertha Manstavich-Syvret, Helen Martz, Jeanne McDonald, Jean McGilton, Mitch Mitchell, Rolande Morand, Jan Novotny, Jia-lin Peng, Iantha Phillip, Patricia Potter, Terry Rigelhof, Roslyn Selig, Birgitta Steinmetz, Theophile Theophanides, Joyce Thibeault, Gérald Trempe, Alma Vaillancourt, Muriel Valdrón, Hope Van Reet, Nancy Walkling and Barbara Maurene White.

May Birthdays

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

Heather Barwick, Jane Chiu, Susan Cohene, Patricia Cogan, Diane Desjardins, Gary Evans, Maurice Fefer, Irvin Ford, Robert Gaudreau, Mary Gilchrist, Reynold Gold, Isle Hahndorff, Sheila Hayes, Vivian Hiley, Barbara Howard, Noreen Jackson, Dawn Kenny, Carol Kouri, Marietta Leblanc, Margaret Ludwig, Yvonne Martell, Frances Martin, Elsebeth Merkly, Linda Morrison, Kathy Mullins, Patricia Philip, Judith Philpott, Terry Pozzobon, Bernadette Rigby-Wilson, Denise Roy, Nancy Ship, Renate Stangl, Judith Stewart, Jeanne Webb, Diane Webster, Sheila Wiensfeld and Barrie Wilson.

June Birthdays

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

Gloria Amirault, Joyce Blond, Helen Bocti, Ludmila Bogatkina, Roma Bross, Bob Butler, Elizabeth Cameron, Connie Cilinski, Bryna Cohen, Joyce Constantin, Ruth Cooperstock, Ann Crompton, Sheila Elle, Hildegard Enesco, Hilda Fox, Alice Gagnon, Ruth Gray, Frances Gregory, Louise Hanlon, Donna Held, Judith Henkewick, Muriel Herrington, Barbara Holubek, Chella Kerr, Mary Krohn, Lily Lam, Yvonne Lyn, John MacKay, Catherine McFarlane, Rita Markland, Olga Miljkovic, Ivan Mozer, Eileen Parle, Charlotte Pinsonnault, Maria Pitacciato, Margo Prince, Edna Ralston, Ann Rigelhof, Sybille Sasse, Marjorie Sharp, Amy Shulman, Tatiana Slivitzky, Lori Smith, Edward Solow, Cannie Stark, Deirdre Stevenson, Margaret Swaine, Virginia Thomas, Carole Thorpe, Phyllis Vogel, Lynne Williams and Barbara Winn.

A Word from the Director

It's been a long year, hasn't it?

All of us have gone through changes and restrictions in our daily lives, limitations on even seeing family and friends, restraints on travel – whether to a holiday destination or even to the grocery store, and uncertainties at a personal, national and even international level. The news we listened to nightly was not often good.

And yet – here we are!

We've learned new ways of adapting and new ways of connecting. We learned to appreciate when someone smiles at us with their eyes behind a mask. We've spent more time on the phone than when we were teenagers, and many of us are official Zoomers too.

Vaccines are a reality, though some of us may be waiting for a first dose (and certainly we are all waiting for the second dose).

Epidemiologists are hopeful.

And sunshine and warmth are returning to our northern hemisphere. Soon we hope to be able to be back in the warmth of one another's presence too. Thank you for sticking with us. And we hope you feel the same. Give us a call and leave us a message if there is any way we can help in this "home stretch."

Very best wishes,
Mary (Stark)

Keep Us "in the Loop"

If you hear of a member who is ill, please let us know and we can send out a get-well card.

And do stay in touch with any news about yourselves or other members. (We would ordinarily be able to chat about such news in person, but that's not possible for the time being.)

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

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

If you have a desktop computer but you are missing the webcam and a microphone that you would need to participate, call us at the Centre and leave a message at 514-932-2326. We have a small number of webcam and microphone accessories to lend to our members who want to participate in our online courses and activities, and who have a computer but who lack those accessories.

