



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)

Coordinator of
Outreach Services
Jawdat Dib
(ext. 203)

Reception
(ext. 200)

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



*Pretty as
a picture...
Spring at Contactivity*
www.contactivitycentre.org

Contactivity Centre NEWSLETTER

Spring
2025

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

A NOTE FROM THE EXECUTIVE DIRECTOR

**It's Going to be Blooming Great
at Contactivity!**

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



To those who celebrate, Happy Easter, Happy Passover!

In our Winter session, we had a colourful program on flower arranging taught by staff from **Westmount Florist**. Pictured above are the participants and their beautiful floral arrangements. The bright colors and clever designs provide a perfect heading for this Spring issue.

Thank you to all our floral designers!

This Spring guide features interesting outings such as a trip to **Upper Canada Playhouse**; new programs such as **Show Club** to watch & discuss **Sticky**; information about our **Annual General Meeting** on June 19 at 10:30 am; and new guest speakers in **What Does My Neighbour Do?** **Marc Garneau** will talk about his new book and **Seema Panda** will discuss her world travels, raising a family in NYC, and her career at **Invera Inc**. You'll see many new and familiar programs and activities. **Register early and remember to renew your Contactivity membership by March 31!**

This Spring we have two Dawson students, **Chelsea** and **Eyuel**, from the **Community Recreation Leadership Training Program**. We also have two students from **Concordia's Therapeutic Recreation Program** completing short-term internships with us. We are also fortunate to have 8 nursing students from **McGill University** working on Social Action and strategies to improve services for homebound seniors. **Welcome to all our students!**

We would like to thank **Yasmina Al Hussein** for her work as our Outreach Coordinator. **Yasmina** resigned from Contactivity to take on new challenges. **We wish her all the best in her new job!** Replacing **Yasmina** will be **Jawdat Dib**. **Jawdat** brings a wealth of knowledge in supporting older adults and we are looking forward to introducing him to you.

See you at Contactivity soon!

Benita

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

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CONTACTIVITY CENTRE WILL BE CLOSED:

Good Friday

April 18th, 2025

Easter Monday

April 21st, 2025

Victoria Day

May 19th, 2025

St. Jean Baptiste Day

June 24th, 2025



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

514-932-2326 | admin@contactivitycentre.org



www.contactivitycentre.org



Contactivity **BREAKING** NEWS

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

www.contactivitycentre.org

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

Andrew Byers
Barbara Canella
Deborah Weissberg
Francine Savard
Helga Rudolf
James Void
John (Juan) Rodriguez
Judith Cezar
Luigi Masecchia
Lucien Savard
Lydia White
Marilynn Gillies
Marja Hogan
Mary Miller
Nancy Rosenfeld
Yabe Masatoshi

Congratulations on joining the Contactivity family!

We look forward to seeing you!

Benita



Save the Date **Westmount Family Day in Westmount Park**

Saturday, May 31, 2025, 10:00 - 3:30 PM

Spring activities for the whole family to enjoy! Stop by the Contactivity table.

Annual General Meeting



Thursday, June 19, 10:30 AM

Location: Victoria Hall, Concert Hall

We cordially invite all our valued members to attend our Annual General Meeting. This is an important event where we'll discuss the year's highlights, future plans, and elect board members. **To participate, members must be in good standing.**

Be sure to register in advance to ensure your place. Following the Annual Meeting, there will be a lunch, please register separately.

Deadline to register: Friday, June 13, 2025.

Announcing a New Website



We're thrilled to announce the launch of Contactivity Centre's brand-new website! Designed with you in mind, our new site is easier to navigate and packed with helpful information about our programs, events, and services. Whether you're looking to register for activities or stay up to date with upcoming events, it's all just a click away. Visit us at www.contactivitycentre.org and explore everything that Contactivity Centre has to offer!

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.

Annual Membership Renewal by March 31, 2025

Renew your Contactivity membership!

If you haven't already renewed your membership, please do so before March 31. 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
for Active Seniors 60+.





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

www.contactivitycentre.org

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

APRIL

Alison Streight
Alma Vaillancourt
Annelise Klug
Aranka Kantor-Torok
Birgitta Steinmetz
Bonnie Sandler
Diana Bishop
Diane Bourbonnais
Francine Savard
Georgia Copland
Glenna MacLeod
Heather Macleod
Helen Buck
Jacqueline (Lynn) Chapman
Jean McGilton
Judy Glass
Katarina Farsky
Laura-Ann Clarke
Lawrence Kryzanowski
Lesley Desautels
Lillian Arseneault
Linda Drodge
Linda Séguin
Louise Mackay
Lydia White
Madeleyn Conway
Mai Lloyd
Marguerite Godin
Marja Hogan
Maureen Kiely
Maureen Arsenault
Michael Gale
Muriel Valdron
Nancy Walkling
Nancy Rosenfeld
Nina Glavackas
Patricia Hamilton
Patricia Potter
Rachel Green

Roslyn Selig
Susan Strother
Susan Georgette
Suzanne Racine
Sylvia Cannon
Terrance (Terry) Rigelhof
Tony Wait
Tracey Basciano
Valerie Aitken

MAY

Arnold David Purdon
Barbara Anne Howard
Barbara Osterholz Leblond
Barrie Wilson
Brenda Wilson
Brenda Brisebois
Carla Laufer
Carol MacLeod
Charles Gregory
David Adley
Denise Roy
Diane Webster
Edward Farrant
Elizabeth Brierley
Elsebeth Merkly
Enid Sarrazin
Erika Stokes
Erlinda Vasquez
Gary Evans
Gweneth Thirlwell
Heather Barwick
Herman Frederick Smith
Irvin Ford
Isabel Pappé
Jacqueline Heaton
Joyce Cornforth
Kelly Sullivan
Liliane Aberman
Linda Morrison

Lynn Pecknold
Mair Richards
Margaret Ludwig
Marietta LeBlanc
Marlene Kronick
Maureen Moffat
Maurice Fefer
Mirko Diksic
Nancy Ship
Patricia Cogan
Patricia Philip
Renate Stangl
Robert Gaudreau
Rosalind Davis
Samuelle Vinson
Sheila Hayes
Snigur Svitlana
Terry Pozzobon
Toba Zinman

JUNE

Ann Rigelhof
Anne Barkman
Annice Polacsik
Barbara Holubek
Barbara Winn
Bernie Goulem
Carmen Berlie
Carole Thorpe
Charlotte Pinsonnault
Colleen Shaughnessy
David Jones
Deborah Rowat
Edna Ralston
Elaine Heitner
Ellen Rubin
Ermine Campbell
Georgia Kanaki
Gloria Amirault
Harriet Manus

Helen Bocti
Ivan Mozer
Joanna Tse
Joyce Blond
Joyce Constantin
Judith Henkewick
June Brancato
Lawrence Knight
Lynne Williams
Madeleine Bouchard
Madelene Sebaldt
Margo Prince
Maria Pitacciatto
Marjorie Sharp
Mary Krohn
Mary Hall
Mihaela Solomon
Pamela Bujwid
Phyllis Vogel
Rita Markland
Roma Bross
Sheila Elle
Tatiana Slivitzky
Terry Ballantyne
Theodora (Thea) Philippo-
Calder
Zeela Kaufman



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

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

514-932-2326 | admin@contactivitycentre.org

www.contactivitycentre.org

We can help.

