

Come Volunteer with Contactivity!



Walk in the Park Volunteer Leader

Lead our slow-paced walking group with older adults as they stroll through Westmount Park. Tuesdays & Fridays 10:00 AM – 12:00 PM

Volunteer Grocery Shopper

Shop and deliver groceries for isolated and low mobility seniors in your community.



Contact us today
to join the
Volunteer Team!

514-932-2326

info@contactivitycentre.org



PROGRAMS AND
SERVICES FOR SENIORS

PROGRAMMES ET
SERVICES POUR LES AÎNÉS

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