



Contactivity  
CENTRE  
Contactivité

PROGRAMS & SERVICES  
FOR SENIORS

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(ext. 210)

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(ext. 200)

Program Coordinator  
**Andrea Shak**  
(ext. 207)

Program Leader  
**Lucas Liberta**  
(ext. 208)

Intergenerational Program  
Leader  
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(ext. 205)

Coordinator of  
Outreach Services  
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(ext. 203)

Reception  
(ext. 200)

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

*Fall is in  
the Air  
at Contactivity*

[www.contactivitycentre.org](http://www.contactivitycentre.org)



**Fall  
2024**

# Contactivity Centre NEWSLETTER

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

A NOTE FROM THE EXECUTIVE DIRECTOR

**Fall into us this Autumn  
at Contactivity!**

We are thrilled to  
Welcome you to the  
**FALL SEASON AT  
CONTACTIVITY!**

**Come See our New Digs!**

We have some exciting news to  
share about our new locations! Join us for our programs  
at **Victoria Hall**, located at 4626 Sherbrooke St. West,  
Westmount, QC H3Z 1G1. Additionally, some of our  
programs will be held at the **Westmount Recreation  
Centre**, situated at 4675 Saint Catherine St, Westmount,  
QC, H3Z 1S4. Our new office space is located at  
**310 Victoria Ave. Suite 102**, Westmount, QC, H3Z 2M9.

**We look forward to seeing you at these wonderful  
locations and making this Fall season our best yet!**

We thank the City of Westmount for welcoming us with  
open arms and helping our members enjoy everything  
Contactivity has to offer.

**Get excited and register for Contactivity's Fall  
programming. Join us in-person and/or online\*.**  
This Fall we have a fantastic lineup of events and activities  
to keep you entertained and engaged.  
**See you soon!". Benita**

\* Visit page 5 for more information and how to register for **2024 FALL COURSES!**



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## CONTACTIVITY CENTRE WILL BE CLOSED:

### Labour Day

Monday, September 2nd

### Thanksgiving Day

Monday, October 14th

### Holiday Week

Tuesday, December 24 -

Thursday, January 2nd, 2025



310 Victoria Ave. Suite 102, Westmount, QC H3Z 2M9  
514-932-2326 | [admin@contactivitycentre.org](mailto:admin@contactivitycentre.org)



[www.contactivitycentre.org](http://www.contactivitycentre.org)

**We're on the Map!** Creating a presence in Westmount...but open to all!  
**Come visit our NEW locations!**  
**Introducing...**



**Contactivity Centre Office (CC)**  
310 Victoria Ave., Suite 102  
Westmount, QC H3Z 2M9



**Victoria Hall (VH)**  
4626 Sherbrooke St. West  
Westmount, QC H3Z 1G1



**Westmount Recreation Centre (WRC)**  
4675 Saint Catherine Street  
Westmount, QC H3Z 1S4



**Selwyn House School (SHS)**  
95 Cote St Antoine Rd  
Westmount, QC H3Y 2H8

Main Office is **Contactivity Centre (CC)**.  
Most programs will be in **Victoria Hall (VH)**.  
Lunches and a few fitness programs will be at **Westmount Recreation Centre (WRC)**.  
All intergenerational programs will be at **Selwyn House School (SHS)**

## Membership at Contactivity has its Privileges

**NOT A MEMBER?  
COME GET TO KNOW CONTACTIVITY**

**What are the Benefits?**

- Reduced fees for courses and excursions.
- Access to FREE programs.
- 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**  
310 Victoria Ave., Suite 102  
Westmount, QC H3Z 2M9  
*with your payment.*

*We look forward to seeing you!*

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

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

Carol Walters  
Dagna Liszkowski Ranus  
Louise Carpentier

Lawrence Kryzanowski  
Lynn Pecknold  
Kathleen Kennedy Quinlan

**Congratulations on joining  
the Contactivity family!**

*We look forward to seeing you!*



Contactivity  
CENTRE  
Contactivité



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

[www.contactivitycentre.org](http://www.contactivitycentre.org)

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

**SEPTEMBER**

Ann Waldron  
Ardee Patterson  
Barbara Victor  
Beverley Gregor-Pearse  
Carole Delisle  
Carolyn Cronk  
Carolyn Lancaster  
David Sinclair  
Denise McAteer  
Diane Cholette  
Domenica Castracane  
Francis Twyman  
Freda Colquhoun  
Gemma Mattheij  
Hinda Roseman  
Jennifer Anstead  
Jill Renee Rouleau  
Joan Donnelly  
Joanne Gibbs  
Kathleen Dunn  
Lilian Howick  
Linda Brunetti  
Marisa Rondina  
Marlene Roseman  
Micheline Jarry  
Naushaba Hasnain  
Oi yee Woo  
Renee Prendergast  
Richard Swift  
Robin Linsdell  
Rosalind Tomera  
Sally Rioux  
Sam Houston  
Silva San Miguel  
Stella Broda  
Stephan Polanski  
Yolande Charbonneau

**OCTOBER**

Andrew Byers  
Ann Rutledge  
Arlene Lund  
Barbara-Jean Faessler  
Brigitta Brittain  
Bronwen Mantel  
Carroll Salomon  
Chidiac Djehanne  
Cindy Owens McMahon  
Daphne Morris  
Ellen Smiley  
Eva Vogt  
Frances Langton  
Gertrud Antoine Barwick  
Grace Courey  
Jean Thomas  
Joan Hagerman  
Johann Sadegursky  
Karin Doerr  
Kathleen Kennedy Quinlan  
Kenneth Mackenzie  
Laurel Bossen  
Maria Ines Burke  
Mary Baldwin  
Nina Howe  
Rosanne Baatz  
Ruth Ilyse  
Shelia Powell Porteous  
Umed Gohil  
Vera Burt  
Wilma Goodman-Lo  
Winifred Matthews

**NOVEMBER**

Agnese Zilli  
Alex Marie-Francoise  
Ayesha Ahmed  
Barbara Kerr  
Betty Joseph  
Catherine Balfour  
Dael Perry  
Doneta Barron  
Eleanor Cripps  
Elisabeth Johnson  
Elizabeth Gonye Boltz  
Ellen McCrea  
Frances Katz  
Jean Shettler  
Joan MacLellan  
Joan Mariscotti  
John Bailey  
Judith Mowat  
Judith Bodnar  
Louise Halperin  
Louise Donohue  
Louise Carpentier  
Marcia Goldberg  
Mary Sanford  
Maureen Rowe  
Michael Moore  
Norma Bennett  
Pamela Dresden  
Patricia Claxton  
Susi Lovell  
Sylvia Boucher  
Tanya Fitzpatrick  
Thomas Burpee  
Ursula Tokateloff

**DECEMBER**

Anita Battigalli  
Anita Carrier  
Bernice Scullion  
Catherine (Cathy) McMaster  
Celeena Ajodha  
Christa Toepffer  
Dagna Liszkowski Ranus  
Daniel Reicher  
Elaine Bruce  
Eliane Rivard  
Elizabeth (Libby) Stark  
Evelyn Szabó  
Frances Desautels  
Ghislain Gosselin Monnet  
Helen Corrigan  
Henriques Joanes  
Janet Broxup  
Judith Klugerman  
Linda Shear  
Lorraine Barolet  
Lucia Caraman  
Mairi MacKinnon  
Margaret Lai-Ping Fung  
Maria Bybel  
Marie Gilbeau  
Melissa Laidlaw  
Monique Martineau-Enzle  
Patricia Norwich  
Rita Pomade  
Roz Agulnik  
Sandra Breen  
Susan Edmonds  
Valerie Broege  
Valiery Quinn Holland  
William Broad



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

## 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



## TELECHECK

*Telecheck, provided by Contactivity on weekdays and Westmount Public Security on weekends and holidays, offers essential daily morning phone calls to seniors, ensuring their well-being and providing reassurance.*

## 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.*

## 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.*

## 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.*

Please reach out to: **Yasmina Al Hussein** at **514-932-2326 ext. 203** or **outreach@contactivitycentre.org** to benefit from these services.



## INSIGHTS FROM YASMINA

### HEALTHY AGING TIPS:

*Aging gracefully is about more than just looking good; it's about feeling good and staying active. Here are some simple yet effective tips to help you maintain your health and vitality:*

- 1. Stay Active:** Aim for 30 minutes of moderate exercise most days. Walking, swimming, or yoga are great options.
- 2. Eat Well:** Focus on fruits, vegetables, whole grains, lean proteins, and healthy fats. Stay hydrated with plenty of water.
- 3. Stay Socially Engaged:** Strong social connections boost mental health. Join community events, clubs, or stay in touch with family and friends.
- 4. Keep Your Mind Sharp:** Engage in activities that stimulate your brain, like reading, puzzles, or learning new skills.
- 5. Regular Check-ups:** Don't skip health screenings and doctor visits. Early detection leads to better outcomes.

*Remember, small, consistent steps can lead to significant improvements in your overall wellbeing.*

*Embrace these healthy aging tips and enjoy a vibrant, fulfilling life.*

## 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**

**Let's Get Connected!**

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



[www.contactivitycentre.org](http://www.contactivitycentre.org)



Contactivity  
CENTRE  
Contactivité

# Contactivity Centre Registration

# FALL 2024

## A FEW GUIDELINES

### To Register:

Visit our website [www.contactivitycentre.org](http://www.contactivitycentre.org) and simply click on **Fall 2024 Programs** 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 your doctor if the type of physical fitness is right for you.

