



Contactivity
CENTRE
Contactivité

PROGRAMS & SERVICES
FOR SENIORS

Executive Director
Benita Goldin
(ext. 210)

Administrative Assistant
Monica Flowers
(ext. 200)

Program Coordinator
Emily Rill
(ext. 204)

Program Leader
Noemi Stafford
(ext. 202)

Program Leader
Lucas Liberta
(ext. 208)

Intergenerational Program
Leader
Elana Schwartz
(ext. 205)

Day Program Leader
Stephanie Gaidica
(ext. 206)

Coordinator of
Outreach Services
Jawdat Dib
(ext. 203)

Reception
(ext. 200)

Contactivity Centre
is a non-profit
Community Centre

Glowing into Fall at Contactivity!

www.contactivitycentre.org

Contactivity Centre NEWSLETTER

Fall
2025

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

A NOTE FROM THE EXECUTIVE DIRECTOR

As the air turns crisp and the trees begin to glow with fall colors, I'm delighted to welcome you to a **BRAND-NEW SEASON AT CONTACTIVITY!** Our Fall Newsletter is filled with opportunities to learn, create, connect, and celebrate - together!



This season, we're offering a rich variety of **NEW PROGRAMS** to appeal to your creativity and spark your curiosity. You can get hands-on with **Polymer Clay**, discover the timeless elegance of **Calligraphy**, or join our **NEW Community Band**. You can share baking tips with Selwyn students in our **NEW Intergenerational Cooking Class**. Want outdoor adventure? You can step into nature with our beautiful **Fall Foliage Day at Camp Kinkora**. Looking for a little friendly competition? Join the fun in our **Bowling Pin Pals league**. Also, don't miss our **Spooky & Sweet Halloween Concert** with **Auro Mouro** - a fun musical concert with sweet treats.

NEW THIS FALL will be a program in recognition of **Holocaust Education month**. In Barbara Cieply's talk, *A Voice Across Generations: Remembering the Holocaust*, she will share her mother's compelling story as a child survivor of the Holocaust and as a young adult restarting her life and having a family in Canada.

Join us on September 18 from 12:00 to 3:00 for our OPEN HOUSE and learn more about the great programs and services we offer.

A special highlight will be the official opening of our **NEW Day Program** for those with mild memory loss and dementia. The Day Program is funded in part by the **Grace Dart Foundation** and it is thanks to this partnership that we can now offer participants meaningful programming and give their family caregivers a day of respite.

Whether you're joining us *in person or online*, we can't wait to share this fall with you.

My best autumn wishes,
Benita

Visit page 5 for more information
and how to register for
2025 FALL COURSES!

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Fall Activity Calendar** Page 20

CONTACTIVITY CENTRE WILL BE CLOSED:

Labour Day

Monday, September 1st

Thanksgiving Day

Monday, October 13th

Holiday Week

Wednesday, December 24 -
Friday, January 2nd, 2026



www.contactivitycentre.org

310 Victoria Ave. Suite 102, Westmount, QC H3Z 2M9
514-932-2326 | admin@contactivitycentre.org



Contactivity
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Contactivity UPDATES

Stay Tuned for New Programs!

We regularly add spontaneous programs throughout the term to keep things fresh and exciting. If you don't receive our email updates, be sure to contact us at the beginning of each month to learn about any new programs that may have been added.

A hearty Contactivity *Welcome* to our 2025 NEW MEMBERS...

Agnes Yip
Anthony Keeler
Chaya Hausman
Davinia Withington
Donald Hendy
Donna-Lynn Burns
Evelyn Gold
Frances De Verteuil
Gary Burns
Irena Gerych

James Fournier
Julie Monette
Maureen Herryty
Michael Gale
Nancy Rafman
Nehama Nahari
Samar Al Tibi
Sara Eldor
Steve Stroll

Congratulations on joining the Contactivity family!

*We look forward to seeing you,
Let's GLOW into Fall! Benita*



Please *Note...*

CONTACTIVITY CENTRE WILL BE CLOSED:

Labour Day

Monday, September 1
Thanksgiving Day
Monday, October 13

Holiday Week

Wednesday, December 24
to
Friday, January 2, 2026

Save the Date Join Us for the Contactivity Centre Open House!

September 18th, 2025

Drop in from 12:00 -3:00 PM

We invite you to attend our Open House to learn more about the programs and services we offer in a warm and welcoming environment.

Whether you are a prospective member, a family member, or simply interested in discovering what we do, this is a perfect opportunity to ask questions and explore how Contactivity can support you or your loved ones.

Current members are also encouraged to attend, connect with others, and share their experiences within our vibrant community. Plus, don't miss a special appearance by our famous **Busy Bees**, who will have a booth set up featuring their beautiful handcrafted items for sale at 310 Victoria Ave, Suite 102!

The Holiday Lunch is Back!

Stay tuned for the date and time!

Join us for a joyful holiday celebration filled with delicious food and lively entertainment! Come together with the Contactivity team and fellow members to join in the festive spirit of the season.

Bring your cheer - we look forward to celebrating with you!



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., #102,
Westmount, QC, H3Z 2M9
with your payment or visit us at the office.



The Annual membership fee is \$20.00.

If you want the quarterly newsletter mailed to you, then the annual fee is \$45.00 for membership and paper newsletters mailed to your home.

We look forward to another season filled with recreation, education, fitness, outings, lunches, and good friends!

Contactivity Centre is a non-profit Community Centre

50 YEARS
1972-2022



Contactivity
CENTRE
Contactivité

Highlight on our **NEW
DAY PROGRAM**



CONTACTIVITY CENTRE

Day Program for Older Adults Navigating Mild Cognitive Changes

*Thoughtfully designed to provide stimulating programming,
meaningful connection, and caregiver respite.*

LOCATION:

Contactivity Centre
310 Victoria Ave.
Westmount, H3Z 2M9

SCHEDULE:

Wednesdays, Thursdays, or
Fridays
10:00 AM - 3:00 PM

- ✓ Music, art, movement, and hands-on activities
- ✓ Opportunities for social connection
- ✓ Engaging daily rhythm
- ✓ Support for caregivers



(514) 932-2326 ext. 206



admin@contactivitycentre.org

With support from:



Fondation
GRACE DART
Foundation

Zeller
FAMILY FOUNDATION

Whether you need a ride, a delivery or a simple hello from time to time... **We got ya!** Please reach out to: **Jawdat Dib** at **514-932-2326 ext. 203** or **outreach@contactivitycentre.org**

Contactivity Outreach and Support Services



SUPPORT SERVICES AVAILABLE:

TELECHECK - Cost: \$5 Member /\$10 Non-Member

Telecheck, provided by Contactivity on weekdays and Westmount Public Security on weekends and holidays, provides 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.

HOME VISITS

Our outreach worker can meet with you at your home or in the office to connect you with services at Contactivity and refer you to external community resources that suit your needs. Whether you're feeling isolated, unsure of what's available, or just want to learn more about what's out there, we're here to support you.

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



FALL INTO WELLNESS: CRISP AIR, COZY MOMENTS AND CONNECTION



As the leaves change and the air turns crisp, fall invites us to slow down and reconnect with ourselves, others, and the world around us. Here are some simple ways to nourish your well-being this season:

- 1. Embrace the Outdoors:** Enjoy the beauty of fall with a walk through the changing leaves or a visit to a local park. The cool air and natural colours can help clear your mind and boost your mood.
- 2. Warm Up and Hydrate:** Swap cold drinks for warm herbal teas or hot water with lemon. Staying hydrated is just as important in cooler months, and cozy drinks can add comfort to your day.
- 3. Seasonal Eating:** Autumn brings hearty, nutritious foods like squash, apples, and root vegetables. Try a new soup or roast a tray of fall produce for a nourishing meal.
- 4. Meaningful Connection:** Fall is a great time to catch up with friends and start something new.

***Let's embrace the season with tranquility and connection.
May your days be filled with peace, health and happiness!***

VOLUNTEER OPPORTUNITIES:

***Are you interested in volunteering?
Do you know someone who is?***

We have openings for volunteers to help with:

- Lunch
- Tech Support
- Driving to Medical Appointments
- Special Events
- Outreach
- Activities at the Centre

Please call us at:

514-932-2326

**to learn more about how to become a
Contactivity Volunteer.**

OUTREACH SERVICES

***Searching for information on 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:

Jawdat Dib 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



Contactivity Centre Registration



FALL 2025

A FEW GUIDELINES

To Register:

Visit our website www.contactivitycentre.org and simply click on **Fall 2025 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.

