

CONTACTIVITY CENTRE EVENTS For January 2021 ONLY ONLINE AND BY TELECONFERENCE

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7	8
11	12	13	14	15
18 Movers and Zoomers Introduction Class Online SharkBridge 1:00-2:00	19	20 Movers and Zoomers	21	22 Zumba Gold 10:00-11:00 French Conversation 10:30-11:30 Thomas More Group 1 10:30-11:45 Thomas More Group 2 1:30-2:45
25 Movers and Zoomers Online SharkBridge 1:00-2:30 Drawing with Colour 1:00-3:00	26	27 Movers and Zoomers Lifelong Balance & Fall Prevention Workshop 11:45-12:45	28 Guest Speaker – Inner Beauty Shining Outward with Annie Young 1:30-3:00	29 Zumba Gold 10:00-11:00 French Conversation 10:30-11:30 Thomas More Group 1 10:30-11:45 Thomas More Group 2 1:30-2:45

CONTACTIVITY CENTRE EVENTS For February 2021 ONLY ONLINE AND BY TELECONFERENCE

Monday	Tuesday	Wednesday	Thursday	Friday
1 Movers and Zoomers Online SharkBridge 1:00-2:30 Drawing with Colour 1:00-3:00	2 Stretch and Movement Fitness 10:30-11:15 Jog your Mind 1:30-3:00	3 Movers and Zoomers Beatles and the British Invasion Workshop Series, Part 1 1:00-2:00	4 Guest Speaker – Yin/Yang Physiology in Everyday Life with Jennie Lee 1:30-3:00	5 Zumba Gold 10:00-11:00 French Conversation 10:30-11:30 Thomas More Group 1 10:30-11:45 Thomas More Group 2 1:30-2:45
8 Movers and Zoomers Online SharkBridge 1:00-2:30 Drawing with Colour 1:00-3:00	9 Stretch and Movement Fitness 10:30-11:15 Jog your Mind 1:30-3:00	10 Movers and Zoomers Lifelong Balance & Fall Prevention Workshop 11:45-12:45 Beatles and the British Invasion Workshop Series #2 1:00-2:00	11 Musical Concert – Valentine's Day Celebration and We're Having a Heart- Warming Evening Party 7:00-8:00	12 Zumba Gold 10:00-11:00 French Conversation 10:30-11:30 Thomas More Group 1 10:30-11:45 Thomas More Group 2 1:30-2:45
15 Movers and Zoomers Online SharkBridge 1:00-2:30 Drawing with Colour 1:00-3:00	16 Stretch and Movement Fitness 10:30-11:15 Jog your Mind 1:30-3:00	17 Movers and Zoomers Beatles and the British Invasion Workshop Series #3 1:00-2:00	18	19 Zumba Gold 10:00-11:00 French Conversation 10:30-11:30 Thomas More Group 1 10:30-11:45 Thomas More Group 2 1:30-2:45
22 Movers and Zoomers Online SharkBridge 1:00-2:30 Drawing with Colour – NO CLASS TODAY	23 Stretch and Movement Fitness 10:30-11:15 Jog your Mind 1:30-3:00	24 Movers and Zoomers Lifelong Balance & Fall Prevention Workshop 11:45-12:45 Beatles and the British Invasion Workshop Series #4 1:00-2:00	25	26 Zumba Gold 10:00-11:00 French Conversation 10:30-11:30 Thomas More Group 1 10:30-11:45 Thomas More Group 2 1:30-2:45

