

ANNUAL REPORT

2025 2026

We bridge *contact*
with *activity!*



Contactivity
CENTRE
Contactivité

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PROGRAMS & SERVICES
FOR ACTIVE SENIORS



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MESSAGE FROM THE PRESIDENT and EXECUTIVE DIRECTOR

Dear Contactivity Members and Friends,

This past year has been one of continued growth, compassion, and community at the Contactivity Centre. Guided by our mission to connect seniors, reduce isolation, offer support, provide enriching programming, and advocate for older adults, we are proud of all that we have accomplished together.

Throughout the year, we continued to expand opportunities for older adults to stay active, engaged, and connected. From new recreational activities and educational workshops to outings, social events, and intergenerational initiatives, our programs have created meaningful experiences and opportunities to age well.

One of the most significant milestones this year was the launch of our new *Day Program for Seniors with Mild Cognitive Impairment*. Made possible through the generous support of the *Grace Dart Foundation*, this program was developed to provide a welcoming, stimulating, and supportive environment for older adults experiencing early cognitive changes. Through adapted activities, social engagement, and compassionate care, the program has already had an invaluable impact on participants and their families, helping to reduce isolation and provide respite for family caregivers.

Our programs and services would not have been possible without the incredible support of our funders, donors, volunteers, and community partners. The strength and sustainability of Contactivity Centre are rooted in these important relationships and we are deeply grateful for their continued generosity and commitment.

To our dedicated *Board of Directors*, thank you for your thoughtful leadership and steadfast commitment to ensuring the long-term success of our organization. Your vision and strategic guidance shape a strong and viable community centre for older adults.

And to our *exceptional staff*, thank you for the care, creativity, and dedication you bring each and every day. Your work enriches the lives of our members and creates the welcoming spirit that defines our centre.

As we reflect on the past year, we do so with gratitude, pride, and optimism for the future.

Thank you for being part of the Contactivity community. Together, we look forward to another year of growth, connection, and meaningful impact.

Warmest regards,

Ann Rutledge

Ann Rutledge
President

Benita Goldin

Benita Goldin
Executive Director



Ann Rutledge - President



Benita Goldin - Executive Director





ABOUT CONTACTIVITY CENTRE

For over 50 years, Contactivity Centre has served as a vibrant, active community centre in Montreal for adults 60 +. We proudly provide older adults with programs and activities to stay active, engaged, and connected in-person and online.

MISSION STATEMENT

Facilitate the individual and collective empowerment and well-being of fellow seniors.
Minimize the many forms of exclusion, impoverishment and isolation of seniors through fostering mutual support and by building connections between seniors and younger generations.
Collaborate so that seniors remain maximally involved in and positively valued by the community and the larger Quebec society.

6 Board of Directors meetings took place in 2025-2026.
The Human Resources Committee met **twice** and the Audit and Finance Committee met **3 times**.
Program Committee met **3 times**.

BOARD OF DIRECTORS

Ann Rutledge
President

Susan Szalpeter
Vice President

Rebecca Alter
Secretary

John Bailey
Treasurer

Tony Wait
Board Member

Sandra Baines
Board Member

Rosalind Davis
Board Member

Don Hendy
Board Member

Dr. Stanley Heisler
Board Member

Benita Goldin
Executive Director

STAFF

Benita Goldin
Executive Director

Monica Flowers
Administrative Assistant

Emily Rill
Program Coordinator

Elana Schwartz
Intergenerational Program Leader

Olivia Stairs
Program Leader

Lucas Liberta
Program Leader

Stephanie Gaidica
Program Leader – Day Program

Catherina Ellazar
Program Assistant – Day Program

Noemi Stafford
Program Leader (*until November 2025*)

Jawdat Dib
Outreach worker (*until November 2025*)

