

Course Registration for Proposed Winter Courses

We accept MAIL-IN REGISTRATION ONLY!!

We will continue with the new system again this term. The mail-in registration for Winter Courses is now available to all our members.

We request that payment for your courses be paid by cheque and mailed in to us. Registration for courses will be on the date we receive your cheque in the mail and once a course is filled up, names will be added to a waiting list in case of any cancellations. All courses depend on adequate enrollment in order to be offered. **Last day to register will be on Thursday, January 19th from 11:00-12:00.** We will be accepting walk-in registration that day only. This will be the deadline to register for these courses. **IF YOU WANT YOUR FAVOURITE COURSE TO CONTINUE, BE SURE TO REGISTER BY MAIL AS SOON AS POSSIBLE.** **Likewise, if you want to be sure to get into a course that fills up quickly, register by mail ASAP.**

Please indicate clearly on the memo section of your cheque or on a separate attached note which courses you are registering for. Receipts will be available on the first day of the course, and your cancelled cheque will also be a double proof for you.

Schedule of Proposed Winter Courses

- **Tai Chi:** Thursdays, 2:30 - 3:30
Begins January 19th – March 29th
Instructor: Heather MacDow
11 weeks
Cost: \$38.50 Member
\$42.50 Non-Member
- **Monday Stretch to Music:** 10:30 – 11:30
Begins January 23rd – March 26th
Instructor: Kersti Biro
10 weeks
Cost: \$35.00 Member
\$38.50 Non-Member
- **Beginners II Bridge:** Wednesdays, 10:00 -12:00
Begins February 1st – March 21st
Instructor: Heather Felsky
8 weeks
Cost: \$56.00 Member
\$63.00 Non-Member
- **Intermediate Bridge**
Wednesdays, 12:15 – 2:15
Begins February 1st – March 21st
Instructor: Heather Felsky
8 weeks
Cost: \$56.00 Member
\$63.00 Non-Member
- **Bridge - Supervised Playing:**
Wednesday, 2:15 - 4:15
Begins February 1st – March 21st
Instructor: Heather Felsky
8 weeks
Cost: \$56.00 Member
\$63.00 Non-Member
- **Thursday Stretch to Music:** 10:00 - 11:00
Begins January 26th – March 29th
Instructor: Wilma Christiansen
10 weeks
Cost: \$35.00 Member
\$38.50 Non-Member
- **Great Cities of China:** Fridays, 10:00 – 12:00
Begins March 16th – March 30th
Lecturer: Harvey Levinson
3 weeks
Cost: \$48.00 Member
\$56.00 Non-Member

A mini series of three lectures, accompanied with intriguing videos, highlighting the history and cultural attractions of Shanghai; Beijing; and recently reunited Hong Kong.

- **Line Dancing:** Fridays, 12:45-1:45
Begins February 3rd – March 23rd
Instructor: Jocelyne Kwok
8 weeks
Cost: \$28.00 Member
\$31.50 Non-Member
- **Fall Prevention**
Possibly offered in March 2012

Contactivity Centre, in conjunction with the CLSC Metro, may be offering a twice-weekly, 12-week Fall Prevention program. There is no cost but the group must remain small and participants must make a commitment to the full 12 weeks. **Please call the Centre at 514-932-2326 if you would like to participate.**

- **Interlink Choir Links Youth & Seniors:** Thursdays, 10:30 – 11:30
Contactivity members have the opportunity to participate in one of the most unique intergenerational projects in North America. Each senior member is paired with a junior choir member from Westmount Park School, and both exchange pen pal letters between joint performances. No need for special musical talents – just come and be yourself.
You'll get a lift from cooperating on a creative venture with young students. To join or for more information, please call the Centre at 514-932-2326.