

CONTACTIVITY CENTRE EVENTS For July 2021 ONLY ONLINE AND BY TELECONFERENCE

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Holiday Happy Canada Day	
5	6	7	8	9
Movers and Zoomers – make up class from May 24 th Birdwatching Workshop 1:00-2:00	Breathing with Sara Gallagher 9:30-10:00 Stretch and Movement Fitness 10:30-11:15	Movers and Zoomers Young at Heart GROOVE 1:30-2:30 Craft & Chat Virtual Get-Together 3:00-4:00	Breathing with Sara Gallagher 9:30-10:00	
12	13	14	15	16
Movers and Zoomers Birdwatching Workshop 1:00-2:00	Breathing with Sara Gallagher 9:30-10:00 Stretch and Movement Fitness 10:30-11:15	Movers and Zoomers Young at Heart GROOVE 1:30-2:30 Craft & Chat Virtual Get-Together 3:00-4:00	Breathing with Sara Gallagher 9:30-10:00	
19	20	21	22	23
Movers and Zoomers Birdwatching Workshop 1:00-2:00	Breathing with Sara Gallagher 9:30-10:00 Stretch and Movement Fitness 10:30-11:15	Movers and Zoomers Young at Heart GROOVE 1:30-2:30 Craft & Chat Virtual Get-Together 3:00-4:00	Breathing with Sara Gallagher 9:30-10:00	
26	27	28	29	30
Movers and Zoomers Birdwatching Workshop 1:00-2:00	Breathing with Sara Gallagher 9:30-10:00 Stretch and Movement Fitness 10:30-11:15	Movers and Zoomers Young at Heart GROOVE 1:30-2:30 Craft & Chat Virtual Get-Together 3:00-4:00	Breathing with Sara Gallagher 9:30-10:00 Making Healthy Habits Inevitable - Creating Sustainable Behaviour Change 3:00-4:00	

CONTACTIVITY CENTRE EVENTS For August 2021 ONLY ONLINE AND BY TELECONFERENCE

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Movers and Zoomers is still running today Civic Holiday	Breathing with Sara Gallagher 9:30-10:00 Stretch and Movement Fitness 10:30-11:15	Movers and Zoomers Young at Heart GROOVE 1:30-2:30 Craft & Chat Virtual Get-Together 3:00-4:00	Breathing with Sara Gallagher 9:30-10:00 Making Healthy Habits Inevitable - Creating Sustainable Behaviour Change 3:00-4:00	
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16	17	18	19	20
Movers and Zoomers	Breathing with Sara Gallagher 9:30-10:00 Stretch and Movement Fitness 10:30-11:15	Movers and Zoomers Young at Heart GROOVE 1:30-2:30 Craft & Chat Virtual Get-Together 3:00-4:00	Breathing with Sara Gallagher 9:30-10:00	
23	24	25	26	27
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30	31			
Movers and Zoomers				

Annual Membership Renewal for 2021-2022

Once again, it is time to renew your membership to Contactivity Centre. The annual membership fee remains at **\$20.00**, or **\$30.00** if you would like to receive the newsletter mailed to your home. Simply fill in the membership renewal form and return it to us in the envelope provided, along with your **cheque payable to Contactivity Centre**.

The newsletter of events is also available on our website and when we are back at the Centre, you can pick up a copy in the drop-in room. Our website is contactivitycentre.org. We sincerely hope that you will join us for another year of great programs and events.

Usually, membership runs from April to April. Due to the Covid-19 we have extended the deadline for membership renewal to June 11th, 2021 and provided a stamped return envelope so that you don't have to go to the post office to buy stamps. Thank you so much!

Virtual Annual General Meeting – Wednesday, June 23rd at 2:00 pm

Again this year, our **AGM** will be available by telephone conferencing and by ZOOM video conferencing. This is a good chance to catch up on all the novel responses your Centre has made in this exceptional year, to ask questions, get the lowdown on where we all stand and get a glimpse of where we are headed.

If you choose Zoom video - it is a requirement that your device have functional speakers, a microphone and a webcam. All members in good standing (paid up membership in 2021-22) can vote. This is a great opportunity to learn more about Contactivity Centre!

It is important for us to keep an attendance of the number of members that participate for our official records. **Registration is required. Deadline to register: Friday, June 18th.**

How to Register for the AGM: Go to our website and click on ONLINE COURSES AND ACTIVITIES, scroll down and click on the **AGM** icon, 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 you are registering for the **AGM** 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.

Notice is hereby given that the Annual General Meeting of Centre Contactivité Inc. will be held on Wednesday, June 23rd, 2021 at 2:00 pm online by Zoom video conferencing and by telephone conferencing for the following purposes:

1. To receive Annual Reports of the Officers and Standing Committees of the Board;
2. To receive the Balance Sheet and Financial Statement for the year ended at 31 March 2021; and Report of the Auditors thereon;
3. To appoint Auditors for the ensuing year; and
4. To elect the Directors to the Board

By order of the Board
John Bailey

Come Together for a Show of Support in Honour of World Elder Abuse Awareness Day (WEAAD) on June 15th, 2021 from 12:00 to 12:30 pm.