CONTACTIVITY CENTRE EVENTS For March 2021

ONLY ONLINE AND BY TELECONFERENCE

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Movers and Zoomers Online SharkBridge 1:00-2:30 Drawing with Colour 1:00-3:00	Stretch and Movement Fitness 10:30-11:15 Jog your Mind 1:30-3:00	Movers and Zoomers Classical Music Workshop Series, Part 1 2:00-3:00	Guest Speaker – Immune System, Acupressure and Traditional Chinese Theory with Marjorie Silcoff 1:30-2:30	Zumba Gold 10:00-11:00 French Conversation 10:30-11:30 Thomas More Group 1 10:30-11:45 Thomas More Group 2 1:30-2:45
8	9	10	11	12
Movers and Zoomers Online SharkBridge 1:00-2:30 Drawing with Colour 1:00-3:00	Stretch and Movement Fitness 10:30-11:15 Jog your Mind 1:30-3:00	Movers and Zoomers Lifelong Balance & Fall Prevention Workshop 11:45-12:45 Classical Music Workshop Series #2 2:00-3:00	New Mexico, Here We Come! Virtual Tour with a local tour guide: Amazing Women of Sante Fe 1:30-2:30	Zumba Gold 10:00-11:00 French Conversation 10:30-11:30 Thomas More Group 1 10:30-11:45 Thomas More Group 2 1:30-2:45
15	16	17	18	19
Movers and Zoomers Online SharkBridge 1:00-2:30 Drawing with Colour 1:00-3:00	Stretch and Movement Fitness 10:30-11:15 Jog your Mind 1:30-3:00	Movers and Zoomers Classical Music Workshop Series #3 2:00-3:00	Musical Concert – St. Patrick's Day Party with Greg Innis and Irish Dance Duo Natasha and Lucas 1:30-2:30	Zumba Gold 10:00-11:00 Thomas More Group 1 10:30-11:45 Thomas More Group 2 1:30-2:45
22	23	24	25	26
Movers and Zoomers Drawing with Colour 1:00-3:00	Stretch and Movement Fitness 10:30-11:15 Jog your Mind 1:30-3:00	Movers and Zoomers Lifelong Balance & Fall Prevention Workshop 11:45-12:45 Classical Music Workshop Series #4 2:00-3:00		Zumba Gold 10:00-11:00 Thomas More Group 1 10:30-11:45 Thomas More Group 2 1:30-2:45
29	30	31		
Movers and Zoomers		Movers and Zoomers		

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

Website: www.contactivitycentre.org

Email: contactivity@bellnet.ca

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

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 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 – we have volunteers who are willing to do grocery shopping for our members and other seniors in the Westmount area and deliver them right to your door. Call David Robinson at (438) 699-9927 or you can send an email to volunteer.contactivity@gmail.com for more information or to make a request.

Outreach Services – Do you need information about resources and services for seniors? Contactivity's Outreach worker 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. Many neighbourhoods have their own Outreach worker, feel free to ask for their contact details! Please leave a detailed message/email during business hours so that your questions can be answered by order of urgency



January Birthdays

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

Moira Barclay-Fernie, Debbie Blythe, Susan Brunet, Shirley Carreiro, Josée Charles, Bernadette Chau, Mitsuru Cope, Jean Darmanie, Linda del Rosario, Toni Devino, Bernadette Farrell, Lillian Fox, Mary Gannon,

Sheila Garner, Catherine Gleeson, Mino Gundevia, Anne Hamilton, Jill Harrison, Nettie Harris, Marilyn Howell, Linda Isaacs, Masao Ishida, Ellen Jacobs, Irene Krumajs, Eve Lauder, Betty LeMaistre, Lila Lesk, Anne Lessard, Ruthmary Lonsdale, Carol Lord, Al MacCorquodale, Jocelyn McManiman, Nina Minde, Katie Ostroff, Kosmas Papakonstantinou, Diane Perrier, Martha Perry, Marie Pothier, Rosemary Reilly, Florence Saulnier, Yossi Sedbon, Ilse Smejkal, Josephine Stoker, Maureen Tinsley, Zarmine Torrossian, Tatiana Troitsky, Annieta Tulloch, Anh-Lan Vu, Hendrik Westra and Judy Yelon.