If you're worried about the cost of our programs or activities, please don't let that stop you from signing up! We'd love to help. Reach out to Emily Rill, our Program Coordinator, to chat about available options.

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 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.



ONSITE

FALL PREVENTION PROGRAM

Tuesdays, 3:00 - 4:00 and Thursdays, 3:00 - 4:30

September 16 - December 4 (12 weeks)

Instructor: Philippe Briand, Kinesiologist

Location: 310 Victoria Ave, Suite 103

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

Contactivity Centre, in conjunction with the CIUSSS Montréal Centre Quest offers a twice-weekly, 12-week Fall Prevention program. There is no cost but 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 11 - December 4 (13 weeks)

Facilitator: Glenn Hynes

Location: Westmount Square entrance 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!

BELLY DANCING

Tuesdays, 3:00 - 4:00

September 30 - December 2 (10 weeks)

Instructor: Natalie Kalinowicz

Location: Victoria Hall, Lodge Room

Cost: \$60 Member / \$70 Non-Member

This Belly dance course is perfect for beginners who want to experience the beauty of this expressive dance while improving balance, coordination and strengthening the core. You will learn techniques such as shimmies, isolations, arm/hand movements, travelling steps and short dance routines/choreographies, always while protecting your knees and back. Wear comfortable clothing and let's have fun dancing together!



ONSITE

PICKLEBALL

Mondays, 10:00 - 11:30

September 22 - November 17 (8 weeks) No course on October 13

Facilitator: Lucas Liberta

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

Cost: \$40 Member / \$50 Non-Member

Contactivity provides all equipment. **Mark your calendar for our season's first friendly Pickleball Tournament on November 17!** Please bring your indoor running shoes and water bottle.

KINSTRETCH

Fridays, 10:00 - 11:00 OR 11:15 - 12:15

September 19 - November 28 (11 weeks)

Instructor: Zack Powell

Location: 310 Victoria, Suite 103.

Cost: \$70 Member / \$80 Non-Member

Kinstretch is a movement practice that will help you develop, maintain and train the ranges of motion you need for longevity and better health in your day-to-day life.

Please bring your indoor running shoes to wear in the program room.

STRETCH AND MOVEMENT

Wednesdays, 1:30 - 2:30

September 24 - November 12 (8 weeks)

Instructor: Trudie Ogden

Location: Westmount Recreation Centre, Exercise Room

Cost: \$50 Member / \$60 Non-Member

A low to medium intensity Stretch and Movement course, this class will focus on muscle strength and flexibility. There will be a mix of chair and standing exercises. Please bring indoor shoes.

CHAIR YOGA DANCE

Tuesdays, 1:30 - 2:30

September 30 - December 16 (10 weeks) No class on October 7 & 14

Instructor: Giovanna Carrubba

Location: Victoria Hall, Prud'-homme Room

Cost: \$60 Member / \$70 Non-Member

Inspired by Chair Yoga, get ready to move, groove, dance and get your body feeling good once again! This one-hour seated and standing chair yoga class includes 2 inspirational Chair Yoga Dances. Giovanna is a therapeutic Yoga instructor and she will guide you step-by-step. Please bring your indoor running shoes to wear in the program room.

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 ... and we will even help you get online!

GET FIT



ONSITE

NEW

BOCCE BALL AT CONTACTIVITY

Wednesdays, 2:30 - 3:30

September 10 - October 15 (5 weeks) No course on October 1

Instructor: Lucas Liberta

Location: Westmount Park Entrance (In front of the Dog Statue)

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

Join us for a fun and friendly game of Bocce! Whether you're a seasoned player or trying it for the first time, Bocce is a great way to enjoy the outdoors, socialize, and get a little light exercise. No experience necessary - just bring your enthusiasm! All equipment will be provided. Come roll with us!



ONLINE

MOVERS AND ZOOMERS

Mondays and Wednesdays, 10:30 - 11:30

September 15 - December 1 (11 weeks)

No course on October 13

Instructor: Lana Romandini

Location: Zoom

Cost: \$200 Member / \$210 Non-Member

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

ONLINE TUESDAY STRETCH AND MOVEMENT

Tuesdays, 10:30 - 11:15

September 23 - December 2 (11 weeks)

Instructor: Trudie Ogden

Location: Zoom

Cost: \$70 Member / \$80 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. Feel free to use stretch bands, lightweights or other equipment you may own.

TAI CHI AND CHI KUNG

Mondays, 1:00 - 2:00

September 22 - December 1 (10 weeks)

No course on October 13

Instructor: Colin Young

Location: Zoom

Cost: \$60 Member / \$70 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

CHAIR YOGA

Thursdays, 11:00 - 12:00

September 25 - December 4 (9 weeks)

No course on October 9 and October 30

Instructor: Manon Lacroix

Location: 310 Victoria Ave, Suite 102

(In-person and Online ZOOM option)

Cost: \$55 Member / \$65 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.



Join us!

Make new friends, enjoy our courses in-person or online!



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!



ONSITE

NEW

CONTACTIVITY'S COMMUNITY BAND ALL LEVELS

Wednesdays, 2:30 - 4:30

September 17 - December 10 (10 weeks)

No course October 29 and November 26

Instructor: Hayden Nolan

Location: 310 Victoria, suite 102

Cost: \$90 Member / \$100 Non-Member

Join us each week as we bring music to life through community, creativity, and collaboration! This course is open to all skill levels and backgrounds, whether you've played an instrument before or have simply dreamed of making music. Together, we'll form the Contactivity Band, learning and performing a mix of classic tunes and personal favorites (for example Have You Ever Seen the Rain, I Saw Her Standing There, and more). Members can take part in ukulele, guitar, percussion, and more. If you're new to music, we suggest starting with the ukulele or a percussion. If you already play guitar, bass, or another instrument, let us know - we'd be happy to include it! Reading music is NOT required. All songs will be taught in an accessible, easy-to-follow format designed to help everyone succeed and feel confident, regardless of prior experience. Participants are generally asked to bring their own instruments, though we'll have a trial ukulele and shared percussion instruments available. The class will move at a pace suited to the group, with individual support provided as needed.

About Hayden: Hayden has years of experience adapting music and curriculum to fit learners of all ages, from 5 to 100! Come make music, build connections, and enjoy playing music together!



ONSITE

NEW

CALLIGRAPHY - ALL LEVELS

Mondays, 10:00 - 11:30

November 3 - December 1 (5 weeks)

Instructor: Sachas B nard

Location: 310 Victoria, Suite 102

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

In this five-session course (1.5 hours each), participants will explore the art of calligraphy, focusing on the elegant Gothic Textura Quadrata script. Learn key fundamentals such as preparation, posture, pen handling, and material selection. All materials are provided, and personalized guidance will be given throughout. Practice between sessions is encouraged to support progress.

About Sachas: Sachas B nard is a master calligrapher and graphic designer. Since beginning his practice in 1996, he has mastered a wide range of calligraphy styles using both square and flexible nibs and his work can be found in film, productions, official documents, and other custom work. Passionate about his visual art, he also serves as a calligraphy consultant and advisor for various organizations.

KNITTING AND CROCHET - ALL LEVELS

Mondays, 10:00 - 11:30

September 22 - October 27 (5 weeks) No course October 13

Instructor: Catherine Sones

Location: 310 Victoria, Suite 410

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

All-levels welcome! Whether you're brand new or looking to sharpen your skills, this relaxed, no-pressure class covers the basics of both knitting and crochet. Learn how to cast on, knit, purl, bind off, and try simple crochet stitches. We'll also help you fix common mistakes and build confidence as you create scarves, blankets, or any project you dream up. Bring a pair of knitting needles (size 9-14mm) and ergonomic crochet hooks (available at Dollarama or on Amazon).

BUSY BEES ARTS & CRAFTS GROUP

Wednesdays, 10:00 - 2:00 Ongoing

September 24 - December 10 (11 weeks)

Location: 310 Victoria, suite 102

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

The Busy Bees knit, quilt, crochet, and weave crafts for Contactivity sales and special projects.