Courses and Workshops

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

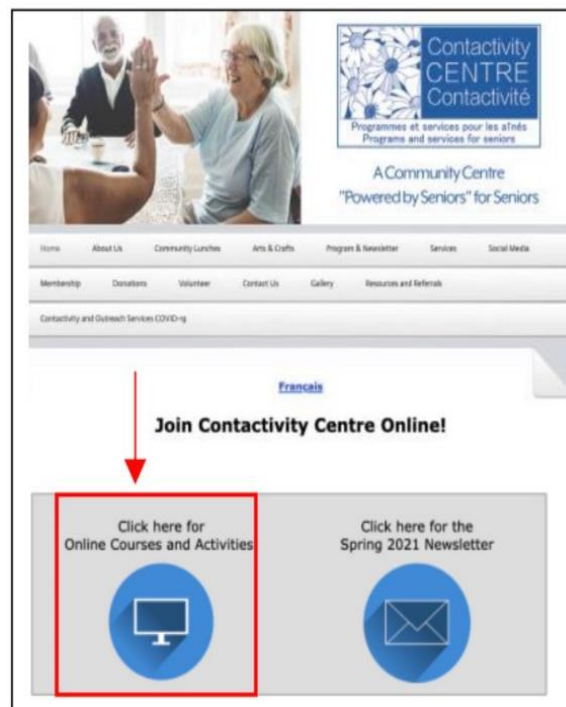
How to Register: Go to our website and click on ONLINE COURSES AND ACTIVITIES, scroll down and click on the activity you'd like to register for, fill in your information and click 'Submit Registration' A Zoom link will be provided a few days before the activity begins. Online payments for courses are available.

Course Withdrawal Policy - All Courses are non-refundable

NEW! The Environment, Climate Change and You: Fridays, 1:00-2:00 from May 21st – June 11th
Instructor: Climate Justice Montreal **4 Weeks NEW and FREE** **Deadline to register: April 5th by noon**

Climate change is a pretty big topic these days, but with all the information out there, it can be hard to figure out exactly what's going on. If you've ever wondered how fossil fuels affect climate change, or how Canada's environmental policies work, or how you can be involved in the climate justice movement, we've got you covered! We're partnering with Climate Justice Montreal to offer a 4-part interactive and educational workshop breaking down the history of climate change, its causes and effects, and what we're doing about it in our own community. **Your device must have functional speakers, a microphone and a webcam.**

About Climate Justice Montreal: Climate Justice Montreal is a group pursuing environmental and climate justice through education, mobilization and collective action in solidarity with directly affected communities.



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

NEW! Art Appreciation Course: Tuesdays, 1:30 -2:30 May 4th - June 22ⁿ 8 weeks

Instructors: Deanne Habeeb and Suzy Levy

Cost: \$34 Mem / \$38 Non-Mem **Deadline to register:** April 5th by noon

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

Art and Culture - Part 1: In the first part of this course Deanne Hall-Habeeb, will explore everything about the Inuit, Haida Gwaii and First Nations' Art and Culture. This will include where they live, their beliefs, survival and the type of art they produced. You will dive deeper into their various sculptures, masks, bentwood boxes, carvings, totem poles and so much more!

Women in Western Art – Part 2: In part two, Suzy Levy will talk about the history of women artists of the western world. Each week will focus on a certain time in history and the women who were painting, from Italy's Sofonisba Anguissola (1532-1625), France's Vigee Le Brun (1755-1842), American Mary Cassatt (1824-1926) to our own modern-day Montreal artists.

Introducing the Art Instructors:

Deanne Hall-Habeeb spent 30 years in Bahrain teaching art to high school and elementary students as well as developing her own practice. She holds a BA in Art and Art Education. Deanne has had numerous solo and group exhibitions in USA, Bahrain and Turkey. In Quebec, she has had many solo exhibitions and has also given workshops on her fabric collage techniques. She continues to teach at the educational institute E.N.C.O.R.E., giving art history lectures and hands-on arts and crafts courses such as linoleum block printing, pen and ink, pencil drawing, painting in watercolour and acrylic.

