



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
Yasmina Al Hussein
(ext. 203)

Reception
(ext. 200)

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

**Come
Explore Winter
with Contactivity**

www.contactivitycentre.org



Contactivity Centre NEWSLETTER

Winter
2025

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

A NOTE FROM THE EXECUTIVE DIRECTOR

Explore and Create this Winter at Contactivity!











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



We have planned the usual fun and interesting programs you enjoy as well as added new ones like **Belly Dancing**, **Flower Arranging with Westmount Florist**, **Mindfulness & Doodling**, and **Introduction to Knitting**. **Jonathan Palevsky** is back with one of his scintillating musical series. **Snowshoe** with me beginning in January. Spend the day at **Camp Kinkora** for winter fun! **Celebrate Valentine's Day** at our Lunch/Tea on Feb 13. Let's go **Sugaring Off** together on March 28! Register online or in person at our new main office location **310 Victoria Ave. Suite 102**, Westmount, QC, H3Z 2M9. **In other news**, a big welcome back to Monica Flowers and Emily Rill who have each returned from maternity leave. Monica is our Administrative Assistant and Emily is our Program Coordinator. Welcome back to Contactivity! **A big thank you** to Noemi Stafford for replacing Monica during her leave. Noemi has returned to her job as a Program Leader. A big thank you to Andrea Shak for replacing Emily during her maternity leave.

Get excited and register for Contactivity's Winter programming.
See you soon! Benita

TABLE OF CONTENTS

	Home Support Services	Page 4
	Get Fit	Page 6
	Get Creative	Page 8
	Get Smart	Page 9
	Get Your Game on	Page 11
	Get Together	Page 12
	Get Outta Here	Page 15
	Get To School	Page 17
	Lunches	Page 19
	2025 Winter Activity Calendar	Page 20

**CONTACTIVITY CENTRE
WILL BE CLOSED:
New Year's Day
January 1st, 2025**

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



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



www.contactivitycentre.org



Contactivity
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Contactivity **BREAKING** NEWS

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

www.contactivitycentre.org

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

Membership at **Contactivity** has its **Privileges**

Al MacCorduodale
Anette McConnell
Ann Foley Petrovic
Bernie Goulem
Brenda Brisebois
Carmen Berlie
Carolyn Chmilar
Catherine Wylie
Cheryl Richards
Clare Godon
Colleen Shaughnessy
Consuelo Erazuriz
Daniel Laporte
David Klugerman
Debra Harris
Diana Motherwell
Diane Finnigan
Diane Bourbonnais
Edward Farrant
Elizabeth Miller

Ellen Rubin
Evy Solomon
Gail Stoute
Giovanna Raso
Gordon Cohen
Ina Lessard
Irina Iavorskaia
Jane A Nelson
Jo Ann Mackie
John McAuley
John Tyo
Joyce Cornforth
Kelly Sullivan
Larry McGoldrick
Leigh Vanier
Linda Séguin
Madeilyn Conway
Marguerite Godin
Marilyn Segal
Marion Mellor

Martha McMaster
Milton Herba
Mimi Demers
Mireille Coulourides
Olaf Skorzenski
Pam Cantor
Pilar Shephard Cumming
Rachel Green
Randa Talje
Richard Conrad
Samuel Levinson
Sorel Cohen
Steve Weir
Steven Zack
Susan Georgette
Suzanne Racine
Terry Ballantyne
Tracey Basciano

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., Suite 102
Westmount, QC H3Z 2M9
with your payment.

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



**Congratulations on joining
the Contactivity family!**

We look forward to seeing you!

Benita





Contactivity
CENTRE
Contactivité



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

www.contactivitycentre.org

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

JANUARY

Al MacCorduodale
Andrea Klein
Anne Hamilton
Anne Lessard
Anne Engel
Annie Bergey
Antje Bier
Bernadette Chau
Carol Lord Spence
Cheryl Richards
Debbie Blythe
Dianne Perrier
Eve Lauder
Evy Solomon
Frances Gilsenan
Frits Beran
Hélène Thun
Ilse Smejkal
Jean Darmanie
Joanne Baird
John McAuley
Judy Yelon
Ian Anh Vu
Lillian Fox
Linda Del Rosario
Linda Edgar
Lynn Caplan
Margaret Jones
Maria Gannon
Marie Pothier
Marilyn Howell Howell
Mary Flemming
Masao Ishida
Maureen Tinsley
Minoo Gundevia
Patricia Thornton
Randa Talje
Rosalind Gliserman
Shirley Carreiro
Shirley Pow Chong
Sonja Cooper
Virginia Elliott

FEBRUARY

Agnes Berot
Clare Godon
Clement Lam
Constance Desmarais
Daren Laine
Glenn Hynes
Harold Laxer
Heidy Vermeulen
Howard Gliserman
Jennie Chang
Josef Schmidt
Karen Griffin
Kristina DeCruz
Leon Gourdeau
Luca Lazare
Mary Wojdyslawski
Maxine Ruvinsky
Michele Wraight
Michelle Harper
Mimi Demers
Nelly Roffé
Nicole Forbes
Pam Cantor
Rachèle Rioux
Ramesh Chawla
Susan Kravitz
Susan Sand
Susan Szalpeter
Terri Zurowska
Tom Thompson

MARCH

Adriana Lopez
Aimi Kuura
Andrea Todd
Anne Renaud
Annette Perlman
Arlene Lapointe
Bernice Cobrin
Carol Walters
Carolyn Kieran
Celia Edmonds
Colette Marcotte
Desiree Chaker
Douglas Wetherup
Eva Mask
Giovanna Raso
Hazel Blenman
Honor Barrett
Karen Spencer
Ledda Urbani
Linda Horton
Lynn Morgan
Marcia Schaefer
Margaret Piton
Marion Mellor
Mark Lovell
Mirjana Gavriloic Gagrira
Nancy Paré
Pilar Shephard Cumming
Sally Tournas
Shelley Freeman
Steve Weir
Susan Palevsky
Suzanne Gregory
Theresa Boulay



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

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: **Yasmina Al Hussein** at **514-932-2326** ext. **203** or **outreach@contactivitycentre.org** to benefit from these services.



INSIGHTS FROM YASMINA

WINTER WELLNESS TIPS:

Staying healthy in winter can be challenging, but a few mindful habits can help you stay active, connected and energized.

- 1. Move Indoors:** If the weather is too chilly, try indoor activities like stretching exercises, light weights, or even gentle dance routines. Moving a little each day can keep your joints and muscles feeling great.
- 2. Stay Warm and Hydrated:** Drinking enough water in winter is just as important as in summer. Herbal teas are a cozy way to stay hydrated and warm.
- 3. Soak Up Natural Light:** Bright winter days can lift your mood! Try to get outside in the sunshine or sit by a sunny window to boost your vitamin D and your spirits.
- 4. Connect with Others:** Winter isolation is common, so make plans to call friends, join activities, and participate in virtual or on-site groups. Social interaction is key to mental wellness.
- 5. Try a New Hobby:** Winter is a wonderful time to start a new indoor hobby, like crafting, learning a language, or cooking new recipes. It keeps your mind sharp and gives you something fun to look forward to.