February Birthdays

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

Kadhim Alsarraf, Susan Anastasopoulos, Beverley Baird, Wendy Barnes, Andy Broda, Ramesh Chawla, Wilma Christiansen, Francine Clément, Bill Creighton, Maria Dantas, Gillian Davies, Kristina DéCruz, Sheila Denton, Diane Deschamps, Joyce Fabes, Honey Fox-Moscowitz, Lynda Gould, Léon Gourdeau, Nicole Grant, Lenore Hennessy, Nancy Humber, Glenn Hynes, Patricia Kearney, Blanche Killam, Susan Kravitz, Daren Laine, Clement Lam, Wendy Lashley, Mark Latour, Mary Lund, Louise Michaud, Patricia Philip, Sushma Prasada, Rachèle Rioux, Maxine Ruvinsky, Susan Sand, Richard Scott, Betty Shannon, Susan Szalpeter, Beverlea Tallant, Tom Thompson, Heidi Vermeulen, Monique Vézina and Michele Wraight.

March Birthdays

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

Jane Atkinson, Yvonne Baird Grant, Honor Barrett, Eileen Bateman, Hazel Blenman, Theresa Boulay, Pepita Capriolo, Bernice Cobrin, Kathleen Collins, Kathy Cook, Keena Doherty, Celia Edmonds, Edmund Egan, Mireille Fattal, John Fowler, Hilda Gagnon, Lorraine Lacelle George, Antonia Hetu, Nancy Holland, Linda Horton, Celia Kaplow, Edda Kenney, Aimi Kuura, Adriana Lopaz, Doreen Mitchell, Jean Moyle, Micheline Noel, Susan Palevsky, Daphne Pereira, Susan Pook, Sharon Rasnikoff, Nourieh Sadeghi, Arthur Shane, Daryll Skraba, Dorothy Starr, Andrea Todd, Ledda Urbani, Adrienne Vainqueur, Carol Walters, Mary Williams and Francoise Zyto.

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

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

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

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

Courses and Workshops

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

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

Course Withdrawal Policy - All Courses are non-refundable

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)

Exercise classes given by Lana Romandini on Mondays and Wednesdays for 11 weeks.

Online SharkBridge: Mondays, 1:00-2:30 from January 18th – March 15th 9 weeks

Instructor: Heather Felsky **Cost:** \$82 Mem / \$87 Non-Mem **Deadline to register:** January 8th by noon

Back from popular demand is online intermediate bridge course. The introductory class will be held on January 18th for 1 hour. This class will explain the basic zoom functions and shark bridge app functions. All other classes will start with a half an hour bridge theory on Zoom, followed by an hour of interactive play using the Shark Bridge App. Questions and comments are always welcome.

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

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

Stretch and Movement Fitness: Tuesdays, 10:30-11:15 from February 2nd – March 23rd 8 weeks

Instructor: Trudie Ogden **Cost:** \$26 Mem / \$30 Non-Mem **Deadline to register:** January 8th by noon

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

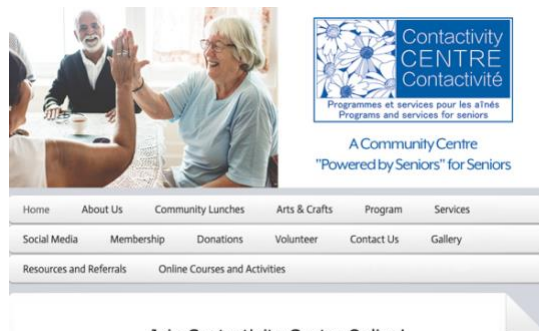
Zumba Gold: Fridays, 10:00-11:00 from January 22nd – March 26th 10 weeks

Instructor: Aileen Vargas **Cost:** \$42 Mem / \$47 Non-Mem **Deadline to register:** January 8th by noon

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

Lifelong Balance and Fall Prevention Workshop: Wednesday January 27th, February 10th, February 24th, March 10th and March 24th from 11:45-12:45 **Instructor:** Argi Papagiannaki
5 sessions **FREE** **Deadline to register:** January 8th by noon

Back by popular demand, Argi will cover the same topics with a designated question period. Topics include exercise for long-term foot health, balance, and how to get up from the floor. Additionally, she will speak about behaviour change and habit formation, environment modification (for safety), shoe choice, dietary considerations for bone health, effects of medications on balance, the role that the mind plays in falls and how to self-evaluate your progress at home. All you need for this workshop is a chair, solid ball (tennis, lacrosse, golf, etc), paper and pen. **Your device must have functional speakers, a microphone and a webcam.**



Please note: Online Payments are **not yet available.**
Please send your cheque by mail with a detailed explanation of payment.