Suzy Levy was born in Montreal, Quebec Canada. She is a contemporary artist who has developed, promoted, supervised and led community based art programs for more than 15 years. Her expertise in adult education includes creating specific programs for caregivers and special needs artists. Levy completed a three year program at l'Académie d'art and a Bachelor of Fine Arts degree at Concordia University.

NEW! Young at Heart GROOVE: Wednesday, 1:30 -2:30 April 14th - June 16th 10 weeks

Instructors: Diane Dupris

Cost: \$32 Mem / \$37 Non-Mem **Deadline to register:** April 5th by noon

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

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

We follow 5 GROOVE Truths:

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

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

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

Exercise classes given by Lana Romandini on Mondays and Wednesdays for 12 weeks.

Online SharkBridge: Mondays, 1:00-2:30 from April 12th – June 14th 10 weeks

Instructor: Heather Felsky **Cost:** \$102 Mem / \$107 Non-Mem **Deadline to register:** April 5th by noon

Back from popular demand is online INTERMEDIATE bridge course. Each class will start with a half an hour bridge theory on Zoom, followed by an hour of interactive play using the Shark Bridge App. Topics will include; Competitive Bidding (Overcalls, Take Out Doubles, Negative Doubles, etc). Questions and comments are always welcome. **If you are unsure if you are an intermediate player, please contact emily.rill@contactivitycentre.org before registering.**

In order to participate, you will need to download Zoom and the free download of Shark Bridge. Shark Bridge is a program / app that allows you to play bridge with the supervision and instruction of the teacher. Contactivity will not be able to provide assistance on how to use Shark Bridge. This course is non-refundable.

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

Tuesday Stretch and Movement Fitness: 10:30-11:15 from April 13 – June 1st 8 weeks

Instructor: Trudie Ogden **Cost:** \$26 Mem / \$30 Non-Mem **Deadline to register:** April 5th by noon

Feel good by moving and strengthening your body, as this class will focus on muscle strength and flexibility. There will be a mix of chair and standing exercises. Class may incorporate light weights, stretch bands or other small equipment. Limited spots available. **Your device must have functional speakers, a microphone and a webcam.**

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

Thursday Stretch and Movement Fitness: 10:30-11:15 from April 15th – June 3rd 8 weeks

Instructor: Trudie Ogden and Aireen Vargas (for the last 3 classes) **Cost:** \$26 Mem / \$30 Non-Mem

Deadline to register: April 5th by noon

Feel good by moving and strengthening your body, as this class will focus on muscle strength and flexibility. There will be a mix of chair and standing exercises. Class may incorporate light weights, stretch bands or other small equipment. Limited spots available. **Your device must have functional speakers, a microphone and a webcam.**

Zumba Gold: Fridays, 10:00-11:00 from April 16th – June 18th 10 weeks

Instructor: Aireen Vargas **Cost:** \$42 Mem / \$47 Non-Mem

Deadline to register: April 5th by noon

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

French Conversation: Fridays, 10:30-11:30 from April 23rd – June 11th 8 weeks

Instructor: Ashod Alemian **Cost:** \$34 Mem / \$38 Non-Mem

Deadline to register: April 5th by noon

Ashod is an experienced and very dedicated instructor of French language courses. His classes are conversation based and tailored to meet students' practical needs covering topics of everyday life. **Some of the NEW topics that will be discussed are:** International languages, music, happiness and humor, human body and much more! **Your device must have functional speakers, a microphone and a webcam.**

This is a Beginner's level 2, suitable for you if you recognize yourself in this description: "I know some French but I am not yet comfortable speaking." "I want to be more fluent in asking and answering simple questions, and I want to learn more vocabulary and improve my pronunciation."