Whether you need a ride, a delivery or a simple hello from time to time...

We got ya!

Contactivity Outreach & Home Support Services



TELECHECK

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

MEDICAL ACCOMPANIMENT

Need help getting to a medical appointment? Our volunteers are here to help. We kindly ask for a week's notice to ensure we can pair you with a dedicated driver who will make your trip comfortable and hassle-free.

GROCERY SUPPORT

Share your grocery list with us via call or email, and we'll handle the rest. Thanks to our partnership with Metro Westmount, your groceries will be delivered right to your door. Residents in Westmount and the surrounding areas can conveniently pay with cash, cheque, or credit card.

FRIENDLY CALLS/VISITS

Our program brings together volunteers and seniors who value regular, friendly conversations. Whether it's a comforting chat over the phone or a warm in-person visit, these connections create a sense of community and companionship, brightening the days of our participants.

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



SPRING INTO WELLNESS: FRESH STARTS FOR A NEW SEASON

Spring is a season of renewal, making it a wonderful time to embrace fresh routines and simple habits to boost your well-being.

- 1. Enjoy gentle outdoor activities with the warmer weather:** Take a stroll, stretch in the garden, or relax on a sunny bench. Fresh air and gentle movement are great for your body and mind.
- 2. Declutter for a fresh start:** Spring cleaning isn't just for your home – it's a chance to feel lighter. Tidying up a drawer or organizing a shelf can give you a sense of accomplishment and calm.
- 3. Savor seasonal flavors:** Treat yourself to the delicious tastes of spring! Fresh strawberries, asparagus, and leafy greens are not only tasty but full of nutrients to keep you energized.
- 4. Reconnect with nature:** Plant flowers or herbs, listen to birds sing, or watch the trees bud. These small moments can bring a sense of peace and connection to the season.
- 5. Set small, meaningful goals:** Spring is a great time to try something new – perhaps a hobby you've always wanted to explore, writing letters to loved ones, or simply savoring quiet moments with a good book.

**Let's embrace the season of growth with renewed energy and connection.
This spring may your days be filled with health, happiness, and vitality!**



VOLUNTEER OPPORTUNITIES:

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

We have openings for volunteers to help with:

- Tech Support
- Driving to Medical Appointments
- Grocery Support
- Special Events
- Lunches
- Friendly Visits or Calls
- Outreach
- Activities at the Centre

Please reach out to:

Jawdat Dib at **514-932-2326** ext. **203** or **outreach@contactivitycentre.org** and learn more about how to become a Contactivity Volunteer.

OUTREACH SERVICES

Searching for information on senior services and resources? We can provide support in various areas, including, but not limited to

- Advocacy • Housing • Landlord-Tenant Issues • Transportation • Home Care Services • Cleaning Services • Medical accompaniment • Friendly Visits • Daily Phone Call Services • Food Security • Meals on Wheels • Community Meals • Grocery shopping • Abuse and Fraud Prevention • Health & Social Services • Hospitals • CLSCs • Day Centres • Assisted Living • Long-term care • Caregiver support • Counseling Resources • Government Resources

Please reach out to:

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
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Contactivity Centre Registration

SPRING 2025

A FEW GUIDELINES

To Register:

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

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 Spring courses.



ONSITE

FALL PREVENTION PROGRAM

Tuesdays and Thursdays, 3:00 - 4:30

April 15 - June 17 (11 weeks)

Instructor: Philippe Briand, Kinesiologist

Location: Victoria Hall, Ward Room

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

Contactivity Centre, in conjunction with the CLSC Metro offers a twice-weekly, 11-week Fall Prevention program. There is no cost but participants must make a commitment to the full 11 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)

April 3 - June 26

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

April 15 - June 3 (8 weeks)

Instructor: Natalie Kalinowicz

Location: Victoria Hall, Lodge Room

Cost: \$51 Member / \$61 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 & back. Wear comfortable clothing and let's have fun dancing together!



ONSITE

PICKLEBALL

Mondays, 10:00 - 11:30

April 28 - June 16 (7 weeks) No course on May 12 and May 19

Facilitator: Lucas Liberta

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

Cost: \$38 Member / \$48 Non-Member

Contactivity provides all equipment. **Mark your calendar for our season's first friendly Pickleball Tournament on June 16!**

KINSTRETCH

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

April 25 - June 13 (8 weeks)

Instructor: Zack Powell

Location: Victoria Hall, Ward Room

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

Cost: \$51 Member / \$61 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.

STRETCH AND MOVEMENT

Wednesdays, 1:30 - 2:30

April 23 - June 18 (7 weeks), No course on April 30 and May 7

Instructor: Trudie Ogden

Location: Westmount Recreation Centre, Exercise Room

Cost: \$51 Member / \$61 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.

CHAIR YOGA DANCE

Tuesdays, 1:30 - 2:30

April 15 - June 3 (8 weeks)

Instructor: Giovanna Carrubba

Location: Westmount Recreation Centre, multipurpose room

Cost: \$51 Member / \$61 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.

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



ONLINE

MOVERS AND ZOOMERS

Mondays and Wednesdays, 10:30 - 11:15

April 7 - June 18 (21 classes)

Instructor: Lana Romandini

Cost: \$192 Member / \$213 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

April 15 - June 17 (10 weeks)

Instructor: Trudie Ogden

Cost: \$63 Member / \$73 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

Wednesdays, 1:00 - 2:00

April 16 - June 4 (8 weeks)

Instructor: Colin Young

Cost: \$51 Member / \$61 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

April 17 - June 5 (8 weeks)

Instructor: Manon Lacroix

Location: Victoria Hall, Prud'Homme Room

Cost: \$51 Member / \$61 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.





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 **DISCOVER YOUR INNER SONGWRITER: SONGWRITING WORKSHOP**

Part of World Music Therapy Week
Friday, April 11 and Monday, April 14
10:30 - 11:30

Instructor: Rob Lutes

Location: 310 Victoria, Suite 410

Cost: \$33 Member / \$44 Non-Member



*Join us for an inspiring two-day songwriting workshop led by musician and songwriter, **Rob Lutes**. Rob will guide you step-by-step through the art of songwriting, using simple techniques to help you craft lyrics, melodies, and explore your own musical voice. No experience necessary – just an open mind and a love for music! Spaces are limited, so be sure to sign up today!*

NEW **HISTORY OF COSTUMES**

Wednesday, April 9 and Wednesday, May 7
and Monday, June 9
1:30 - 2:45

Facilitator: Pamela Grimaud

Location: Westmount arena, multipurpose room

Cost: \$33 Member / \$44 Non-Member

Explore fashion's evolution from the 18th to early 20th centuries, from Marie Antoinette's opulent gowns to the neoclassical styles of the Napoleonic era. See how the French Revolution and Enlightenment ideals democratized fashion. Discover Victorian England's aesthetic movement and the bold designs of figures like Oscar Wilde. Finally, witness Paul Poiret's radical shift away from the corset, reshaping the fashion world with his daring creations.