Click here ↓



Click here for the Summer 2020 Program



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

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

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

French Conversation: Fridays, 10:30-11:30 from January 22nd – March 12th 8 weeks

Instructor: Ashod Alemian **Cost:** \$34 Mem / \$38 Non-Mem **Deadline to register:** January 8th by noon

Ashod is an experienced and very dedicated instructor of French language courses. His classes are conversation based and tailored to meet students' practical needs covering topics of everyday life. Some of the topics that will be discussed are: talk about the past and memories, new technology, household chores and repairs, health and relationships, friendships and feelings and more! **Your device must have functional speakers, a microphone and a webcam.**

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

Thomas More Discussion Group 1: Fridays, 10:30-11:45 from January 22nd – March 26th 10 weeks

Thomas More Discussion Group 2: Fridays, 1:30-2:45 from January 22nd – March 26th 10 weeks

Cost: \$27 Mem / \$37 Non-Mem (cost includes hard copies mailed to your home)

Deadline to register: January 8th by noon

Capturing Time and Place: "Chekhovian" Writing Around the World

A recognized master of the short story, Anton Chekhov has been embraced as a writer who articulated the meaning of Russian-ness. His stories capture a time and place so lucidly and with such vividness that they have become accepted as privileged windows into that cultural moment. A number of other writers enjoy similar reputations as spokespersons for a unique time, place, and culture.

This is registration for the continuation of the fall term. We will examine the works of Chekhov, Alice Munro, and Tennessee Williams. In addition, we will read stories from writers around the world including China, India, Ireland and Israel. Why have these authors been compared to Chekhov? How do they infuse ordinary experiences with colour and life, yet make them subtle and specific too? What Chekhovian influence is reflected in their works? Using short stories, plays, and films to spark our discussions, we will explore how these writers capture the essence of their own time and place and make it come alive. **You have a choice to participate by teleconference (dial in by phone) or join by Zoom video conferencing.**

Drawing with Color: Mondays, 1:00-3:00 from January 25th - March 22nd (no class Feb 22nd) 8 weeks

Instructor: Pat Walsh **Cost:** \$64 art materials included and their delivery to your door

Deadline to register: January 8th by noon

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

Newcomers are welcome to join this course which builds on the basic principles of drawing that were introduced in the 'Drawing Basics' course given last Fall. The fundamentals of line, gesture, volume, proportion etc. will be revisited and reinforced, with colour being gradually introduced as a way to enrich the vocabulary of drawing. Some drawing experience is recommended. **Your device must have functional speakers, a microphone and a webcam.**

Beatles and the British Invasion Workshop Series: Wednesdays, 1:00-2:00 4 weeks **NEW**

February 3rd – February 24th Cost: \$18 Mem / \$20 Non-Mem **Deadline to register:** January 8th by noon

This 4 week workshop will cover all things Beatles and the British Invasion. We will look at the sonic evolution of The Beatles by discussing their albums, listening to tracks and performing some songs! We will also cover other groups from the British Invasion period that were important in shaping the iconic sound of the 60's.

Hayden Nolan Rabinovitch is an accomplished guitarist and singer who fronts Montreal country band The Record Breakers. Hayden studied music at Vanier College, has released multiple records with The Record Breakers, and has opened for bands such as Blue Rodeo and Bon Jovi.

John Oriettas is the founder, manager and "Paul McCartney" in REPLAY The Beatles Tribute band. Since 2002, REPLAY has toured all across Canada, the United States, and internationally including the prestigious British Ball celebrating the Queen's Diamond Jubilee to over 1,800 fans in Guatemala City, in 2012.