Thomas More Discussion Group: NEW TIME: Fridays, 11:00-12:30 from April 23rd – June 11th

Cost: \$27 Mem / \$32 Non-Mem (cost includes hard copies mailed to your home) 8 weeks

Deadline to register: April 5th by noon

Need something to take your mind off the pandemic. Try humour as an antidote.

The human race has one really effective weapon, and that is laughter. Mark Twain

After a year of social isolation we are no doubt ready for a dose of humour. This eight-week course will provide us with just that. What makes us laugh? How has comedy changed over the years? How does comedy comment on current affairs, politics and other socio-cultural topics?

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

Signs of Spring - Drawing with Pat Walsh: Mondays, 1:00-3:00 from May 3rd – June 28th 8 weeks

No class May 24th Cost: \$95 Mem / \$105 Non-Mem Art materials included and their delivery to your door

Deadline to register: April 5th by noon

This course is presently full. We keep a waiting list should a place become available.

Springtime is an ideal time to concentrate on subjects in nature. More possibilities open up during this season: we can go outdoors to sketch, bring small pieces of the natural world back to our homes, or look out of the window and draw the buds opening in the trees. We will tackle subjects like perspective, how to draw buildings, drawing the landscape, and even observing local wildlife! We will take the principles and techniques we learn during class time and put them into practice in between classes in our own neighbourhoods and backyards. We will also study nature close up, sketching subjects like pussy willows, spring flowers and branches, sharpening both our drawing and our observation skills. **Your device must have functional speakers, a microphone and a webcam.**

Materials: Sketchbook, Coloured paper, Conté, Tombow pen, Manilla or newsprint paper, Drawing pencils, Eraser, Stomps

The students of the Drawing class have done a unique & inspirational project on their individual perspectives of this pandemic. We invite you to visit their drawings on our website at: <https://contactivitycentre.org/gallery.php>

Guest Speakers – FREE

****All Guest Speakers are available by telephone conferencing and by Zoom video conferencing.**

How to Register: Go to our website and click on ONLINE COURSES AND ACTIVITIES, scroll down and click on the activity you'd like to register for, fill in your information and click 'Submit Registration', a Zoom link will be provided a few days before the activity begins. **OR** if you choose to participate by telephone, call the Centre several days in advance at 514-932-2326 and leave a clear message stating what you are registering for and leave your name and 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.

Decluttering and Organizing with Kathleen Murphy NEW and **FREE**

Thursday, April 22nd from 1:30-2:30 pm **Deadline to register:** April 8th by noon

Clutter and disorganization go together like a hand in a glove. Not a glove many are happy to wear, mind you! Do you want to get organized but have no idea where to start? Are you overwhelmed by clutter? Then maybe this presentation is for you. Join us as we host Montreal Professional Organizer Kathleen Murphy as she guides us through the world of clutter towards better organization. Kathleen will explore the reasons that got us into clutter, and lead us through a process where we can start to dig ourselves out from clutter.

In addition to her visual presentation, she will weave in stories and examples on consumerism, emotional attachment, and our sense of emotional obligation to keep things from the past.

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

The Wonder of WEEDS! HEALTH & HEALING from the Garden with Monica Giacomini

Thursday, May 6th from 1:30-2:30 pm NEW and **FREE** **Deadline to register:** April 22nd by noon

Have you ever stopped to admire the beauty, tenacity and abundance of wildflowers growing on your lawn... or in a neighbourhood alley? These weeds are an amazing storehouse of antioxidants and nutrients that will enhance your immune system and hopefully your vitality too! Join Monica Giacomini for a few recipes using the wild plants that you're weeding out of your garden and flower boxes. You don't have a garden or lawn, Monica will teach us where we can cultivate these beauties. Come and learn simple ways to reap the Wonder of Weeds...using all of your senses!