Small, steady habits can make a big difference. Let's make this winter a season of well-being and connection!

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:

Yasmina Al Hussein 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:

Yasmina Al Hussein 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

WINTER 2025

A FEW GUIDELINES

To Register:

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



ONSITE



SNOWSHOEING

Wednesdays, 10:00 - 11:00

January 15 - March 19

Facilitators: Benita Goldin & Lucas Liberta

Location: Westmount Recreation Centre, 4675 Saint Catherine St.

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

Strap on your snowshoes and join Contactivity snowshoe along the trails in Westmount Park. It is a great sport for cardiovascular fitness and is considered low impact. If you can walk independently without a walking aid and are in good physical condition, then this program may be right for you. Equipment will be provided.

PICKLEBALL

Mondays, 10:00 - 11:30

January 13 - March 24, No course on March 3 and March 10

Facilitator: Lucas Liberta

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

Cost: \$35 Member / \$40 Non-Member

Contactivity provides all equipment. Mark your calendar for our season's first friendly Pickleball Tournament on March 24th!

KINSTRETCH

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

January 17 - March 21

Instructor: Zack Powell

Location: Victoria Hall, Ward Room

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

Cost: \$43 Member / \$48 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 FITNESS

Wednesdays, 1:30 - 2:30

January 15 - March 19, No course on February 26

Instructor: Trudie Ogden

Location: Westmount Recreation Centre, Exercise Room

Cost: \$47 Member / \$57 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.



ONSITE

NEW BELLY DANCING

Free Trial Session: Tuesday January 7, 3:00 - 4:00

Tuesdays, 3:00 - 4:00

January 21 - March 18

Instructor: Natalie Kalinowicz

Location: Victoria Hall, Ward Room

Cost: \$48 Member / \$55 Non-Member

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



About Natalie: Natalie Kalinowicz has been sharing her passion teaching Belly dance to students of all ages, from children to seniors for over 20 years. In addition, she has an educational background & working experience with special needs populations. Natalie believes that dance not only promotes physical well-being but fosters a sense of connection & community.

NEW CHAIR YOGA DANCE

Tuesdays, 1:30 - 2:30

January 14 - March 11

Instructor: Giovanna Carrubba

Location: Westmount Recreation Centre, Exercise Room

Cost: \$55 Member / \$65 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.

About Giovanna: Giovanna started practicing yoga later in life and has been teaching yoga and meditation for 15 years.

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

GET FIT



ONSITE

WALKIE TALKIES

Thursdays, 10:00 - 11:00

(Weather permitting)

January 2 - March 27

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!



ONLINE

TUESDAY STRETCH AND MOVEMENT FITNESS

Tuesdays, 10:30 - 11:15

January 14 - March 25,

No course on February 25

Instructor: Trudie Ogden

Cost: \$47 Member / \$57 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.



HYBRID **ONSITE & ONLINE SIMULTANEOUSLY**

WEDNESDAY CHAIR YOGA

Wednesdays, 3:00 - 4:00

January 15 - March 19

Instructor: Manon Lacroix

Location: Westmount Recreation Centre, Exercise Room

Cost: \$55 Member / \$65 Non-Member

Learn yoga by modifying and adapting yoga postures with a chair. Explore seated postures during the first half of class and then standing ones, still with the support of a chair, during the second half of class. Breathing techniques, meditation and mindfulness will also be incorporated while we move from each pose with breath and awareness. A gentle yet effective yoga practice open to all. Beginners are welcome.

FRIDAY CHAIR YOGA

Fridays, 1:30 - 2:30

January 17 - March 21

Instructor: Manon Lacroix

Location: Westmount Recreation

Centre, Exercise Room

Cost: \$55 Member /

\$65 Non-Member



MOVERS AND ZOOMERS

Mondays and Wednesdays, 10:30 - 11:30

January 13 - March 19

Instructor: Lana Romandini

Cost: \$163 Member / \$186 Non-Member

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

TAI CHI AND CHI KUNG

Wednesdays, 1:00 - 2:00

January 22 - March 19

Instructor: Colin Young

Cost: \$45 Member / \$55 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.





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

BUSY BEES ARTS & CRAFTS GROUP

Wednesdays, 10:30 - 3:00 Ongoing

Wednesdays, 10:00 - 1:00 exceptionally on:

January 29, February 26 and March 26

Location: Victoria Hall, Club Room

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

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

NEW BEGINNER KNITTING

Fridays, 11:15 - 12:45

January 31 - March 21

Instructor: Sophie Shak

Location: Victoria Hall, Club Room

Cost: \$35 Member / \$40 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.



NEW FLOWER ARRANGEMENT WORKSHOP

Friday, 3:15 - 4:30

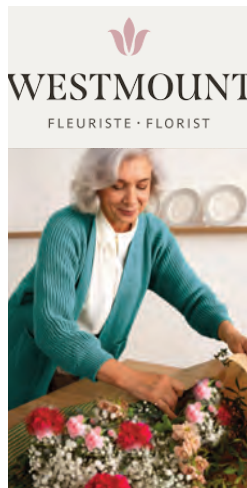
January 31

Instructor: Aleksandrina Bakarova

Location: Victoria Hall, Club Room

Cost: \$10 Member / \$15 Non-Member

Let your creativity flow and learn how to assemble your own beautiful bouquet of flowers. Join Contactivity Centre for a workshop creating stunning floral displays along with Westmount Florist!



HYBRID ONSITE & ONLINE SIMULTANEOUSLY

PAINTING WITH ACRYLICS

Tuesdays, 1:00 - 3:30

January 21 - March 25

Instructor: Suzy Levy

Location: Victoria Hall, Club Room

Cost: \$105 Member /

\$115 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.

Now offered as a HYBRID course!



DRAWING

Fridays, 1:00 - 3:00

January 24 - March 14

Instructor: Suzy Levy

Location: Victoria Hall, Club Room

Cost: \$85 Member / \$95 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.

Now offered as a HYBRID course!

MINDFULNESS DOODLING WORKSHOP

Mondays, 10:00 - 12:00

February 10 - March 17

Instructor: Julie Pomerleau

Location: Victoria Hall, Club Room

Cost: \$50 Member / \$56 Non-Member

Mindfulness meditation and doodling are great ways to help us become aware of and organize our thoughts and feelings. Using patterns as a guide for our art practice, participants can better understand the relationship between their mind, body, and breath.



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!

GET SMART



 **ONSITE**

CURRENT EVENTS

Thursdays, 11:00 - 12:00

January 16 - March 27

Facilitator: Lucas Liberta

Location: Victoria Hall, Prud'Homme Room

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

Do you like discussing breaking news? Are you a sports fan? Let's talk! Stay up to date on the latest news and sports developments. We'll explore the most current trends and reports in newspapers, radio, television and online.

THOMAS MORE DISCUSSION GROUP

Thursdays, 11:00 - 12:30

January 23 - March 27

Facilitators: Patricia Sikender & Jane Thomson

Location: Victoria Hall, Club Room

Cost: \$32 Member / \$42 Non-Member

The theme for this term is A World of Stories; Tales from the Seven Continents. Humans are natural storytellers. The written word continues to provide a window into other times and cultures. What can we learn from the tales we read? What can such tales teach us about the past and the present? In this course we will explore early tales to modern day stories with much in between.

