



GROW WITH US

*Impact the bigger picture
of the 50+ community*
- Brissa Berkovits

WINTER 2017

OFF-SITE PROGRAMS

WEST ISLAND • CHOMEDEY • WESTMOUNT • FLORIDA • SAINT-LAURENT

514.342.1234
CUMMINGSCENTRE.ORG



LE CENTRE
Cummings
CENTRE

REGISTRATION FOR COURSES & PROGRAMS

CONTACT

LISA WILTZER

514.624.5005 LOCAL 231

lisa.wiltzer@cummingscentre.org

96 Roger Pilon St.

Dollard-des-Ormeaux



WEST ISLAND

Cummings West is committed to responding to the evolving needs of the 50+ community. We offer diverse and quality educational, social and cultural programs, as well as meaningful and enriching volunteer opportunities.

Registration in person beginning Monday December 12 from 10 am - 4 pm at 96 Roger Pilon St., D.D.O.

Register on-line at cummingscentre.org/register or call 514.624.5005 local 231.

Cummings West membership fee for August 1, 2016 through July 31, 2017 is \$25*.

*Pay \$45 and have access to programs at the main campus and at all off-campus locations.

MEALS ON WHEELS

Did you know that Kosher meals on Wheels is available in the West Island?

Call our Intake Department at 514.342.1234.

SOCIAL GROUPS

PRIME 2055

“LES GIRLZ”

Join us for an afternoon of movies, outings and getting together.

Limited Space Available.

Wednesday Ongoing

1 - 3 pm • \$18 annual fee

PRIME 208

MAH JONGG AND CANASTA

Looking to play mah jongg or canasta on a weekly basis with new people? Join us and we will mix it up.

Wednesday January 18 to May 17

1 - 3 pm • \$18

VOLUNTEER OPPORTUNITIES

CUMMINGS WEST GIVES BACK TO THE COMMUNITY

We are looking for volunteers who are interested in joining our Cummings West GIVE team. The goal of GIVE is to engage in volunteer projects that offer our Cummings West Family the opportunity to connect with others while doing good for the community.

You will participate in volunteer projects such as:

- **Cooking and baking for Kerry's Kitchen as well as other community organizations**
- **Packing Kosher bags for Sun Youth**
- **Get your grandparenting on with "Playful Parenting"**
- **Many more interesting projects**

If you are interested in becoming part of GIVE please contact Lisa Wiltzer 514.624.5005 local 231.

PROGRAMS & COURSES

PRIME 201

CANASTA LESSONS

Have fun learning canasta with its strategies and playing of the hand.

Monday January 23 to February 13
 1 - 3 pm • 4 sessions • \$40
 Suzan Wiltzer



PRIME 2013-01 / PRIME 2013-02 / PRIME 2013-3

MEN'S BREAKFAST SERIES

A monthly opportunity for men to get together and schmooze over breakfast and thought-provoking lectures.

Tuesday

\$5 member / \$10 non-member

Special promo for new members. Please inquire.

REAL ESTATE ISSUES FOR SENIORS

All you need to know about buying, selling, and renting.

Tuesday January 24

8:30 am

Sabina Gabriel, Real Estate Broker, Royal LePage Village.

Hold these dates for more great breakfasts: February 28 & March 28

ENGAGING DAYTIME ACTIVITIES & LECTURES

ALL DAYTIME LECTURES ARE FREE FOR CUMMINGS MEMBERS

\$10 for guests

Thursdays 1 - 3 pm



PRIME 2037-01

IS YOUR CUP HALF EMPTY OR HALF FULL? CAN IT BE REFILLED?

From soup to nuts. We will discuss what strategies we can use to feel happy and fulfilled.

Thursday January 26

Nancy Caplan

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PRIME 2037-02

UNDERSTANDING HYPNOSIS

A fascinating discussion about the ways in which the subconscious mind governs our behavior.

Thursday February 23

David Bernstein,
 Certified Hypnotherapist

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PRIME 2037-03

ISRAEL - MONTREAL ENGAGEMENT INITIATIVE

Join us as two youths from Israel share their experiences and perspectives on growing up in Israel.

Thursday March 16

Shinshinim: Danielle Didi, Naor Ziv

EVENING PROGRAMS

SUPPORT GROUPS



PRIME 1054

LADIES NIGHT OUT – MARTINIS AND MONET

Sip on a martini while creating your own masterpiece. No painting experience required.

Thursday February 9

7 pm
\$40
Sheba Remer, Facilitator

PRIME 2061

CROCHET CLUB

Love to crochet or want to learn how? Join us. All levels welcome.