WEAAD is an official United Nations International Day acknowledging the significance of elder abuse as a public health and human rights issue. We'd like to invite you to get

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together in solidarity, from your homes, on Zoom. Wear something purple (hats, scarves, tops, whatever you have handy).

We will be re-visiting the Flash Mob WEADD video that many Contactivity members participated in a few years ago and sing a special song. Please be sure to register by JUNE 10TH by going to our website and click on ONLINE COURSES AND ACTIVITIES, scroll down and click on WEADD to register. Fill in your information and click 'Submit Registration'. A Zoom link will be provided a few days before the activity begins.

This event will be recorded, and pictures will be taken for our social media! If you do not want to be filmed or photographed please email Fiona at fsmithcontactivity@gmail.com by June 13th. Otherwise, we will assume we have your consent.

Services Offered

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

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

Volunteer Home Support and Outreach Services:

Grocery Shopping by Volunteers – Are you having trouble getting your groceries for the week? Do you feel unsafe going to the grocery store? If you happen to live in Westmount or adjacent, we've got you covered! We have a dedicated team of volunteers who can shop for you and deliver the order directly to your door, free of charge. For more information or to make a request, call **438- 699-9927** and speak with Clare. 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.



July Birthdays

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

Stewart Arbuckle, Esther Backman, Julia Brennan, Nora Burnier, Barbara Covington, Francine Dumont, Dan Dutton, Karen Evoy, Mica Faciu, Christa Fust-Stangl, Oana Gaba, Sosi Garibyan, Monique Harris,

Ben Henkewick, Dorothy Holmes, Carole Jacques, Alice Lukacs, Geraldine Macaulay, Rosemary MacDonald, Rosemary Mackell, Eva Novotny, Diane Pharand, Bridget Polidoro, Jill Quinton, Carolyn Reich, Eleanor Rice, Sylvia Ruby, Stephen Schapiro, Sylvia Schmutz, Janet Small, Wendy Smith, Penny-Anne Soper, Frances Stamos, Pat Takahashi, Sherrill Thompson, Brian Townsley and Clodagh Wheatley.

August Birthdays

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

Francine Arès, Lucette Beauchamp, Paul-André Billette, Ghanshyam Birla, Uta Chaudhury, Joanne Chouinard, Rochelle Ferri, Lise Gagnon, Barbara Good, Elizabeth Johnston, Aileen Kilbertus, Renée Kinik, Georgette Korn, Maureen McCrory, Catherine MacCabe, Kate Maguire, Gemma Mattheij, Lynne Moody, Ruth Naud Tisdale, Ian Porteous, Birendra Prasada, Jacqueline Ross, Deirdre Smart, Barbara Tetrault, Irene Theodrides, Sally Williams and Cynthia Wiltshire.

September Birthdays

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

Jennifer Anstead, Chanchala Birla, Tutti Borsu, Stella Broda, Linda Brunetti, Domenica Dina Castracane, Carolyn Cronk, Carol Delisle, Joan Donnelly, Kathleen Dunn, Susan French-Peterson, Pat Gauthier, Beverley Gregor-Pearse, Margaret Griffin, Gilbert Hetu, Estelle Hopmeyer, Sam Houston, Lilian Howick, Gloria Hughes, Margaret Jackson, Mehdi Jalai, Joyce Jason, Csaba Jaszberenyi, Shirley Kossman, Mary Lamb, Carolyn Lancaster, Irene Langevin, Vira Levi, Joan Marien, Cecily Mason, Denise McAteer, Elizabeth Mitchell, Denise Perras, Kate Ribicki, Sally Rioux, Marisa Rondina, Elca Shinder, Sara Silva-Simoes, Greta Stethem, Rosalind Tomera, Brian Webb, Eveline Weber, Marilyn Williams and Oi Yee Woo.

Check out our summer program and visit our website to register. For activities where there is a fee involved, you can now pay online with our new and secure online payment system.

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

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

Contactivity Centre is grateful for the New Horizons

for Seniors Federal Grant that made it possible for us to offer free workshops, concerts, virtual tours and which subsidized, in whole or in part, some of our courses this past fiscal year. The grant ends this summer 2021.

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 webcamera.**

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.

If course costs prevent you from registering, please contact us as we want to make sure our members stay active and connected.