GET CREATIVE



GET SMART



ONSITE

PAINTING WITH ACRYLICS - ALL LEVELS

Tuesdays, 1:30 - 4:00

September 16 - November 25 (8 weeks)

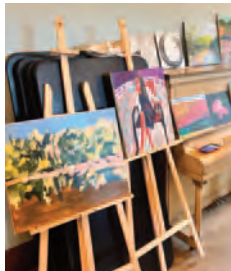
No course September 23, October 7 and October 14

Instructor: Suzy Levy

Location: 310 Victoria, Suite 410

Cost: \$120 Member / \$130 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 - ALL LEVELS

Fridays, 1:30 - 3:30

September 26 - November 14 (8 weeks)

Instructor: Suzy Levy

Location: 310 Victoria, Suite 103

Cost: \$115 Member / \$125 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.

POLYMER CLAY - ALL LEVELS

Mondays, 1:00 - 3:00

September 8 - October 20 (5 weeks)

No course September 22 and October 13

Instructor: Ellen Jacobs

Location: 310 Victoria, Suite 410

Cost: \$65 Member / \$75 Non-Member

(Includes materials and your finished products)

Polymer clay can be used to create jewelry such as necklaces, bracelets, earrings, decorative pins; sculptures with/without armatures; vessels; mosaic designs; wall hangings. The material is inexpensive, the color ways are unlimited, and the process used to create items ranges from the very simple and enjoyable to the incredibly complex and challenging. We will focus on making wearables and will begin with simple procedures. Materials will be provided as will the essential tools.



ONSITE

A VOICE ACROSS GENERATIONS: REMEMBERING THE HOLOCAUST

Wednesday, November 19

10:30 - 12:00

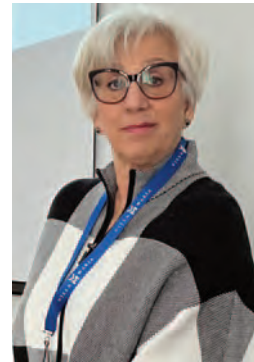
Facilitator: Barbara Cieply from the Foundation for Genocide Education

Location: 310 Victoria Ave, Suite 102

Cost: **FREE**

November is *Holocaust Education Month*

*and on this occasion, we have the pleasure of welcoming **Barbara Cieply** who is the daughter of **Regina Kleinberg Cieply**. She will be sharing with you through her mother's video testimonials and family photos her mother's extraordinary story of how, through sheer luck and quick thinking she managed to survive the Holocaust as a young child. History is best learned listening to the stories of those who lived through it.*



THOMAS MORE DISCUSSION GROUP

Thursdays, 11:00 - 12:30

October 2 - December 4 (10 weeks - Part 1)

Facilitators: Patricia Sikender and Jane Thomson

Location: Victoria Hall, Club Room

Cost: \$35 Member / \$45 Non-Member

Exploring Personal Narratives - Reading Memoirs and Diaries

This 2 Part course, will take us on a journey through the intimate and reflective writings of memoirs and diaries. Reading excerpts of works from various authors and time periods, we will explore the art of personal storytelling. Selections will include writings by historical and contemporary figures, explorers, politicians, authors, and many others. What is the difference between diaries and memoirs? What might prompt someone to write so personally? Do diaries written in the moment reveal more "truth" than memoirs written after the fact? Does our drive to make sense of our own lives encourage us to read that of others?

Please note registration for Part 2, January - March will be in our Winter 2025 Newsletter.



GET SMART

Train your Brain with us...
Engage with us **ONSITE & ONLINE**
with discussions on Art, Music, Fashion, Health
and so much more!



ONSITE

WHAT DOES MY NEIGHBOUR DO? - PLANNING FOR THE WINTER

What Does My Neighbour Do?

is a community-driven program where people from all walks of life come together to share their unique stories, passions, and life experiences. It's a space to connect, inspire, and discover the incredible journeys happening all around us –sometimes right next door. Are you or someone you know interested in being a guest speaker? Whether it's about work, life path, or a passion, we welcome everyone to share and learn from each other.

Please register to be on our Speaker List.



CURRENT EVENTS

Thursdays, 10:00 - 11:30

September 25 - November 27 (8 weeks) No course on October 9

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 most current trends and reports in newspapers, radio, television and online.

CAREGIVER COMPASSION CIRCLE (SPOUSAL CAREGIVER SUPPORT GROUP)

Every Second Monday, 2:00 - 3:30

September 15 - December 8

Facilitator: Yvonne Clark, Social 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.



ONSITE

CONTACTIVITY BOOK CLUB

Wednesdays, 1:30 - 3:00

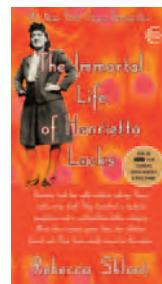
September 17, October 29 and November 26

Instructor: Elana Schwartz

Location: 310 Victoria Ave, Suite 102

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

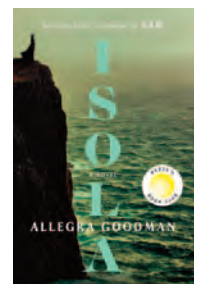
Lively discussions & themed snacks to match our reading material!



September 17
The Immortal Life of
Henrietta Lacks
by Rebecca Skloot



October 29
The Rosie Project
by Graeme Simsion



November 26
Isola
by Allegra Goodman

HYBRID

ONSITE & ONLINE SIMULTANEOUSLY

FRENCH CONVERSATION - INTERMEDIATE LEVEL

Fridays, 9:45 - 10:45

October 3 - December 5 (10 weeks)

Instructor: Ashod Alemian

Location: 310 Victoria Ave, Suite 103

(In-person and Online ZOOM option)

Cost: \$60 Member / \$70 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.

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

MONDAY BRIDGE GROUP

Mondays, 1:00 - 3:30

September 22 - December 15 (12 weeks)

No course on October 13

Bridge Convener: Dan Dutton

Location: 310 Victoria, Suite 103

Cost: \$25 (Must be a Contactivity Member)

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



BEGINNERS BRIDGE

Tuesdays, 12:15 - 2:15

September 16 - November 25 (10 weeks)

No course on September 23

Instructor: Francis Therrien

Location: 310 Victoria Ave, Suite 103

Cost: \$165 Member / \$175 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.

INTERMEDIATE BRIDGE

Tuesdays, 9:45 - 11:45

September 16 - November 25

(10 weeks)

No course on September 23

Instructor: Francis Therrien

Location: Victoria Hall, Prud'homme Room

Cost: \$165 Member / \$175 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.



ONSITE

CANASTA GROUP

Wednesdays, 1:00 - 4:00

September 24 - December 3 (10 weeks)

No course on November 19

Location: Westmount Recreation Centre, Multi-purpose Room

Cost: \$25 (Must be a Contactivity Member)

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!



Games are great for your Brains!

Puzzle: Fall 2025

Season's Theme:
THANKSGIVING!

Find the words in the grid.

Words can go across, backwards, up, down and in two diagonals.

Z	N	L	Z	K	Q	W	K	T	M	B	N	Y	H	M	Y	B
N	G	E	T	A	R	B	E	L	E	C	A	N	M	L	R	D
Z	G	R	F	A	M	I	L	Y	M	D	D	N	R	E	T	Y
Q	N	Q	G	D	N	L	N	G	I	X	G	R	N	N	M	Y
C	I	Y	R	A	N	T	P	L	R	T	V	N	L	F	Y	S
H	V	R	A	E	T	O	O	Q	C	A	I	T	N	R	E	M
R	I	P	T	R	M	H	V	M	K	D	T	L	N	L	K	N
C	G	U	I	B	K	A	K	E	P	L	L	E	B	H	R	V
V	S	M	T	N	X	Q	U	M	M	N	X	A	F	Y	U	R
L	K	P	U	R	B	N	D	T	R	B	T	C	M	U	T	C
N	N	K	D	O	R	L	B	O	U	E	E	I	N	J	L	X
M	A	I	E	C	E	L	C	M	G	M	D	R	L	R	J	M
X	H	N	G	B	A	A	X	E	F	M	N	E	D	K	W	L
P	T	J	M	H	D	G	V	D	H	L	T	M	F	L	K	N
T	T	S	A	O	R	V	J	C	G	W	L	A	C	K	X	B
R	Y	M	C	G	Q	A	P	P	L	E	N	W	P	Q	Y	M
L	E	A	V	E	S	T	R	T	S	E	V	R	A	H	V	T

ACORN
AMERICA
APPLE
AUTUMN

BREAD
CELEBRATE
CORNBREAD
DINNER

FAMILY
GRATEFUL
GRATITUDE
HARVEST

HOLIDAY
LEAVES
NOVEMBER
PUMPKIN

ROAST
THANKSGIVING
TURKEY
VEGETABLES

Solution to Puzzle: Fall 2025, can be found on Page 18



GET TOGETHER FOR LUNCHES & ENTERTAINMENT

Happy Days! Contactivity Members!