**Every second Monday
January 16 to March 27**

7 – 9 pm • 6 sessions • \$18
Crochet materials not included
Karen Choquette Beres, Facilitator

PRIME 224

BOOK CLUB

7 – 9 pm • 3 sessions • \$18
Reviewer: Tessa Berger,
Retired English Teacher

Wednesday January 25
“Once We Were Brothers.”
Author: Ronald H. Balson

Wednesday February 22
“The Golden Sun.”
Author: Shilpi Somaya Gowda

Wednesday March 29
TBA

ADP 284

SUPPORT GROUP FOR CAREGIVERS OF PEOPLE WITH APHASIA*

Share, learn and refuel with SAPPA, a service for caregivers of people with aphasia. To register, call 514.277.5678.

Tuesday January 31, February 28, March 28

10 am - 12 pm • 3 sessions • No Charge
Facilitator: Maureen Stafford,
Social Worker, AQPA
In partnership with the Association québécoise des personnes aphasiques (AQPA)

ADP 268

SUPPORTED CONVERSATION AND SOCIAL PROGRAM FOR APHASIA*

This monthly conversation group is a service for people with Aphasia. It offers discussion and the opportunity to practice communication strategies in a supportive social environment. To register, call 514.277.5678.

Wednesday January 25, February 22, March 29

2 – 4 pm • 3 sessions • No Charge
Facilitator: Ariana Fraid, M.Sc.(A), S-LP (C)
In partnership with the Association québécoise des personnes aphasiques (AQPA)

*These support groups are made possible with a grant from l’Appui Montréal

ADP 218

SUPPORT GROUP FOR INDIVIDUALS WITH PARKINSON’S DISEASE

A monthly support group for individuals with Parkinson’s disease offered in conjunction with Parkinson Canada.

Tuesday January 31, February 28, March 28

2 - 3:30 pm • 3 sessions • No Charge
Facilitator: Corrie Sirota, MSW, PSW

CHOMEDEY

CONTACT
ERICA BOTNER
514.342.1234
LOCAL 7318

Congrégation Shaar Shalom
4880 Notre-Dame Boulevard,
Laval



CHOMEDEY

The Chomedey division of the Cummings Centre provides engaging programs for the Laval 50+ community.

Register online at
cummingcentre.org/register
or call 514.342.1234 local 7318.

erica.botner@cummingcentre.org

Chomedey membership fee for August 1, 2016 through July 31, 2017 is \$25*.

*Pay \$45 and have access to programs at the main campus and at all off-campus locations.

LEISURE & SOCIAL GROUPS

GEVURAH CLUB – CHOMEDEY SENIORS

Social group with games and snacks.

Tuesday
1 – 3 pm • Ongoing • No Charge
Claire Nudel

CHOM 137

STITCH 'N BITCH

Learn how to knit or crochet. Enjoy a friendly relaxing afternoon. Work on personal or community projects.

Monday
1 – 4 pm • Ongoing • No Charge
Louise Troyansky



WESTMOUNT

CONTACT
MICHELLE LANDER
514.342.1234
LOCAL 7216
michelle.lander@cummingcentre.org

Temple Emanu-El-Beth Sholom
395 Elm Ave., Westmount



WESTMOUNT

The Westmount division of the Cummings Centre is committed to providing unique educational, social and cultural programs.

Westmount membership fee is \$25 for August 1, 2016 through July 31, 2017*.

*Pay \$45 and have access to programs at the main campus and at all off-campus locations.

**STAY TUNED FOR
OUR SPRING LINE-UP**

FLORIDA

CONTACT

MICHELLE LANDER

514.342.1234

LOCAL 7216

michelle.lander@cummingscentre.org



FLA 202 / FLA 202-G NEW!

PAINT NIGHT

The perfect cocktail of creativity and conversation. Supplies provided. Coffee served.

Wednesday February 15

7 - 9 pm • 1 session

\$20 member / \$30 non-member

Harold P. Kelman, B.Arch; OAA, MRAIC

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FLA 203 / FLA 203-G

SING ALONG

Remember the folk songs of the 60's and 70's? Sing along to your favourites with folksinger Jimmy Costello. Song books provided.

Wednesday February 8

7:30 pm • 1 session

\$15 member / \$20 non-member

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FLA 204 / FLA 204-G NEW!

GLASS BLOWING

Local artists will help you create an original design.

Thursday February 2

1 pm • 1 session

\$55 member / \$62 non-member

One Young Circle, Hollywood

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FLA 207 / FLA 207-G / FLA 208 / FLA 208-G /

FLA 209 / FLA 209-G

PEARLS AND GIRLS

Create authentic pearl, crystal, silver and stone jewellery. Join for one, two or all three classes. Space is limited.

Thursday February 23, Wednesday March 1 or March 8

9:30 am - 12:30 pm • 1 session

\$25 member / \$30 non-member

\$20 USD kit fee per class

Ricki Goldstein Shlein, BA

Hollywood Condo TBA



FLORIDA

The Cummings Centre goes to Florida again this winter. Join us for our excellent classes and catch up with and meet members from Montreal and elsewhere.