CONTACTIVITY BOOK CLUB

Wednesdays, 1:30 - 3:00

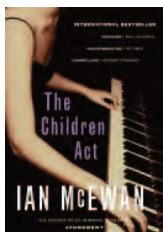
January 29, February 26, March 26

Instructor: Elana Schwartz

Location: Victoria Hall, Club Room

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

Lively discussions & themed snacks to match our reading material!



January 29
The Children Act
by Ian McEwan



February 26
The Essex Serpent
by Sarah Perry



March 26
The Home for
Unwanted Girls
by Joanna Goodman

 **ONSITE**

CAREGIVER COMPASSION CIRCLE

Every Second Wednesday, 1:30 - 3:00

January 8 - March 19

Facilitators: Yvonne Clark, Social Worker and
Yasmina Al Hussein, Outreach 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.



SOCIAL ACTION COMMITTEE

Every Second Tuesday, 10:30 - 11:30

January 14 - March 11

Facilitators: Yasmina Al Hussein, Outreach Worker

Location: 310 Victoria Ave., Suite 102

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

Join our Social Action Committee and be part of a movement for change! With the support of McGill Nursing students, you'll help shape initiatives, lead impactful projects, and connect with others who care. Together, we can build a better future!



GET SMART

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



ONSITE

HEALTHY AGING SERIES

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

Healthy Eyes

Monday, January 13, 1:00 – 2:00, Victoria Hall, Club Room

Natalie Osbourne, Clinical Coordinator,

Lethbridge Layton Mackay

Natalie will empower you with tools and resources for maintaining lifelong visual wellness.

Demystifying Our Health Care System

Monday, January 27, 1:00 – 2:00, Victoria Hall, Club Room

Jeremy Altman, CEO Equinoxe Life Care

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

Strong Bone Health

Monday, February 3, 1:00 – 2:00, Victoria Hall, Club Room

Dr. Kerstin Tiedemann, Researcher, McGill University

Dr. Tiedemann will discuss ways to build and maintain healthy bone density.

Medication Management

Monday, February 17, 1:00 – 2:00, Victoria Hall, Club Room

Myriam Hallé, Pharmacist

Myriam will share the safe, effective and the organized use of medication to promote better health outcomes for patients.

Health and Technology

Monday, February 24, 1:00 – 2:00, Victoria Hall, Club Room

Jamie Gunter, Tech Support

Jamie will discuss different technologies available to track health data.

Hearing Health

Monday, March 3, 1:00 – 2:00, Victoria Hall, Club Room

Sylvie Auger, Audiologist

Sylvie will discuss the latest in hearing aids, hearing and aging, and factors that contribute and enhance your day-to-day hearing life.

Dental Care As We Age

Tuesday, March 11, 1:00 – 2:00, Westmount Recreation Centre, Multipurpose Room

Dr. Jason Retter, Dentist

Dr. Retter will present the latest advancements in the field of dental care.

Medical Tips for Healthy Aging

Monday, March 17, 3:00 – 4:00, Victoria Hall, Club Room

Dr. Avi Whiteman, General Practitioner

Dr. Whiteman's presentation will touch on a variety of topics including medication, vaccines, regular screenings, fitness, and other issues important to managing your health as you age.

Healthy Eating

Tuesday, March 25 and Tuesday, April 1, 11:00 – 12:00

Victoria Hall, Club Room

Carrie Kesner, Nutritionist

Carrie will be presenting on nutrition to support healthy aging.

HYBRID

ONSITE & ONLINE SIMULTANEOUSLY

FRENCH CONVERSATION - INTERMEDIATE LEVEL

Fridays, 10:00 - 11:00

January 31 - March 21

Instructor: Ashod Alemian

Location: Victoria Hall, Club Room

Cost: \$45 Member / \$55 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.



ONLINE

CLASSICAL MUSIC WORKSHOP: THE CLASS OF 1810

Wednesdays, 3:00 - 4:00

January 22 - February 26

Facilitator: Jonathan Palevsky

Cost: \$40 Member / \$45 Non-Member

Something extraordinary happened in the first 15 years of the 19th century which led to an explosion of music. Robert Schumann and Frederic Chopin were born in 1810, Felix Mendelssohn was born in 1809, Giuseppe Verdi and Richard Wagner were born in 1813. Add to this Schubert was very much alive and Beethoven was in his prime. This created an endless number of masterpieces which are worth exploring.



Games aren't just for Kids! They help you use different strategies to enhance your thinking, word skills, socialize and engage in life. After a few months of using these strategies, you will notice a big improvement in your memory skills.

**GET YOUR
GAME ON**



ONSITE

CANASTA GROUP

Wednesday, 1:00 - 4:00

January 8 - March 26

Location: Westmount Recreation Centre, Multi-purpose Room
(Must be a Contactivity Member)

Cost: \$2.00 per Wednesday

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!



MAH-JONG GROUP

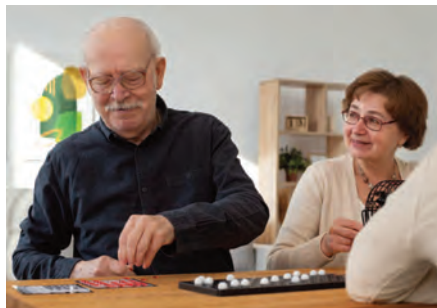
Mondays, 2:00 - 4:00

January 6 - March 24

Location: Westmount Recreation Centre, Multi-purpose Room
(Must be a Contactivity Member)

Cost: \$2.00 per Monday

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



ONSITE

BRIDGE GROUP

Mondays, 1:00 - 3:30

January 6 - March 24

Bridge Convener: Dan Dutton

Location: Victoria Hall, Prud'homme Room

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

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



INSTRUCTIONAL BEGINNERS BRIDGE

Tuesdays, 1:00 - 3:00

January 21 - March 25

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

January 21 - March 25

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.

TRIVIA & BOARD GAMES

Mondays, 1:00 - 2:00

January 6 - March 24

Facilitator: Lucas Liberta

Location: Westmount Recreation Centre, Multi-purpose Room
Cost: **FREE** (Must be a Contactivity Member)

Join Contactivity on Friday afternoons for fun interactive board games such as scrabble and cribbage. We will alternate between board games and trivia each week.



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

MUSICAL PERFORMANCE WITH GIOVANNI NATALE JANUARY BIRTHDAY LUNCH

Thursday, January 16

Lunch: 1:00 - 2:00

Performance: 2:00 - 3:00

Location: Westmount Recreation
Centre, Multipurpose Room

Cost: \$15

Lunch: Thai chicken + rice +
stir fry vegetables OR

Veggie quiche + stir fry vegetables

Happy Birthday January Members!

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



STAND UP COMEDY WITH BARRY KAUFMAN

Thursday, January 23

Lunch: 1:00 - 2:00

Performance: 2:00 - 3:00

Location: Westmount Recreation
Centre, Multipurpose Room

Cost: \$15

Lunch: Breaded sole + roasted
potatoes + veggies OR

Omelet + roasted potatoes + veggies

Bring your smile, we'll supply the laughter! Barry Kaufman combines multiple genres into his comedy. His stand-up focuses on his family and age and stitches his act together with improv and music.