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

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

Johnathan Palevsky – Classical Music Workshop Series – It’s Romantic, Isn’t It? **NEW**
Wednesdays, 2:00-3:00 March 3rd – March 24th 4 weeks **Cost: \$18 Members / \$20 Non-Members**
Deadline to register: January 8th by noon

The late 18th century established a fabulous set of rules and procedures for European music that everyone seemed happy with. It didn’t matter where you lived, what language you spoke, or what religion you believed in, composers wrote in the cosmopolitan Austro/German style. It was a time when music respected the proper manners and good taste of the aristocracy and the rising middle class. It was a grand old time until... the French Revolution, the Napoleonic Wars, and the rise of that pesky middle class who were now demanding much more than they were entitled to! All of this social unrest was the beginning of what we now call Romanticism. Composers didn’t want to write about forms and structures, they wanted to express their own personal feelings.

Come and explore the lives and music of composers like Schubert, Chopin, Schumann, Liszt, Berlioz, and Mendelssohn. In addition to exploring the music of this traumatized time we will also take a cursory look at its art and literature. Not for the timid! **You have a choice to participate by teleconference (dial in by phone) or join by Zoom video conferencing.**

Jonathon Palesky, a native Montrealer, left La Bell Province in 1977 to do his undergraduate studies in Music History at Carleton University in Ottawa. In 1982 he moved to Baltimore to do his Masters in Guitar Performance at Baltimore’s Peabody Conservatory. Graduating from Peabody in 1986, he began working at WBJC-FM first as a classical music announcer, then as Program Director and now as Interim General Manager. In addition to his radio duties Mr. Palevsky frequently lectures on music and related subjects at both Johns Hopkins and Towson Universities.

Jog your Mind: **Tuesdays, 1:30-3:00 from February 2nd – March 23rd 8 weeks** **NEW**
Instructor: Aileen Borrueel **Cost: \$50 Mem / \$54 Non-Mem** **Deadline to register:** January 8th by noon

Did you know? Many healthy seniors are worried about normal aging-related changes in their memory. Aging is not the only cause for forgetfulness. Your memory and concentration can also be affected by stress, health problems, loneliness, and inactivity. Research has proved that it is possible to keep your memory and concentration in good shape even in the later years. Jog Your Mind is a workshop for seniors who are preoccupied by the changes they have noticed in their memory related to normal aging.

- ✓ Learn more about memory & concentration.
- ✓ Learn tricks to help you remember important things on a daily basis.
- ✓ Try fun interactive activities that will challenge your brain.

This is a fun and great opportunity for participants to connect and socialize online, while sharing experiences and tips with peers. This program will challenge, stimulate, and help you to regain confidence in your cognitive faculties. Lastly, participants will start to practice concrete strategies daily to improve their recall of important things. The key to vitality is to stay active and involved! **Your device must have functional speakers, a microphone and a webcam.**

About Aileen Borrueel

Aileen Borrueel is the founder of Joyful Connections which offers wellness workshops to promote active aging, positivity, and the importance of human connection for our well-being. She is a McGill University graduate of Social Work, holds a DEC in Special Care Counselling and is a proud mother of 4 little ones. Aileen has 20 years of work experience with seniors in community and government settings. Helping others has always been a passion of hers. She is also a certified Laughter Yoga Leader. With her fun, genuine, positive energy she brings to her workshops, it allows her participants to feel more joy, love, and connection. Aileen is a big believer in practicing gratitude daily, she enjoys travelling, yoga and is passionate about inspiring & uplifting those around her!

Cancellations for 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.

The Autumn Little Essay “Contest” WINNERS

Congratulations to our talented and insightful essay contest entrants Valerie Broege, Virginia Thomas, Maria Pitacciato, Carol Walters, Jane Atkinson, Nancy Ship and Masao Ishida and Robert Mitchell. In one way or another, they are all winners in our eyes, so we happily gave out even more prizes than planned!

Keep Us “in the Loop”

If you hear of a member who is ill, please let us know and we can send out a get-well card. And do stay in touch with any news about yourselves or other members. (We would ordinarily be able to chat about such news in person, but that’s not possible for the time being.)