ONSITE

BEGINNER AND INTERMEDIATE KNITTING

Mondays, 10:00 - 11:00

April 28 - June 23 (8 weeks) No course on May 19

Instructor: Catherine Sones

Location: 310 Victoria, Suite 410

Cost: \$51 Member / \$61 Non-Member

Whether you've never touched a knitting needle before or just need a refresher, this course is designed to guide you every step of the way. In this hands-on supportive environment, you'll learn basic knitting techniques like casting on, knit and purl stitches, and binding off. You will also learn essential tips for fixing common mistakes, so you can keep going with confidence. Join us to start your knitting journey and make something beautiful from scratch! You will need to purchase a pair of needles, any size between 9-14mm.

INTRO TO CROCHET

Mondays, 11:00 - 12:00

April 28 - June 23 (8 weeks) No course on May 19

Instructor: Catherine Sones

Location: 310 Victoria, Suite 410

Cost: \$51 Member / \$61 Non-Member

Join us for a fun and beginner-friendly crochet class where you'll learn the basics of this timeless craft. From mastering simple stitches to creating your first project, we'll guide you every step of the way. Whether you're making scarves, blankets, or accessories, you'll gain the skills and confidence to bring your crochet ideas to life! You will need to purchase ergonomic crochet hooks, which you can purchase at Dollarama or on Amazon.

BUSY BEES ARTS & CRAFTS GROUP

Wednesdays, 10:30 - 3:00 Ongoing

April 9 - June 18 (10 weeks) No course on April 30

Location: 310 Victoria, suite 410

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

Tuesdays, 1:00 - 3:30

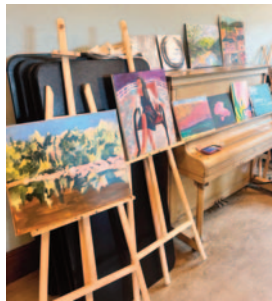
April 15 - June 3 (8 weeks)

Instructor: Suzy Levy

Location: Victoria Hall, Club Room

Cost: \$109 Member /

\$119 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 WITH SUZY

Fridays, 1:00 - 3:00

April 25, June 27 (8 weeks)

No course on May 9 and May 23

Instructor: Suzy Levy

Location: Victoria Hall, Club Room

Cost: \$105 Member / \$115 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.

WOODWORKING FOR FATHERS DAY

Monday, 1:00 - 3:00

June 16

Instructor: Kirk Brydges

Location: Selwyn House School

Cost: \$25 Member / \$35 Non-Member

To celebrate Father's Day, we invite you to get creative in a woodworking workshop at Selwyn House. You will be able to take home your fabulous finished work!



And now for a workout for your Brain!

We all know that our brain needs exercise as well to improve memory function and cognitive abilities. So learn something new, stay sharp and **Train your Brain** with us!



ONSITE

JOIN THE SHOW CLUB: WATCH & DISCUSS THE TV SERIES 'STICKY'

Fridays, 11:15 - 12:30

May 23 - June 27

Facilitator: Lucas Liberta

Location: Victoria Hall, Club Room

Cost: \$5 Member / \$15 Non-Member



Calling all TV enthusiasts! We're excited to introduce our brand-new Show Club, where you can unwind, enjoy, and discuss the hit TV series Sticky with fellow members. The Sticky is a TV series about an unlikely trio who plan a maple syrup heist. The series is loosely based on a real-life heist that took place in Canada between 2011 and 2012.

WHAT DOES MY NEIGHBOUR DO?

In this series, we feature Westmounters with interesting careers (current or former) and who have contributed to society. This Spring we are fortunate to have two special guest speakers. Learn something new and interesting about your neighbours!

Tuesday, 11:00 - 12:00

June 10

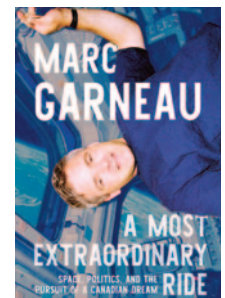
Location: Victoria Hall, Club Room

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

Marc Garneau

Retired Canadian Member of Parliament,
Retired Royal Canadian Navy Officer,
Astronaut

Marc Garneau made history on October 5, 1984, as the first Canadian in space, inspiring a nation and ushering in a new era of space exploration. He later became the first astronaut elected to Parliament, serving as Minister of Transport and Minister of Foreign Affairs during major global events. In his memoir, *A Most Extraordinary Ride*, Garneau reflects on his remarkable journey from a rebellious teenager to a decorated astronaut and statesman, sharing personal stories of triumphs and challenge.





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?

Tuesday, 11:00 - 12:00

June 17

Location: Victoria Hall, Club Room

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

Seema Panda

PMO Analyst/Project Coordinator
Invera Inc.



Seema Panda grew up in Montreal, met her husband-to-be in California, married in India, moved to the United States where they eventually called New York City home. Twenty-two years later, Seema, her husband and three children moved to Westmount, and she is a PMO Analyst/Project Coordinator at Invera, Inc. a Westmount-based company providing specialized e-commerce and enterprise software for metal service centers. Seema will enchant us with her tales of getting married in India; experiences raising a family in NYC; travel stories from around the world including a beloved trip to Africa; her strong ties to McGill University and her work on the team implementing world-wide projects for metal service companies.

WORLD ELDER ABUSE AWARENESS DAY INFORMATION BOOTH

In recognition of World Elder Abuse Awareness Day, in collaboration with the SPVM, we will be setting up an information booth during the week of June 9th. Stay tuned for details on the exact date, time, and location in our weekly mass emails, or feel free to call us closer to the date for more information. We look forward to seeing you there!



CURRENT EVENTS

Thursdays, 11:00 - 12:00

April 17 - June 12 (7 weeks) No course on May 15 and May 22

Facilitator: Lucas Liberta

Location: Victoria Hall, Club 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.

ONSITE

CONTACTIVITY BOOK CLUB

Wednesdays, 1:30 - 3:00

April 30, May 28, June 25

Instructor: Elana Schwartz

Location: Victoria Hall, Club Room

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

Lively discussions & themed snacks to match our reading material!



April 30
Sarah's key
by Tatiana De Rosnay



May 28
The Bridges of
Madison County
by Robert James Waller



June 25
The Women
by Kristin Hannah

CAREGIVER COMPASSION CIRCLE

Every Second Wednesday, 2:00 - 3:30

April 2 - June 25

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.

HYBRID **ONSITE & ONLINE SIMULTANEOUSLY**

FRENCH CONVERSATION - INTERMEDIATE LEVEL

Fridays, 10:00 - 11:00

April 25 - June 20 (8 weeks) No course on May 9

Instructor: Ashod Alemian

Location: Victoria Hall, Club Room

Cost: \$51 Member / \$61 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**



MONDAY BRIDGE GROUP

Mondays, 1:00 - 3:30

April 14 - June 16 (8 weeks)

No course on April 21 and May 19

Bridge Convener: Dan Dutton

Location: Victoria Hall, Prud'homme Room

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

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



MAH-JONG GROUP

Mondays, 1:30 - 3:30

April 14 - June 16 (8 weeks)

No course on April 21 and May 19

Location: Victoria Hall, Club Room

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

This is a non-instructional group. Mah-Jong is great exercise for the brain and improves memory skills.