### HEALTH & PREVENTION:

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



## A Contactivity *Note*...

### CANCELLATIONS FOR 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](mailto:admin@contactivitycentre.org) leaving your name, contact information and a clear message about what you need to cancel. **All programs and event fees are non-refundable.**

If you need to cancel a registration please let us know, so that other members on a waiting list may have a chance to register. This includes all programs free of charge. **Thank you!**



**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 Fall courses.



### FALL PREVENTION PROGRAM

Tuesdays and Thursdays, 3:00 - 4:30

September 17 - December 5

No course on October 8 and October 10

Instructor: Philippe Briand, Kinesiologist

Location: Victoria Hall, Ward Room.

Please bring your indoor running shoes to wear in the Ward Room

Cost: **FREE** (Must be a Contactivity Member)

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

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

### WALKIE TALKIES

Thursdays, 10:00 - 11:00

(Weather permitting)

September 5 - December 19

Facilitator: Glenn Hynes

Location: Westmount Square

entrance/ plaza on Greene Avenue

Cost: **FREE** (Must be a Contactivity Member)

The group starts at the Greene Avenue entrance to Westmount Square. The walks are an hour long and there is an option to stop for coffee/snack afterwards!



### A WALK IN THE PARK

Tuesdays, 10:00 - 11:00 (Weather permitting)

September 10 - October 29

Facilitator: Lucas Liberta

Location: Victoria Hall, Main Entrance

Cost: **FREE** (Must be a Contactivity Member)

Do you use a cane or a walker? Do you prefer to walk slowly? If so, this slow-paced walking group is for you!



### KINSTRETCH

Fridays, 10:00 - 11:00 OR 11:00 - 12:00

September 27 - December 13

Instructor: Zack Powell

Location: Victoria Hall, Ward Room

Please bring your indoor running shoes to wear in the Ward Room

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

Zack Powell is an ultra endurance athlete who specializes in mobility and strengthening the body from the inside out. Kinstretch is a movement practice that will help train, develop and maintain your physical ranges of motion for better health and quality of life.



### THURSDAY STRETCH AND MOVEMENT FITNESS

Thursdays, 10:00 - 11:00

October 3 - December 5,

No course on October 10

Instructor: Trudie Ogden

Location: Victoria Hall, Concert Hall

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.



### **NEW** HARMONY & MOTION WITH SHELI STEVENS

Mondays, 10:30 - 11:30

September 30 - December 9, No course on October 14

Facilitator: Sheli Stevens

Location: Victoria Hall, Concert Hall

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

Join sensational Sheli for a blend of joyful singing and easy-to-follow dancing. Let's sing and move together!

About Sheli: Sheli Stevens is Contactivity Centre's Intergenerational Choir instructor and has performed at our lunch events. She is a multifaceted artist with a voice that has graced stages across the USA and Japan touring with The Young American Song & Dance Co. Sheli is a professional singer, vocal coach, actress and dancer. She performs in 1945 The Band and in her jazz and swing band The Volunteers. She has recorded an original album « Come Home » and has appeared in TV commercials, movies and radio jingles.

**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**



## **ONSITE**

### **PICKLEBALL**

**Mondays, 10:00 – 11:30**  
**September 23 – December 16**

No course on October 14

**Facilitator:** Lucas Liberta

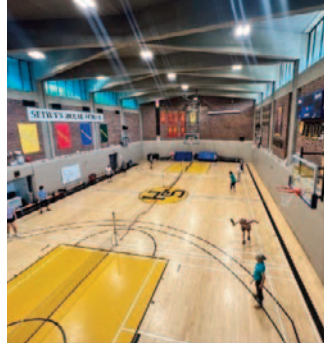
**Location:** Selwyn House School,  
95 Ch. de la Côte-Saint-Antoine

**Cost:** \$42 Member /  
\$47 Non-Member

*Please wear comfortable clothing and proper running shoes.*

*Water bottles are strongly recommended.*

*Contactivity provides all equipment.*



## **ONLINE**

### **MOVERS AND ZOOMERS**

**Mondays and Wednesdays, 10:30 – 11:30**

**September 16 – December 9**

No course on October 14

**Instructor:** Lana Romandini

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

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

### **TAI CHI AND CHI KUNG**

**Wednesdays, 1:00 – 2:00**

**September 18 – November 20**

**Instructor:** Colin Young

**Cost:** \$45 Member /  
\$55 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.*



## **HYBRID** **ONSITE & ONLINE SIMULTANEOUSLY**

### **WEDNESDAY CHAIR YOGA**

**Wednesdays, 3:00 – 4:00**

**September 25 – November 27**

**Instructor:** Manon Lacroix

**Location:** Westmount Recreation  
Centre, Exercise Room

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

*Learn yoga by modifying and adapting yoga postures with a chair. 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. This course is also offered on Fridays.*



### **FRIDAY CHAIR YOGA**

**Fridays, 1:30 – 2:30**

**September 27 – November 29**

**Instructor:** Manon Lacroix

**Location:** Westmount Recreation Centre, Exercise Room

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

### **TUESDAY STRETCH AND MOVEMENT FITNESS**

**Tuesdays, 10:30 – 11:15**

**October 1 – December 3**

**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.*





# 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!



## BUSY BEES ARTS & CRAFTS GROUP

Wednesdays, 10:30 - 3:00 *Ongoing*

No session on October 9

Wednesdays, 10:00 - 1:00 exceptionally on:  
**September 25, October 30 and November 27**

Facilitator: Caryn Weltman

Location: Victoria Hall, Club Room

Cost: **FREE** (Must be a Contactivity Member)

*The Busy Bees knit crafts for Contactivity pop-up sales/fundraisers and special projects.*



## PAINTING WITH ACRYLICS

Tuesdays, 1:00 - 3:30

October 1 - December 10, No course on October 8

Instructor: Suzy Levy

Location: Victoria Hall, Club Room

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

October 25 - December 13

Instructor: Suzy Levy

Location: Victoria Hall, Club Room

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

## INTRO TO WATERCOLOURS

Mondays, 10:00 - 12:00

October 21 - November 25

Instructor: Julie Pomerleau

Location: Victoria Hall, Club Room

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

*Build your confidence in watercolour painting with this beginner-friendly course. Using step by step, follow along instructions, participants will learn tips, techniques, drawing skills, and colour theory. After each course participants will have produced a finished painting and have gained a better understanding of the art medium.*





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, 11:00 - 12:00

September 19 - December 5, No course on October 10

Facilitator: Lucas Liberta

Location: Victoria Hall, Prud'Homme Room

Cost: **FREE** (Must be a Contactivity Member)

*Do you like discussing breaking news? Are you a sports fan? Let's talk! Stay up to date on the latest news and sports developments. We'll explore the latest trends and reports in newspapers, radio, television and online.*

### **NEW** SHORT PLAY WRITING

Thursdays, 2:30 - 4:30

October 3 - November 14, No course on October 10

Facilitator: Christine Davet

Location: Victoria Hall, Club Room

Cost: **FREE** (Must be a Contactivity Member)

*This course will introduce you to the mechanics of playwriting allowing you to turn your personal experiences or creative ideas into short plays for the stage, radio or video. Learn how to create and breathe life into characters through action and dialogue. This course will include writing exercises, discussion, and video presentations of short dramatic scenes.*

*About Christine: Christine Davet is a professor emerita, actor and playwright. She has taught courses at London University's Birkbeck College and has worked for the United Nations, Voice of America and CIDA. She writes short dramas for museums and cultural institutions based on stories and characters related to their histories. She is also the Founder & Creative Director of ACTION: Program in the Performing Arts for 50+ age-group.*

### SOCIAL ACTION - INTERFORUM

Wednesdays, 1:30 - 3:30

October 30, November 13, November 27, December 11

Facilitators: Yasmina Al Hussein and Guest Speakers from Un et un font mille

Location: 310 Victoria Ave., Suite 102. Cost: **FREE**

*Participate in 7 workshops that will enhance your knowledge of social innovation. Become agents of social change for seniors and receive guidance from experts at Un et un font mille. They will provide you with the tools necessary to advocate for your community. Workshops involve researching available resources, developing action plans, sourcing funding, and implementing projects.*



**ONSITE**

### STAMP COLLECTING: EXPLORE A PRIVATE COLLECTION OF CANADIAN FIRST DAY COVERS

Friday, December 6, 3:00 - 4:00

Instructor: Dr. Avi Whiteman

Location: Victoria Hall, Club Room

Cost: **FREE** (Must be a Contactivity Member)

*Dr. Whiteman recently donated his stamp collection of Canadian First Day covers to Contactivity! Join us for this special presentation where we will be the first to see the collection and appreciate its artistic beauty. Don't miss this unique opportunity. You will probably recognize many of the stamps and it will bring you back to a time where receiving letters from the mailman was an exciting part of the day.*

### THOMAS MORE DISCUSSION GROUP

Thursdays, 11:00 - 12:30

October 3 - December 12, No course on October 10

Facilitators: Patricia Sikender and Jane Thomson

Location: Victoria Hall, Club Room

Cost: \$32 Member / \$42 Non-Member

*The theme for this term is Stories from the Seven Continents: Around the World in Twenty Days. In this course participants will read from creation stories to modern day tales with much in between. Humans are natural storytellers. Even before the written word, oral traditions existed allowing knowledge and tradition to be passed on to future generations. While time and place change, some central meanings about our origins, society, remain. Join us.*

### CAREGIVER COMPASSION CIRCLE

Every Second Wednesday, 1:30 - 3:00

September 11 - December 18

Facilitators: Yvonne Clark, Social Worker and

Yasmina Al Hussein, Outreach Worker

Location: 310 Victoria Ave., Suite 102

Cost: **FREE for Members** / \$15 Non-Member

*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.*



# GET SMART

Train your Brain with us...