Guest Speakers – FREE

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

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

[Inner Beauty Shining Outward with Annie Young](#) **NEW and FREE**

Thursday, January 28th from 1:30-3:00 pm **Deadline to register:** January 8th by noon

Need a pick-me-upper! Want a pampering moment! Montreal has some unique Avante-garde motivators and entrepreneurs. Annie Young, founder and co-owner of Annie Young Spa in Westmount will share her practice secrets with us. A caring, empathic and amazingly inspirational young widow with a passion for looking and feeling well and her best, Annie found herself 40 years ago needing to support her young family. Motivated and passionately driven, Annie launched her make-up line from her home in Laval, branched out into cosmetic counters in some of Montreal's 5-star establishments and now houses one of Montreal's exclusive body and wellness centres located in our very own Westmount neighbourhood on Victoria Avenue. Annie's extensive world-renowned accumulation of aesthetic insight based on INNER BEAUTY SHINING OUTWARD TO THE UNIVERSE will be the topic she addresses with our members as she explores doable daily health and beauty routines during this pandemic. Come learn the secrets of not only looking good at your ZOOM family get-togethers but what to do to maintain great health and wellness for post-pandemic IN PERSON Gatherings! A live demonstration will be part of Annie's presentation as she talks to us in her Annie-style, just as if we were with her in her spa all getting ready to go out! This woman, who looks and acts like she is still 30, will wow you with her sharing, generosity and kind demeanor.

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

[Yin/Yang Physiology in Everyday Life with Jenni Lee](#) **NEW and FREE**

Thursday, February 4th from 1:30-3:00 pm **Deadline to register:** January 21st by noon

The Taichi (yin/yang) symbol has been idolized for centuries to represent balance, opposition, integration and Oneness. These past few months have been an opportunity for the world to either stop, slow down, move online or remain present on the frontline. This talk will look at how various cycles, rhythms and systems impact our physiology through thoughts, emotions, experiences, hormones, feedback systems, and ultimately our health and well-being. Teaching for most of her adult life, and transferring the inspiration she gained from former teachers, mentors and grandmothers, Jenni has been practising many forms of body and energy work for over 20 years. Come, listen and take away some of Jenni's self-care tools for daily practices of health and wholeness.

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

[Immune System, Acupressure and Traditional Chinese Theory with Marjorie Silcoff](#)

Thursday, March 4th from 1:30-2:30 pm **NEW and FREE** **Deadline to register:** February 18th by noon

In this 90-minute talk you will learn the traditional Chinese Theory of the Immune System, how it works, what affects it positively or negatively, as well as very practical dietary; lifestyle and emotional pointers to stay healthy, especially in the cold and flu months. We'll also explore moxibustion and acupuncture for optimal wellness.

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

Tablet Loans and Tutorials

Would you like to learn how to use technology to communicate with others, participate in our zoom activities, surf the web, send and receive emails, and much more? If you have never used technology before, and don't have access to a computer or the internet, we've got you covered! We are loaning 5 new Samsung Galaxy tablets, with internet access included, to 5 of our members and teaching them how to use them. We'll set the tablet up for you, and call you once a week for a tutorial on how to use it.

If you would be interested in borrowing a tablet until the end of March and learning how to use it, please get in touch with David Robinson at 438-699-9927 or leave a message at 514-932-2326.

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.

Live Musical Concerts - FREE

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

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

Valentine's Day Celebration and We're Having a Heart-Warming Evening Event **FREE**

Thursday, February 11th from 7:00-8:00 pm **Deadline to Register:** January 28th by noon
Zoom Doors open at 6:45 pm.

Suggested Attire: Whatever appropriate attire makes you feel warm and comfortable. Red is accepted, of course! The temptation to get up and dance – may be involved!!! Crooning and Love Song Favourites will definitely be the Evening's Theme!

Red carpet duo David Longlade and Teresa Estrada's award winning repertoire of music will touch your soul and help create an intimate evening of songs of all genres from Broadway musicals to contemporary love ballads.