INSTRUCTIONAL BEGINNERS BRIDGE

Tuesdays, 1:00 - 3:00

April 15 - June 3 (8 weeks)

Instructor: Francis Therrien

Location: Victoria Hall, Prud'homme Room

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

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



INSTRUCTIONAL INTERMEDIATE BRIDGE

Tuesdays, 9:45 - 11:45

April 15 - June 3 (8 weeks)

Instructor: Francis Therrien

Location: Victoria Hall, Prud'homme Room

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

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

CANASTA GROUP

Wednesdays, 1:00 - 4:00

April 16 - June 25 (8 weeks)

No course on April 30, May 7 and June 18

Location: Westmount Recreation Centre, Multi-purpose Room

Cost: \$2.00 per Wednesday
(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!





GET TOGETHER FOR LUNCHES & ENTERTAINMENT

Happy Birthday 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

CONUNDRUM OF AGING WITH DR. JOE SCHWARCZ

Thursday, April 17

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 Omelet + rice + stir fry veggies*

Known for his column in The Gazette, the Dr. Joe Show on CJAD, his work at McGill University's Office of Science and Society, and his triumphs in transforming science into everyday language, Dr. Schwarcz will join us for an insightful presentation on the challenges and delights of aging. Local scientist, professor, author, and media celebrity, Dr. Schwarcz will unpack the science of aging and share with us how to tip the scales in our favour!

CELEBRATE SPRING WITH SHELI STEVENS APRIL BIRTHDAY LUNCH

Thursday, April 24

Lunch: 1:00 - 2:00

Performance: 2:00 - 3:00

Location: Westmount Recreation Centre, Multipurpose Room

Cost: \$15

Lunch: *Fish and Chips + salad OR Veggie pasta + salad*

Happy Birthday April Members! Join us in celebrating spring with Sheli Stevens' captivating musical performance! Sheli brings her unique blend of soulful melodies and uplifting rhythms, perfect for welcoming the season of renewal. Don't miss this unforgettable musical celebration!



ONSITE

BIRDWATCHING PRESENTATION WITH SHELDON HARVEY

Thursday, May 1

Lunch: 1:00 - 2:00

Presentation: 2:00 - 3:00

Location: Westmount Recreation Centre, Multipurpose Room

Cost: \$15



Lunch: *Steak and cheese wrap + salad OR Veggie wrap + salad*
Sheldon Harvey has been actively birding since 2002 and has recorded over 300 species of birds, all within approximately a 100 km radius of the city of Montreal, in southern Quebec. He is a former President and current Vice-President and Treasurer of Bird Protection Quebec, one of Canada's oldest birding and conservation group. He is also a member of BirdingPal and enjoys meeting up with visiting birders from around the world who come to the Montreal area for birdwatching. As an experienced birdwatching field trip leader, he will help prepare us on May 8th for a spring field trip to Parc des Rapides in LaSalle to search for these colorful species.

PRESERVING FAMILY TREASURES THROUGH CUSTOM FRAMING WITH MATT WETMORE OF LE FRAME SHOPPE

Thursday, May 8

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*

The best way to ensure something is truly treasured is by making it look like it's worth treasuring! In this presentation, Matt Wetmore will share simple design tips and entertaining framing stories that will educate, inspire, and show you how to preserve those treasures for generations to come.



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Join us and get out there!

**GET TOGETHER
FOR LUNCHES &
ENTERTAINMENT**



ONSITE

TERRY JOE ON THE BANJO MAY BIRTHDAY LUNCH

Thursday, May 15

Lunch: 1:00 - 2:00

Performance: 2:00 - 3:00

Location: Westmount Recreation
Centre, Multipurpose Room

Cost: \$15

Lunch: Braised beef tortellini +
salad OR Sun-dried tomato pesto
farfalle + salad

Happy Birthday May Members!

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!



MUSICAL PERFORMANCE WITH HAYDEN NOLAN

Thursday, May 22

Lunch: 1:00 - 2:00

Performance: 2:00 - 3:00

Location: Westmount Recreation
Centre, Multipurpose Room

Cost: \$15

Lunch: Chilli con carne + chips + rice
+ Mexican salad OR
Veggie chilli + chips + rice +
Mexican salad

Montreal-born singer, songwriter, and guitarist Hayden Nolan blends contemporary and '90s country influences. As the founder and frontman of The Record Breakers (2014-2021), he released multiple albums and opened for Bon Jovi and Blue Rodeo. With his debut single, Suits & Dresses out now, Nolan is set to release power ballads in the coming months.



ONSITE

FINANCIAL STRATEGIES FOR OLDER ADULTS

Thursday, May 29

Lunch: 1:00 - 2:00

Presentation: 2:00 - 3:00

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

Lunch: Shrimp linguini pasta + salad OR Penne rose + salad
Managing your finances can be a daunting task. Hear from the experts Araz Jaroudi and Nathalie Racine at RBC about budget management, investments, reduction of tax liability, RRSPs, market updates, and more. They will also provide tips on general banking. Whether you are new to managing your finances or very experienced at it, you will be sure to learn something interesting and helpful.



Araz Jaroudi Director,
Client Services Commercial
Banking RBC.



Nathalie Racine
Senior Portfolio Manager, Group Racine Marcotte, RBC Wealth
Management Dominion Securities.



GET TOGETHER FOR LUNCHES & ENTERTAINMENT

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Join us and get out there!



MUSICAL PERFORMANCE WITH CHRISTINE GHAWI JUNE BIRTHDAY LUNCH

Thursday, June 5
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*

Happy Birthday June Members!

Join us for an unforgettable musical journey as **Christine Ghawi** captivating musical performance! 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.



MUSICAL PERFORMANCE WITH GIOVANNI NATALE

Thursday, June 12
Lunch: 1:00 - 2:00
Performance: 2:00 - 3:00
Location: Westmount Recreation
Centre, Multipurpose Room
Cost: \$15
Lunch: *Meatloaf + mashed potatoes +
veggies OR
Omelet + mashed potatoes + veggies*
Once again the talented **Giovanni**
will entertain us with international
music played on the accordion.
Join us for lunch then listen and feel
free to dance to the wonderful rhythms
of international music!



ANNUAL GENERAL MEETING END-OF-YEAR-LUNCH

Thursday, June 19
Meeting: 10:30 - 12:00
Lunch: 12:00 - 1:00
Location: Victoria Hall, Concert Hall
Cost: \$15
Lunch: *Chicken Caesar wrap + potato salad + coleslaw
OR Veggie wrap + potato salad + coleslaw*
The Annual General Meeting will precede the lunch.
You must be a Contactivity member in good standing
to attend AGM. Please register separately for the
lunch and the Annual Meeting.



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

ITHQ LUNCH OUTING

Friday, April 10

12:00 - 2:15

Facilitators: Lucas Liberta and
Noemi Stafford

Cost: \$35

Meeting Point:

Restaurant ITHQ at 3535 rue Saint Denis

Meet at: 11:45 PM



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!