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.



ONSITE

MUSICAL PERFORMANCE WITH HAYDEN NOLAN

Thursday, September 25

Lunch: 1:00 - 2:00

Presentation: 2:00 - 3:00

Location: Westmount Recreation
Centre, Multipurpose Room

Cost: \$15

Lunch: General Tao Chicken
+ rice + stir fry veggies OR

Veggie General Tao + rice + stir fry veggies

Montreal-born singer, songwriter, and guitarist **Hayden Nolan** blends contemporary and '90s country influences. As the frontman of *The Record Breakers* (2014–2021), he opened for *Bon Jovi* and *Blue Rodeo*. With his debut single *Suits & Dresses* out now, Nolan is set to release power ballads soon. He will also be starting Contactivity's Community Band, offering lessons and performances. Come meet him and enjoy the music!



TOUR OF SICILY WITH ASHOD ALEMIAN

Thursday, October 16

Lunch: 1:00 - 2:00

Presentation: 2:00 - 3:00

Location: Westmount Recreation Centre, Multipurpose Room

Cost: \$15

Lunch: Fish + roasted potatoes + veggies OR
Omelet + roasted potatoes + veggies

Ashod is a world traveler, loves cultures, photography, and has visited Italy many times. This presentation will be on his most recent trip to Sicily earlier this year. He will take us to the main cities around the island and show us the very rich cultural sites and breathtaking landscapes.



ONSITE

DRIVER SAFETY WORKSHOP WITH SHAMESE BARAKAT, OCCUPATIONAL THERAPIST

Thursday, October 23

Lunch: 1:00 - 2:00

Presentation: 2:00 - 3:00

Location: Westmount Recreation Centre,
Multipurpose Room

Cost: \$15

Lunch: Veal cutlet + wild rice + veggies
OR Veggie quiche + wild rice + veggies

Join us for an informative and engaging session focused on helping drivers stay safe and confident on the road. This program will cover essential topics such as defensive driving techniques, navigating traffic changes, managing distractions, and adapting to physical or cognitive changes. Whether you're a seasoned driver or just looking for a refresher, this session offers valuable tips to help you drive smart and stay safe.



SWEET AND SPOOKY HALLOWEEN CONCERT AND LUNCH WITH LEAD SINGER AURO MOURA AND HIS BAND MEMORY LANE

Thursday, October 30

Lunch: 1:00 - 2:00

Location: Victoria Hall

Concert: 2:00 - 3:00

Cost: \$35

Lunch Box: Grilled chicken Caesar wrap + 2 salads + dessert OR
Veggie wrap + 2 salads + dessert

Get ready for a spooktacular Halloween celebration! Join us for a hauntingly good time with **Auro Moura** and his ghoulishly talented "**Memory Lane**" Band. Expect original songs and covers from poplar bands. It's going to be a scream you won't want to miss it! **Don't forget your costumes! Prizes will be given to the top 3 costumes!**



If you're worried about the cost of our programs or activities, please don't let that stop you from signing up! We'd love to help. Reach out to Emily Rill, our Program Coordinator, to chat about available options.

GET TOGETHER FOR LUNCHES & ENTERTAINMENT



ONSITE

DEMYSTIFYING HOME CARE JEREMY ALTMAN CEO, EQUINOX

Thursday, November 6

Lunch: 1:00 - 2:00

Presentation: 2:00 - 3:00

Location: Westmount Recreation
Centre, Multipurpose Room

Cost: \$15

Lunch: Meatloaf + mashed potatoes + veggies OR Veggie
meatloaf + mashed potatoes + veggies

Jeremy will be delivering an informative talk about home care
services, both public and private, home care tax credits and
monitoring devices.



MAGIC SHOW WITH RAPHAEL LA FERRARA

Thursday, November 13

Lunch: 1:00 - 2:00

Performance: 2:00 - 3:00

Location: 310 Victoria Ave, Suite 103

Cost: \$15

Lunch Box: Turkey club sandwich
+ salad + dessert OR

Veggie sandwich + salad + dessert

Raphie is not the classic bunny out-of-hat magician.

His mission is to connect with people and innovate the art of
magic. Raphie's show includes teleportation effects, crazy card
tricks, Rubik's cube magic, and mind reading. This show is fun
for all ages and is guaranteed to blow everyone away.

About Raphie: Raphie is a professional magician and content creator
with over 6 million followers on social media. He started performing
magic at the age of 8 years old when he found a book on magic at
his school library. For Raphie it's not just about the trick it's about the
story, and connecting with his audience. Raphie has produced his
own shows for thousands of people across Montreal, and has
appeared on City News, Global News and CBS Radio.



ONSITE

MUSICAL PERFORMANCE WITH GIOVANNI NATALE

Thursday, November 20

Lunch: 1:00 - 2:00

Performance: 2:00 - 3:00

Location: Westmount Recreation
Centre, Multipurpose Room

Cost: \$15

Lunch: Shrimp linguini pasta + salad
OR Vegetarian pasta + salad

Giovanni will entertain everyone with
international music on the accordion.
Tune in and listen to the wonders
international music has to offer!



AN AFTERNOON OF MUSIC & LAUGHTER WITH CHRISTINE GHAWI

Thursday, November 27

Lunch: 1:00 - 2:00

Performance: 2:00 - 3:00

Location: Westmount Recreation
Centre, Multipurpose Room

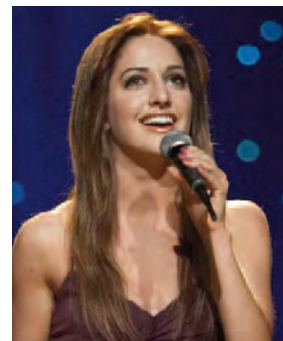
Cost: \$15

Lunch: Smoked meat platter, sandwich, roasted potatoes,
coleslaw, pickle OR

Veggie patty sandwich platter, roasted potatoes, coleslaw, pickle.

Join us for an unforgettable musical journey as Christine
performs timeless classics from legends like Edith Piaf,
The Beatles, Elvis Presley, Neil Young, Frank Sinatra, and many
more! Let's celebrate with music, memories, and joy!

About Christine: Christine Ghawi is a gifted musician and actor,
whose portrayal of Celine Dion in the 2008 Celine movie earned her
a well-deserved Gemini Award. She performed at the Toronto Jazz
Festival and at many other venues such as the Shangri-La and
Fairmont Elizabeth hotels in Vancouver and Toronto.





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!



ONSITE

HOLIDAY SING ALONG WITH TERRY JOE

Thursday, December 4

Lunch: 1:00 - 2:00

Performance: 2:00 - 3:00

Location: Westmount Recreation
Centre, Multipurpose Room

Cost: \$15

Lunch: Meat lasagna + salad OR
Veggie lasagna + salad

Terry Joe 'Banjo' has been performing for over 30 years, delivering an entertaining show that spans a variety of musical styles, from country and bluegrass to pop and rock 'n' roll. He plays a wide range of instruments, including the ukulele, harmonica, kazoo, guitar, spoons, and, of course, the banjo. Get ready to tap your toes, clap your hands, sing along to classic hits, and even get up and dance. It is sure to be a fun time for everyone!



Holiday Lunch

WITH
DAWN TYLER WATSON
ALL DETAILS TO COME!

Get ready to celebrate the season in style! Our **Holiday Lunch** will be a joyful gathering filled with delicious food, festive décor, and plenty of holiday spirit. We're thrilled to announce that we'll be welcoming back the incredibly talented **Dawn Tyler Watson** as our performer for the event. Her soulful voice is sure to bring the holiday spirit to life!