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

St. Patrick's Day Party with Greg Innis and Irish Dance Duo Natasha Woytluk and Lucas Lawton

Thursday, March 18th from 1:30-2:30 **FREE** **Deadline to Register:** March 4th by noon

Presently touring in Taipei, Idance duo Natasha and Lucas began as competitive Irish Dancers with the Bernadette Short School of Irish Dance Troupe. After achieving world medal holder status individually, they now dance professionally, touring with many different companies all over the world. When all live professional dance performances were temporarily put on pause this summer, the couple applied and received a Conseil des arts de Montreal grant within the context of their program "Art Out In the Open" which aimed to spread positivity during the COVID-19 pandemic. This gave Natasha and Lucas the opportunity to share their unstoppable creativity & dancing talent with seniors at some local senior citizen residences. Greg Innis will keep us dancing and singing Irish favorites in between the dance couple's live Irish performance.

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

Virtual Tour - FREE

****The Virtual Tour is available by telephone conferencing and by Zoom video conferencing.**

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

NEW MEXICO, HERE WE COME!

Virtual Tour with a Local Tour Guide: Amazing Women of Santa Fe **NEW and FREE**

Thursday, March 11th from 1:30-2:30 pm **Deadline to Register:** February 25th by noon

We're off on a virtual trip! We're heading south to Santa Fe, the oldest capital city in the United States, which is filled with amazing culture, history, architecture, art, and food! Tour Guide, C.J. Anthony will lead us through the beauty and wonder of Santa Fe, New Mexico. We'll start exploring with a virtual walking tour of Santa Fe Plaza, the heart of the city. An extra bonus of the amazing stories of the adventurous women that shaped Santa Fe will be added at many of our walking tour stops. We will visit the Palace of Governors, The Cathedral Basilica of Saint Francis, La Fonda Hotel, The Miraculous Staircase at Loretto Chapel, The Santa Fe Trail Marker, Burro Alley and The Oldest House in America, among others. The nickname for Santa Fe is the "City Different" because it is incredibly unique. By the end of our virtual tour, we will be prepared to fall in love with the beautiful uniqueness of Santa Fe!

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

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



The **Mystery Pen Pals** Activity is a “**Back to Basics**” Activity.

It is an interactive communication activity using tools that existed before the computers and the internet were even invented. We will be using the Good Old-Fashioned telephone, mail and personal deliveries.

Did you ever have a Pen Pal in your younger days? Maybe you sent little items to each other to share a bit about yourselves? Well, that's the main part of this activity too! You will send out a package and also

receive a package! The twist is that you will not know who it is for and who it is from until the packages are delivered.

Your package will be something that is meaningful to you such as something representing your favourite things or activity, your favourite cookies, favourite books or poems, etc. The Activity Animator will contact you to help you prepare your package. No need to go out shopping – see what speaks to you among the small things in your house and if you can spare it, send it along.



These packages will be delivered by our very own **Contactivity Pony Express!**

The goal of this activity is to create new communication and relationships within the Contactivity community of members via **telephone**. It is a new way to connect to new or re-connect with people from the same group.

The fun is the **mystery** and the **anticipation** of these packages!



Once the connections have been established, you have the option to continue your conversations with your new Pen Pals. The activity will provide you weekly topics to discuss for 5 weeks.

Pre-requisites: You are a member of Contactivity Centre and you are willing to share your telephone number with your Mystery Pen Pal.

Registration: For more information and to register, please call the Activity Animator: **Angelina Hum, at 438-998-6909** (Mon-Fri from 9 AM to 4 PM) Spots are limited so register now!

Deadline to register: December 18, 2020

You will then have the holiday to think about your package. All package deliveries by Angelina will start in January 2021.