Elizabeth Buchanan
Community Worker

INSTRUCTORS

Ashod Alemian

Aleksandrina Bakarova

Laurie Batraverse

Sachas Benard

Philippe Briand

Kirk Brydges

Giovanna Carrubba

Yvonne Clark

Dan Dutton

Alexa Gagnon

Pamela Grimaud

Sheldon Harvey

Chong Hu

Natalie Kalinowicz

Carrie Kessner

Nellie Kopek

Manon Lacroix

Rolland Lebrasseur

Harvey Levinson

Suzy Levy

Rob Lutes

Giovanni Natale

Hayden Nolan

Trudie Ogden

Natalie Osbourne

Jonathan Palevsky

Isabel Pardo

Julie Pomerleau

Zack Powell

Dr. Jason Retter

Lana Romandini

Patricia Sikender

Catherine Sones

Sheli Stevens

Francis Therrien

Jane Thomson

Dr. Avi Whiteman

Colin Young

MEMBERS

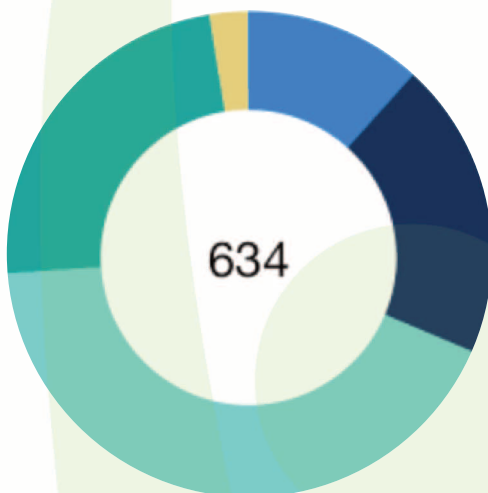


Contactivity Centre is a membership-based organization dedicated to providing older adults engaging programs, opportunities for social connection, community involvement, and support through stages of aging.

Annual membership is available for \$20 or \$45 for members who wish to receive mailed quarterly program newsletters. Membership offers a variety of benefits, including complimentary access to select activities, discounted program rates, and opportunities to participate in a vibrant and welcoming community. Through these efforts, we were pleased to maintain a strong and active membership base.

Our membership is primarily composed of independently living older adults residing in apartments, condominiums, and low-cost housing throughout Westmount and neighbouring communities including downtown Montreal, NDG, Cote St Luc, Hampstead, Snowdon, Lachine, LaSalle, the South Shore, Nun's Island, and Verdun.

This past year, Contactivity proudly served 634 members.



MEMBERSHIP STATISTICS

Age Range

< 64	74 members
65 - 74	125 members
75 - 84	270 members
85+	149 members
Other	16 members





PROGRAMS

EXPANDING OUR REACH AND IMPACT – AN OVERVIEW

During the 2025–2026 fiscal year, Contactivity Centre continued to offer a diverse range of programs furthering healthy aging, social connection, individual support, and community engagement. There were **3,851** registrations for our programs. **851** unique participants participated in our programs.

These figures highlight both the broad reach of our programming and the strong level of ongoing engagement among our members. Participants are meaningfully and consistently involved in Contactivity's offerings.

Over the course of the year, Contactivity delivered over **2,000 hours** of programming offering a diverse range of opportunities that support physical health, creativity, lifelong learning, meaningful social connection, and support for family caregivers and their loved ones.

This year, Contactivity Centre continued to build on its strong foundation by expanding programming through innovative new initiatives while strengthening the programs and experiences our members value most. From creative arts and fitness to intergenerational programming and enhanced support services, our work reflects an ongoing commitment to fostering a vibrant, inclusive, and connected community.

PROGRAMS SUPPORTING MEMBERS AND FAMILY CAREGIVERS

DAY PROGRAM

This year marked an exciting step forward for Contactivity Centre with the introduction of our **Day Program for older adults living with mild cognitive impairment and memory loss**. The Day Program is generously supported by the **Grace Dart Foundation**.

The **Day Program** offers a structured, engaging, and supportive environment where participants can enjoy meaningful activities that promote well-being, social connection, and a sense of purpose. Each day includes a variety of programming such as music, art, gentle movement, cognitive stimulation, and group conversations.

In addition to supporting participants, the **Day Program** provides much-needed respite for caregivers, offering peace of mind knowing their loved ones are in a safe and nurturing environment.

Through this initiative, Contactivity continues to expand its continuum of programs, ensuring that participants at all levels of ability remain connected, engaged, and valued members of the community. **31 members benefitted from the Day Program**.



CAREGIVER SUPPORT GROUP

The **Spousal Caregiver Support Group** met **21 times** over the past year, with a break during the summer months. Participation remained steady, with **12 registered participants**. The group offered a safe and supportive environment where spousal caregivers could openly share their experiences, connect with others in similar situations, and explore strategies for managing the emotional and practical challenges of caregiving for a partner with a long-term or terminal illness. Through facilitated discussions and peer support, participants had the opportunity to reflect, build resilience, and reduce feelings of isolation. Information, resources, and referrals were also provided as needed. The continued engagement of participants underscores the importance of accessible spaces for emotional support within the community.