BOTANICAL GARDENS OUTING FOR MOTHER'S DAY

Tuesday, May 9

9:30 - 11:30

Facilitator: Lucas Liberta

Cost: \$25 Member / \$35 Non-Member

Meeting Point:

Botanical Gardens, 4101 Sherbrooke East.

Meet at: 9:00 AM

This Mother's day, treat yourself to the lush and blossoming beauty nature has to offer at Montreal's Botanical Gardens! Whether you have a green thumb or simply enjoy being surrounded by nature, you will be captivated by numerous thematic gardens and greenhouses. Explore plants from all four corners of the world with the world and see why the Montreal Botanical Gardens is considered one of the city's jewels.



OUTINGS

UPPER CANADA THEATRE - THE HIGHWAYMEN

Wednesday, April 30

12:00 - 6:30

Facilitators: Lucas Liberta and
Noemi Stafford

Cost: \$125 Member / \$135 Non-Member
(includes transportation and show tickets)

Meeting Point:

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

Meet at: 11:30 AM

Experience a powerful live concert featuring the hits of country legends Johnny Cash, Waylon Jennings, Willie Nelson, and Kris Kristofferson, known as 'The Highwaymen', performed by a dynamic 9-piece band. From the creator of Glory Days, Johnny & June, and Blue Suede Shoes.



BIRDWATCHING OUTING

Thursday, May 8 / Rain Day: May 15

9:30 - 11:30

Facilitator: Sheldon Harvey

Cost: \$22 Member / \$32 Non-Member

Meeting Point:

Parc des Rapides, 7770 Blvd. LaSalle, Lasalle, Quebec H8P 1X6

Meet at: 9:00

Join Sheldon Harvey at Parc des Rapides, an urban park in Montreal. It is located adjacent to the Lachine Rapids in the borough of LaSalle and is an ideal spot for an up-close view of the Lachine Rapids and a refuge for migrating birds. Don't miss out on Sheldon Harvey's presentation at our lunch on Thursday, May 1st.





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)

April 1 - May 13

12:45 - 1:45 (Lunch included)

Program Leader: Elana Schwartz

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



Interested in having a weekly chat at Selwyn House and have lunch together with a young 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.

CRAFTING AT SELWYN

Mondays, 12:30 - 1:30

April 7 - May 26

No course on May 19

Instructor: Ellen Jacobs & Sally Rioux

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



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

CONTACTIVITY / SELWYN INTERGENERATIONAL CHOIR

Friday, May 9

Friday, May 16

Monday, May 26

Friday, May 30

11:30 - 1:30 (Lunch included)

Performance at the End of the Year Tea, Tuesday, June 3

Instructor: Sheli Stevens

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

The Contactivity - Selwyn Choir is getting together again for a spring song and performance on June 3rd. 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.

INTERGENERATIONAL END OF YEAR TEA

Tuesday, June 3

3:00 - 4:30

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

Join us as we celebrate our programs, activities, and accomplishments for the academic year 2024-2025.

Open to everyone who participated in an Intergenerational Program from September 2024-June 2025.

Our Contactivity - Selwyn choir will perform!



HYBRID

ONSITE & ONLINE SIMULTANEOUSLY

DIGITAL LITERACY

Wednesdays

3:30 - 4:30

April 2 - May 14

Location: Selwyn House School

Instructor: Jamie Gunter

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? Jamie and his teaching assistants (Selwyn students) will cover these topics and more to help improve your tech-savvy skills.



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 • SPRING 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

APRIL 17

General Tao Chicken + rice + stir fry vegetables

OR

Omelet + rice + stir fry vegetables

APRIL 24

Fish and chips + salad

OR

Veggie pasta + salad

MAY 1

Steak and cheese wrap + salad

OR

Veggie wrap + salad

MAY 8

Veal cutlet + wild rice + veggies

OR

Veggie quiche + wild rice + veggies

MAY 15

Braised beef tortellini + salad

OR

Sun dried tomato pesto farfalle + salad

MAY 22

Chilli con carne + chips + rice + Mexican salad

OR

Veggie chilli + chips + rice + Mexican salad

MAY 29

Shrimp linguini pasta + salad

OR

Penne rose + salad

JUNE 5

Smoked meat platter, sandwich, roasted potatoes, coleslaw, pickle

OR

Veggie patty sandwich platter, roasted potatoes, coleslaw, pickle

JUNE 12

Meatloaf + mashed potatoes + veggies

OR

Omelet + mashed potatoes + veggies

JUNE 19

**Victoria Hall (VH) Concert Hall - 12:00 pm*

Chicken caesar wrap + potato salad + coleslaw

OR

Veggie wrap + potato salad + coleslaw





Contactivity
CENTRE
Contactivité



Recipes of the Season

Classic Pot Roast

INGREDIENTS

- 3 ½ to 4 pound beef chuck roast
- 2 tablespoons olive oil
- 1 thinly sliced, peeled yellow onion
- 2 thinly sliced and rinsed leeks, white and yellow parts only
- 6 thinly sliced garlic cloves
- 1 cup red wine
- 3 tablespoons tomato paste
- 6 cups beef stock
- 2 bay leaves
- 8 to 10 sprigs fresh thyme
- 8 to 10 fresh parsley stems with leaves
- 2 pounds baby Yukon potatoes
- 6 peeled regular or 10 baby tri-colored carrots, cut into 2" inch pieces
- 4 ribs of celery cut into 2" inch pieces
- 2 peeled parsnips cut into 2" inch pieces
- 1 peeled rutabaga cut into 1" cubes
- 1/2 beurre manié recipe
- Worcestershire sauce to taste
- 1 tablespoon red wine vinegar
- coarse salt and fresh cracked pepper to taste
- optional finely minced parsley for garnish



INSTRUCTIONS

- Generously season the beef on all sides with salt.*
- Place on a rack over a sheet tray and place uncovered in the refrigerator for 12 to 48 hours.*
- Remove the beef from the fridge and season with pepper on all sides.*
- Add the olive oil to a large Dutch oven pot over high heat until it smokes lightly.*
- Place in the beef, turn the heat down to medium, and sear on all sides until it is golden brown all around. This will take 3 to 4 minutes per side.*
- Set the beef aside on a plate and add the onions and leeks, season with salt, and sauté for 4 to 6 minutes. Then, turn the heat down to low medium and continue cooking for 10 minutes or until the onions are well browned.*
- Stir in the garlic and cook until fragrant, which takes 30 to 45 seconds.*
- Deglaze with ¼ cup of wine and cook until it is completely absorbed.*
- Next, stir in the tomato paste and cook for 2 to 3 minutes or until it is incorporated into the vegetables.*
- Pour in the ¾ cup wine, beef stock, bay leaves, thyme, parsley, salt, and pepper and stir to combine.*
- Add back in the seared beef and bring the mixture to a boil. Add on a lid, place it on a rack in the lower third of the oven, and cook at 325° for 3 ½ to 4 hours or until fork tender and has an internal temperature of 200° to 210°.*
- With about 70 minutes left in the cooking process, add the potatoes, prepared carrots, celery, and any other vegetables to the pot along with the beef and finish cooking alongside the pot roast.*
- Remove the pot from the oven and carefully set aside only the beef roast.*
- Mix softened butter and flour to make a kneaded butter.*
- Add the kneaded butter to the pot with the liquid and vegetables and cook over low to medium heat for 3 to 5 minutes or until the sauce thickens like a gravy.*
- Finish the mixture by stirring in optional vinegar and Worcestershire sauce.*
- Add the beef back to the pot and serve.*