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

Workshop on Ageism by Daphne Nahmiash

Thursday, June 10th from 1:30-2:30 pm NEW and **FREE** **Deadline to register:** May 27th by noon

This workshop is designed and offered by the organisation Observatory on Aging and Society and explains the concepts of ageism through using examples of cartoons in interactive discussions. The aim is to spread awareness about ageism which is a little known form of mistreatment. Daphne Nahmiash, PhD., is the Vice-President of the Board of Handicap Life Dignity and Associate member of McGill's Centre for Studies on Aging. We welcome you and look forward to seeing you at this educational and interesting event.

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

Live Musical Concerts - FREE

****All Live Musical Concerts are available by telephone conferencing and by Zoom video conferencing.**

How to Register: Go to our website and click on ONLINE COURSES AND ACTIVITIES, scroll down and click on the activity you'd like to register for, fill in your information and click 'Submit Registration'. A Zoom link will be provided a few days before the activity begins. **OR** if you choose to participate by telephone, call the Centre several days in advance at 514-932-2326 and leave a clear message stating what you are registering for and leave your name and number. Once you register, you'll get a return call from us to give you a phone number to dial in for the event.

Deacon George Sings Along Memory Lane FREE

Thursday, April 15th from 1:30-2:30 pm **Deadline to Register:** April 1st by noon

George Toufexis, stage name "Deacon George T" is a singer/songwriter/guitarist ready to energize the room with some boogie woogie music. Also playing classic and original blues, rags, folk and country, George has sung and played fingerstyle on six and twelve string acoustic and electric guitars. George has loved, studied and played the blues for over thirty five years and although it's old, it never gets old. There is an honesty and clarity to George's music that strikes deep. In a humble and respectful way, George will try to maintain that tradition. Bo didly

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

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

[Rick Clahane's Hour of Springtime Joy](#) **FREE**

Thursday, May 13th from 1:30-2:30 **Deadline to Register: April 29th by noon**

Join us as Rick Clahane reprises some of the Irish Isle's beloved words and music that have stirred the hearts of millions all over the world. Rick will lead us through an hour of springtime joy, to revel in this chance to smile because When Irish Eyes Are Smiling, they bring the sweetest laughter of all.

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

[Ben & Ryan's Collection of Oldies](#) **FREE**

Thursday, June 3rd from 1:30-2:30 pm **Deadline to Register: May 20th by noon**

We bring you a LIVE musical concert once again to enjoy. Ben Neelin and Ryan Simunik who perform some outstanding oldies but goodies of popular music of the 50's and 60's made famous by the exciting voices of Simon and Garfunkel, Bob Dylan, Peter, Paul and Mary, Harry Belafonte, and Leonard Cohen. Feel free to sing along to your heart's content.

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

Virtual Tours - FREE

****The Virtual Tours are available by telephone conferencing and by Zoom video conferencing.**

How to Register: Go to our website and click on ONLINE COURSES AND ACTIVITIES, scroll down and click on the activity you'd like to register for, fill in your information and click 'Submit Registration'. A Zoom link will be provided a few days before the activity begins. **OR** if you choose to participate by telephone, call the Centre several days in advance at 514-932-2326 and leave a clear message stating what you are registering for and leave your name and number. Once you register, you'll get a return call from us to give you a phone number to dial in for the event.

[Virtual Tour of South West Iceland](#) **NEW and FREE**

Thursday, April 29th from 1:30-3:00 pm **Deadline to Register: April 15th by noon**

On this virtual tour presentation, tour Director Austin Yuill will take you to all the wonders that the bottom left corner of Iceland has to offer, from the Capital Region of Reykjavik, via the Golden Circle and round to the Blue Lagoon at the very end of the Island. On the way we'll take in glaciers, geysers, volcanoes, shifting tectonic plates, black sand beaches, and a whole lot more. Escape to the land of the midnight sun and let your mind go where your heart wants to be. Come along on this journey!