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



## ONSITE

### WHAT DOES MY NEIGHBOUR DO?

Tuesday, November 5, 10:30 - 11:30

Facilitator: Benita Goldin

Location: Victoria Hall, Club Room

Cost: **FREE** (Must be a Contactivity Member)

*In this series, we feature Westmounters with interesting careers (current or former) who have made a contribution to society. Learn something new and interesting about your neighbours!*

#### Kathleen Coughlin Dunn

Writer, Publisher

Kathleen Coughlin Dunn is a Montrealer now living in Westmount. Widowed at 64, this one-time public relations writer turned to poetry and process art to come to terms with the strong emotions surfacing in her very vivid night dreams. Over a fifteen-year period, she was amazed how much could be said with so few words. Twice married and widowed, she has one daughter who is married with two children. She also has four adult stepchildren with spouses, children and grandchildren of their own. Not one to rest on her laurels, Kathleen decided to mark her 80th birthday by self-publishing her poetry. With hindsight, insight, and foresight, *Second Chances* delves into the ups and downs of Kathleen's life which she hopes will resonate with readers.



### WHAT DOES MY NEIGHBOUR DO?

Tuesday, November 12, 10:30 - 11:30

Facilitator: Benita Goldin

Location: Victoria Hall, Club Room

Cost: **FREE** (Must be a Contactivity Member)

#### Peter Jacobs

Landscape Architect,

Professor-Emeritus Université de Montréal

Peter Jacobs is a Canadian landscape architect specializing in the conservation and development of rural and northern landscapes and in urban landscape design. He is Professor-Emeritus of the School of Planning and Landscape Architecture of the Université de Montréal, past Chair of the Commission on Environmental Planning of the International Union for the Conservation of Nature (IUCN), past President of the Canadian Society of Landscape Architects (CSLA), Chair of the Kativik Environmental Quality Commission (from 1979) and a Member of the Royal Canadian Academy of the Arts. He is also on the Board of Directors of Westmount's Shaar Hashomayim Synagogue.



## ONSITE

### CONTACTIVITY BOOK CLUB

Wednesdays, 1:30 - 3:00

September 25, October 30, November 27

Instructor: Elana Schwartz

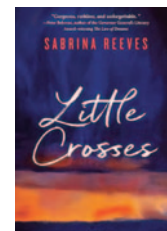
Location: Victoria Hall, Club Room

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

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



September 25  
Seeker A Sea Odyssey  
by Rita Pomade



October 30  
Little Crosses  
by Sabrina Reeves



November 27  
Earth and High Heaven  
by Gwethalyn Graham

## HYBRID

## ONSITE & ONLINE SIMULTANEOUSLY

### FRENCH CONVERSATION - INTERMEDIATE LEVEL

Fridays, 10:00 - 11:00

October 4 - December 6

Instructor: Ashod Alemian

Location: Victoria Hall, Club Room

Cost: \$45 Member / \$55 Non-Member

*Improve your French vocabulary by covering a wide array of different everyday life topics. 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.*

### TECH SUPPORT - By Appointment Only

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

Facilitator: Tech Volunteer

Cost: **FREE** (Must be a Contactivity Member)

*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.*

**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**

### **CANASTA GROUP**

**Mondays, 1:00 - 4:00**

**September 9 - December 16**

No drop-in on October 14

**Location:** Victoria Hall, Club Room  
(Must be a Contactivity Member)

**Cost:** \$2.00 per Monday

*This is a non-instructional group.*

*Canasta is a card game, similar to Rummy, that was developed in South America and became a popular game in the 1950's. Come and join the "Canasteras" for a great time!*



### **MAH-JONG GROUP**

**Mondays, 9:00 - 11:30**

**September 9 - December 16, No drop-in on October 14**

**Location:** 310 Victoria Ave., Suite 102

(Must be a Contactivity Member)

**Cost:** \$2.00 per Thursday

*This is a non-instructional group.*

*Mah-Jong is great exercise for the brain and improves memory skills.*



### **NEW SPEED-FRIENDING**

**Thursday, November 14, 3:00 - 4:00**

**Location:** Victoria Hall, Prud'Homme Room

**Cost:** \$2 Member / \$4 Non-Member

*Join us at Contactivity's fun and exciting Speed-Friending event to make new friends. Connect with others who share your interests and values in a low-pressure environment. Spots are limited so make sure to register today! Prizes to be won!*



**ONSITE**

### **BRIDGE GROUP**

**Mondays, 1:00 - 3:30**

**September 9 - December 16,**

No drop-in on October 14

**Bridge Convener:** Dan Dutton

**Location:** Victoria Hall, Prud'homme Room

**Cost:** \$2.00 per Monday (Must be a Contactivity Member)

*This is a non-instructional group. Participants must have experience and an understanding of how to play.*



### **INSTRUCTIONAL BEGINNERS BRIDGE**

**Tuesday, 1:00 - 3:00**

**October 1 - December 10, No course on October 8**

**Instructor:** Francis Therrien

**Location:** Victoria Hall, Prud'homme Room

**Cost:** \$130 Member / \$140 Non-Member

*Dive into the world of strategic card play. Whether you are new to the game or looking to refresh your skills, join us for an exciting journey into the art of Bridge. Connect with fellow beginners and build a community of card enthusiasts. No experience required - just a desire to play and enjoy the game.*

### **INSTRUCTIONAL INTERMEDIATE BRIDGE**

**Tuesdays, 9:45 - 11:45**

**October 1 - December 10, No course on October 8**

**Instructor:** Francis Therrien

**Location:** Victoria Hall, Prud'homme Room

**Cost:** \$130 Member / \$140 Non-Member

*Intermediate Bridge is the perfect bridge between beginner and advanced levels, offering players opportunities to deepen their understanding of the game while refining their skills.*

### **TRIVIA & BOARD GAMES**

**Fridays, 2:30 - 4:00**

**September 27 - November 29**

**Facilitator:** Lucas Liberta

**Location:** Westmount Recreation Centre, Multi-purpose Room

**Cost:** **FREE** (Must be a Contactivity Member)

*Join Contactivity on Friday afternoons for fun interactive board games such as scrabble and cribbage. We will alternate between board games and trivia each week.*



# 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!



## CONNECT WITH CONTACTIVITY SITTING DOWN WITH MAYOR CHRISTINA SMITH



Thursday, September 19  
Lunch: 1:00 - 2:00  
Presentation: 2:00 - 3:00  
Cost: \$15

Meal: *Chicken parmigiana + pasta + salad OR*

*Eggplant parmigiana + pasta + salad*

*Come connect with Contactivity! Mayor Christina Smith will welcome us to our new program spaces and join us for lunch. Afterwards, our Executive Director, Benita, and the Contactivity Centre team will update you on our move, our new locations, plans for Fall programming, and more. Let's get together for lunch!*

## MUSICAL PERFORMANCE WITH DAWN TYLER WATSON SEPTEMBER BIRTHDAY LUNCH



Thursday, September 26  
Lunch: 1:00 - 2:00  
Performance: 2:00 - 3:00

Location: Westmount Recreation Centre, Multipurpose Room  
Cost: \$15

Lunch: *Breaded sole + roasted potatoes + veggies OR*  
*Omelet + roasted potatoes + veggies*

**Happy Birthday September Members!**

*Let's celebrate with Dawn Tyler Watson - singer & songwriter. She is also a Juno award winning entertainer and a decorated consummate performer. Her voice has been shared across four continents with shows that truly inspire and move the spirit. Let's welcome her back to Contactivity Centre for another masterful performance!*



## ILLUSIONS & INTRIGUE: AN AFTERNOON OF MAGIC WITH THE AMAZING TODSKY!



Thursday, October 3  
Lunch: 1:00 - 2:00  
Performance: 2:00 - 3:00  
Location: Westmount Recreation Centre, Multipurpose Room  
Cost: \$15

Meal: *Chicken souvlaki + Greek potatoes + rice + salad OR*

*Tofu souvlaki + Greek potatoes + rice + salad*

*Join us for a spectacular lunch followed by jaw-dropping tricks and sleight of hand that will challenge your perception of reality. Don't miss out on an afternoon of sophisticated magic with Contactivity.*

*About Todd: Todd began dabbling in magic when he was 9 years old. He was inspired by a touring magic show he attended called the Great Richiardi. He performed his first show at 13 and hasn't looked back. Since then, he perfected his craft over years of practice. He has performed thousands of magic shows for both large and intimate crowds at various venues.*

## TOOLS FOR MAKING HEALTH CARE DECISIONS WITH ÉDUCALOI

Thursday, October 10  
Lunch: 1:00 - 2:00  
Presentation: 2:00 - 3:00

Location: Westmount Recreation Centre, Multipurpose Room  
Cost: \$15

Meal: *Shrimp linguini pasta + salad OR*  
*Vegetarian pasta + salad*

*Educaloi will be discussing how to implement your health care wishes. The presentation will touch on important topics including Protection Mandates, Advance Medical Directives, and more! Don't miss out on an informative talk that will help secure your future!*



## Happy Birthday Contactivity Members!

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**At Contactivity we Bridge Contact with Activity.**