About Barry: Barry Kaufman is a regular on the Montreal comedy scene. When he is not performing, Barry works full-time in operations management and is a part-time professor at the John Molson School of Business.



ONSITE

FIRE PREVENTION WITH THE MONTREAL FIRE DEPARTMENT

Thursday, January 30

Lunch: 1:00 - 2:00

Presentation: 2:00 - 3:00

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

Lunch: Smoked meat plate, sandwich + roasted potatoes + coleslaw + pickle OR Veggie patty sandwich plate, roasted potatoes + coleslaw + pickle

Let's prevent fires together. Montreal firefighters are coming to Contactivity! Did you know that charging multiple electronic devices while stacked can cause them to overheat? Get the latest most up to date information on smoke detection, evacuation procedures, lithium battery hazards and more!



TIMELESS CLASSICS WITH CHRISTINE GHWAI FEBRUARY BIRTHDAY LUNCH

Thursday, February 6

Lunch: 1:00 - 2:00

Performance: 2:00 - 3:00

Location: Westmount Recreation
Centre, Multipurpose Room

Cost: \$15

Lunch: Chicken souvlaki + greek
potatoes + rice + salad OR

Eggplant parmigiana + greek
potatoes + rice + salad

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

About Christine: Christine Ghwai 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.



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It's also what we do best!
At Contactivity we Bridge Contact with Activity.
Join us and get out there!

**GET TOGETHER
FOR LUNCHES &
ENTERTAINMENT**



 **ONSITE**

Valentines Day Tea



Thursday, February 13
Lunch: 1:00 - 2:00
Performance: 2:00 - 3:00
Location: Victoria Hall, Concert Hall
Cost: \$20

Lunch: Tea sandwiches, delicacies, tea.

Join us for an elegant afternoon celebrating Valentine's Day with friends, live music with Auro Mouro, and a beautifully curated tea service.



FEDERAL BENEFITS FOR SENIORS PRESENTED BY CRA

Thursday, February 20
Lunch: 1:00 - 2:00
Presentation: 2:00 - 3:00
Location: Westmount Recreation Centre, Multipurpose Room
Cost: \$15

Lunch: Rapini and sausage pasta + Veggies OR Sun-dried tomato pesto farfalle + veggies

Get first-hand information, directly from the source on Pension income splitting, OAS recovery tax, Disability Tax Credit (DTC), Canada caregiver credit (CCC), Income Tax Assistance - Volunteer Program (ITAVP) and much more!



 **ONSITE**

TOUR OF CAMINO, SPAIN WITH KATHLEEN DUNN

Thursday, February 27
Lunch: 1:00 - 2:00
Presentation: 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

Kathleen will share her experience walking the Camino in Spain!



NAVIGATING RENT INCREASES WITH LOGISACTION

Thursday, March 6
Lunch: 1:00 - 2:00
Presentation: 2:00 - 3:00
Location: Westmount Recreation Centre, Multipurpose Room
Cost: \$15

Lunch: Meat lasagna + veggies OR Veggie lasagna + veggies

Learn about your tenant rights. This presentation will empower and equip you with the information you need to navigate rent increases and other important tenant issues.





GET TOGETHER FOR LUNCHES & ENTERTAINMENT

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At Contactivity we Bridge Contact with Activity.
Join us and get out there!



ONSITE

SAINT PATRICK'S DAY LUNCH

MARCH BIRTHDAY LUNCH

Thursday, March 13

Lunch: 1:00 - 2:00

Performance: 2:00 - 3:00

Location: Westmount
Recreation Centre,
Multipurpose Room

Cost: \$15

Lunch: Hearty beef stew + mashed potatoes + Veggies OR Veggie raviolis + veggies

Happy Birthday March Members! Join us for a festive lunch dressed in your brightest shades of green and let's celebrate together with the luck of the spirit of the Irish in all of us!



ONSITE

SHEILA MCLEOD ARNOPOULOS A DISCUSSION WITH AUTHOR & INVESTIGATIVE JOURNALIST

Thursday, March 20

Lunch: 1:00 - 2:00

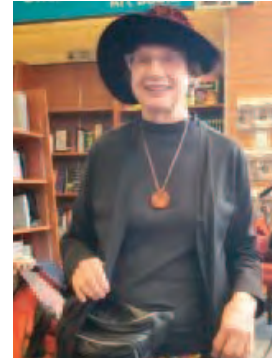
Presentation: 2:00 - 3:00

Location: Westmount Recreation Centre,
Multipurpose Room

Cost: \$15

Lunch: *Shrimp linguini pasta + Veggies OR Penne Rose + Veggies*
Meet investigative journalist at The Montreal Star, and writer, Sheila McLeod Arnopoulos. She will be discussing her work studying Montreal marginalized youth, the poor elevating themselves through microcredit in India and so much more!

About Sheila: Sheila McLeod Arnopoulos is the author of two books of fiction and three non-fiction books. Saris on Scooters- How Microcredit is Changing Village India was on the short list for the 2011 National Business Book Award. She is a co-winner of a Governor General's Literary Award and has won several journalism awards for stories about minorities.



MOVIES AT CONTACTIVITY THE CALL OF THE WILD

Thursday, March 27

Lunch: 1:00 - 2:00

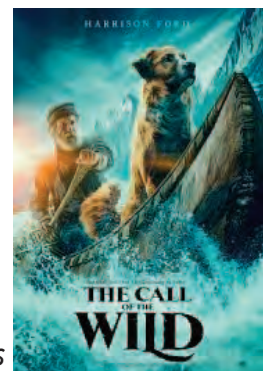
Presentation: 2:00 - 3:00

Location: Westmount Recreation Centre,
Multipurpose Room

Cost: \$15

Lunch: *Spaghetti with meatballs + veggies*
OR Spaghetti with veggie balls + veggies

The Call of the Wild is a vibrant story of Buck, a big and kind hearted dog whose carefree life of leisure was suddenly upset when he was stolen from his home in California and deported up north to be sold in Alaska during the late 1890s Klondike Gold Rush. Forced to fight to survive, eventually taken in by his last owner, John Thornton, to proximity of the Arctic Circle, he progressively depends on his primal instincts, sheds the comforts of civilization and responds to "the call of the wild", as master of his own.



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

DAWSON THEATRE: THE SPECULATOR

Wednesday, January 29

12:30 - 2:45

Facilitators: Lucas Liberta &
Noemi Stafford

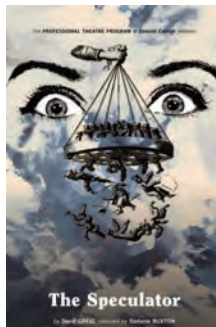
Cost: \$12 Member / \$14 Non-Member

Meeting Point:

2000 Atwater Ave., Montreal, QC, H3Z 1A4

Meet at: 12:15 PM

The Speculator is a historical drama set in early 18th century France, when the country is experiencing some of its lowest economic moments. John Law, Scottish economist, gambler and conman, arrives in Paris with a plan to stimulate the French economy. He hires playwright Marivaux to write a play to distract and entertain investors. The French government, nobility, and commoners alike are swept up in the frenzy of Law's scheme, the Mississippi Company, only to have it come crashing down. A play about greed and deception. Directed by Stefanie Buxton and performed by the third year graduating students of the Professional Theatre Program.