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

[Virtual Tour: Jerusalem](#) **NEW and FREE**

Thursday, May 20th from 1:30-3:00 pm **Deadline to Register: May 6th by noon**

Jerusalem has been a center for Judaism, Christianity, and Islam stretching back more than 3 millennia. On this virtual tour, we will visit the Four Quarters of the Old City. After entering through Jaffa Gate we will walk past the Armenian Quarter and into the Jewish Quarter and down to the Western Wall. We will ascend the Temple Mount and walk through the markets and alleyways of the Muslim and Christian Quarters, as well as checking out the holy sites along our route. We may even get to take a peek into the Church of the Holy Sepulcher! Along the way, Our guide Amy will share stories of the people who live there and talk about the complicated and nuanced relationships among all of the people that live in this unique city.

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

[Virtual Tour: Musical Tour of Britain](#) **NEW and FREE**

Thursday, June 17th from 1:30-3:00 pm **Deadline to Register: June 3rd by noon**

Plato said we can judge a civilization on the music it produces. The music of Great Britain tells us a lot about the history, culture and people of this island throughout the last six hundred years. Our tour Director George will talk about the music and musical history of Britain 'from Greensleeves to Please Please Me' including the sacred and classical music composers of church and court as well as rural and urban folk traditions and the 'British invasion' of the 60s - and up to the present day. Come join us on a fun and informative tour of Britain's rich musical tapestry'.

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

Cancellations for Free Activities

If you have registered for an activity but unable to participate as you had hoped, please call the Centre 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 give 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.

Zoom Tutorials

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

We are also available to help with other technology issues on a case-by-case basis.

Community History Sharing Project

Unfortunately, we can't sit round a good campfire to swap stories right now. However, as part of our Spring semester, we're having a proverbial campfire by matching people in the community who'd like to share stories from their lives. If you're interested, we'll pair you up with another member to talk over the phone once a week to share stories. Every week, you'll receive a different prompt to spark a memory. For example: What is the longest road trip you've been on? What was the mischievous thing you ever did as a child? Who was the person who had the most influence on your life? Cozy up to the fire and hear about special moments in someone else's life, and share some of your own! If you're interested, call David Robinson at 438-699-9927 or email him at volunteer.contactivity@gmail.com or sign up on our website: <https://contactivitycentre.org/online-courses-and-activities.php>.

Intergenerational Programming with Students from Selwyn House School

Programs funded by Canadian Heritage, Government of Canada.

How to Register: Go to our website and click on ONLINE COURSES AND ACTIVITIES, scroll down and click on the activity you'd like to register for, fill in your information and click 'Submit Registration'. A Zoom link will be provided a few days before the activity begins.

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

1-Weekly Zoom Visits: Starts March 22 or 23 and goes until May 17 or 18, 2021

Weekly, Mondays or Tuesdays between 3:00 and 5:00 pm.

Specific meeting times arranged between you and your student.

Zoom visits are a minimum of 15 minutes and a maximum of 60 minutes.

Would you like to Zoom with a Selwyn student so you can learn new online skills? Be a better Zoomer? Learn how to make better use of your digital devices (laptop, tablet, cell phone)? Want to follow your favourite personalities on Instagram, Twitter, and more)? Or, have a weekly chat with a young student? Zoom with a Selwyn House School student once a week and learn together as you improve your digital literacy.

2-Photography: Begins March 24 or 25 – May 20, 2021

Weekly classes on Zoom either on Wednesdays at 9:20 am or Thursdays at 11:50 am.

Specific dates to be provided by Miss Lana. **Instructor:** Lana Ignjatovic, Selwyn House School

Want to learn how to take better pictures with your iPhone, Smartphone, iPad, or tablet? Miss Lana and her Grade 11 students would love to teach you! All levels are welcome from beginner to professional photographer. Miss Lana will begin the course by teaching everyone how to compose good pictures and then move on to photography taking skills. Each Contactivity member will be assigned a student to work with in the course, so you will benefit from Ms. Lana's presentations and be supported with one-on-one assistance from her students.