GRIEF SUPPORT GROUP

The **Grief Support Group** met every second week in the winter and offered invaluable support to caregivers mourning the loss of a partner, loved one or family member. Through conversation, mutual support, and gentle guidance, participants honoured their loved ones, explored their emotions, and learned ways to cope and heal. This program was very much appreciated by its participants and became an ongoing program at Contactivity.

BUILDING ON OUR ESTABLISHED PROGRAM STREAMS

2025-2026



Get Fit, Get Creative, Get Smart, Get Your Game On, Get Together, Get Outta Here, and Get to School at Selwyn –

we continued to expand and evolve our programming to meet the diverse interests of our participants.



GET FIT

Our **Get Fit** programming continued to play a central role in supporting the physical health, mobility, and overall well-being of our members.

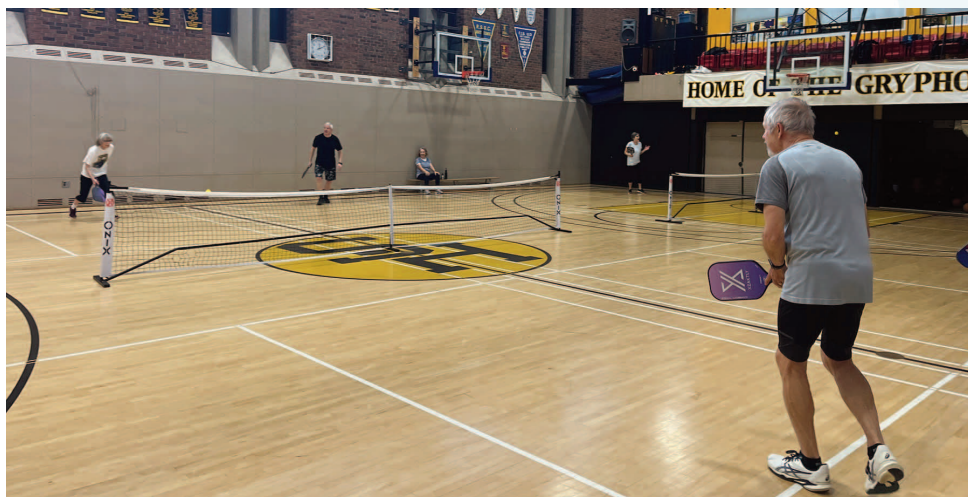
Throughout the 2025-2026 program year, we offered a wide range of fitness and movement-based classes designed to improve strength, flexibility, balance, and coordination. Programs were delivered in a combination of **in-person, online, and hybrid** formats, ensuring accessibility for members of all abilities.

For the first time, we introduced **Bocce Ball** and **Frisbee Golf**, both offering accessible and enjoyable ways for members to engage in light physical activity while socializing in an outdoor setting during the summer months.

Throughout the year, popular offerings included **Stretch and Movement, Kinstretch, Tai Chi and Chi Kung, Movers and Zoomers, Functional Fitness, Fall Prevention, Walkie Talkies**, and **Pickleball** which continued to support safe and active aging.

Chair-based fitness programs, including **Chair Yoga** and **Chair Yoga Dance** also demonstrated consistently high engagement, emphasizing the importance of inclusive and adaptable programming.

A total of **836** program registrations were recorded within the **Get Fit** category, demonstrating strong and consistent engagement across all terms.





GET CREATIVE

Our **Get Creative** programming provided members with opportunities to explore artistic expression, develop new skills, and engage in meaningful, hands-on activities in a supportive and social environment.

Throughout the 2025–2026 program year, we offered a diverse range of creative programs across all terms, including visual arts, crafts, and collaborative projects. These programs encouraged both individual creativity and group interaction, fostering confidence, enjoyment, and a sense of accomplishment.

Popular offerings included **Painting with Acrylics**, **Drawing**, **Knitting and Crochet**, **Busy Bees Arts & Crafts Group**, and seasonal workshops such as **Flower Arranging**. In preparation for our **Valentine's Day Tea**, we introduced a **Valentine's Card-Making workshop** series where participants created personalized cards to share at the tea, adding a meaningful and creative touch to the celebration. Other new programs introduced in 2025–2026 were **Calligraphy** workshops and a **Community Music Group**, providing opportunities for artistic exploration and collaborative expression. As part of **World Music Therapy Week**, we introduced a two-day **Discover Your Inner Songwriter** workshop, where members were guided through the songwriting process by musician **Rob Lutes**. This experience provided an accessible and supportive environment for participants to explore their creativity through music.