GET OUTTA HERE OUTINGS

PIN PALS

Friday, September 19 and Friday, October 10, 2:00 - 4:00 PM

Facilitators: Lucas Liberta and Noemi Stafford

Cost: Pay at the Bowling Alley on the day of event

Meeting Point:

Quilles G Plus : 6510 Rue Saint-Jacques, Montréal, QC H4B 1T6

Meet at: 1:30 PM

Get ready for a lively afternoon of strikes, spares, and plenty of laughs! Join us for a fun-filled bowling outing. No experience needed, just bring your energy and enthusiasm! Lightweight balls, bumpers, and good company guaranteed. Let the good times roll!



TITANIC: AN IMMERSIVE VOYAGE

Friday, September 26, 10:30 - 12:00 PM

Facilitators: Lucas Liberta and Noemi Stafford

Cost: \$30 Member / \$40 Non-Member

Meeting Point:

Place Bonaventure : 800 Rue De la Gauchetière Ouest #240, Montreal, Quebec H5A 1K6

Meet at: 10:00 AM

Deadline to register: Wednesday, September 3

*Join us for an unforgettable experience at **Titanic: An Immersive Voyage**. This extraordinary exhibition brings history to life through full-scale recreations of the ship's cabins, captivating video animations, and stunning 3D projections. Step into the shoes of a passenger and journey through the story of the Titanic—one of the most iconic and tragic events in history. Don't miss this chance to explore the legacy of the ship that continues to fascinate the world. Please note: We require a minimum of 20 participants for this outing to proceed, so invite a friend and help make it happen!*



On the road again with Contactivity!
Places and people to connect to.
Join us and get out there!

GET OUTTA HERE LET'S LEAVE FOR OUTINGS AND ADVENTURE



OUTINGS

DAY TRIP TO CAMP KINKORA IN ST-ADOLPHE-D'HOWARD

Wednesday, October 1

10:30 - 4:30 PM

Facilitators: Lucas Liberta
and Noemi Stafford

Cost: \$45 Member / \$55 Non-Member
(Transportation and lunch included)

Meeting Point:

310 Victoria Ave, Westmount QC, H3Z 1M1

Meet at: 9:15 AM

Join Contactivity Centre for a Stunning Autumn Day in the Laurentians! This year, you'll have the opportunity to explore newly accessible, mobility-friendly trails set against the breathtaking backdrop of October's fall foliage. Whether you prefer boating, relaxing in Adirondack chairs, or gathering around a cozy daytime campfire, there's something for everyone to enjoy. If the weather doesn't cooperate, we've got you covered with a variety of indoor activities, including crafts, karaoke, and social events.



ITHQ LUNCH OUTING

Thursday, October 9, 12:00 - 2:15 PM

Facilitators: Lucas Liberta and
Noemi Stafford

Cost: \$35 (Must be a Contactivity Member)

Meeting Point:

Restaurant ITHQ at 3535 rue Saint Denis

Meet at: 11:45 AM

Join us for a unique culinary experience at the ITHQ, Institut de tourisme et d'hôtellerie du Québec, a renowned school shaping the future of Québec gastronomy. Enjoy a delicious lunch prepared by the talented students of this prestigious institution, where innovation meets tradition. Please note that juice and soft drinks are available at an additional cost. This is a fantastic opportunity to not only savor exceptional cuisine but also support the next generation of chefs in Québec. We look forward to sharing this memorable lunch with you!



OUTINGS

LET'S GO TO THE MOVIES TOGETHER

(Must be a Contactivity Member)

A Tuesday, between mid-October and

November (exact date and time to be
announced once showtimes are released)

Facilitators: Lucas Liberta and Noemi Stafford

Cost: Tickets available at the door for
approximately \$8.00 - \$9.00

Meeting Point:

Cineplex Forum: 2313 Saint-Catherine St W #101, H3H 1N2

We'll keep you posted once the theatre confirms the details.

Join us for an enjoyable afternoon at the Cineplex Forum to see the brand-new comedy *Good Fortune*, starring Keanu Reeves, Seth Rogen, Sandra Oh, Aziz Ansari, and Stephen McKinley Henderson. This is a great opportunity to relax, enjoy a movie with friends, and share a few laughs.



VISIT TO THE MMFA EXHIBIT - DETAILS TO COME

Facilitators: Lucas Liberta and Noemi Stafford

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

The MMFA hasn't released dates yet but we're looking forward to organizing a visit soon. If you're interested in attending, please add your name to the waiting list. We'll contact you as soon as more details become available.

A CHRISTMAS CAROL - UPPER CANADA PLAYHOUSE



Wednesday, December 17, 11:30 - 6:30 PM

Facilitators: Lucas Liberta and Noemi Stafford

Cost: \$95 Member / \$105 Non-Member
(includes transportation and show tickets)

Meeting Point:

310 Victoria Avenue Suite 102, Westmount QC, H3Z 2M9

Meet at: 11:30 AM

Scrooge's adventure discovering the true meaning of Christmas comes alive in a musical & magical production on an exciting revolving stage filled with song, dance, special effects and Dickens' legendary characters Tiny Tim, the Cratchits, Fezziwig, Jacob Marley and the Ghosts of Past, Present and Future.



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, (In-person, at Selwyn)
October 7 - November 25
12:45 - 1:45 (Lunch included)

Program Leader: Elana Schwartz

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

Interested in having a weekly chat and lunch together with a Selwyn student? You could chat with a student learning English as a second language or a student who wants to talk about current events, hobbies, and other interests.



COOKING CLASSES

Wednesday, October 8
Wednesday, October 15
Wednesday, October 22
Wednesday, November 12
Wednesday, November 19
12:30 - 1:00

Location: Selwyn House School

Instructor: Elana Schwartz

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

If you love to cook and bake, help Elana teach a cooking class to middle school students at Selwyn House.



CONTACTIVITY / SELWYN INTERGENERATIONAL CHOIR

4 Practices:

Friday, October 10
Friday, October 24

Friday, October 17
Monday, October 27

11:30 - 1:30 (Lunch included)

Instructor: Sheli Stevens

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

The Contactivity - Selwyn Choir is getting together again, this time for a holiday song. Choral practices and recordings will be held at Selwyn House. Sheli Stevens, professional singer, vocal and performance coach will be conducting the Choir. No experience necessary just come with lots of energy and your singing voice.

WANT TO INSPIRE YOUNG MINDS AT SELWYN HOUSE?

Program Leader: Elana Schwartz

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

Do you have a fun or fascinating story from your career, your travels, or your life experience? We're looking for seniors to visit classrooms at Selwyn House to talk with curious students—from elementary to high school. Whether it's about what you did for work, how things have changed over the years, or a passion you've followed, students love hearing real-life stories! If you're interested in being a guest speaker, sign up now! We would love to have you!



HYBRID

ONSITE & ONLINE SIMULTANEOUSLY

DIGITAL LITERACY

Wednesdays, 3:30 - 4:30

October 8 - November 26 No course on November 5

Location: Selwyn House School

(In-person and Online ZOOM option)

Instructors: Chong Hu, Adam Sun

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

Not sure how to make the most of your laptop, tablet, or smartphone? Want to understand what the Cloud is, why an app isn't an appetizer, why a browser isn't just for leisurely shopping, and why cybersecurity matters to everyone? Chong and her teaching assistants (Selwyn students) will cover these topics and make you tech-savvy.