Registration deadline: March 17, 2021 12 places available

3-Tech Savvy for 2021 - Level 1: April 7 – May 26, 2021 8 weeks

Wednesdays from 4:00 – 5:00 pm **Instructor:** Francis Latreille, Selwyn House School

Don't know how to make the most of your laptop, iPad, tablet or 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? This course will cover these topics and more. Learn with Mr. Latreille and his team of Selwyn House students to maximize the use of your devices and your time on the Internet.

Registration deadline: March 17, 2021 10 places available

4-Tech Savvy 2021 - Level 2: April 12 – May 31, 2021 (no class May 24) 7 weeks

Mondays 4:00 – 5:00 pm

Instructor: Francis Latreille, Selwyn House School

If you have taken Tech Savvy 2021 – Level 1 and want to learn more about using your digital devices and other important aspects of staying current with technology, then this course is for you. Learn with Mr. Latreille and his team of Selwyn House students.

Registration deadline: March 17, 2021 10 places available

Intergenerational Death Cafe and Art Workshop

With Contactivity Centre and Explorations

Do you have an interest in talking about death, but no one to talk about it with? Are you artistic? Then this event might be for you! Don't be put off by its macabre name. Death cafe is just a conversation about a subject that is usually taboo in our society: Death! Although it occupies all of us in some form or another at various points in life, we are often afraid to talk openly about it. At Death Cafe, we meet together, simply as people who are someday going to die, to have a conversation about it.

This time, we're partnering with Kells Academy School and Explorations to host an intergenerational Death Cafe and art workshop. We'll be joined by students from an art class to share our experiences of death and make art based on those discussions. Part conversation, part creative expression, we're inviting the participants to draw, paint, or write things inspired by the discussion that unfolds. So come share your perspectives, and share your art with a group of young people!

Death Cafe is always a group directed discussion, meaning there is no agenda, objective, religious leanings, or themes. You are free to bring up anything you'd like to talk about relating to death. Don't worry, the conversation isn't gloomy! We find that although we're talking about death, we end up chatting and often laughing about things like: how we'd like to be remembered, how we'd like to affirm life before we die, how grandad waved at us with his toes right before he died, and everything in between!

When: Join us on Thursday, April 8th from 1:40-3:00 pm

How: The Cafe will take place on zoom, however, if you've never used zoom, you can still participate by calling in on your phone.

Sign up by calling David at 438-699-9927, emailing him at volunteer.contactivity@gmail.com, or directly through our website at <https://contactivitycentre.org/online-courses-and-activities.php>

About Explorations

Explorations was founded in 1981 by a group of McGill University Professors. Founding goals included research on "giftedness," the development of a model program and a general support for teacher education – a camp which engaged children in a rich learning environment and where learning and fun were synonymous. Activities continue to be led by certified teachers who are specialists in the fields of mathematics, fine arts, technology and media, science, music, physical education, environmental studies and early childhood education. The camp also engages local senior High School and College students who participate as Camp Assistants. Many are former Explorations campers.

About the Facilitator

David Robinson is a community worker for Contactivity, and a trained Death Cafe facilitator and workshop animator.

Our Website Address

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

Welcome New Members

A big, big welcome to Elizabeth Cameron, Joanne Chouinard, Joyce Constantin, Helen Corrigan, Honnie Deraï, Francine Dumont, John Fasciano, Beverley Gregor-Pearse, Elizabeth Henrik, Dawn Kenny, Ruth Litvack, Mary Melfi-Nemeth, Nancy Paré, Arlene Rill, Claire Salzberg, Edward Solow, Greta Stethem and B. Maurene White. Thank you for joining the Contactivity family!!
We hope you will enjoy the many activities and programs we have to offer.

In Memoriam

We would like to extend our deepest condolences to member Mitsuru Cope in the loss of her husband, to member Diane Webster in the loss of her husband and to the family and friends of the late Phyllis Firth and Marilyn Lamond.