**GET TOGETHER  
FOR LUNCHES &  
ENTERTAINMENT**



### PIANO AND VOCAL PERFORMANCE BY MADISON TRASLER

Thursday, October 17

Lunch: 1:00 - 2:00

Performance: 2:00 - 3:00

Location: Westmount Recreation Centre, Multipurpose Room

Cost: \$15

Meal: *Meat shepherd's pie + veggies OR*

*Vegetarian shepherd's pie + veggies*

*Experience the captivating sounds of pianist and singer*

*Madison Trasler! Join us and hear for yourself how her voice won her numerous accolades!*

*About Madison: Madison's journey in music began at the age of 7 at the Music Academy of Montreal. Her exceptional talent in vocals and keyboard has delighted audiences in different venues across Montreal. Currently, she is a vocal coach at the Beaconsfield Music School on the West Island. She also received the Vanier College Pop/Jazz Vocals Scholarship in 2020.*



### JAZZ AND BLUES WITH AURO MOURA OCTOBER BIRTHDAY LUNCH

Thursday, October 24

Lunch: 1:00 - 2:00

Performance: 2:00 - 3:00

Location: Westmount Recreation Centre, Multipurpose Room

Cost: \$15

Lunch: *Chicken fried rice + salad OR*

*Tofu fried rice + salad*

**Happy Birthday October Members!**

*Join Contactivity for a fabulous performance by Auro Moura! In this one-hour show, join award winning Auro Moura, as he performs rock, jazz, and blues classics from the 1950s and 1960s!*

*About Auro: Auro Moura holds a master's degree in music and a bachelor's degree in music education (UFPR, Brazil). As a musician, singer, and composer, Auro has contributed to many albums and projects. Currently, he is the Director of Les Brasileirinhos and composes songs and soundtracks for films and advertising.*





# 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!



## HALLOWEEN LUNCH & PUMPKIN CARVING

Thursday, October 31  
Lunch: 1:00 - 2:00  
Activity: 2:00 - 3:30  
Location: Westmount Recreation Centre, Multipurpose Room  
Cost: \$15



**Meal:** Meat lasagna + veggies OR Veggie lasagna + veggies.  
*Halloween is finally here! Let's carve Jack O'Lanterns together! Carving tools and pumpkins will be provided. Feel free to join us wearing your best Halloween costume. The spookier, the better. We can't wait to celebrate with you!*

## WISE WEALTH: FINANCIAL STRATEGIES FOR SENIORS WITH CARIGAM YEO AND ARAZ JAROUDI, RBC

Thursday, November 7  
Lunch: 1:00 - 2:00  
Presentation: 2:00 - 3:00  
Location: Westmount Recreation Centre, Multipurpose Room  
Cost: \$15



Carigam Yeo is a Financial Planner and Investment Specialist at RBC.



Araz Jaroudi is a Private Banker and Financial Planner at RBC.

**Meal:** Meat loaf + mashed potatoes + veggies OR Omelet + mashed potatoes + veggies.  
*Managing your finances can be a daunting task. Hear from the experts at RBC how to determine annual spending limits, manage investments, reduce tax liability, make RRSP withdrawals, and more. They will also provide tips on general banking. Whether you are new to managing your finances or very experienced at it, you will be sure to learn something new and helpful.*



## MUSICAL PERFORMANCE WITH GIOVANNI NATALE NOVEMBER BIRTHDAY LUNCH

Thursday, November 14  
Lunch: 1:00 - 2:00  
Performance: 2:00 - 3:00  
Location: Westmount Recreation Centre, Multipurpose Room  
Cost: \$15



**Lunch:** Meat cannelloni + salad OR Veggie cannelloni + salad  
**Happy Birthday November Members!**

*Giovanni will entertain everyone with international music on the accordion in celebration of our November members. Tune in and listen to the wonders international music has to offer!*



## INTROVERTS / AMBIVERTS / EXTROVERTS AS LEADERS

### DR. KARL MOORE

Thursday, November 21  
Lunch: 1:00 - 2:00  
Presentation: 2:00 - 3:00  
Location: Westmount Recreation Centre, Multipurpose Room  
Cost: \$15

**Meal:** Chicken with mushroom sauce + mashed potatoes + veggies OR Eggplant parmigiana + mashed potatoes + veggies

*Dr. Karl More will be presenting his latest book titled: **Introverts / Ambiverts / Extroverts as Leaders**. Based on over 750 in-depth interviews with CEOs and other C-Suite executives in North America, Europe, Asia and Africa his book brings to life the careers paths of introverted leaders, the strengths they often bring to the table, and how they manage fellow introverts, as well as extroverts.*



Dr. Karl Moore is an associate professor at McGill University.

## Happy Birthday Contactivity Members!

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

**We look forward to celebrating with you!**

# GET TOGETHER FOR LUNCHES & ENTERTAINMENT



**ONSITE**

### OPPENHEIMER: WAS THE BOMB NECESSARY? WITH PROFESSOR EMERITUS GARY EVANS



Thursday, November 28

Lunch: 1:00 - 2:00

Presentation: 2:00 - 3:00

Location: Westmount Recreation Centre, Multipurpose Room

Cost: \$15

**Meal:** Beef stew + rice + veggies OR Vegetarian quiche + veggies  
Retired University of Ottawa professor, Gary Evans offers a novel approach to understanding the current film and biography of J. Robert Oppenheimer, the "father of the atom bomb" and his role in deciding to use it to end World War II. Professor Evans examines the scientific, ethical, and political implications of the Manhattan Project and how Oppenheimer's leadership influenced its success. Delve into the enduring debate over the bomb's impact on modern warfare and global politics.

*About Professor Emeritus Gary Evans: Gary Evans enjoyed a career as a historian, journalist, specialist in documentary film and author of four books. Early on he was also a journalist for The Montreal Star and a documentary filmmaker consultant at the National Film Board of Canada.*

### OUR FRAGILE HUMAN RIGHTS PRESENTED BY ROYAL ORR

Thursday, December 5

Lunch: 1:00 - 2:00

Presentation: 2:00 - 3:00

Location: Westmount Recreation Centre,  
Multipurpose Room

Cost: \$15

**Meal:** Spaghetti with meatballs + salad OR  
Spaghetti with veggie balls + salad

Royal Orr (former president of Alliance Quebec and open line radio host at CJAD and CBC's Cross-Country Checkup) will delve into the Quebec and Canadian Charter for Human Rights. He will look at what has happened since to the excitement and pride surrounding the Quebec Charter of Human Rights when it was first passed and then strengthened by successive governments. Join us for an eye-opening and stimulating afternoon!



**ONSITE**

### Holiday Lunch

WITH  
SHELI STEVENS

Thursday, December 12

Lunch: 1:00 - 2:00

Performance: 2:00 - 3:00

Location: Victoria Hall, Concert Hall

Cost: \$18

**Meal:** Turkey + stuffing + potatoes + veggies + cranberry sauce  
OR Salmon + potatoes + lemon caper sauce

**Welcome to our Annual Holiday lunch!**

Join us to celebrate the holidays and the coming new year. Sheli will be performing holiday-themed music and other familiar tunes. Feel free to sing along! We are also thrilled to have Selwyn House Elementary School students join us for a warm and festive lunch!





# 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

#### APPLE-PICKING AT FERME ANSE AU SABLE

Tuesday, September 17,  
 9:30 - 3:00

Facilitator: Lucas Liberta

Cost: \$58 Member / \$68 Non-Member  
 (Transportation is included)

**Meeting Point:**

Victoria Hall, inside the main entrance.

Meet at: 9:30 AM



Join us for a fun filled day in the orchard. Experience the charm of Autumn apple Picking in Ile Perrot at Anse au Sable. The crisp air and stunning landscapes set the perfect backdrop for a memorable day hand picking your choice of apples!



### OUTINGS

#### DAY TRIP TO UPPER CANADA PLAYHOUSE: MEMPHIS TO MOTOWN

Tuesday, October 22, 11:00 - 6:00

Facilitator: Lucas Liberta

Cost: \$125 Member / \$135 Non-Member  
 (Transportation is included)

**Meeting Point:**

Victoria Hall, inside the main entrance.

N.B. You will need to bring your own lunch, a water bottle and some snacks.

Meet at: 11:00 AM



Join Contactivity on a trip to Upper Canada Playhouse in Morrisburg, Ontario! This blockbuster concert will feature music from such legendary artists as The Supremes, Diana Ross, Otis Redding, Sam & Dave, Isaac Hayes, The Staple Singers, Smokey Robinson & The Miracles, Gladys Knight & the Pips, Marvin Gaye, The Temptations, The Four Tops and more all performed live with fabulous singers backed by a dynamite live band.

#### MMFA GUIDED TOUR: SAINTS, SINNERS, LOVERS AND FOOLS

Friday, September 20, 1:00 - 2:30

Facilitator: Lucas Liberta

Cost: **FREE** (Must be a Contactivity Member)

**Meeting Point:**

Montreal Museum of Fine Arts,  
 2200 Rue Crescent.

Meet at: 12:45

The great Flemish painters are coming to the MMFA in this large-scale exhibition that brings together masterworks by Hans Memling, Peter Paul Rubens, Anthony van Dyck, Jacob Jordaens and Michaelina Wautier, among many others. Touching on themes that have fascinated humankind from time immemorial, Saints, Sinners, Lovers and Fools invites you to discover some 150 art works and objects. Coming mostly from The Phoebus Foundation's remarkable Flemish art collection, these works will transport you to the Netherlands of 1400 to 1700, in what was a dynamic period of social, scientific, economic and artistic development.



**NEW WALK FOR INTERNATIONAL DAY OF OLDER PERSONS**

Tuesday, October 1, 9:15 - 1:30

Facilitator: Yasimina Al Hussein

Cost: **FREE**

Lunch and snacks included

**Meeting Point:**

Victoria Hall, inside the main entrance.