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 • FALL MEALS

Lunch is at the Westmount Recreation Centre (WRC), Multipurpose Room **(unless specified below)*

Cost: \$15.00 **(unless specified below)*

Lunches include dinner rolls + dessert + coffee & tea

SEPTEMBER 25

General Tao Chicken + rice + stir fry veggies
OR
Veggie General Tao + rice + stir fry veggies

OCTOBER 16

Fish + roasted potatoes + veggies
OR
Omelet + roasted potatoes + veggies

OCTOBER 23

Veal cutlet + wild rice + veggies
OR
Veggie quiche + wild rice + veggies

OCTOBER 30 • LUNCH BOX

Chicken Caesar wrap + 2 salads
OR
Veggie wrap + 2 salads

NOVEMBER 6

Meatloaf + mashed potatoes + veggies
OR
Veggie meatloaf + mashed potatoes + veggies

NOVEMBER 13 • LUNCH BOX

Turkey club with bacon, lettuce tomato on soft roll
OR Vegetarian option
Salad and dessert

NOVEMBER 20

Shrimp linguini pasta + salad
OR
Vegetarian pasta + salad

NOVEMBER 27

Smoked meat platter, sandwich, roasted potatoes, coleslaw, pickle
OR
Veggie patty sandwich platter, roasted potatoes, coleslaw, pickle

DECEMBER 4

Meat lasagna + salad
OR
Veggie lasagna + salad

DECEMBER • HOLIDAY LUNCH

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





Contactivity
CENTRE
Contactivité



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

www.contactivitycentre.org

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

SEPTEMBER

Ann Waldron
Barbara Victor
Barbara Sabbath
Carole Delisle
Carolyn Cronk
Carolyn Lancaster
Cynthia Kathleen Taylor
David Sinclair
Davina Withington
Denise McAteer
Diane Cholette
Domenica Castracane
Edwin Pascal
Elizabeth O'Connor
Eveline Buhl
Freda Colquhoun
Gemma Mattheij
Hinda Roseman
Irena Gerych
Joan Donnelly
Jocelyne Dorion
Joy Linds
Kathleen Dunn
Kathleen Donahue
Sherwood
Lilian Howick
Lucien Savard
Marisa Rondina
Marlene Roseman
Nicole Clement
Norma Tombari
Oi yee Woo
Reissa Rapkin
Sally Rioux
Sam Houston
Sara Silva-Simoes
Stella Broda
Stephen Polanski
Trish Hunter

OCTOBER

Agnes Yip
Ann Rutledge
Anna O'Connor
Annie Chew
Annikki Whidden
Carroll Salomon
Cindy McMahon
Claire Salzberg
Daphne Morris
Diane Finnigan
Ellen Smiley
Eva Vogt
Frances Langton
Gertrude Antoine Barwick
Jean Thomas
Joan Hagerman
Johann Sadegursky
Judith Wooldridge
Kathleen Kennedy Quinlan
Larry McGoldrick
Lin Hu
Louise Mailhot
Mary Baldwin
Nina Howe
Pamela Walden Landry
Rani Rangi
Shelia Powell Porteous
Steven Zack
Vera Burt
Wilma Goodman-Lo

NOVEMBER

Adele Libman
Amne El Jubeily
Ann Foley Petrovic
Ayesha Ahmed
Barbara Kerr
Catherine Kierans
Chunrong (Ella) Wang
Doneta Barron
Elizabeth Gonye Boltz

Ellen McCrea
Esther Szykarsky
Felina Cachero
Harriette Colle
Helen Kaplin
Hiroko Ogura
Jean Shettler
Jean Milliken
Joan MacLellan
Joan Mariscotti
John Bailey
Joyce Goldberg
Judith Mowat
Judith Bodnar
Julie Monette
Kerrin Gandey
Louise Halperin
Louise Carpentier
Marcia Goldberg
Marilyn Segal
Mary Ann Diaz
Nancy Lorimer (Douglas)
Nayerah Tahsinzadeh
Norma Bennett
Olaf Skorzenski
Pamela Dresden
Patricia Claxton
Renee Griffiths
Suanne Levin Ray
Susi Lovell
Sylvia Boucher
Thomas Burpee

DECEMBER

Anita Battigalli
Anita Carrier
Barbara Shahmoon
Catherine McMaster
Christa Toepffer
Dagna Ranus
Eliane Rivard
Evelyn Szabó

Frances Desautels
Ghislain Gosselin Monnet
Janet Broxup
Judith Klugerman
Keith Singer
Lillian Arsenault
Linda Shear
Lorraine Barolet
Lucina Ter Haar
Margaret Lai-Ping Fung
Margot Kyle
Maria Bybel
Mona Tabri Amassian
Nancy Rafman
Nehama Nahari
Roz Agulnik
Sorel Cohen
Suzanne Sylvere
Valerie Broege
Valiery Quinn Holland
William Broad



Puzzle: Fall 2025

Today's Theme:
THANKSGIVING!

SOLUTION

Z	N	L	Z	K	Q	W	K	T	M	B	N	Y	H	M	Y	B
N	G	E	T	A	R	B	E	L	E	C	A	N	M	L	R	D
Z	G	R	F	A	M	I	L	Y	M	D	D	N	R	E	T	Y
Q	N	Q	G	D	N	L	N	G	I	X	G	R	N	N	M	Y
C	I	Y	R	A	N	T	P	L	R	T	V	N	L	F	Y	S
H	V	R	A	E	T	O	O	Q	C	A	I	T	N	R	E	M
R	I	P	T	R	M	H	V	M	K	D	T	L	N	L	K	N
C	G	U	I	B	K	A	K	E	P	L	L	E	B	H	R	V
V	S	M	T	N	X	Q	U	M	M	N	X	A	F	Y	U	R
L	K	P	U	R	B	N	D	T	R	B	T	C	M	U	T	C
N	N	K	D	O	R	L	B	O	U	E	E	I	N	J	L	X
M	A	I	E	C	E	L	C	M	G	M	D	R	L	R	J	M
X	H	N	G	B	A	A	X	E	F	M	N	E	D	K	W	L
P	T	J	M	H	D	G	V	D	H	L	T	M	F	L	K	N
T	T	S	A	O	R	V	J	C	G	W	L	A	C	K	X	B
R	Y	M	C	G	Q	A	P	P	L	E	N	W	P	Q	Y	M
L	E	A	V	E	S	T	R	T	S	E	V	R	A	H	V	T

A Contactivity
Happy Birthday to all of you...

This is who we are... Come along on the Journey with Contactivity

www.contactivitycentre.org



Proud of ourselves! Annual General Meeting 2025



Wine tasting Vibes - Summer 2025!



(Music man! Lunch entertainment



Sign Me Up! Registration



We Got the Moves... at Belly Dance!



In the Spirit! Wine Tasting 2025



The Gang's All Here! Brunch at Café Bazin.



All in Fun! Frisbee Golf!





• SEPTEMBER 2025 •

LEGEND

 Online	 Outside	 Outings	 Victoria Hall	 Selwyn	 Westmount Recreation Centre	 310 Victoria #102
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Labour Day 	2	3	4	5
8 Polymer Clay 1:00 - 3:00	9	10 Bocce Ball 2:30 - 3:30	11 Walkie Talkies 10:00 - 11:00	12
15 Movers and Zoomers 10:30 - 11:30 Polymer Clay 1:00 - 3:00 Caregiver Compassion Circle 2:00 - 3:30	16 Intermediate Bridge 9:45 - 11:45 Beginners Bridge 12:15 - 2:15 Painting 1:30 - 4:00 Fall Prevention 3:00 - 4:00	17 Movers and Zoomers 10:30 - 11:30 Busy Bees 10:30 - 2:00 Book Club 1:30 - 3:00 Bocce Ball 2:30 - 3:30 Community Band 2:30 - 4:30	18 Walkie Talkies 10:00 - 11:00 OPEN HOUSE AND DAY PROGRAM LAUNCH 10:00 - 3:00 Fall Prevention 3:00 - 4:30	19 Kinstretch 10:00 - 11:00 Kinstretch 11:15 - 12:15 Pin Pals 2:00 - 4:00
22 Pickle Ball 10:00 - 11:30 Knitting and crochet 10:00 - 11:30 Movers and Zoomers 10:30 - 11:30 Mah-Jong 12:30 - 3:30 Tai Chi 1:00 - 2:00 Bridge Group 1:00 - 3:30	23 Online Stretch & Movement 10:30 - 11:15 Fall Prevention 3:00 - 4:00	24 Movers and Zoomers 10:30 - 11:30 Busy Bees 10:30 - 2:00 Canasta 1:00 - 4:00 Stretch & Movement 1:30 - 2:30 Bocce Ball 2:30 - 3:30 Community Band 2:30 - 4:30 Digital Literacy 3:30 - 4:30	25 Current Events 9:45 - 10:45 Walkie Talkies 10:00 - 11:00 Chair Yoga 11:00 - 12:00 Lunch & Entertainment 1:00 - 3:00 Fall Prevention 3:00 - 4:30	26 Kinstretch 10:00 - 11:00 Kinstretch 11:15 - 12:15 Drawing 1:30 - 3:30 Titanic: An Immersive Voyage 10:30 - 12:00
29 Pickle Ball 10:00 - 11:30 Knitting and crochet 10:00 - 11:30 Movers and Zoomers 10:30 - 11:30 Mah-Jong 12:30 - 3:30 Tai Chi 1:00 - 2:00 Polymer Clay 1:00 - 3:00 Bridge Group 1:00 - 3:30 Caregiver Compassion Circle 2:00 - 3:30	30 NATIONAL DAY FOR TRUTH AND RECONCILIATION Intermediate Bridge 9:45 - 11:45 Online Stretch & Movement 10:30 - 11:15 Beginners Bridge 12:15 - 2:15 Chair Yoga Dance 1:30 - 2:30 Painting 1:30 - 4:00 Fall Prevention 3:00 - 4:00 Belly Dancing 3:00 - 4:00	1	2	3