Register online at cummingscentre.org/register or call 514.342.1234 local 7216.

michelle.lander@cummingscentre.org

Cummings Florida membership fee for August 1, 2016 through July 31, 2017 is \$25*.

*Pay \$45 and have access to programs at the main campus and at all off-campus locations.

HOLLYWOOD

Temple Beth-El of Hollywood,
1351 South 14th Ave.

FLA 201 / FLA 201-G

NEWS AND VIEWS

An analysis of national and international news of the day.

Tuesday January 31 to February 28

3 - 4:45 pm • 5 sessions • \$100

\$25 Drop-in member /

\$30 Drop-in non-member

Stan Nachfolger, MA

PALM BEACH

1451 South Olive Ave,
West Palm Beach, 33401

FLA 213 / FLA 213-G

NORTON MUSEUM OF ART TOUR

Our tour will focus on "Extraordinary Women." From ancient myths to the courts of Europe, women have been muses and patrons for thousands of artists. On this private tour, discover the women who have shaped art from antiquity to today.

Wednesday February 1

11:30 am • 1 session
\$10 member / \$15 non-member
Shoshana Caplan, BFA

BOCA RATON

JARC 21160 95th Avenue South,
Boca Raton

FLA 210 / FLA 210-G

NEWS AND VIEWS

An analysis of national and international news of the day.

Thursday January 26 to February 23

5 - 6:45 pm • 5 sessions • \$100
\$25 Drop-in member /
\$30 Drop-in non-member
Stan Nachfolger, MA

FORT LAUDERDALE

Artserve, 1350 East Sunrise Blvd.,
Fort Lauderdale

FLA 211 / FLA 211-G NEW!

PAINT NIGHT

The perfect cocktail of creativity and conversation on Valentine's Day. All supplies provided, including paint, canvas, wine and cheese.

Tuesday February 14

5 - 7 pm • 1 session
\$20 member / \$30 non-member
Shoshana Caplan, BFA

FLA 200

CREATIVE MIXED MEDIA PAINTING

Experiment with new techniques and expand your skills. Demonstrations and individualized instruction provided.

Tuesday January 24 to February 28

10 am - 1 pm • 6 sessions
\$135 member (No drop-ins)
Liora Davis

No experience necessary for any programs listed above. Dates and times may be subject to change. Free parking.

SAINT-LAURENT

CONTACT

STEPHANIE GELLER

514.624.5005

LOCAL 230

stephanie.geller@cummingscentre.org

Cummings



SAINT-LAURENT

The Saint-Laurent division of the Cummings Centre is committed to providing innovative and accessible programming for the Saint-Laurent 50+ community. We are currently in the process of conducting a community needs assessment to see how we can best serve this community. If you are interested in participating in programs or volunteer opportunities, please be in touch.

DROP-IN PROGRAM FOR OLDER ADULTS PROGRAMME DE HALTE RÉCRÉATIVE POUR LES ÂÎNÉS

CONTACT ERICA BOTNER
514.342.1234 LOCAL 7318

erica.botner@cummingscentre.org

Aquatic and Community Centre
Centre communautaire et aquatique
5700, ch. Mackle Rd., Côte Saint-Luc



DROP-IN PROGRAM FOR OLDER ADULTS

The Cummings Centre new Drop-in program provides respite to caregivers and helps to maintain and improve the social, physiological, emotional and cognitive abilities of older adults.

Activities are based on the needs and interests of the participants and include:

- Creative Arts
- Cognitive Stimulation
- Community Service Projects
- Physical Activities

The program is offered in collaboration with the Cummings Centre, the City of Côte Saint-Luc, and the Integrated Health and Social Services University Network for West-Central Montreal. This important program is funded in part by the Government of Canada's New Horizons for Seniors Program.

PROGRAMME DE HALTE RÉCRÉATIVE POUR LES ÂÎNÉS

Le nouveau programme de halte récréative du Centre Cummings offre un répit aux aidants naturels et favorise le maintien et l'amélioration des habilités sociales, physiologiques, émotionnelles et cognitives des personnes âgées.

Les activités sont établies en fonction des besoins et des intérêts des participants comme :

- Les arts créatifs
- La stimulation cognitive
- Les services communautaires
- Les activités physiques

Le programme est offert par le Centre Cummings en collaboration avec la Ville de Côte Saint-Luc et le Centre intégré universitaire de santé et de services sociaux du Centre-Ouest-de-l'Île-de-Montréal. Ce programme est financé, en partie, par le Gouvernement du Canada dans le cadre du programme Nouveaux Horizons pour les aînés.