Meet at: 9:15 AM

Transportation by chartered bus to/from Walk is included

Bus returns to Victoria Hall at: 1:30

Join with members of other seniors' organizations to celebrate International Day of Older Persons. In its third year, this Walk is organized by Un et un font mille and brings together older adults, youth, volunteers, politicians, and others to walk in support of an age-friendly society. We will leave by chartered bus from Victoria Hall, go to Jeanne Mance Park, join the walk, have a break at Metro Mont Royal and finish at Parc La Fontaine where lunch and entertainment will be provided. The walk will last approximately an hour. Let's walk together and shine the light on the concerns of older adults!







# 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.

## All Intergenerational Programs will be at Selwyn House School (SHS)

95 Chem. de la Côte-Saint-Antoine, Westmount, QC H3Y 2H8

### FRIENDLY VISITS

Lunch time at Selwyn House

Tuesdays, 12:45 - 1:45

(Lunch included)

or Weekdays, 3:00-5:00

October 7 - November 29

Program Leader: Elana Schwartz

Cost: **FREE** (Must be a Contactivity Member)



*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, 3:00 - 4:15,

October 8 - November 26

Instructor: Ellen Jacobs

Cost: **FREE** (Must be a Contactivity Member)



*Join Ellen Jacobs and help teach students in Grades 7 and 8 how to make playful figurines with polymer clay.*

### CONTACTIVITY / SELWYN INTERGENERATIONAL CHOIR

**Holiday Video Edition**

Friday, October 25

Friday, November 1

Monday, November 11

Friday, November 15

11:30 - 1:30 (Lunch included)

Instructor: Sheli Stevens

Cost: **FREE** (Must be a Contactivity Member)

*Be part of the Annual Contactivity-Selwyn Holiday Video! Join the boys for lunch then choir practice. No experience necessary, just come with lots of energy and your singing voice. Sheli Stevens, professional singer, vocal and performance coach will be leading the choir.*



### HYBRID ONSITE & ONLINE SIMULTANEOUSLY

### DIGITAL LITERACY

Wednesdays, 3:30 - 4:30

October 9 - November 27

Instructor: Charlotte Power

Cost: **FREE** (Must be a Contactivity Member)



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

### BORROW A SENIOR: CREATING OUR LIVING LIBRARY. WOULD YOU LIKE TO BE A GUEST SPEAKER AT SELWYN HOUSE?

*Contactivity is creating a "living library" of members who can be "borrowed" by Selwyn teachers and students to share their life experiences. Be a guest speaker at Selwyn and present your career (paid and/or volunteer), hobbies, accomplishments, travels, a brush with fame, involvement at a significant moment in history and other topics you would like to share. Students and teachers want to learn from you!*



Contactivity  
CENTRE  
Contactivité



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

## RECIPES OF THE MONTH:

### ONE POT LEMON ORZO SHRIMP

#### INGREDIENTS

- 1 pound medium shrimp, peeled and deveined
- Kosher salt and freshly ground black pepper, to taste
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 1 onion, diced
- ½ teaspoon dried oregano
- 8 ounces orzo pasta
- 2 cups chicken broth
- 1 14.5-ounce can diced tomatoes, drained
- ½ cup frozen peas
- Juice of 1 lemon
- ¼ cup grated Parmesan cheese

#### INSTRUCTIONS

1. Preheat oven to 400 degrees F.
2. Season shrimp with salt and pepper, to taste; set aside.
3. Heat olive oil in a large oven-proof skillet over medium high heat. Add garlic, onion and oregano, and cook, stirring often, until onions have become translucent, about 3-4 minutes.  
Stir in orzo until lightly browned, about 1-2 minutes.
4. Stir in chicken broth and 1/2 cup water. Bring to a boil; cover, reduce heat and simmer until pasta is cooked through, about 10-12 minutes.  
Stir in tomatoes, peas, lemon juice and shrimp. Sprinkle with Parmesan.
5. Place into oven and bake until shrimp are cooked through, about 12-14 minutes.
6. Serve immediately.

### APPLE BLONDIE SERVED WITH VANILLA ICE CREAM

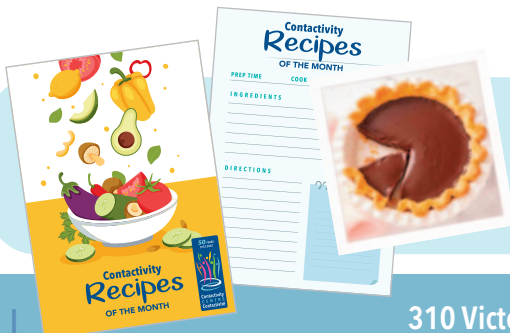
#### INGREDIENTS

- 1 1/4 cup all-purpose flour, (142 g)
- 1/2 teaspoon baking powder
- 1/2 teaspoon kosher salt
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/2 cup unsalted butter, melted and cooled (1 stick or 113 g)
- 1 cup light brown sugar, packed (200 g)
- 1 teaspoon vanilla extract
- 1 large egg, room temperature
- 2 medium apples, peeled, cored and cut into 1/4-inch squares

#### INSTRUCTIONS

1. Preheat the oven to 350° F. Line an 8-inch by 8-inch pan with parchment paper and set aside.
2. In a medium bowl, whisk together flour, baking powder, salt, cinnamon and nutmeg. Set aside.
3. In a large bowl, whisk together melted butter and brown sugar until well combined, about 2 minutes. Add egg and vanilla and mix until incorporated. Add the flour mixture and stir just until combined (careful not to overmix). Fold in chopped apples.
4. Transfer batter to prepared baking pan (the batter will be a little thick).  
Bake for 25 to 28 minutes or until a toothpick inserted into the center comes out clean. Cool and cut into squares and serve.

*Bon appetit!*



### 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](mailto:admin@contactivitycentre.org)

## 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

Lunch is at the Westmount Recreation Centre (WRC), Multipurpose Room

**Cost:** \$15.00

*Lunches include dinner rolls + dessert + coffee & tea*

### SEPTEMBER 19

Chicken parmigiana + pasta + salad  
OR  
Eggplant parmigiana + pasta + salad

### SEPTEMBER 26

Breaded sole + roasted potatoes + veggies  
OR  
Omelet + roasted potatoes + veggies

### OCTOBER 3

Chicken souvlaki + Greek potatoes + rice + salad  
OR  
Tofu souvlaki + Greek potatoes + rice + salad

### OCTOBER 10

Shrimp linguini pasta + salad  
OR  
Vegetarian pasta + salad

### OCTOBER 17

Meat shepherd's pie + veggies  
OR  
Vegetarian shepherd's pie + veggies

### OCTOBER 24

Chicken fried rice + salad  
OR  
Tofu fried rice + salad

### OCTOBER 31

Meat Lasagna + veggies  
OR  
Veggie Lasagna + veggies

### NOVEMBER 7

Meat loaf + mashed potatoes + veggies  
OR  
Omelet + mashed potatoes + veggies

### NOVEMBER 14

Meat cannelloni + salad  
OR  
Veggie cannelloni + salad

### NOVEMBER 21

Chicken with mushroom sauce + mashed potatoes + veggies  
OR  
Eggplant parmigiana + mashed potatoes + veggies

### NOVEMBER 28

Beef stew + rice + veggies  
OR  
Vegetarian quiche + veggies

### DECEMBER 5

Spaghetti with meatballs + salad  
OR  
Spaghetti with veggie balls + salad

### DECEMBER 12 - HOLIDAY LUNCH PRICE \$18

Turkey + stuffing + potatoes + veggies + cranberry sauce  
OR  
Salmon + potatoes + veggies + lemon caper sauce





# SEPTEMBER 2024

## LEGEND

- Online
- Hybrid
- Outdoors
- Outings
- VH, Ward Room
- VH, Prud'homme
- VH, Club Room
- VH, Concert Hall
- Selwyn
- Westmount Recreation Centre
- 310 Victoria #102

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><b>CLOSED</b> Labour Day</p>	<p>3</p>	<p>4</p> <p>Busy Bees 10:30 - 3:00</p>	<p>5</p> <p>Walkie Talkies 10:00 - 11:00</p>	<p>6</p>
<p>9</p> <p>Mah-Jong 9:00 - 11:30 Canasta 1:00 - 4:00 Bridge Group 1:00 - 3:30</p>	<p>10</p> <p>A Walk in the Park 10:00 - 11:00</p>	<p>11</p> <p>Busy Bees 10:30 - 3:00 Caregiver Compassion Circle 1:30 - 3:00</p>	<p>12</p> <p>Walkie Talkies 10:00 - 11:00</p>	<p>13</p>
<p>16</p> <p>Mah-Jong 9:00 - 11:30 Movers and Zoomers 10:30-11:30 Canasta 1:00 - 4:00 Bridge Group 1:00 - 3:30</p>	<p>17</p> <p>Apple Picking 10:00 - 3:00 A Walk in the Park 10:00 - 11:00 Fall Prevention 3:00 - 4:30</p>	<p>18</p> <p>Busy Bees 10:30 - 3:00 Movers and Zoomers 10:30 - 11:30 Tai Chi &amp; Chi Kung 1:00 - 2:00</p>	<p>19</p> <p>Walkie Talkies 10:00 - 11:00 Current Events 11:00 - 12:00 Lunch &amp; Entertainment 1:00 - 3:00 Fall Prevention 3:00 - 4:30</p>	<p>20</p> <p>MMFA Guided Tour 12:45 - 2:30</p>
<p>23</p> <p>Mah-Jong 9:00 - 11:30 Pickleball 10:00 - 11:30 Movers and Zoomers 10:30 - 11:30 Canasta 1:00 - 4:00 Bridge Group 1:00 - 3:30</p>	<p>24</p> <p>A Walk in the Park 10:00 - 11:00 Fall Prevention 3:00 - 4:30</p>	<p>25</p> <p>Busy Bees 10:00 - 1:00 Movers and Zoomers 10:30 - 11:30 Tai Chi &amp; Chi Kung 1:00 - 2:00 Caregiver Compassion Circle 1:30 - 3:00 Book Club 1:30 - 3:00 Chair Yoga 3:00 - 4:00</p>	<p>26</p> <p>Walkie Talkies 10:00 - 11:00 Current Events 11:00 - 12:00 Lunch &amp; Entertainment 1:00 - 3:00 Fall Prevention 3:00 - 4:30</p>	<p>27</p> <p>Kinstretch 10:00 - 11:00 Kinstretch 11:00 - 12:00 Chair Yoga 1:30 - 2:30 Trivia &amp; Board Games 2:30 - 4:00</p>
<p>30</p> <p>Mah-Jong 9:00 - 11:30 Pickleball 10:00 - 11:30 Movers and Zoomers 10:30 - 11:30 Harmony &amp; Motion with Sheli Stevens 10:30 - 11:30 Canasta 1:00 - 4:00 Bridge Group 1:00 - 3:30 Presentation 1:30 - 2:30 <b>Orange Shirt Day</b> in recognition of National Day for Truth and Reconciliation</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>