Online
 Outside
 Outings
 Victoria Hall
 Selwyn
 Westmount Recreation Centre
 310 Victoria #102

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>29</div>	<div>30</div>	<div>1</div> <p>Movers and Zoomers 10:30 - 11:30 Camp Kinkora 10:30 - 4:30 Busy Bees 10:30 - 2:30 Community Band 2:30 - 4:30</p>	<div>2</div> <p>Current Events 9:45 - 10:45 Walkie Talkies 10:00 - 11:00 Chair Yoga 11:00 - 12:00 Thomas More 11:00 - 12:30 Fall Prevention 3:00 - 4:30</p>	<div>3</div> <p>Intermediate French 10:00 - 11:00 Kinstretch 10:00 - 11:00 Kinstretch 11:15 - 12:15 Drawing 1:30 - 3:30</p>
<div>6</div> <p>Pickle Ball 10:00 - 11:30 Knitting and crochet 10:00 - 11:30 Movers and Zoomers 10:30 - 11:30 Mah-Jong 12:30 - 3:30 Tai Chi 1:00 - 2:00 Polymer Clay 1:00 - 3:00 Bridge Group 1:00 - 3:30 Caregiver Compassion Circle 2:00 - 3:30</p>	<div>7</div> <p>Intermediate Bridge 9:45 - 11:45 Online Stretch & Movement 10:30 - 11:15 Beginners Bridge 12:15 - 2:15 Friendly Visits at Selwyn House 12:45 - 1:45 Fall Prevention 3:00 - 4:00 Belly Dancing 3:00 - 4:00</p>	<div>8</div> <p>Movers and Zoomers 10:30 - 11:30 Busy Bees 10:30 - 2:30 Cooking Class 12:30 - 1:30 Canasta 1:00 - 4:00 Stretch & Movement 1:30 - 2:30 Bocce Ball 2:30 - 3:30 Community Band 2:30 - 4:30 Digital Literacy 3:30 - 4:30</p>	<div>9</div> <p>Walkie Talkies 10:00 - 11:00 Thomas More 11:00 - 12:30 ITHQ Lunch 12:00 - 2:00 Fall Prevention 3:00 - 4:30</p>	<div>10</div> <p>Intermediate French 10:00 - 11:00 Kinstretch 10:00 - 11:00 Kinstretch 11:15 - 12:15 Selwyn Intergenerational Choir 11:30 - 1:30 Drawing 1:30 - 3:30 Pin Pals 2:00 - 4:00</p>
<div>13</div> <p>Thanksgiving Day</p> 	<div>14</div> <p>Intermediate Bridge 9:45 - 11:45 Online Stretch & Movement 10:30 - 11:15 Beginners Bridge 12:15 - 2:15 Friendly Visits at Selwyn House 12:45 - 1:45 Fall Prevention 3:00 - 4:00 Belly Dancing 3:00 - 4:00</p>	<div>15</div> <p>Movers and Zoomers 10:30 - 11:30 Busy Bees 10:30 - 2:30 Cooking Class 12:30 - 1:30 Canasta 1:00 - 4:00 Stretch & Movement 1:30 - 2:30 Bocce Ball 2:30 - 3:30 Community Band 2:30 - 4:30 Digital Literacy 3:30 - 4:30</p>	<div>16</div> <p>Current Events 9:45 - 10:45 Walkie Talkies 10:00 - 11:00 Chair Yoga 11:00 - 12:00 Thomas More 11:00 - 12:30 Lunch & Entertainment 1:00 - 3:00 Fall Prevention 3:00 - 4:30</p>	<div>17</div> <p>Intermediate French 10:00 - 11:00 Kinstretch 10:00 - 11:00 Kinstretch 11:15 - 12:15 Selwyn Intergenerational Choir 11:30 - 1:30 Drawing 1:30 - 3:30</p>
<div>20</div> <p>Pickle Ball 10:00 - 11:30 Knitting and crochet 10:00 - 11:30 Movers and Zoomers 10:30 - 11:30 Mah-Jong 12:30 - 3:30 Tai Chi 1:00 - 2:00 Polymer Clay 1:00 - 3:00 Bridge Group 1:00 - 3:30 Caregiver Compassion Circle 2:00 - 3:30</p>	<div>21</div> <p>Intermediate Bridge 9:45 - 11:45 Online Stretch & Movement 10:30 - 11:15 Beginners Bridge 12:15 - 2:15 Friendly Visits at Selwyn House 12:45 - 1:45 Chair Yoga Dance 1:30 - 2:30 Painting 1:30 - 4:00 Fall Prevention 3:00 - 4:00 Belly Dancing 3:00 - 4:00</p>	<div>22</div> <p>Movers and Zoomers 10:30 - 11:30 Busy Bees 10:30 - 2:30 Cooking Class 12:30 - 1:30 Canasta 1:00 - 4:00 Stretch & Movement 1:30 - 2:30 Community Band 2:30 - 4:30 Digital Literacy 3:30 - 4:30</p>	<div>23</div> <p>Current Events 9:45 - 10:45 Walkie Talkies 10:00 - 11:00 Chair Yoga 11:00 - 12:00 Thomas More 11:00 - 12:30 Lunch & Entertainment 1:00 - 3:00 Fall Prevention 3:00 - 4:30</p>	<div>24</div> <p>Intermediate French 10:00 - 11:00 Kinstretch 10:00 - 11:00 Kinstretch 11:15 - 12:15 Selwyn Intergenerational Choir 11:30 - 1:30 Drawing 1:30 - 3:30</p>
<div>27</div> <p>Pickle Ball 10:00 - 11:30 Knitting and crochet 10:00 - 11:30 Movers and Zoomers 10:30 - 11:30 Selwyn Intergenerational Choir 11:30 - 1:30 Mah-Jong 12:30 - 3:30 Tai Chi 1:00 - 2:00 Bridge Group 1:00 - 3:30 Caregiver Compassion Circle 2:00 - 3:30</p>	<div>28</div> <p>Intermediate Bridge 9:45 - 11:45 Online Stretch & Movement 10:30 - 11:15 Beginners Bridge 12:15 - 2:15 Friendly Visits at Selwyn House 12:45 - 1:45 Chair Yoga Dance 1:30 - 2:30 Painting 1:30 - 4:00 Fall Prevention 3:00 - 4:00 Belly Dancing 3:00 - 4:00</p>	<div>29</div> <p>Movers and Zoomers 10:30 - 11:30 Busy Bees 10:30 - 2:30 Canasta 1:00 - 4:00 Stretch & Movement 1:30 - 2:30 Book Club 1:30 - 3:00 Community Band 2:30 - 4:30 Digital Literacy 3:30 - 4:30</p>	<div>30</div> <p>Walkie Talkies 10:00 - 11:00 Thomas More 11:00 - 12:30 Halloween Lunch and Concert 1:00 - 3:00 Fall Prevention 3:00 - 4:30</p>	<div>31</div> <p>Intermediate French 10:00 - 11:00 Kinstretch 10:00 - 11:00 Kinstretch 11:15 - 12:15 Drawing 1:30 - 3:30</p>