A total of **183** program registrations were recorded within the **Get Creative** category.

REGISTRATIONS FOR **Get Creative** was 183



GET SMART

Our **Get Smart** programming continued to support lifelong learning, curiosity, and meaningful discussion among our members.

Throughout the 2025–2026 program year, we offered a variety of educational programs, workshops, and discussion-based groups designed to stimulate intellectual engagement and encourage the exchange of ideas.

Offerings included programs such as **Healthy Aging**, **History of Costumes**, the **What Does My Neighbour Do?** speaker series, and the **Current Events Discussion Group** where participants gathered to explore and reflect on topics shaping the world around them.

We also held a presentation in recognition of **Holocaust Education Month - A Voice Across Generations: Remembering the Holocaust** which provided meaningful opportunities for learning and reflection.

Additional programming included practical workshops such as **Navigating Rent Increases** as well as a new series **The Art of Grandparenting: Love, Laughter, and Lasting Bonds** further expanding opportunities for learning and meaningful dialogue.

Get Smart programming demonstrated strong engagement in discussion-based and educational offerings with particular interest in current affairs, history, and practical learning opportunities. These programs continued to play an important role in supporting cognitive stimulation, curiosity, and meaningful social interaction for older adults.

A total of **191** program registrations were recorded within the **Get Smart** category.

REGISTRATIONS FOR **Get Smart** was 191





GET YOUR GAME ON

The **Get Your Game On** program remained consistent due to their social and cognitive benefits. The core activities were **Bridge, Mah-Jong, Canasta, Trivia & Board Games**.

REGISTRATIONS FOR **Get Your Game On** was 447



GET TOGETHER for Lunch

Community lunches continued to be one of Contactivity Centre's most valued opportunities for social connection and community building. During Spring 2025, Fall 2025, and Winter 2026, we hosted **30 Lunch & Entertainment events**, including two large seasonal celebrations that each welcomed approximately **100 participants**, i.e., **December Holiday Lunch; Valentine's Day Tea**.

Over the course of the year, meals were provided to approximately **720** at our weekly **Thursday lunch program** and **holiday celebrations**. This program generated more than **1,500 hours** of meaningful social engagement. Participants enjoyed nutritious meals, educational presentations, live musical performances, seasonal celebrations, and opportunities to connect with friends old and new.

For many older adults, particularly those living alone, these gatherings provided an important sense of belonging and routine. Beyond the meal itself, the lunches created opportunities for conversation, friendship, learning, and laughter—helping to reduce social isolation and strengthen community connections.

The popularity of our **Holiday Lunches** and **Weekly Luncheon programs** demonstrates the ongoing need for welcoming, accessible spaces where older adults can have a warm meal and socialize.



GET OUTTA HERE

With our **Get Outta Here** program, Contactivity Centre organized a wide variety of outings and special events, throughout 2025–2026 that encouraged older adults to remain active, curious, and connected to their community. Participants explored local cultural attractions (**MMFA**), enjoyed theatrical performances (**Upper Canada Playhouse**), visited a **vineyard** and **honey farm**, gathered for a **birdwatching outing**, experienced the beauty of autumn at **Camp Kinkora**, lunched at the **ITHQ**, and celebrated seasonal traditions at a **Cabane à Sucre**.

These outings provided opportunities for recreation, learning, friendship, and discovery while helping to reduce social isolation and promote overall well-being. Whether attending a theatre performance, enjoying the colours of fall, exploring local businesses, or sharing a meal and entertainment, participants experienced meaningful moments of connection that enriched their quality of life and strengthened their sense of belonging within the community. During the 2025–2026 program year, a total of **337 registrations** were recorded across **Get Outta Here** programs, reflecting strong interest in outings and experiential activities.

REGISTRATIONS FOR LOCAL OUTINGS **Get Outta Here** was 337





Intergenerational Programs with Selwyn House School

INTERGENERATIONAL PROGRAMMING is not simply a way to bring different age groups together – it is a vital strategy for building stronger, more compassionate communities.

When older adults and younger generations connect through shared activities, dialogue, and collaboration, the results are powerful: wisdom is passed on, stereotypes are broken down, and mutual respect flourishes. These programs help reduce social isolation among seniors while giving youth a deeper understanding of aging, empathy, and community responsibility. At a time when many families live apart and generational divides are widening, intergenerational programming offers a meaningful bridge – fostering connection, learning, and a sense of belonging for all involved.