# OCTOBER



## LEGEND

Online
  Hybrid
  Outdoors
  Outings
  VH, Ward Room
  VH, Prud'homme
  VH, Club Room
  VH, Concert Hall
  Selwyn
  Westmount Recreation Centre
  310 Victoria #102

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
30	<p><b>Walk for Older Persons</b> 9:15 - 1:30</p> <p><b>Intermediate Bridge</b> 9:45 - 11:45</p> <p><b>A Walk in the Park</b> 10:00 - 11:00</p> <p><b>Online Stretch &amp; Movement</b> 10:30 - 11:15</p> <p><b>Beginner Bridge</b> 1:00 - 3:00</p> <p><b>Painting</b> 1:00 - 3:30</p> <p><b>Fall Prevention</b> 3:00 - 4:30</p>	1	<p><b>Busy Bees</b> 10:30 - 3:00</p> <p><b>Movers and Zoomers</b> 10:30 - 11:30</p> <p><b>Tai Chi &amp; Chi Kung</b> 1:00 - 2:00</p> <p><b>Chair Yoga</b> 3:00 - 4:00</p>	2	<p><b>WalkieTalkies</b> 10:00 - 11:00</p> <p>Thursday Stretch &amp; Movement 10:00 - 11:00</p> <p><b>Current Events</b> 11:00 - 12:00</p> <p><b>Thomas More</b> 11:00 - 12:30</p> <p><b>Lunch &amp; Entertainment</b> 1:00 - 3:00</p> <p><b>Short Play Writing</b> 2:30 - 4:30</p> <p><b>Fall Prevention</b> 3:00 - 4:30</p>	3	<p><b>Intermediate French Conversation</b> 10:00 - 11:00</p> <p><b>Kinstretch</b> 10:00 - 11:00</p> <p><b>Kinstretch</b> 11:00 - 12:00</p> <p><b>Chair Yoga</b> 1:30 - 2:30</p> <p><b>Trivia &amp; Board Games</b> 2:30 - 4:00</p>	4	
7	<p><b>Mah-Jong</b> 9:00 - 11:30</p> <p><b>Pickleball</b> 10:00 - 11:30</p> <p><b>Movers and Zoomers</b> 10:30 - 11:30</p> <p>Harmony &amp; Motion with Sheli Stevens 10:30 - 11:30</p> <p><b>Canasta</b> 1:00 - 4:00</p> <p><b>Bridge Group</b> 1:00 - 3:30</p>	8	<p><b>A Walk in the Park</b> 10:00 - 11:00</p> <p><b>Online Stretch &amp; Movement</b> 10:30 - 11:15</p> <p><b>Friendly Visits at Selwyn House</b> 12:45 - 1:45</p> <p><b>Crafting at Selwyn</b> 3:00 - 4:15</p>	9	<p><b>Movers and Zoomers</b> 10:30 - 11:30</p> <p><b>Tai Chi &amp; Chi Kung</b> 1:00 - 2:00</p> <p><b>Caregiver Compassion Circle</b> 1:30 - 3:00</p> <p><b>Chair Yoga</b> 3:00 - 4:00</p> <p><b>Digital Literacy</b> 3:30 - 4:30</p>	10	<p><b>WalkieTalkies</b> 10:00 - 11:00</p> <p><b>Lunch &amp; Entertainment</b> 1:00 - 3:00</p>	11	<p><b>Intermediate French Conversation</b> 10:00 - 11:00</p> <p><b>Kinstretch</b> 10:00 - 11:00</p> <p><b>Kinstretch</b> 11:00 - 12:00</p> <p><b>Chair Yoga</b> 1:30 - 2:30</p> <p><b>Trivia &amp; Board Games</b> 2:30 - 4:00</p>
14	<p><b>CLOSED</b> Thanksgiving</p> 	15	<p><b>Intermediate Bridge</b> 9:45 - 11:45</p> <p><b>A Walk in the Park</b> 10:00 - 11:00</p> <p><b>Online Stretch &amp; Movement</b> 10:30 - 11:15</p> <p><b>Friendly Visits at Selwyn House</b> 12:45 - 1:45</p> <p><b>Beginner Bridge</b> 1:00 - 3:00</p> <p><b>Painting</b> 1:00 - 3:30</p> <p><b>Fall Prevention</b> 3:00 - 4:30</p> <p><b>Crafting at Selwyn</b> 3:00 - 4:15</p>	16	<p><b>Busy Bees</b> 10:30 - 3:00</p> <p><b>Movers and Zoomers</b> 10:30 - 11:30</p> <p><b>Tai Chi &amp; Chi Kung</b> 1:00 - 2:00</p> <p><b>Chair Yoga</b> 3:00 - 4:00</p> <p><b>Digital Literacy</b> 3:30 - 4:30</p>	17	<p><b>WalkieTalkies</b> 10:00 - 11:00</p> <p>Thursday Stretch &amp; Movement 10:00 - 11:00</p> <p><b>Current Events</b> 11:00 - 12:00</p> <p><b>Thomas More</b> 11:00 - 12:30</p> <p><b>Lunch &amp; Entertainment</b> 1:00 - 3:00</p> <p><b>Short Play Writing</b> 2:30 - 4:30</p> <p><b>Fall Prevention</b> 3:00 - 4:30</p>	18	<p><b>Intermediate French Conversation</b> 10:00 - 11:00</p> <p><b>Kinstretch</b> 10:00 - 11:00</p> <p><b>Kinstretch</b> 11:00 - 12:00</p> <p><b>Chair Yoga</b> 1:30 - 2:30</p> <p><b>Trivia &amp; Board Games</b> 2:30 - 4:00</p>
21	<p><b>Mah-Jong</b> 9:00 - 11:30</p> <p><b>Intro to Watercolours</b> 10:00 - 12:00</p> <p><b>Pickleball</b> 10:00 - 11:30</p> <p><b>Movers and Zoomers</b> 10:30 - 11:30</p> <p>Harmony &amp; Motion with Sheli Stevens 10:30 - 11:30</p> <p><b>Canasta</b> 1:00 - 4:00</p> <p><b>Bridge Group</b> 1:00 - 3:30</p>	22	<p><b>Upper Canada Playhouse</b> 11:00 - 6:00</p> <p><b>Intermediate Bridge</b> 9:45 - 11:45</p> <p><b>A Walk in the Park</b> 10:00 - 11:00</p> <p><b>Online Stretch &amp; Movement</b> 10:30 - 11:15</p> <p><b>Friendly Visits at Selwyn House</b> 12:45 - 1:45</p> <p><b>Beginner Bridge</b> 1:00 - 3:00</p> <p><b>Painting</b> 1:00 - 3:30</p> <p><b>Fall Prevention</b> 3:00 - 4:30</p> <p><b>Crafting at Selwyn</b> 3:00 - 4:15</p>	23	<p><b>Busy Bees</b> 10:30 - 3:00</p> <p><b>Movers and Zoomers</b> 10:30 - 11:30</p> <p><b>Tai Chi &amp; Chi Kung</b> 1:00 - 2:00</p> <p><b>Caregiver Compassion Circle</b> 1:30 - 3:00</p> <p><b>Chair Yoga</b> 3:00 - 4:00</p> <p><b>Digital Literacy</b> 3:30 - 4:30</p>	24	<p><b>WalkieTalkies</b> 10:00 - 11:00</p> <p>Thursday Stretch &amp; Movement 10:00 - 11:00</p> <p><b>Current Events</b> 11:00 - 12:00</p> <p><b>Thomas More</b> 11:00 - 12:30</p> <p><b>Lunch &amp; Entertainment</b> 1:00 - 3:00</p> <p><b>Short Play Writing</b> 2:30 - 4:30</p> <p><b>Fall Prevention</b> 3:00 - 4:30</p>	25	<p><b>Intermediate French Conversation</b> 10:00 - 11:00</p> <p><b>Kinstretch</b> 10:00 - 11:00</p> <p><b>Kinstretch</b> 11:00 - 12:00</p> <p><b>Drawing</b> 1:00 - 3:00</p> <p><b>Intergenerational Choir</b> 11:30 - 1:30</p> <p><b>Chair Yoga</b> 1:30 - 2:30</p> <p><b>Trivia &amp; Board Games</b> 2:30 - 4:00</p>
28	<p><b>Mah-Jong</b> 9:00 - 11:30</p> <p><b>Intro to Watercolours</b> 10:00 - 12:00</p> <p><b>Pickleball</b> 10:00 - 11:30</p> <p><b>Movers and Zoomers</b> 10:30 - 11:30</p> <p>Harmony &amp; Motion with Sheli Stevens 10:30 - 11:30</p> <p><b>Canasta</b> 1:00 - 4:00</p> <p><b>Bridge Group</b> 1:00 - 3:30</p>	29	<p><b>Intermediate Bridge</b> 9:45 - 11:45</p> <p><b>A Walk in the Park</b> 10:00 - 11:00</p> <p><b>Online Stretch &amp; Movement</b> 10:30 - 11:15</p> <p><b>Friendly Visits at Selwyn House</b> 12:45 - 1:45</p> <p><b>Beginner Bridge</b> 1:00 - 3:00</p> <p><b>Painting</b> 1:00 - 3:30</p> <p><b>Fall Prevention</b> 3:00 - 4:30</p> <p><b>Crafting at Selwyn</b> 3:00 - 4:15</p>	30	<p><b>Busy Bees</b> 10:00 - 1:00</p> <p><b>Movers and Zoomers</b> 10:30 - 11:30</p> <p><b>Tai Chi &amp; Chi Kung</b> 1:00 - 2:00</p> <p><b>Book Club</b> 1:30 - 3:00</p> <p><b>Social Action -Interforum</b> 1:30 - 3:30</p> <p><b>Chair Yoga</b> 3:00 - 4:00</p> <p><b>Digital Literacy</b> 3:30 - 4:30</p>	31	<p><b>WalkieTalkies</b> 10:00 - 11:00</p> <p>Thursday Stretch &amp; Movement 10:00 - 11:00</p> <p><b>Current Events</b> 11:00 - 12:00</p> <p><b>Thomas More</b> 11:00 - 12:30</p> <p><b>Lunch &amp; Entertainment</b> 1:00 - 3:00</p> <p><b>Short Play Writing</b> 2:30 - 4:30</p> <p><b>Fall Prevention</b> 3:00 - 4:30</p>	1	<p><b>Intermediate French Conversation</b> 10:00 - 11:00</p> <p><b>Kinstretch</b> 10:00 - 11:00</p> <p><b>Kinstretch</b> 11:00 - 12:00</p> <p><b>Chair Yoga</b> 1:30 - 2:30</p> <p><b>Trivia &amp; Board Games</b> 2:30 - 4:00</p>