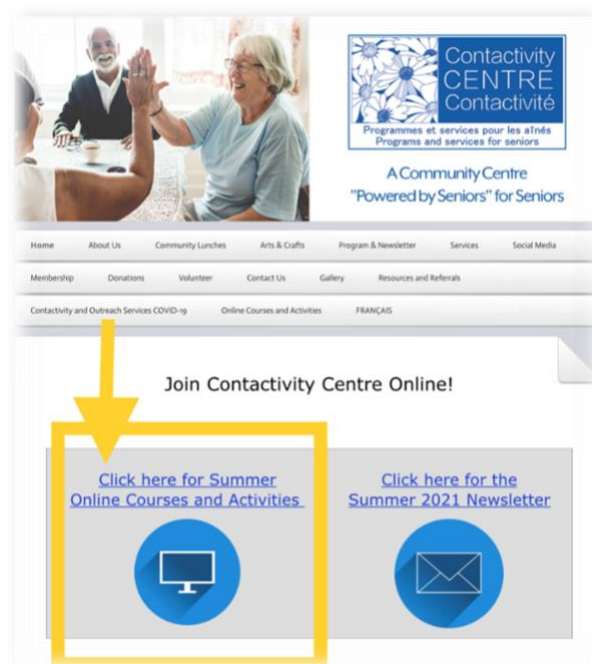
Course Withdrawal Policy - All Courses are non-refundable

NEW: Breathing with Sara Gallagher

Cost: \$42 Mem / \$50 Non- Mem. **Tuesdays & Thursdays, 9:30 -10:00 July 6th - August 26th**
8 weeks

Instructor: Sara Gallagher

Deadline to register: June 21st by noon



Come and join us for our new **Breathing Course** that is excellent for your body, mind and soul!

Suggested to join by videoconferencing but not mandatory.

What is the Breathing Course all about?

Pranayama is a practice of bringing our attention to our breath to strengthen our body, to nourish our minds and to bring balance to our hormones! **Prana** is the energy, minerals, ions and space dust referred to loosely as our life force, which we filter in through breathing!

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

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

About the Presenter: **Sara Gallagher** is a lifelong student and teacher of the yogic sciences! She has been teaching these practices for 20 years in Montreal and around the world! Sara is passionate about living her best life and inspiring others to live theirs!



SAMPLE CLASS: [Breathing with Sara Gallagher](#) - FREE FOR ALL: Want to try it out before registering for the summer term? We are offering a **SAMPLE** class just for you and your friends. Make sure to register by visiting our website.

Tuesday, June 1st at 9:30 – 10:00 am **Instructor: Sara Gallagher** **Deadline to register: May 28th by noon**



NEW & FREE: Making Healthy Habits Inevitable - Creating Sustainable Behaviour Change

Thursdays, 3:00-4:00 **July 29th - August 12th** **3 weeks** **FREE**
Instructors: Argi Papagiannaki **Deadline to register: June 21st by noon**

Most people's health is a direct reflection of what they do most regularly. If you spend most of your days sitting, then you're going to feel stiff and weak. If your diet consists mainly of nutrient-deficient food, then you're going to lack vitality and focus. It's no surprise that our behaviours, whether positive or negative, shape both the way we feel right now and the way we can expect to feel in the future. Health is a process that you can influence every day, with every decision you make. This workshop will cover environment design (making your environment conducive to good habits), and how to create systems for sustainable behaviour change.

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

[Birdwatching Workshop](#): Mondays, 1:00-2:00 from July 5th – July 26th **4 weeks**
FREE

Presenter: Sheldon Harvey **Deadline to register: June 21st by noon**

Due to popular demand, the **Birdwatching Workshop** is back with 4 new topics over the course of **4 weeks!**

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The following are the 4 new topics in this year's Birdwatching Workshop:

Webinar #1 - Where to go Birdwatching in Montreal & the surrounding areas

Webinar #2 - Ducks and Waterfowl of Southern Quebec

Webinar #3 - Raptors (Birds of Prey) of Southern Quebec



Webinar #4 - Bird Friendly Gardening *This webinar presents the 10 secrets to attract a variety of birds to your garden, yard or even your apartment! Anyone can attract birds to their property given a little (pleasurable) work and some ingenuity.*

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

About the Presenter: Sheldon Harvey, has been an avid birder for close to 20 years and has observed over 300 species of birds all within a 100 km radius of the city of Montreal! He has introduced birdwatching and conservation projects at numerous schools throughout Quebec. Mr. Harvey is greatly involved with **Bird Protection Quebec**: Former President, Current Vice-President/Treasurer and The Chair of the Outreach / Publicity / the Field Trip Committee.

Bird Protection Quebec is the oldest (100 years in 2017) birding and conservation organization in Quebec.

Mr. Harvey also presents birdwatching lectures to students, seniors, special interest groups and others throughout Quebec.

Tuesday Stretch and Movement Fitness: 10:30-11:15 from July 6th - August 24th 8 weeks

Instructor: Trudie Ogden

Cost: \$34 Mem / \$38 Non-Mem

Deadline to register:

June 21st 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.