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

Tuesday, February 11

10:30 - 4:30

Facilitators: Lucas Liberta &
Noemi Stafford

Cost: \$45 Member / \$48 Non-Member
(Transportation and lunch is included)

Meeting Point:

310 Victoria Ave., Westmount QC.

Meet at: 9:15 AM

Join Contactivity Centre for a beautiful day in the Laurentians. Enjoy a complimentary lunch, get cozy by the fireplace, sip on hot cocoa and participate in winter activities while taking in the scenic views!



OUTINGS

CENTAUR THEATRE: STRAWBERRIES IN JANUARY

Wednesday, February 5

12:00 - 2:15 PM

Facilitators: Lucas Liberta &
Noemi Stafford

Cost: \$35 Member /
\$38 Non-Member

Meeting Point:

453 St François-Xavier, Montreal QC, H2Y 2T1

Meet at: 11:15 AM

Metro Station to Centaur Theatre: Square-Victoria-OACI station which is an 8-minute walk.

Musical lovers will rejoice in a new English-language version of a Québécois classic, re-imagined by Frédéric Bélanger & Audrey Thériault with new music by Eva Foote, Ludovic Bonnier, and Habib Zekri.





GET OUTTA HERE

LET'S LEAVE FOR OUTINGS AND ADVENTURE

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

OUTINGS

MMFA GUIDED TOUR: JOYCE WIELAND

Friday, February 21
 2:00 - 3:30

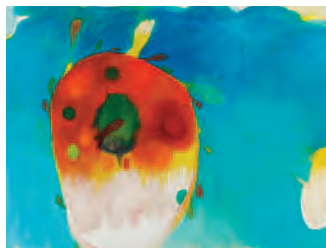
Facilitators: Lucas Liberta & Noemi Stafford
 Cost: **FREE** (Must be a Contactivity Member)

Meeting Point:

Montreal Museum of Fine Arts, 2200 Rue Crescent

Meet at: 1:45 PM

Enjoy a guided tour through MMFA's tribute to the radical creativity of one of the most influential Canadian artists of her time (1930-1998). Spanning more than 30 years of Wieland's career, this major exhibition invites you to discover her vast artistic practice through themes that were important to the artist, including feminism, social justice, politics and ecology.



MMFA GUIDED TOUR: QUEBEC & CANADIAN ART COLLECTION

Tuesday, March 18,
 2:00 - 3:30

Facilitators: Lucas Liberta & Noemi Stafford
 Cost: **FREE** (Must be a Contactivity Member)

Meeting Point:

Montreal Museum of Fine Arts, 2200 Rue Crescent

Meet at: 1:45 PM

Discover nearly 500 works from the colonial era to the 1960s and 1970s, a prolific period for Quebec and Canadian painting.



OUTINGS

SUGARING OFF WITH CONTACTIVITY!

Friday, March 28
 9:30 - 4:30

Facilitator: Contactivity Centre Team
 Cost: \$82 Member / \$87 Non-Member
 (Transportation and lunch is included)

Meeting Point:

310 Victoria Ave., Westmount QC

Meet at: 9:10 AM

Join Contactivity Centre for the sweetest day at **Cabane à Sucre Constantin in Saint-Eustache**. Delight all your senses up north between ambient music, social and line dancing with the hosts, an all you can eat succulent sugar shack lunch and some traditional snow taffy! What a sweet way to celebrate a Québec tradition!





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)

12:45 - 1:45

(Lunch included)

or Weekdays

(on Zoom)

3:00 - 5:00

January 14 - February 25

Program Leader: Elana Schwartz

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

Interested in having a weekly chat with a young student?
Join us for a weekly lunch at Selwyn and visit with Selwyn's
senior school students. Talk about current events, technology,
and digital devices, sports and more! Online zoom visits also
available weekday afternoons.



CONTACTIVITY / SELWYN INTERGENERATIONAL CHOIR

Monday, February 17

Friday, February 21

Monday, February 24

11:30 - 1:30 (Lunch included)

Instructor: Sheli Stevens

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

The Contactivity - Selwyn choir is getting together again!
This time for a Valentine's song, choral practices and recordings
will be held in- person at Selwyn House. Sheli Stevens,
professional singer, vocal and performance coach will be
conducting the Choir. No experience necessary just come with
lots of energy and your singing voice.



HYBRID

ONSITE & ONLINE SIMULTANEOUSLY

CRAFTING AT SELWYN

Mondays,

12:30 - 1:30

January 13 - February 24

Instructor: Ellen Jacobs

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.



DIGITAL LITERACY

Wednesdays

3:30 - 4:30

January 15 - February 26

Location: Selwyn House School

Instructor: Jamie Gunter

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

Don't know how to make the most of your laptop, tablet
smartphone, want to learn what the Cloud is, why an app is not
an appetizer, why browser does not mean a leisurely shopper
and why everyone needs to know about cybersecurity? Jamie
and his teaching assistants (Selwyn students) will cover these
topics and more to improve your tech savvy skills.





Contactivity
CENTRE
Contactivité



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

RECIPES OF THE MONTH:

BEEF STEW

INGREDIENTS

- 2 pounds stewing beef trimmed and cubed
- 3 tablespoons all-purpose flour
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ½ teaspoon black pepper
- 3 tablespoons olive oil
- 1 onion chopped
- 6 cups beef broth
- ½ cup red wine optional
- 1 pound potatoes peeled and cubed
- 4 carrots cut into 1 inch pieces
- 4 ribs celery cut into 1 inch pieces
- 3 tablespoons tomato paste
- 1 teaspoon dried rosemary or 1 sprig fresh
- 2 tablespoons cornstarch or as needed
- 2 tablespoons water or as needed
- ¾ cup peas

INSTRUCTIONS

1. Combine flour, garlic powder and salt & pepper. Toss beef in flour mixture.
2. Heat olive oil in a large Dutch oven or pot. Cook the beef and onions until browned.
3. Add beef broth and red wine while scraping up any brown bits in the pan.
4. Stir in all remaining ingredients except for peas, cornstarch and water. Reduce heat to medium low, cover and simmer 1 hour or until beef is tender (up to 90 minutes).
5. Mix equal parts cornstarch and water to create a slurry. Slowly add the slurry to the boiling stew to reach desired consistency (you may not need all of the slurry, if you'd like a thicker stew, you can add extra).
6. Stir in peas and simmer 5-10 minutes before serving. Season with salt & pepper to taste.