Contactivity
CENTRE
Contactivité



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

Strawberry and Rhubarb Pie

INGREDIENTS

- 1 recipe All-Butter Pie Crust (2 crusts)
- 1 cup + 2 tbsp. granulated sugar
- 6 tbsp. cornstarch
- 1/2 tsp. kosher salt
- 1 lb. fresh rhubarb
- 1 lb. strawberries, stemmed and quartered
- 1 tbsp. orange juice
- 2 tsp. orange zest
- 2 tsp. vanilla bean paste or vanilla extract
- 1 large egg
- 2 tbsp. raw sugar



INSTRUCTIONS

1. Preheat the oven to 375°. Place a foil-lined rimmed baking sheet on the center rack of the oven to preheat.
2. Roll out 1 piece of dough on a floured surface into a 12-inch round, starting at the center and working your way out (Sprinkle flour over the top of the dough if it's a bit too moist). Carefully lift the dough and place in a 9-inch pie pan (not deep dish); gently press against the sides of the pan. Trim excess overhanging dough at the edge of the pie plate.
3. Stir together the sugar, cornstarch, and salt in a large bowl until evenly combined. Add the rhubarb, strawberries, orange juice, orange zest, and vanilla. Toss until evenly coated. Pour the fruit mixture into the pie crust.
4. Roll out the other piece of dough into a 12-inch round on a floured surface. Cut into eight 1 1/2-inch-wide strips. Arrange 4 strips of dough in parallel rows on top of the filling. Working with one strip at a time, arrange the remaining 4 strips perpendicular to the first ones, weaving the strips over and under to form a lattice. Trim the ends of the strips and press them against the bottom crust. Press with a fork all around the edge of the pie crust to crimp.
5. In a small bowl, whisk the egg and 1 tablespoon of water with a fork. Brush the dough lightly with the egg wash and sprinkle with the raw sugar.
6. Bake the pie until the filling is bubbly and thickened in the middle of the pie, 1 hour 20 minutes to 1 hour 30 minutes. (Cover the pie with foil if the crust is getting too dark after 45 minutes). Allow the pie to cool to room temperature before slicing, about 4 hours.

Bon appetit!

SHARE WITH US!

Feel free to send us a picture of your version of these recipes or one of your own to be featured in our next Newsletter at contactivitymembers@gmail.com





APRIL 2025

LEGEND

Online



Outings

Victoria Hall

Selwyn

Westmount Recreation Centre

310 Victoria #102

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1 Friendly Visits at Selwyn House 12:45 - 1:45	2 Caregiver Compassion Circle 2:00 - 3:30 Digital Literacy 3:30 - 4:30	3 Walkie Talkies 10:00 - 11:00	4
7 Movers and Zoomers 10:30 - 11:30 Crafting at Selwyn 12:30 - 1:30	8 Friendly Visits at Selwyn House 12:45 - 1:45 Fall Prevention 3:00 - 4:30	9 Busy Bees 10:30 - 3:00 Movers and Zoomers 10:30 - 11:30 History of Costumes 1:30 - 2:45 Digital Literacy 3:30 - 4:30	10 Walkie Talkies 10:00 - 11:00 ITHQ Restaurant Outing 12:00 Fall Prevention 3:00 - 4:30	11 A Songwriting Workshop with Rob Lutes 10:30 - 11:30
14 Movers and Zoomers 10:30 - 11:30 A Songwriting Workshop with Rob Lutes 10:30 - 11:30 Crafting at Selwyn 12:30 - 1:30 Monday Bridge 1:00 - 3:30 Mah-Jong Group 1:30 - 3:30	15 Intermediate Bridge 9:45 - 11:45 Online Stretch & Movement 10:30 - 11:15 Friendly Visits at Selwyn House 12:45 - 1:45 Painting with Acrylics, 1:30 - 3:30 Chair Yoga Dance, 1:30 - 2:30 Beginners Bridge 1:00 - 3:00 Belly Dancing, 3:00 - 4:00 Fall Prevention, 3:00 - 4:30	16 Busy Bees 10:30 - 3:00 Movers and Zoomers 10:30 - 11:30 Canasta 1:00 - 4:00 Tai Chi & Chi Kung, 1:00 - 2:00 Caregiver Compassion Circle 2:00 - 3:30 Digital Literacy 3:30 - 4:30	17 Walkie Talkies 10:00 - 11:00 Chair Yoga 11:00 - 12:00 Current Events 11:00 - 12:15 Lunch & Entertainment 1:00 - 3:00 Fall Prevention 3:00 - 4:30	18 Good Friday 
21 Easter Monday 	22 Intermediate Bridge 9:45 - 11:45 Online Stretch & Movement 10:30 - 11:15 Friendly Visits at Selwyn House 12:45 - 1:45 Beginners Bridge 1:00 - 3:00 Painting with Acrylics, 1:30 - 3:30 Chair Yoga Dance, 1:30 - 2:30 Belly Dancing, 3:00 - 4:00 Fall Prevention, 3:00 - 4:30	23 Busy Bees 10:30 - 3:00 Movers and Zoomers 10:30 - 11:30 Canasta 1:00 - 4:00 Tai Chi & Chi Kung, 1:00 - 2:00 Stretch & Movement 1:30 - 2:30 Digital Literacy 3:30 - 4:30	24 Walkie Talkies 10:00 - 11:00 Chair Yoga 11:00 - 12:00 Current Events 11:00 - 12:15 Lunch & Entertainment 1:00 - 3:00 Fall Prevention 3:00 - 4:30	25 Kinstretch 10:00 - 11:00 Intermediate French 10:00 - 11:00 Kinstretch 11:00 - 12:00 Drawing with Suzy 1:00 - 3:00
28 Beginner and Intermediate Knitting 10:00 - 11:00 Intro to Crochet, 11:00 - 12:00 Movers and Zoomers 10:30 - 11:30 Pickle Ball 10:30 - 12:00 Crafting at Selwyn 12:30 - 1:30 Monday Bridge 1:00 - 3:30 Mah-Jong Group 1:30 - 3:30	29 Intermediate Bridge 9:45 - 11:45 Online Stretch & Movement 10:30 - 11:15 Friendly Visits at Selwyn House 12:45 - 1:45 Beginners Bridge 1:00 - 3:00 Painting with Acrylics, 1:30 - 3:30 Chair Yoga Dance, 1:30 - 2:30 Belly Dancing, 3:00 - 4:00 Fall Prevention, 3:00 - 4:30	30 Movers and Zoomers 10:30 - 11:30 Tai Chi & Chi Kung, 1:00 - 2:00 Book Club 1:30 - 3:00 Caregiver Compassion Circle 2:00 - 3:30 Digital Literacy 3:30 - 4:30 Highway Men, Playhouse Outing 12:00 - 6:30	1	2