This fiscal year, we had **165 total registrations** for this program and **269 student participants**.

• FRIENDLY VISITING PROGRAM

High school students met weekly in person with Contactivity members during lunch hour at **Selwyn House School**. Members joined the boys for lunch and ate together while they chatted for one hour about current events, sports, relationships, growing older, hobbies, and so much more. Both students and Contactivity members derived immense joy in this program. Friendships blossomed through the time they shared together and many of our seniors continued to meet with the students outside of school hours cherishing the strong bonds they had developed over the year.

A total of 39 seniors participated in this program.

• DIGITAL LITERACY

Selwyn students served as teaching assistants in technology courses which were attended by seniors and held at **Selwyn House School**. The seniors appreciated the opportunity to learn new skills and engage with the students. This program had a significant impact on our members, many of whom wanted to stay connected and informed but lacked the necessary skills. It gave seniors the chance to learn how to use technology, an essential part of our everyday lives.

A total of 48 seniors participated in this program.



• COOKING CLASS

Contactivity members visited **Selwyn House School** to take part in a collaborative cooking class with Middle School students. Together, they prepared a light 3 course meal, sharing conversation, laughter, and skills throughout the process. The experience culminated in everyone enjoying the dishes they created, making for a warm and engaging intergenerational activity.

A total of 12 seniors, 16 boys participated in this program.

• READING

The reading program gave older adults a purposeful opportunity to visit **Selwyn Elementary School** and read to students. The students were excited to spend time with Contactivity members and the members found great joy interacting with young children and discussing books together. The program took place weekly throughout the school year.

• LUNCHES AT CONTACTIVITY

Elementary students visited Contactivity **six times** to serve meals to our members. The students were outstanding servers and engaging conversationalists. They also helped serve and socialized during our **Holiday Lunch Event**. The students became very popular at our lunches and celebrations and our members always looked forward to their visits.

16 students participated.

• INTERGENERATIONAL CHOIR

The **Intergenerational Choir** with elementary school students was a huge success! Each session started with seniors and students having lunch and socializing together. Rehearsals followed with seniors and students enjoying the opportunity to sing and participate in an uplifting activity. The Choir had **two performances** – one recorded and one live. A holiday music video was created and widely distributed to **Selwyn** students, parents, faculty, staff and Contactivity seniors, volunteers, and friends.

The live performance was held at the **Intergenerational End of the Year Tea**.

35 seniors and 40 students participated in the choir.

• END OF THE YEAR INTERGENERATIONAL TEA

The **End of the Year Tea** was held to showcase the accomplishments of the students and seniors. Held at **Selwyn**, students and seniors presented their experiences in the Intergenerational program. Heartfelt speeches delivered by both students and seniors were a bold reminder of the importance of intergenerational programming for all generations. The event ended with a magnificent song and dance performance by the **intergenerational choir**.

30 students and seniors attended the Tea.



In the Community

Outreach programs and volunteer services are designed not only to meet practical needs but also to create opportunities for meaningful social interaction. The community worker played a central role in providing information, referral services, and advocacy. The community worker offered guidance on Contactivity programs, connected individuals to health and social services, resources from other organizations, and advocated on behalf of members when needed. In the past year alone, we reached over **600 seniors** through various channels such as personal visits, printout and newsletter distributions, social media, door-to-door outreach, and more. Of all the seniors reached, **227 established some form of contact** with our community worker, facilitating connections to a diverse array of resources and services both within and beyond the community and resulting in a remarkable **241 referrals** being made. This wide-reaching approach ensured that no senior in our community felt isolated or left behind. Additionally, our proactive approach led to **398 interventions**, significantly improving the lives of many seniors in the community. Additionally, food gift cards and taxi tickets were provided to those struggling to manage their finances, ensuring they could access essential needs without undue hardship.

To ensure widespread awareness of our services, the community worker maintained a visible presence throughout Westmount, connecting with seniors in familiar settings such as libraries, cafés, local businesses, parks, and community spaces. These informal points of contact created opportunities to share information, answer questions and build trust with individuals who may not yet have been connected to services.