SIMPLE IRISH SODA BREAD

INGREDIENTS

- 4 cups (510 g) all-purpose flour,
- 2 teaspoons (12 g) kosher salt
- 1 tablespoon (13 g) sugar
- 1 teaspoon (5 g) baking soda
- 1 cup dried currants, optional
- 1 egg
- 1¾ cups (410 g) buttermilk
- 2 tablespoons melted butter

INSTRUCTIONS

1. Preheat the oven to 400°F. Whisk together the flour, salt, sugar, baking soda, and currants (if using).
2. In a medium bowl, beat the egg and buttermilk. Add the melted butter and stir to combine. Add the liquid ingredients to the dry ingredients and stir with a rubber spatula until combined. Mixture will be sticky. Grease a 9- or 10-inch cast iron skillet (or other similarly sized vessel) with softened butter. Set aside.
3. Lightly flour your hands and sprinkle a little flour over the sticky dough ball. Use your hands to scrape the dough from the sides of the bowl and to quickly shape the mass into a ball, kneading lightly if necessary. Transfer to prepared skillet. Sprinkle with a teensy bit more flour. Use a sharp knife to make an X across the top of the dough ball. Place in oven and bake for 35 to 40 minutes or until lightly golden and bottom sounds hollow when tapped. Remove from oven, transfer to cooling rack, and let cool for 15 minutes before slicing.
4. To store Irish soda bread, tuck it into an airtight bag (such as a ziplock) or an airtight vessel. You can store it at room temperature for about 3-4 days or freeze it for up to 2-3 months.

FOR FINISHING

- Room temperature butter
- Flour

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



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

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

JANUARY 16

Thai chicken + rice + stir fry vegetables
OR
Veggie quiche + stir fry vegetables

JANUARY 23

Breaded sole + roasted potatoes + veggies
OR
Omelet + roasted potatoes + veggies

JANUARY 30

Smoked meat plate, sandwich + roasted potatoes + coleslaw + pickle
OR
Veggie patty sandwich plate + roasted potatoes + coleslaw + pickle

FEBRUARY 6

Chicken souvlaki + greek potatoes + rice + salad
OR
Eggplant parmigiana + greek potatoes + rice + salad

FEBRUARY 13

***VALENTINE'S DAY TEA PRICE \$20**

**Victoria Hall (VH) Concert Hall*

High Tea

FEBRUARY 20

Rapini and sausage pasta + veggies
OR
Sun dried tomato pesto farfalle + veggies

FEBRUARY 27

Chilli con carne + chips + rice + mexican salad
OR
Veggie chilli + chips + rice + mexican salad

MARCH 6

Meat lasagna + veggies
OR
Veggie lasagna + veggies

MARCH 13

Hearty beef stew + mashed potatoes + veggies
OR
Veggie raviolis + veggies

MARCH 20

Shrimp linguini pasta + veggies
OR
Penne rose + veggies

MARCH 27

Spaghetti with meatballs + veggies
OR
Spaghetti with veggie balls + veggies





JANUARY 2025

LEGEND

Online	Hybrid	Outdoors	Outings	VH, Ward Room	VH, Prud'homme	VH, Club Room	VH, Concert Hall	Selwyn	Westmount Recreation Centre	310 Victoria #102
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1 CLOSED 	2 Walkie Talkies 10:00 - 11:00	3
6 Trivia & Board Games 1:00 - 2:00 Mah-Jong Group 2:00 - 4:00 Bridge Group 1:00 - 3:30	7 Belly Dancing Free Trial Course 3:00 - 4:00	8 Busy Bees 10:30 - 3:00 Canasta Group 1:00 - 4:00 Caregiver Compassion Circle 1:30 - 3:00	9 Walkie Talkies 10:00 - 11:00	10
13 Pickleball, 10:00 - 11:30 Movers and Zoomers 10:30 - 11:30 Crafting at Selwyn 12:30 - 1:30 Healthy Aging Series 1:00 - 2:00 Trivia & Board Games 1:00 - 2:00 Mah-Jong Group 2:00 - 4:00 Bridge Group 1:00 - 3:30	14 Social Action Committee 10:30 - 11:30 Online Stretch & Movement 10:30 - 11:15 Friendly Visits at Selwyn House 12:45 - 1:45 Chair Yoga Dance 1:30 - 2:30	15 Snowshoeing, 10:00 - 11:00 Busy Bees 10:30 - 3:00 Movers and Zoomers 10:30 - 11:30 Canasta Group 1:00 - 4:00 Stretch & Movement 1:30 - 2:30 Chair Yoga 3:00 - 4:00 Digital Literacy 3:30 - 4:30	16 Walkie Talkies 10:00 - 11:00 Current Events 11:00 - 12:00 Lunch & Entertainment 1:00 - 3:00	17 Kinstretch 10:00 - 11:00 Kinstretch 11:00 - 12:00 Chair Yoga 1:30 - 2:30
20 Pickleball 10:00 - 11:30 Movers and Zoomers 10:30 - 11:30 Crafting at Selwyn 12:30 - 1:30 Trivia & Board Games 1:00 - 2:00 Mah-Jong Group 2:00 - 4:00 Bridge Group 1:00 - 3:30	21 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 1:00 - 3:30 Beginner Bridge 1:00 - 3:00 Chair Yoga Dance, 1:30 - 2:30 Belly Dancing 3:00 - 4:00	22 Snowshoeing, 10:00 - 11:00 Busy Bees, 10:30 - 3:00 Movers and Zoomers, 10:30 - 11:30 Tai Chi & Chi Kung, 1:00 - 2:00 Friendly Visits at Selwyn House 12:45 - 1:45 Canasta Group, 1:00 - 4:00 Stretch & Movement 1:30 - 2:30 Caregiver Compassion Circle 1:30 - 3:00 Chair Yoga, 3:00 - 4:00 Classical Music Workshop, 3:00 - 4:00 Digital Literacy, 3:30 - 4:30	23 Walkie Talkies 10:00 - 11:00 Current Events 11:00 - 12:00 Thomas More 11:00 - 12:30 Lunch & Entertainment 1:00 - 3:00	24 Kinstretch 10:00 - 11:00 Kinstretch 11:00 - 12:00 Drawing 1:00 - 3:00 Chair Yoga 1:30 - 2:30
27 Pickleball, 10:00 - 11:30 Movers and Zoomers 10:30 - 11:30 Crafting at Selwyn 12:30 - 1:30 Healthy Aging Series 1:00 - 2:00 Trivia & Board Games 1:00 - 2:00 Mah-Jong Group 2:00 - 4:00 Bridge Group 1:00 - 3:30	28 Intermediate Bridge 9:45 - 11:45 Social Action Committee 10:30 - 11:30 Online Stretch & Movement 10:30 - 11:15 Friendly Visits at Selwyn House 12:45 - 1:45 Painting with Acrylics 1:00 - 3:30 Beginner Bridge, 1:00 - 3:00 Chair Yoga Dance, 1:30 - 2:30 Belly Dancing, 3:00 - 4:00	29 Snowshoeing, 10:00 - 11:00 Busy Bees, 10:00 - 1:00 Movers and Zoomers, 10:30 - 11:30 Dawson Theatre, 12:15 - 2:45 Tai Chi & Chi Kung, 1:00 - 2:00 Canasta Group, 1:00 - 4:00 Book Club 1:30 - 3:00 Stretch & Movement 1:30 - 2:30 Chair Yoga, 3:00 - 4:00 Classical Music Workshop, 3:00 - 4:00 Digital Literacy, 3:30 - 4:30	30 Walkie Talkies 10:00 - 11:00 Current Events 11:00 - 12:00 Thomas More 11:00 - 12:30 Lunch & Entertainment 1:00 - 3:00	31 Intermediate French 10:00 - 11:00 Kinstretch 10:00 - 11:00 Kinstretch 11:00 - 12:00 Beginner Knitting 11:15 - 12:45 Drawing, 1:00 - 3:00 Chair Yoga 1:30 - 2:30 Flower Arrangement Workshop 3:15 - 4:30