• NOVEMBER 2025 •

LEGEND

 Online	 Outside	 Outings	 Victoria Hall	 Selwyn	 Westmount Recreation Centre	 310 Victoria #102
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pickle Ball 10:00 - 11:30 Calligraphy 10:00 - 11:30 Movers and Zoomers 10:30 - 11:30 Mah-Jong 12:30 - 3:30 Tai Chi 1:00 - 2:00 Caregiver Compassion Circle 2:00 - 3:30	4 Intermediate Bridge 9:45 - 11:45 Online Stretch & Movement 10:30 - 11:15 Beginners Bridge 12:15 - 2:15 Friendly Visits at Selwyn House 12:45 - 1:45 Chair Yoga Dance 1:30 - 2:30 Painting 1:30 - 4:00 Fall Prevention 3:00 - 4:00 Belly Dancing 3:00 - 4:00	5 Movers and Zoomers 10:30 - 11:30 Busy Bees 10:30 - 2:30 Canasta 1:00 - 4:00 Stretch & Movement 1:30 - 2:30 Community Band 2:30 - 4:30	6 Current Events 9:45 - 10:45 Walkie Talkies 10:00 - 11:00 Chair Yoga 11:00 - 12:00 Thomas More 11:00 - 12:30 Lunch & Entertainment 1:00 - 3:00 Fall Prevention 3:00 - 4:30	7 Intermediate French 10:00 - 11:00 Kinstretch 10:00 - 11:00 Kinstretch 11:15 - 12:15 Drawing 1:30 - 3:30
10 Pickle Ball 10:00 - 11:30 Calligraphy 10:00 - 11:30 Movers and Zoomers 10:30 - 11:30 Mah-Jong 12:30 - 3:30 Tai Chi 1:00 - 2:00 Bridge Group 1:00 - 3:30 Caregiver Compassion Circle 2:00 - 3:30	11  REMEMBRANCE DAY Intermediate Bridge 9:45 - 11:45 Online Stretch & Movement 10:30 - 11:15 Beginners Bridge 12:15 - 2:15 Friendly Visits at Selwyn House 12:45 - 1:45 Chair Yoga Dance 1:30 - 2:30 Painting 1:30 - 4:00 Fall Prevention 3:00 - 4:00 Belly Dancing 3:00 - 4:00	12 Movers and Zoomers 10:30 - 11:30 Busy Bees 10:30 - 2:30 Cooking Class 12:30 - 1:30 Canasta 1:00 - 4:00 Stretch & Movement 1:30 - 2:30 Community Band 2:30 - 4:30 Digital Literacy 3:30 - 4:30	13 Current Events 9:45 - 10:45 Walkie Talkies 10:00 - 11:00 Chair Yoga 11:00 - 12:00 Thomas More 11:00 - 12:30 Lunch & Entertainment 1:00 - 3:00 Fall Prevention 3:00 - 4:30	14 Intermediate French 10:00 - 11:00 Kinstretch 10:00 - 11:00 Kinstretch 11:15 - 12:15 Drawing 1:30 - 3:30
17 Pickle Ball 10:00 - 11:30 Calligraphy 10:00 - 11:30 Movers and Zoomers 10:30 - 11:30 Mah-Jong 12:30 - 3:30 Tai Chi 1:00 - 2:00 Bridge Group 1:00 - 3:30 Caregiver Compassion Circle 2:00 - 3:30	18 Intermediate Bridge 9:45 - 11:45 Online Stretch & Movement 10:30 - 11:15 Beginners Bridge 12:15 - 2:15 Friendly Visits at Selwyn House 12:45 - 1:45 Chair Yoga Dance 1:30 - 2:30 Painting 1:30 - 4:00 Fall Prevention 3:00 - 4:00 Belly Dancing 3:00 - 4:00	19 Movers and Zoomers 10:30 - 11:30 Remembering the Holocaust 10:30 - 12:00 Cooking Class 12:30 - 1:30 Community Band 2:30 - 4:30	20 Current Events 9:45 - 10:45 Walkie Talkies 10:00 - 11:00 Chair Yoga 11:00 - 12:00 Thomas More 11:00 - 12:30 Lunch & Entertainment 1:00 - 3:00 Fall Prevention 3:00 - 4:30	21 Intermediate French 10:00 - 11:00 Kinstretch 10:00 - 11:00 Kinstretch 11:15 - 12:15
30 Pickle Ball 10:00 - 11:30 Calligraphy 10:00 - 11:30 Movers and Zoomers 10:30 - 11:30 Mah-Jong 12:30 - 3:30 Tai Chi 1:00 - 2:00 Bridge Group 1:00 - 3:30 Caregiver Compassion Circle 2:00 - 3:30	25 Intermediate Bridge 9:45 - 11:45 Online Stretch & Movement 10:30 - 11:15 Beginners Bridge 12:15 - 2:15 Friendly Visits at Selwyn House 12:45 - 1:45 Chair Yoga Dance 1:30 - 2:30 Painting 1:30 - 4:00 Fall Prevention 3:00 - 4:00 Belly Dancing 3:00 - 4:00	26 Movers and Zoomers 10:30 - 11:30 Busy Bees 10:30 - 2:30 Canasta 1:00 - 4:00 Stretch & Movement 1:30 - 2:30 Book Club 1:30 - 3:00 Digital Literacy 3:30 - 4:30	27 Current Events 9:45 - 10:45 Walkie Talkies 10:00 - 11:00 Chair Yoga 11:00 - 12:00 Thomas More 11:00 - 12:30 Lunch & Entertainment 1:00 - 3:00 Fall Prevention 3:00 - 4:30	28 Intermediate French 10:00 - 11:00 Kinstretch 10:00 - 11:00 Kinstretch 11:15 - 12:15
1	2	3	4	5 

LET'S START
GETTING EXCITED
FOR WINTER 2025!

• DECEMBER 2025 •



LEGEND

■ Online	■ Outside	■ Outings	■ Victoria Hall	■ Selwyn	■ Westmount Recreation Centre	■ 310 Victoria #102
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pickle Ball 10:00 - 11:30 Calligraphy. 10:00 - 11:30 Movers and Zoomers 10:30 - 11:30 Mah-Jong 12:30 - 3:30 Tai Chi 1:00 - 2:00 Bridge Group 1:00 - 3:30 Caregiver Compassion Circle 2:00 - 3:30	2 Online Stretch & Movement 10:30 - 11:15 Chair Yoga Dance 1:30 - 2:30 Fall Prevention 3:00 - 4:00	3 Movers and Zoomers 10:30 - 11:30 Busy Bees 10:30 - 2:30 Canasta 1:00 - 4:00 Community Band 2:30 - 4:30	4 Current Events 9:45 - 10:45 Walkie Talkies 10:00 - 11:00 Chair Yoga 11:00 - 12:00 Thomas More 11:00 - 12:30 Lunch & Entertainment 1:00 - 3:00 Fall Prevention 3:00 - 4:30	5 Kinstretch 10:00 - 11:00 Kinstretch 11:15 - 12:15
8 Bridge Group 1:00 - 3:30 Caregiver Compassion Circle 2:00 - 3:30	9 Chair Yoga Dance 1:30 - 2:30	10 Busy Bees 10:30 - 2:30 Canasta 1:00 - 4:00 Community Band 2:30 - 4:30	11	12
15 Bridge Group 1:00 - 3:30	16 Chair Yoga Dance 1:30 - 2:30	17 A Christmas Carol at Upper Canada Play House 11:30 - 6:30	18	19
22	23	24 OFFICE CLOSED 	25 OFFICE CLOSED	26 OFFICE CLOSED
29 OFFICE CLOSED	30 OFFICE CLOSED	31 OFFICE CLOSED	1 OFFICE CLOSED 	2 OFFICE CLOSED See You Next Year!

Glowing into Fall at Contactivity!

www.contactivitycentre.org

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



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 some fitness programs will be at **Westmount Recreation Centre (WRC)**.
All intergenerational programs will be at **Selwyn House School (SHS)**

Programs and Activities are Funded in part by:



Thank You!

310 Victoria Ave. Suite 102, Westmount, QC H3Z 2M9

514-932-2326 | admin@contactivitycentre.org

www.contactivitycentre.org

PROGRAMS & SERVICES
FOR SENIORS

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Engaged and
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50 YEARS
1972-2022



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