# • NOVEMBER 2024 •

## LEGEND

- Online
- Hybrid
- Outdoors
- Outings
- VH, Ward Room
- VH, Prud'homme
- VH, Club Room
- VH, Concert Hall
- Selwyn
- Westmount Recreation Centre
- 310 Victoria #102



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1
				Intermediate French Conversation 10:00 - 11:00 Kinstretch 10:00 - 11:00 Kinstretch 11:00 - 12:00 Drawing 1:00 - 3:00 Intergenerational Choir 11:30 - 1:30 Chair Yoga 1:30 - 2:30 Trivia & Board Games 2:30 - 4:00
4	5	6	7	8
Mah-Jong 9:00 - 11:30 Intro to Watercolours 10:00 - 12:00 Pickleball 10:00 - 11:30 Movers and Zoomers 10:30 - 11:30 Harmony & Motion with Sheli Stevens 10:30 - 11:30 Canasta 1:00 - 4:00 Bridge Group 1:00 - 3:30	Intermediate Bridge 9:45 - 11:45 Online Stretch & Movement 10:30 - 11:15 What Does My Neighbour Do 10:30 - 11:30 Friendly Visits at Selwyn House 12:45 - 1:45 Beginner Bridge 1:00 - 3:00 Painting 1:00 - 3:30 Fall Prevention 3:00 - 4:30 Crafting at Selwyn 3:00 - 4:15	Busy Bees 10:30 - 3:00 Movers and Zoomers 10:30 - 11:30 Tai Chi & Chi Kung 1:00 - 2:00 Caregiver Compassion Circle 1:30 - 3:00 Chair Yoga 3:00 - 4:00 Digital Literacy 3:30 - 4:30	Walkie Talkies 10:00 - 11:00 Thursday Stretch & Movement 10:00 - 11:00 Current Events 11:00 - 12:00 Thomas More 11:00 - 12:30 Lunch & Entertainment 1:00 - 3:00 Short Play Writing 2:30 - 4:30 Fall Prevention 3:00 - 4:30	Intermediate French Conversation 10:00 - 11:00 Kinstretch 10:00 - 11:00 Kinstretch 11:00 - 12:00 Drawing 1:00 - 3:00 Chair Yoga 1:30 - 2:30 Trivia & Board Games 2:30 - 4:00
11	12	13	14	15
Mah-Jong 9:00 - 11:30 Intro to Watercolours 10:00 - 12:00 Pickleball 10:00 - 11:30 Movers and Zoomers 10:30 - 11:30 Intergenerational Choir 11:30 - 1:30 Harmony & Motion with Sheli Stevens 10:30 - 11:30 Canasta 1:00 - 4:00 Bridge Group 1:00 - 3:30	Intermediate Bridge 9:45 - 11:45 Online Stretch & Movement 10:30 - 11:15 What Does My Neighbour Do 10:30 - 11:30 Friendly Visits at Selwyn House 12:45 - 1:45 Beginner Bridge 1:00 - 3:00 Painting 1:00 - 3:30 Fall Prevention 3:00 - 4:30 Crafting at Selwyn 3:00 - 4:15	Busy Bees 10:30 - 3:00 Movers and Zoomers 10:30 - 11:30 Tai Chi & Chi Kung 1:00 - 2:00 Social Action - Interforum 1:30 - 3:30 Chair Yoga 3:00 - 4:00 Digital Literacy 3:30 - 4:30	Walkie Talkies 10:00 - 11:00 Thursday Stretch & Movement 10:00 - 11:00 Current Events 11:00 - 12:00 Thomas More 11:00 - 12:30 Lunch & Entertainment 1:00 - 3:00 Short Play Writing 2:30 - 4:30 Speed Friending 3:00 - 4:00 Fall Prevention 3:00 - 4:30	Intermediate French Conversation 10:00 - 11:00 Kinstretch 10:00 - 11:00 Kinstretch 11:00 - 12:00 Drawing 1:00 - 3:00 Intergenerational Choir 11:30 - 1:30 Chair Yoga 1:30 - 2:30 Trivia & Board Games 2:30 - 4:00
18	19	20	21	22
Mah-Jong 9:00 - 11:30 Intro to Watercolours 10:00 - 12:00 Pickleball 10:00 - 11:30 Movers and Zoomers 10:30 - 11:30 Harmony & Motion with Sheli Stevens 10:30 - 11:30 Canasta 1:00 - 4:00 Bridge Group 1:00 - 3:30	Intermediate Bridge 9:45 - 11:45 Online Stretch & Movement 10:30 - 11:15 Friendly Visits at Selwyn House 12:45 - 1:45 Beginner Bridge 1:00 - 3:00 Painting 1:00 - 3:30 Fall Prevention 3:00 - 4:30 Crafting at Selwyn 3:00 - 4:15	Busy Bees 10:30 - 3:00 Movers and Zoomers 10:30 - 11:30 Tai Chi & Chi Kung 1:00 - 2:00 Caregiver Compassion Circle 1:30 - 3:00 Chair Yoga 3:00 - 4:00 Digital Literacy 3:30 - 4:30	Walkie Talkies 10:00 - 11:00 Thursday Stretch & Movement 10:00 - 11:00 Current Events 11:00 - 12:00 Thomas More 11:00 - 12:30 Lunch & Entertainment 1:00 - 3:00 Fall Prevention 3:00 - 4:30	Intermediate French Conversation 10:00 - 11:00 Kinstretch 10:00 - 11:00 Kinstretch 11:00 - 12:00 Drawing 1:00 - 3:00 Chair Yoga 1:30 - 2:30 Trivia & Board Games 2:30 - 4:00
25	26	27	28	29
Mah-Jong 9:00 - 11:30 Intro to Watercolours 10:00 - 12:00 Pickleball 10:00 - 11:30 Movers and Zoomers 10:30 - 11:30 Harmony & Motion with Sheli Stevens 10:30 - 11:30 Canasta 1:00 - 4:00 Bridge Group 1:00 - 3:30	Intermediate Bridge 9:45 - 11:45 Online Stretch & Movement 10:30 - 11:15 Friendly Visits at Selwyn House 12:45 - 1:45 Beginner Bridge 1:00 - 3:00 Painting 1:00 - 3:30 Fall Prevention 3:00 - 4:30 Crafting at Selwyn 3:00 - 4:15	Busy Bees 10:00 - 1:00 Movers and Zoomers 10:30 - 11:30 Social Action - Interforum 1:30 - 3:30 Book Club 1:30 - 3:00 Chair Yoga 3:00 - 4:00 Digital Literacy 3:30 - 4:30	Walkie Talkies 10:00 - 11:00 Thursday Stretch & Movement 10:00 - 11:00 Current Events 11:00 - 12:00 Thomas More 11:00 - 12:30 Lunch & Entertainment 1:00 - 3:00 Fall Prevention 3:00 - 4:30	Intermediate French Conversation 10:00 - 11:00 Kinstretch 10:00 - 11:00 Kinstretch 11:00 - 12:00 Drawing 1:00 - 3:00 Chair Yoga 1:30 - 2:30 Trivia & Board Games 2:30 - 4:00