• FEBRUARY 2025 •



LEGEND

Online
 Hybrid
 Outdoors
 Outings
 VH, Ward Room
 VH, Prud'homme
 VH, Club Room
 VH, Concert Hall
 Selwyn
 Westmount Recreation Centre
 310 Victoria #102

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27	28	29	30	31
3	4	5	6	7
Pickleball 10:00 - 11:30 Movers and Zoomers 10:30 - 11:30 Crafting at Selwyn 12:30 - 1:30 Healthy Aging Series 1:00 - 2:00 Trivia & Board Games 1:00 - 2:00 Mah-Jong Group, 2:00 - 4:00 Bridge Group 1:00 - 3:30	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 1:00 - 3:30 Beginner Bridge 1:00 - 3:00 Chair Yoga Dance, 1:30 - 2:30 Belly Dancing 3:00 - 4:00	Snowshoeing, 10:00 - 11:00 Busy Bees, 10:30 - 3:00 Movers and Zoomers, 10:30 - 11:30 Centaur Theatre, 11:15 - 2:15 Tai Chi & Chi Kung, 1:00 - 2:00 Canasta Group, 1:00 - 4:00 Stretch & Movement, 1:30 - 2:30 Caregiver Compassion Circle 1:30 - 3:00 Chair Yoga, 3:00 - 4:00 Classical Music Workshop, 3:00 - 4:00 Digital Literacy, 3:30 - 4:30	Walkie Talkies 10:00 - 11:00 Current Events 11:00 - 12:00 Thomas More 11:00 - 12:30 Lunch & Entertainment 1:00 - 3:00	Intermediate French 10:00 - 11:00 Kinstretch 10:00 - 11:00 Kinstretch 11:00 - 12:00 Beginner Knitting 11:15 - 12:45 Drawing 1:00 - 3:00 Chair Yoga 1:30 - 2:30
10	11	12	13	14
Mindfulness Doodling 10:00 - 12:00 Pickleball 10:00 - 11:30 Movers and Zoomers 10:30 - 11:30 Crafting at Selwyn 12:30 - 1:30 Trivia & Board Games 1:00 - 2:00 Mah-Jong Group, 2:00 - 4:00 Bridge Group 1:00 - 3:30	Camp Kinkora, 9:15 - 3:30 Intermediate Bridge, 9:45 - 11:45 Social Action Committee, 10:30 - 11:30 Online Stretch & Movement 10:30 - 11:15 Friendly Visits at Selwyn House 12:45 - 1:45 Painting with Acrylics 1:00 - 3:30 Beginner Bridge 1:00 - 3:00 Chair Yoga Dance, 1:30 - 2:30 Belly Dancing, 3:00 - 4:00	Snowshoeing, 10:00 - 11:00 Busy Bees, 10:30 - 3:00 Movers and Zoomers, 10:30 - 11:30 Tai Chi & Chi Kung, 1:00 - 2:00 Canasta Group, 1:00 - 4:00 Stretch & Movement, 1:30 - 2:30 Chair Yoga, 3:00 - 4:00 Classical Music Workshop, 3:00 - 4:00 Digital Literacy, 3:30 - 4:30	Walkie Talkies 10:00 - 11:00 Current Events 11:00 - 12:00 Thomas More 11:00 - 12:30 Valentine's Day Tea 1:00 - 3:00	Intermediate French 10:00 - 11:00 Kinstretch 10:00 - 11:00 Kinstretch 11:00 - 12:00 Beginner Knitting 11:15 - 12:45 Drawing 1:00 - 3:00 Chair Yoga 1:30 - 2:30
17	18	19	20	21
Mindfulness Doodling 10:00 - 12:00 Pickleball, 10:00 - 11:30 Movers and Zoomers, 10:30 - 11:30 Intergenerational Choir, 11:30 - 1:30 Crafting at Selwyn 12:30 - 1:30 Healthy Aging Series 1:00 - 2:00 Trivia & Board Games 1:00 - 2:00 Mah-Jong Group, 2:00 - 4:00 Bridge Group, 1:00 - 3:30	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 1:00 - 3:30 Beginner Bridge 1:00 - 3:00 Chair Yoga Dance, 1:30 - 2:30 Belly Dancing 3:00 - 4:00	Snowshoeing, 10:00 - 11:00 Busy Bees, 10:30 - 3:00 Movers and Zoomers, 10:30 - 11:30 Tai Chi & Chi Kung, 1:00 - 2:00 Canasta Group, 1:00 - 4:00 Stretch & Movement, 1:30 - 2:30 Caregiver Compassion Circle 1:30 - 3:00 Chair Yoga, 3:00 - 4:00 Classical Music Workshop, 3:00 - 4:00 Digital Literacy, 3:30 - 4:30	Walkie Talkies 10:00 - 11:00 Current Events 11:00 - 12:00 Thomas More 11:00 - 12:30 Lunch & Entertainment 1:00 - 3:00	Intermediate French 10:00 - 11:00 Kinstretch 10:00 - 11:00 Kinstretch 11:00 - 12:00 Beginner Knitting 11:15 - 12:45 Intergenerational Choir, 11:30 - 1:30 Drawing, 1:00 - 3:00 Chair Yoga, 1:30 - 2:30 MMFA, 1:45 - 3:30
24	25	26	27	28
Mindfulness Doodling 10:00 - 12:00 Pickleball, 10:00 - 11:30 Movers and Zoomers, 10:30 - 11:30 Intergenerational Choir, 11:30 - 1:30 Crafting at Selwyn 12:30 - 1:30 Healthy Aging Series 1:00 - 2:00 Trivia & Board Games 1:00 - 2:00 Mah-Jong Group, 2:00 - 4:00 Bridge Group, 1:00 - 3:30	Intermediate Bridge 9:45 - 11:45 Social Action Committee 10:30 - 11:30 Friendly Visits at Selwyn House 12:45 - 1:45 Painting with Acrylics 1:00 - 3:30 Beginner Bridge 1:00 - 3:00 Chair Yoga Dance, 1:30 - 2:30 Belly Dancing 3:00 - 4:00	Snowshoeing, 10:00 - 11:00 Busy Bees, 10:00 - 1:00 Movers and Zoomers, 10:30 - 11:30 Tai Chi & Chi Kung, 1:00 - 2:00 Canasta Group, 1:00 - 4:00 Book Club 1:30 - 3:00 Chair Yoga, 3:00 - 4:00 Classical Music Workshop, 3:00 - 4:00 Digital Literacy, 3:30 - 4:30	Walkie Talkies 10:00 - 11:00 Current Events 11:00 - 12:00 Thomas More 11:00 - 12:30 Lunch & Entertainment 1:00 - 3:00	Intermediate French 10:00 - 11:00 Kinstretch 10:00 - 11:00 Kinstretch 11:00 - 12:00 Beginner Knitting 11:15 - 12:45 Drawing 1:00 - 3:00 Chair Yoga 1:30 - 2:30