• MAY 2025 •



LEGEND

Online

Outings

Victoria Hall

Selwyn

Westmount Recreation Centre

310 Victoria #102

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	1	2
			<p>Walkie Talkies 10:00 - 11:00</p> <p>Chair Yoga 11:00 - 12:00</p> <p>Current Events 11:00 - 12:15</p> <p>Lunch & Entertainment 1:00 - 3:00</p> <p>Fall Prevention 3:00 - 4:30</p>	<p>Kinstretch 10:00 - 11:00</p> <p>Intermediate French 10:00 - 11:00</p> <p>Kinstretch 11:00 - 12:00</p> <p>Intergenerational Choir 11:30 - 1:30</p> <p>Drawing with Suzy 1:00 - 3:00</p>
5	6	7	8	9
<p>Beginner and Intermediate Knitting 10:00 - 11:00</p> <p>Intro to Crochet, 11:00 - 12:00</p> <p>Movers and Zoomers 10:30 - 11:30</p> <p>Pickle Ball 10:30 - 12:00</p> <p>Crafting at Selwyn 12:30 - 1:30</p> <p>Monday Bridge 1:00 - 3:30</p> <p>Mah-Jong Group 1:30 - 3:30</p>	<p>Intermediate Bridge 9:45 - 11:45</p> <p>Online Stretch & Movement 10:30 - 11:15</p> <p>Friendly Visits at Selwyn House 12:45 - 1:45</p> <p>Painting with Acrylics, 1:30 - 3:30</p> <p>Chair Yoga Dance, 1:30 - 2:30</p> <p>Beginners Bridge 1:00 - 3:00</p> <p>Belly Dancing, 3:00 - 4:00</p> <p>Fall Prevention, 3:00 - 4:30</p>	<p>Busy Bees 10:30 - 3:00</p> <p>Movers and Zoomers 10:30 - 11:30</p> <p>Tai Chi & Chi Kung 1:00 - 2:00</p> <p>History of Costumes 1:30 - 2:45</p> <p>Digital Literacy 3:30 - 4:30</p>	<p>Birdwatching Outing 9:30 - 11:30</p> <p>Walkie Talkies 10:00 - 11:00</p> <p>Chair Yoga 11:00 - 12:00</p> <p>Current Events 11:00 - 12:15</p> <p>Lunch & Entertainment 1:00 - 3:00</p> <p>Fall Prevention 3:00 - 4:30</p>	<p>Botanical Garden Mother's Day Outing 9:30 - 11:30</p> <p>Kinstretch 10:00 - 11:00</p> <p>Intermediate French 10:00 - 11:00</p> <p>Kinstretch 11:00 - 12:00</p>
12	13	14	15	16
<p>Beginner and Intermediate Knitting 10:00 - 11:00</p> <p>Intro to Crochet, 11:00 - 12:00</p> <p>Movers and Zoomers 10:30 - 11:30</p> <p>Crafting at Selwyn 12:30 - 1:30</p> <p>Monday Bridge 1:00 - 3:30</p> <p>Mah-Jong Group 1:30 - 3:30</p>	<p>Intermediate Bridge 9:45 - 11:45</p> <p>Online Stretch & Movement 10:30 - 11:15</p> <p>Friendly Visits at Selwyn House 12:45 - 1:45</p> <p>Painting with Acrylics, 1:30 - 3:30</p> <p>Chair Yoga Dance, 1:30 - 2:30</p> <p>Beginners Bridge 1:00 - 3:00</p> <p>Belly Dancing, 3:00 - 4:00</p> <p>Fall Prevention, 3:00 - 4:30</p>	<p>Busy Bees 10:30 - 3:00</p> <p>Movers and Zoomers 10:30 - 11:30</p> <p>Tai Chi & Chi Kung, 1:00 - 2:00</p> <p>Canasta, 1:00 - 4:00</p> <p>Stretch & Movement 1:30 - 2:30</p> <p>Caregiver Compassion Circle 2:00 - 3:30</p> <p>Digital Literacy 3:30 - 4:30</p>	<p>Walkie Talkies 10:00 - 11:00</p> <p>Chair Yoga 11:00 - 12:00</p> <p>Lunch & Entertainment 1:00 - 3:00</p> <p>Fall Prevention 3:00 - 4:30</p>	<p>Kinstretch 10:00 - 11:00</p> <p>Intermediate French 10:00 - 11:00</p> <p>Kinstretch 11:00 - 12:00</p> <p>Intergenerational Choir 11:30 - 1:30</p> <p>Drawing with Suzy 1:00 - 3:00</p>
19	20	21	22	23
<p>Victoria Day</p> 	<p>Intermediate Bridge 9:45 - 11:45</p> <p>Online Stretch & Movement 10:30 - 11:15</p> <p>Painting with Acrylics, 1:30 - 3:30</p> <p>Chair Yoga Dance, 1:30 - 2:30</p> <p>Beginners Bridge 1:00 - 3:00</p> <p>Belly Dancing, 3:00 - 4:00</p>	<p>Busy Bees 10:30 - 3:00</p> <p>Movers and Zoomers 10:30 - 11:30</p> <p>Tai Chi & Chi Kung, 1:00 - 2:00</p> <p>Canasta, 1:00 - 4:00</p> <p>Stretch & Movement 1:30 - 2:30</p>	<p>Walkie Talkies 10:00 - 11:00</p> <p>Chair Yoga 11:00 - 12:00</p> <p>Lunch & Entertainment 1:00 - 3:00</p> <p>Fall Prevention 3:00 - 4:30</p>	<p>Kinstretch 10:00 - 11:00</p> <p>Intermediate French 10:00 - 11:00</p> <p>Kinstretch 11:00 - 12:00</p> <p>Show Club 11:15 - 12:30</p>
26	27	28	29	30
<p>Beginner and Intermediate Knitting 10:00 - 11:00</p> <p>Intro to Crochet, 11:00 - 12:00</p> <p>Movers and Zoomers 10:30 - 11:30</p> <p>Pickle Ball, 10:30 - 12:00</p> <p>Intergenerational Choir 11:30 - 1:30</p> <p>Crafting at Selwyn 12:30 - 1:30</p> <p>Monday Bridge 1:00 - 3:30</p> <p>Mah-Jong Group, 1:30 - 3:30</p>	<p>Intermediate Bridge 9:45 - 11:45</p> <p>Online Stretch & Movement 10:30 - 11:15</p> <p>Painting with Acrylics, 1:30 - 3:30</p> <p>Chair Yoga Dance, 1:30 - 2:30</p> <p>Beginners Bridge 1:00 - 3:00</p> <p>Belly Dancing, 3:00 - 4:00</p> <p>Fall Prevention, 3:00 - 4:30</p>	<p>Busy Bees 10:30 - 3:00</p> <p>Movers and Zoomers 10:30 - 11:30</p> <p>Tai Chi & Chi Kung, 1:00 - 2:00</p> <p>Canasta, 1:00 - 4:00</p> <p>Stretch & Movement 1:30 - 2:30</p> <p>Book Club 1:30 - 3:00</p> <p>Caregiver Compassion Circle 2:00 - 3:30</p>	<p>Walkie Talkies 10:00 - 11:00</p> <p>Chair Yoga 11:00 - 12:00</p> <p>Current Events 11:00 - 12:15</p> <p>Lunch & Entertainment 1:00 - 3:00</p> <p>Fall Prevention 3:00 - 4:30</p>	<p>Kinstretch 10:00 - 11:00</p> <p>Intermediate French 10:00 - 11:00</p> <p>Kinstretch 11:00 - 12:00</p> <p>Show Club, 11:15 - 12:30</p> <p>Intergenerational Choir 11:30 - 1:30</p> <p>Drawing with Suzy 1:00 - 3:00</p> <p>Family Day May 31</p>