Community History Sharing Project

Unfortunately, we can't sit round a good campfire to swap stories right now. However, as part of our Winter semester, we're having a proverbial campfire by matching people in the community who'd like to share stories from their lives. If you're interested, we'll pair you up with another member to talk over the phone once a week to share stories. Every week, you'll receive a different prompt to spark a memory. For example: What is the longest road trip you've been on? What was the naughtiest thing you ever did as a child? Who was the person who had the most influence on your life? Cozy up to the fire and hear about special moments in someone else's life, and share some of your own! This program will run for 10 weeks from January 11th - March 29th. The **deadline to register** is January 6th. If you're interested, call David Robinson at 438-699-9927 or email him at volunteer.contactivity@gmail.com or sign up on our website: <https://contactivitycentre.org/online-courses-and-activities.php>.

NEW COVID EDITION OF THE WESTMOUNT SENIORS GUIDE BOOKLET

Fiona Smith, Contactivity Centre's Outreach worker, has updated the “Westmount Seniors Guide to staying active, meeting new friends (from a distance!) and accessing services”. Look for a link on our webpage or, if you don't have an internet connection, please give Fiona a call at 438-920-3460 to ask about receiving a paper copy. This edition has an update on new courses and existing courses offered in the winter months by Westmount organizations. Although most courses have moved online, some activities can still be enjoyed with a regular telephone line! The “Services” section has also been updated to reflect changes due to the pandemic. Please bear in mind that things change rapidly these days, so the best way to confirm an activity or service is to check with those offering it. There is an index with telephone numbers and links to websites included in the guide. We will update the online edition occasionally but cannot guarantee we have not missed something! Fiona can also be reached at fsmithcontactivity@gmail.com.

Intergenerational Death Cafe with Contactivity Centre and Vent Over Tea

Don't be put off by its macabre name! Death cafe is just a conversation about a subject that is usually taboo in our society: Death! Although it occupies all of us in some form or another at various points in life, we are often afraid to talk openly about it. At Death Cafe, we meet together, simply as people who are some day going to die, to have a conversation about it.

We are partnering with Vent Over Tea to host an intergenerational Death Cafe, bringing together folks from across the age spectrum who rarely get a chance to connect. We're inviting you all to come and share your different perspectives on death, ageing and living.

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

When: Join us on Sunday, January 10th from 4-6pm and/or Sunday, February 7th from 4-6pm for a friendly chat about death!

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

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

About Vent Over Tea

Vent Over Tea offers a free, in-person or online, confidential active listening service to all members of the local community to promote mental wellness and connection. We pair people who need to vent with a trained active listener for a one hour conversation, as a means of relieving stress, working through difficult emotions, and connecting with another. For more information, please visit their website: <https://ventovertea.com/en/>

About the Facilitators

Kit has been facilitating Death Cafe events in Montreal since 2013. She is also a grief counsellor and Active Listening trainer. David Robinson is a community worker for Contactivity, and a trained Death Cafe facilitator and workshop animator.

Hudson Village Theatre Tales from the Festive Season – December 10-24

We can't go to the Theatre yet but you can still enjoy the Theatre with a collection of **FREE** virtual Holiday themed readings from Hudson Village Theatre. This production is online-only and available via Youtube (each night will have a video link) which can be found on the website:

<https://www.facebook.com/hudsonvillagetheatre> or by going to the Hudson Village Theatre Youtube page.

HVT presents The 15 Days of Christmas, a collection of virtual Holiday themed readings. Each night at 7pm from December 10th to 24th, a different story from the holiday season will be presented right from the stage of Hudson Village Theatre. It is their sincere hope that as patrons and newcomers of the theatre, that this labour of love will bring each and every one of us a little holiday cheer right in the comfort of their own homes.

Our Website Address

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

Welcome New Members

A big, big welcome to Celeena Ajodha, Mary Baldwin, Debbie Blythe, Ludmila Bogatkina, Joan Donnelly, Abe Grant, Mai Lloyd, Robin Mader, Kathryn Mullins, Eva Novotny, Jan Novotny and Stephen Schapiro. Thank you for joining the Contactivity family!! **We hope you will enjoy the many activities and programs we have to offer.**

In Memoriam

We would like to extend our deepest condolences to the family and friends of the late Meta Fitch, Rita Holloway and Dan Rhicard.