# • DECEMBER 2024 •

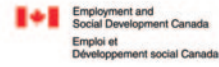


## LEGEND

Online
  Hybrid
  Outdoors
  Outings
  VH, Ward Room
  VH, Prud'homme
  VH, Club Room
  VH, Concert Hall
  Selwyn
  Westmount Recreation Centre
  310 Victoria #102

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;"><b>2</b></p> <p><b>Mah-Jong</b> 9:00 - 11:30</p> <p><b>Pickleball</b> 10:00 - 11:30</p> <p><b>Movers and Zoomers</b> 10:30 - 11:30</p> <p>Harmony &amp; Motion with Sheli Stevens 10:30 - 11:30</p> <p><b>Canasta</b> 1:00 - 4:00</p> <p><b>Bridge Group</b> 1:00 - 3:30</p>	<p style="text-align: right;"><b>3</b></p> <p><b>Intermediate Bridge</b> 9:45 - 11:45</p> <p><b>Online Stretch &amp; Movement</b> 10:30 - 11:15</p> <p><b>Beginner Bridge</b> 1:00 - 3:00</p> <p><b>Painting</b> 1:00 - 3:30</p> <p><b>Fall Prevention</b> 3:00 - 4:30</p>	<p style="text-align: right;"><b>4</b></p> <p><b>Busy Bees</b> 10:30 - 3:00</p> <p><b>Movers and Zoomers</b> 10:30 - 11:30</p> <p><b>Caregiver Compassion Circle</b> 1:30 - 3:00</p>	<p style="text-align: right;"><b>5</b></p> <p><b>WalkieTalkies</b> 10:00 - 11:00</p> <p>Thursday Stretch &amp; Movement 10:00 - 11:00</p> <p><b>Current Events</b> 11:00 - 12:00</p> <p><b>Thomas More</b> 11:00 - 12:30</p> <p><b>Lunch &amp; Entertainment</b> 1:00 - 3:00</p> <p><b>Fall Prevention</b> 3:00 - 4:30</p>	<p style="text-align: right;"><b>6</b></p> <p><b>Intermediate French Conversation</b> 10:00 - 11:00</p> <p><b>Kinstretch</b> 10:00 - 11:00</p> <p><b>Kinstretch</b> 11:00 - 12:00</p> <p><b>Drawing</b> 1:00 - 3:00</p> <p><b>Stamp Collection</b> 3:00 - 4:00</p>
<p style="text-align: right;"><b>9</b></p> <p><b>Mah-Jong</b> 9:00 - 11:30</p> <p><b>Pickleball</b> 10:00 - 11:30</p> <p><b>Movers and Zoomers</b> 10:30 - 11:30</p> <p>Harmony &amp; Motion with Sheli Stevens 10:30 - 11:30</p> <p><b>Canasta</b> 1:00 - 4:00</p> <p><b>Bridge Group</b> 1:00 - 3:30</p>	<p style="text-align: right;"><b>10</b></p> <p><b>Intermediate Bridge</b> 9:45 - 11:45</p> <p><b>Beginner Bridge</b> 1:00 - 3:00</p> <p><b>Painting</b> 1:00 - 3:30</p>	<p style="text-align: right;"><b>11</b></p> <p><b>Busy Bees</b> 10:30 - 3:00</p> <p><b>Social Action - Interforum</b> 1:30 - 3:30</p>	<p style="text-align: right;"><b>12</b></p> <p><b>WalkieTalkies</b> 10:00 - 11:00</p> <p><b>Thomas More</b> 11:00 - 12:30</p> <p><b>HOLIDAY LUNCH</b> 1:00 - 3:00</p>	<p style="text-align: right;"><b>13</b></p> <p><b>Kinstretch</b> 10:00 - 11:00</p> <p><b>Kinstretch</b> 11:00 - 12:00</p> <p><b>Drawing</b> 1:00 - 3:00</p>
<p style="text-align: right;"><b>16</b></p> <p><b>Mah-Jong</b> 9:00 - 11:30</p> <p><b>Pickleball</b> 10:00 - 11:30</p> <p><b>Canasta</b> 1:00 - 4:00</p> <p><b>Bridge Group</b> 1:00 - 3:30</p>	<p style="text-align: right;"><b>17</b></p>	<p style="text-align: right;"><b>18</b></p> <p><b>Busy Bees</b> 10:30 - 3:00</p> <p><b>Caregiver Compassion Circle</b> 1:30 - 3:00</p>	<p style="text-align: right;"><b>19</b></p> <p><b>WalkieTalkies</b> 10:00 - 11:00</p>	<p style="text-align: right;"><b>20</b></p>
<p style="text-align: right;"><b>23</b></p>	<p style="text-align: right;"><b>24</b></p> <p>CLOSED For Holiday as of 12PM</p> 	<p style="text-align: right;"><b>25</b></p> <p>CLOSED For Holiday</p>	<p style="text-align: right;"><b>26</b></p> <p>CLOSED For Holiday</p>	<p style="text-align: right;"><b>27</b></p> <p>CLOSED For Holiday</p>
<p style="text-align: right;"><b>30</b></p> <p>CLOSED For Holiday</p>	<p style="text-align: right;"><b>31</b></p> <p>CLOSED For Holiday</p>	<p style="text-align: right;"><b>1</b></p> <p><b>See You Next Year!</b></p> 	<p style="text-align: right;"><b>2</b></p>	<p style="text-align: right;"><b>3</b></p>

# Programs and Activities are Funded in part by:



MNA Jennifer Maccarone



## Thank you!

### Five Decades and Counting at Contactivity Come Along with Us on the Journey!

### Partnerships, Prevention, Participation Entering the New Millennium!

- 70's**  
**And We're Off!**  
**1970's**  
Starting with Community Lunches, Crafts, Courses & Fun-filled Trips!
- 1972**  
**Location, Location!**  
**1972**  
We open the "Westmount Senior Citizens' Centre" with space (initially donated) at Westmount Park United Church.
- 1978**  
**Branded!**  
**1978**  
We get a new inclusive name: "Contactivity Centre". Bridging Contact with Activity!
- 1980's**  
**Adding on...**  
**1980's**  
We add more services. The TELE-CHECK daily security call-in service begins. RENT-A-SERVICE begins (runs till 2011). VOLUNTEER HOME SUPPORT PROGRAM begins.
- 1990's**  
**Welcome to the World**  
**1990's**  
We Welcome the "Interers": Internet, Intergenerational, and an International Conference. InterLink Intergenerational Choir with Westmount Park School. 1st Internet course for seniors in co-operation with Westmount Public Library. 4th W.M.O. Global Conference on Aging held in Montreal 1998; We present our 3-year "Friends Indeed" project.
- 2000's**  
**Introducing the J.F's**  
**2000's**  
Partnerships, Prevention, Participation We organize a phone-in TV program on Mountain Lake PBS "You and Your Aging Parents" and a series of related workshops. We become the 1<sup>st</sup> English Montreal community organization to offer a Fall Prevention program (in collaboration with the CLSC Metro). We partner with NDG and St Honoré in the Coalition inter-quartiers dialogue with MUHC re impacts of new hospital construction. We organize, in partnership with the Westmount Healthy City Project, a large Seniors Health & Happiness Fair.
- 2010's**  
**We Reach Out**  
**2010's**  
Social Issues: Arts and Generational Learning. We offer free activities at seniors subsidized housing complex (HLM) Westmount.
- 2010's**  
**in a Flash!**  
Contactivity + RECAA Flash Mob performed at Plaza Alexis Nihon in honour of World Elder Abuse Awareness Day.

- 2020**  
**World News**  
**2020's**  
National Health Crisis: Innovation and Expansion Pandemic + Responses: teaching seniors how to keep in touch via video conferencing, loan of tablets & data plans.
- 2020**  
**On the Go...**  
Weekly volunteer grocery deliveries and phone support volunteer program, drives to vaccination clinics. Free monthly virtual world tours, concerts and guest speaker events and free or low-cost virtual courses.
- 2020**  
**The Arts etc.**  
Intergenerational mural and other art involving seniors and teens of YMCA and younger children, including Garderie FUN Academy Day Care. On-going collaborative project with Selwyn House School. Zoom visits and digital tutoring, photography and technology virtual courses, virtual inter-generational choir.
- 2020**  
**New Partnerships**  
We partner with the Westmount YMCA, offering additional seniors' activities (ping pong, billiards, board games etc.) at Westmount Recreation Centre. We start a twice weekly walking group "The Walkie-Talkies".
- 2020**  
**Outreach**  
Outreach to isolated Westmount seniors (ongoing TIMAV program linking seniors with needed resources). Our social action group organizes a Forum on Palliative Care and Medically-Assisted Dying with debate among world-class experts.
- 2020**  
**Taking a walk**  
We start "Walk with a Cop" annual event for World Elder Abuse Awareness Day.
- 2021**  
**Onward and Upward**  
**and now the News for 2022...**  
We've got a NEW logo, a NEW brochure, and a fresh NEW look to the Centre. We can even sport our NEW logo with pride on scores of personal and novelty items. We've got great NEW supporters and funders.
- 2022**  
**Happy Days are Here Again**  
Our best-loved programs and services are back. Everyone loves our new outdoor programs. More inter-generational programs with Selwyn House School coming up. Onsite & Online activities are here to stay!

[www.contactivitycentre.org](http://www.contactivitycentre.org)



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