MARCH 2025

LEGEND

Online
 Hybrid
 Outdoors
 Outings
 VH, Ward Room
 VH, Prud'homme
 VH, Club Room
 VH, Concert Hall
 Selwyn
 Westmount Recreation Centre
 310 Victoria #102

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Mindfulness Doodling 10:00 - 12:00 Movers and Zoomers 10:30 - 11:30 Healthy Aging Series 1:00 - 2:00 Trivia & Board Games 1:00 - 2:00 Mah-Jong Group 2:00 - 4:00 Bridge Group 1:00 - 3:30	Intermediate Bridge 9:45 - 11:45 Online Stretch & Movement 10:30 - 11:15 Painting with Acrylics 1:00 - 3:30 Beginner Bridge 1:00 - 3:00 Chair Yoga Dance 1:30 - 2:30 Belly Dancing 3:00 - 4:00	Snowshoeing 10:00 - 11:00 Busy Bees, 10:30 - 3:00 Movers and Zoomers, 10:30 - 11:30 Tai Chi & Chi Kung, 1:00 - 2:00 Canasta Group 1:00 - 4:00 Stretch & Movement 1:30 - 2:30 Caregiver Compassion Circle 1:30 - 3:00 Chair Yoga 3:00 - 4:00	Walkie Talkies 10:00 - 11:00 Current Events 11:00 - 12:00 Thomas More 11:00 - 12:30 Lunch & Entertainment 1:00 - 3:00	Intermediate French 10:00 - 11:00 Kinstretch 10:00 - 11:00 Kinstretch 11:00 - 12:00 Beginner Knitting 11:15 - 12:45 Drawing 1:00 - 3:00 Chair Yoga 1:30 - 2:30
10	11	12	13	14
Mindfulness Doodling 10:00 - 12:00 Movers and Zoomers 10:30 - 11:30 Trivia & Board Games 1:00 - 2:00 Mah-Jong Group 2:00 - 4:00 Bridge Group 1:00 - 3:30	Intermediate Bridge, 9:45 - 11:45 Social Action Committee 10:30 - 11:30 Online Stretch & Movement 10:30 - 11:15 Healthy Aging Series 1:00 - 2:00 Painting with Acrylics 1:00 - 3:30 Beginner Bridge, 1:00 - 3:00 Chair Yoga Dance 1:30 - 2:30 Belly Dancing, 3:00 - 4:00	Snowshoeing 10:00 - 11:00 Busy Bees, 10:30 - 3:00 Movers and Zoomers, 10:30 - 11:30 Tai Chi & Chi Kung, 1:00 - 2:00 Canasta Group 1:00 - 4:00 Stretch & Movement 1:30 - 2:30 Caregiver Compassion Circle 1:30 - 3:00 Chair Yoga 3:00 - 4:00	Walkie Talkies 10:00 - 11:00 Current Events 11:00 - 12:00 Thomas More 11:00 - 12:30 Lunch & Entertainment 1:00 - 3:00	Intermediate French 10:00 - 11:00 Kinstretch 10:00 - 11:00 Kinstretch 11:00 - 12:00 Beginner Knitting 11:15 - 12:45 Drawing 1:00 - 3:00 Chair Yoga 1:30 - 2:30
17	18	19	20	21
Pickleball 10:00 - 11:30 Mindfulness Doodling 10:00 - 12:00 Movers and Zoomers 10:30 - 11:30 Trivia & Board Games 1:00 - 2:00 Mah-Jong Group 2:00 - 4:00 Healthy Aging Series 3:00 - 4:00 Bridge Group 1:00 - 3:30	Intermediate Bridge 9:45 - 11:45 Online Stretch & Movement 10:30 - 11:15 Painting with Acrylics 1:00 - 3:30 Beginner Bridge 1:00 - 3:00 MMFA 1:45 - 3:30 Belly Dancing, 3:00 - 4:00	Snowshoeing 10:00 - 11:00 Busy Bees, 10:30 - 3:00 Movers and Zoomers, 10:30 - 11:30 Tai Chi & Chi Kung, 1:00 - 2:00 Canasta Group 1:00 - 4:00 Stretch & Movement 1:30 - 2:30 Caregiver Compassion Circle 1:30 - 3:00 Chair Yoga 3:00 - 4:00	Walkie Talkies 10:00 - 11:00 Current Events 11:00 - 12:00 Thomas More 11:00 - 12:30 Lunch & Entertainment 1:00 - 3:00	Intermediate French 10:00 - 11:00 Kinstretch 10:00 - 11:00 Kinstretch 11:00 - 12:00 Beginner Knitting 11:15 - 12:45 Drawing 1:00 - 3:00 Chair Yoga 1:30 - 2:30
24	25	26	27	28
Pickleball Tournament 10:00 - 11:30 Trivia & Board Games 1:00 - 2:00 Mah-Jong Group 2:00 - 4:00 Bridge Group 1:00 - 3:30	Intermediate Bridge 9:45 - 11:45 Healthy Aging Series 11:00 - 12:00 Online Stretch & Movement 10:30 - 11:15 Painting with Acrylics 1:00 - 3:30 Beginner Bridge 1:00 - 3:00	Busy Bees, 10:00 - 1:00 Canasta Group 1:00 - 4:00 Book Club 1:30 - 3:00	Walkie Talkies 10:00 - 11:00 Current Events 11:00 - 12:00 Thomas More 11:00 - 12:30 Lunch & Entertainment 1:00 - 3:00	Sugaring Off 9:10 - 4:30
31	1	2	3	4
Get excited for Contactivity's Spring Programs!	Healthy Aging Series 11:00 - 12:00			

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

www.contactivitycentre.org



Busy Bees being busy!



Let's Get Outta Here!



Bowl one with the team!



It Figures! Fun with Polymer Clay!



All Aboard the Bateau Mouche!



A Day at the MNMFA!



Just Walk n' & Talk n' Here!



Sing Me the Blues!



Come Explore Winter with Contactivity

www.contactivitycentre.org



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



Contactivity Centre Office (CC)
 310 Victoria Ave., Suite 102, Westmount, QC H3Z 2M9



Victoria Hall (VH)
 4626 Sherbrooke St. West, Westmount, QC H3Z 1G1



Westmount Recreation Centre (WRC)
 4675 Saint Catherine Street, Westmount, QC H3Z 1S4



Selwyn House School (SHS)
 95 Cote St Antoine Rd, Westmount, QC H3Y 2H8

Main Office is **Contactivity Centre (CC)**. Most programs will be in **Victoria Hall (VH)**.
 Lunches and some fitness programs will be at **Westmount Recreation Centre (WRC)**.
 All intergenerational programs will be at **Selwyn House School (SHS)**

Programs and Activities are Funded in part by:



Thank You!

PROGRAMS & SERVICES
 FOR SENIORS

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

50 YEARS
 1972-2022



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