Outreach efforts were further strengthened through ongoing collaboration with local partners, including **Westmount Public Security** and **community organizations** helping to identify and support seniors who may be experiencing vulnerability or isolation. Throughout the year, outreach activities also included hosting lunch and learn sessions on topics such as; **financial planning, including budgeting and tax considerations, navigating the healthcare system and advocating for oneself during medical appointments, understanding home care options, income supports such as Old Age Security and the Guaranteed Income Supplement, and navigating rent increases.**

The community worker remained actively involved in local meetings and community initiatives, reinforcing Contactivity's role as a trusted point of information, referral, and support.

Outreach efforts continued to adapt throughout the year to ensure seniors received consistent and accessible support. The community worker also fostered partnerships through participation in meetings, training sessions, and networking initiatives.

• COMMUNITY PARTNERS

We extend our sincere thanks to our community partners for their collaboration, expertise and ongoing commitment to improving the lives of older adults.

Westmount Public Security, Office municipal d'habitation de Montréal (OMHM), City of Westmount, Selwyn House School, Dawson College, LaSalle College, Vanier College, SPVM Station 12, Metro Westmount, CHSSN, McGill University, Concordia University, Table de quartier Peter-McGill, One Voice Coalition, PASO-ITMAV, ITMAV regional network, Seniors Action Quebec, COMACO, Public Health, CIUSSS Montreal Centre-Ouest, Seniors Table Montreal Centre West.



Volunteer Services

VOLUNTEER SERVICES ARE A VITAL RESOURCE AVAILABLE TO OUR MEMBERS

Volunteers play an essential role in supporting seniors in maintaining their independence, while also contributing to Contactivity Centre's programs and daily operations. Their involvement encompasses a wide range of activities including; **Telecheck, Program activities, Day Program for Seniors with mild cognitive impairment, medical appointments, lunches, crafting items for fundraisers and participating on committees.**

Through their dedication and ongoing support, volunteers help foster a welcoming, connected, and helpful community environment.

• SUPPORT SERVICES VOLUNTEERS

Accompaniment to medical appointments remained an important support for members, with approximately one appointment facilitated per week. **Telecheck**, a daily check-in service, provided seniors living alone with a reassuring call to ensure their well-being Monday to Friday. Weekend calls were facilitated through our partnership with **Westmount Public Security**.

33 seniors benefitted from these daily calls, offering an additional layer of support and connection.

In partnership with **Metro Westmount**, seniors benefitted from assistance with grocery shopping.

Grocery orders were coordinated through Contactivity and fulfilled by **Metro Westmount**, with deliveries made directly to seniors' homes.

• PROGRAM VOLUNTEER LEADERS

Volunteer leaders play an important role in enhancing the Centre's programming by sharing their time and expertise with participants.

Walkie Talkies was led by a dedicated volunteer who contributed approximately **60 hours** guiding weekly walks that encouraged physical activity and social connection. **The Caregiver Support Group** and **Grief Support Group** facilitators also made meaningful contributions of approximately **60 hours**, offering supportive environments for participants to connect, share, and receive emotional support.

Other one-time workshops were also led by volunteers and greatly valued by the participants.

Busy Bees continue to play a meaningful role at Contactivity through their creativity and dedication.

Over the past year, this group contributed over **700 hours** crafting knitted items for sales and charitable initiatives.

Their work not only supported the Centre but also brought warmth and care to the wider community.

A new volunteer position was created in the **Day Program for adults with early memory loss and cognitive decline**.

Two volunteers were assigned to the **Day Program** each day to further strengthen our ability to support participants.

Student Interns are indispensable volunteers at Contactivity.

Each year we welcome students from **McGill University, Concordia University, Vanier College, Dawson College, and LaSalle College**.

These students are in Medical school, Nursing school, Recreation Therapy, Business Management, Social Services, Special Care Counselling and Community Leadership Training. They were a valuable resource to the Centre bringing their fresh perspective and support to our participants and staff. **We had 13 interns this past year.**

Over the course of the year, **118 volunteers contributed a total of 2801 hours across programs, services, and outreach activities.**

Volunteers came from a variety of backgrounds, including members of the community and students, each bringing valuable time, skills, and energy to the Centre.

Volunteer Roles: Telecheck Caller, Office Assistant, Lunch Server, Intergenerational Program Support, Program Assistant, Medical Accompaniment Volunteer, Student Intern, Day Program Assistant, Committee Member.

THANK YOU TO OUR FUNDERS

We gratefully acknowledge the support of our funders, whose contributions make our work possible.

Their commitment enables us to offer programs and services that foster connection and well-being among older adults.

Through their support, Contactivity continues to be a place where seniors can stay active, engaged, connected, and feel supported.