• JUNE 2025 •

LEGEND

Online

Outings

Victoria Hall

Selwyn

Westmount Recreation Centre

310 Victoria #102

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Beginner and Intermediate Knitting 10:00 - 11:00</p> <p>Intro to Crochet, 11:00 - 12:00</p> <p>Movers and Zoomers 10:30 - 11:30</p> <p>Pickle Ball 10:30 - 12:00</p> <p>Monday Bridge 1:00 - 3:30</p> <p>Mah-Jong Group 1:30 - 3:30</p>	<p>3</p> <p>Intermediate Bridge 9:45 - 11:45</p> <p>Online Stretch & Movement 10:30 - 11:15</p> <p>Beginners Bridge 1:00 - 3:00</p> <p>Painting with Acrylics, 1:30 - 3:30</p> <p>Chair Yoga Dance, 1:30 - 2:30</p> <p>Belly Dancing, 3:00 - 4:00</p> <p>Fall Prevention, 3:00 - 4:30</p> <p>End of Year Tea at Selwyn 3:00 - 4:30</p>	<p>4</p> <p>Busy Bees 10:30 - 3:00</p> <p>Movers and Zoomers 10:30 - 11:30</p> <p>Canasta 1:00 - 4:00</p> <p>Tai Chi & Chi Kung, 1:00 - 2:00</p> <p>Stretch & Movement 1:30 - 2:30</p>	<p>5</p> <p>Walkie Talkies 10:00 - 11:00</p> <p>Chair Yoga 11:00 - 12:00</p> <p>Current Events 11:00 - 12:15</p> <p>Lunch & Entertainment 1:00 - 3:00</p> <p>Fall Prevention 3:00 - 4:30</p>	<p>6</p> <p>Kinstretch 10:00 - 11:00</p> <p>Intermediate French 10:00 - 11:00</p> <p>Kinstretch 11:00 - 12:00</p> <p>Show Club 11:15 - 12:30</p> <p>Drawing with Suzy 1:00 - 3:00</p>
<p>9</p> <p>Beginner and Intermediate Knitting 10:00 - 11:00</p> <p>Intro to Crochet, 11:00 - 12:00</p> <p>Movers and Zoomers 10:30 - 11:30</p> <p>Pickle Ball 10:30 - 12:00</p> <p>Monday Bridge 1:00 - 3:30</p> <p>History of Costumes 1:30 - 2:45</p> <p>Mah-Jong Group 1:30 - 3:30</p>	<p>10</p> <p>Online Stretch & Movement 10:30 - 11:15</p> <p>What does my neighbour do? 1:30 - 2:30</p> <p>Fall Prevention, 3:00 - 4:30</p>	<p>11</p> <p>Busy Bees 10:30 - 3:00</p> <p>Movers and Zoomers 10:30 - 11:30</p> <p>Canasta 1:00 - 4:00</p> <p>Caregiver Compassion Circle 2:00 - 3:30</p> <p>Stretch & Movement 1:30 - 2:30</p>	<p>12</p> <p>Walkie Talkies 10:00 - 11:00</p> <p>Current Events 11:00 - 12:15</p> <p>Lunch & Entertainment 1:00 - 3:00</p> <p>Fall Prevention 3:00 - 4:30</p>	<p>13</p> <p>Kinstretch 10:00 - 11:00</p> <p>Intermediate French 10:00 - 11:00</p> <p>Kinstretch 11:00 - 12:00</p> <p>Show Club 11:15 - 12:30</p> <p>Drawing with Suzy 1:00 - 3:00</p>
<p>16</p> <p>Beginner and Intermediate Knitting 10:00 - 11:00</p> <p>Intro to Crochet, 11:00 - 12:00</p> <p>Movers and Zoomers 10:30 - 11:30</p> <p>Pickle Ball / Tournament 10:30 - 12:00</p> <p>Monday Bridge 1:00 - 3:30</p> <p>Woodworking Woodshop at Selwyn 1:00 - 3:00</p> <p>Mah-Jong Group 1:30 - 3:30</p>	<p>17</p> <p>Online Stretch & Movement 10:30 - 11:15</p> <p>What does my neighbour do? 1:30 - 2:30</p> <p>Fall Prevention, 3:00 - 4:30</p>	<p>18</p> <p>Busy Bees 10:30 - 3:00</p> <p>Movers and Zoomers 10:30 - 11:30</p> <p>Stretch & Movement 1:30 - 2:30</p>	<p>19</p> <p>Walkie Talkies 10:00 - 11:00</p> <p>Annual General Meeting 10:30 - 11:30</p> <p>Lunch 12:00 - 1:00</p>	<p>20</p> <p>Intermediate French 10:00 - 11:00</p> <p>Show Club 11:15 - 12:30</p> <p>Drawing with Suzy 1:00 - 3:00</p>
<p>23</p> <p>Beginner and Intermediate Knitting 10:00 - 11:00</p> <p>Intro to Crochet, 11:00 - 12:00</p>	<p>24</p> <p>Saint-Jean-Baptiste Day</p> 	<p>25</p> <p>Busy Bees 10:30 - 3:00</p> <p>Canasta 1:00 - 4:00</p> <p>Book Club 1:30 - 3:00</p> <p>Caregiver Compassion Circle 2:00 - 3:30</p>	<p>26</p> <p>Walkie Talkies 10:00 - 11:00</p>	<p>27</p> <p>Show Club 11:15 - 12:30</p>
<p>30</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>

LET'S START GETTING EXCITED FOR SUMMER 2025!



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

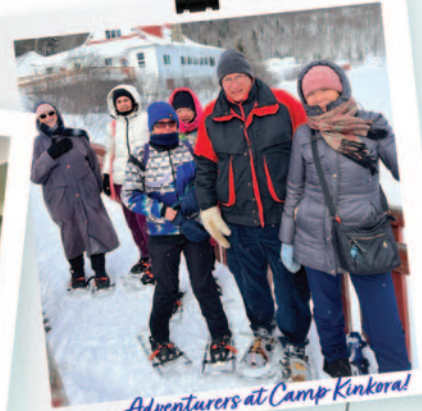
www.contactivitycentre.org



Bouquet Perfection!!



Groovin with Giovanni!



Adventurers at Camp Kinkora!



Sweet Things with the Busy Bees!



We Stretch it out!



PickleBall anyone?!!



Just Walk n' Talk n' Here!



Draw Me a Picture!





**Pretty as a picture...
Spring at Contactivity**
www.contactivitycentre.org

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

PROGRAMS & SERVICES
FOR SENIORS



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!

**Contactivity
CENTRE
Contactivité**
**Stay Active,
Engaged and
Connected!**
Register Today:

You can also
find us on



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