Young at Heart GROOVE: Wednesday, 1:30 -2:30 July 7th - August 25th 8 weeks

Instructors: Diane Dupris

Cost: \$34 Mem / \$38 Non-Mem

Deadline to register: June 21st 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 8 weeks.

Welcome New Members

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A big, big welcome to Elaine Bruce, Camilla Clarizio, Louise de Bellefeuille, Rosanne Elbling, Sadie Fergus, Margaret Fung, Alba Gonzalez, Joni Gosselin, Carole Jacques, Catherine Kierans, Harriet Lazare, Janet Moyer and Ruth Walzer Shine. Thank you for joining the Contactivity family!!

We hope you will enjoy the many activities and programs we have to offer.



Wondering Where to go for Ice Cream this Spring/Summer?

We suggest **Bilboquet Westmount** located at 4864 Sherbrooke St. W., near the CIBC. Enjoy delicious ice cream and support Contactivity. **Bilboquet is donating all profits from this spring/summer season's sales to Contactivity Centre.** So you can indulge and know it's for a good cause!

See you there!



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.



Craft and Chat Virtual Get-Together

If you are a crafter, would you like some company while you are doing your own crafts? Then this Craft and Chat Virtual Get-Together is for you!

This Get-Together is separate from the Busy Bees Crafts Group who makes fabulous crafts to raise funds for the Centre. Some Busy Bees may take part but this Get-Together is open to all crafters.

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

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

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

This virtual get-together will be held every Wednesday afternoon from 3:00 – 4:00 PM during the months of July and August (July 7 – August 25).

Event Facilitator: Our own Angelina Hum!

Cost: **FREE** for all crafters

Deadline to register: June 30th

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

OR call the Centre several days in advance at 514-932-2326 and leave a clear message stating what you are registering for and leave your name and phone number. A Zoom link will be provided a few days before the activity begins.

Waiting List for Possible Outdoor Get-Together on the Lawn

We can't make any promises, but if anyone would like to be on a list for possible impromptu small and socially-distanced get-togethers outside on the lawn (depending on how public health guidelines evolve) call and leave a detailed message to that effect at **514-932-2326**. We will then create a waiting list in case this becomes feasible.

Zoom Tutorials

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

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

For Seniors Without Internet

Would you like to know what services and activities are available to you, in and around Westmount during the pandemic? There are a few dozen copies left of **The Westmount Seniors Guide to staying active, meeting new friends (from a distance!) and accessing services**. Please call Contactivity's I.T.M.A.V. Community Outreach Worker Fiona Smith at **438-920-3460** to ask about receiving a copy.

For those who have internet, you can go to Contactivity's home page or its Outreach and COVID-19 page and scroll down to the link (look for the dancing couple).

Fraud Prevention Workshop 3 with Officer Pimentel of Station 12

In English: 1:00 PM Thursday May 27th, 2021

In French: 11:00 AM Thursday June 17th, 2021

Have you been receiving more phone fraud phone calls since the start of the pandemic? Do you know what the signs of this type of call are? Are you unsure how to deal with this type of call? Community liaison Officer Adalbert Pimentel from Station 12 will be answering these questions and many more in a zoom workshop. Have your own questions ready!

To register, please go to our website and click on ONLINE COURSES AND ACTIVITIES, scroll down and click on the Fraud Prevention Workshop you are interested in to register. Fill in your information and click 'Submit Registration'. A Zoom link will be provided a few days

before the activity begins. **OR** if you will be joining in by telephone, please call Fiona Smith at **438-920-3460** to register and/or for details on how to access the meeting.

TIPS for Heatwaves

We lose sweat glands as we age, and therefore older people are more easily affected by summer heat.

Drink plenty of water (alcohol can cause dehydration and tea or coffee do not hydrate well), use light bedding and wear light loose clothing such as cotton or bamboo, these are fabrics that breathe. Use a fan and moisten your skin. It is best not to leave the lights on or use your oven or its self-cleaning function, the heat will diffuse into the rest of your home. If you want to eat hot, a slow cooker is preferable to use, it produces less heat than an oven. You can take a cool shower before bed. If you are exposed to the sun or heat and are feeling nausea or vomiting, headaches, rapid breathing and heartbeat, anxiety, light-headedness, slow weak pulse, chest pain or difficulty breathing – check your body temperature and seek advice at CLSC Info Santé at **811** to make sure you are not experiencing a heat stroke.

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 learning about such news by chatting in person, but that’s not possible for the time being.)

Our Website Address

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

In Memoriam

We would like to extend our deepest condolences to member Harriette Colle and family for the loss of her sister and to the family and friends of the late Jane Atkinson and Hilda Fox.

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 – Clare Shuley and Michael Nolan
Director of Development and Planning – Benita Goldin