



EXPAND YOUR HORIZONS

*Stay informed with
New & Views, lectures & more!*

- Fran Shenker

SPRING/SUMMER 2017

**OFF-SITE
PROGRAMS**

WEST ISLAND • WESTMOUNT • CHOMEDEY • 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

The West Island Division of the Cummings Centre 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 March 20 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 or 229 as long as space is available:

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.

SPECIAL OFFER*

Join now until August 2018 and save up to \$15 off your membership.*

*Buy a spring/summer 2017 & annual 2018 membership for \$65 (Main Campus), \$35 (Off-Campus).

Annual membership fee is \$45 (Main Campus). Annual membership fee is \$25 (Off-Campus).

SOCIAL GROUPS - DAYTIME

PRIME 3055

“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 308

WEEKLY MAH JONGG AND CANASTA

Gather your foursome and join us for an afternoon of fun.

Thursdays April 6 to June 29

1 - 4 pm • \$18



PRIME 3013-01 / PRIME 3013-02 / PRIME 3013-03

MEN'S BREAKFAST SERIES

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

Tuesday

\$5 member / \$10 non-member
Special promo for new members. Please inquire.

BASEBALL: THE THINKING MAN'S GAME

Tuesday April 25

8:30 am

Steve Oleschuk

Hold these dates for more great breakfasts: May 30, June 20.

COURSES

PRIME 301

CANASTA LESSONS DAYTIME

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

Monday May 8 to June 5

1 - 3 pm • 4 sessions • \$40

Suzan Wiltzer

PRIME 301-01

CANASTA LESSONS EVENING

Thursday May 25 to June 22

7 - 9 pm • 4 sessions • \$40

Ellyn Delovitch



PRIME 3073 NEW!

NEWS & VIEWS

An analysis of national and international news of the day. Whether you agree or disagree on a topic, "News and Views" encourages friendly debate and will stimulate your thought processes and keep you current.

Wednesday May 10 to 24

10 am - 12 pm • 3 sessions • \$48

Stan Nachfolger, MA

**NEW AT
CUMMINGS
WEST**

SPECIAL EVENT

PRIME 326

BUBBIE, Zaidie AND ME

In collaboration with Beth Tikvah Synagogue.

Sunday April 30

Stay tuned for more details



CUMMINGSCENTRE.ORG/WESTISLAND

SOCIAL GROUPS - EVENING

PRIME 324

BOOK CLUB

Do you love to read and engage in stimulating conversation? Book titles to be discussed. Please register no later than April 5.

Wednesdays April 26, May 24, June 28

7 - 9 pm • 3 sessions • \$18

Tessa Berger, Facilitator

EVENING EVENTS

SPRING CLEANING - LET'S GET ORGANIZED!



PRIME 3075 / PRIME 3075-G NEW!

ORGANIZING YOUR SPACE WORKSHOP ON DECLUTTERING AND DOWNSIZING

Tuesday May 9

7 pm • \$10 member / \$15 non-member

Allison Weigensberg, professional organizer and owner of *Everything in Place*.

PRIME 3076 / PRIME 3076-G

IS YOUR JUNK VALUABLE?

Learn the difference between antiques and collectibles. How to know whether to trash it or sell it. Come to our very own Antiques Roadshow. NOTE: Not all items may be evaluated on site. Limit 1 item per person.

Tuesday May 16

7 pm • \$5 member / \$8 non-member

Gary Peterson & Debbie Goldsmith, Coach House Auctions

DAYTIME LECTURE

PRIME 3037-01 **NEW!**

LIFE-THREATENING EMERGENCIES

This informative lecture will discuss life-threatening emergencies and when an ambulance must be called. An introduction to CPR and a demonstration of how to use an AED defibrillator will be provided.

Thursday April 27

1 - 3 pm • 1 session

FREE for Cummings Members

\$10 non-member

Jonathan Halpert, Founder and Director, CPR Instructor's Network of Canada

ADAPTED PROGRAMS & SUPPORT GROUPS

ADP 3050

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 April 25, May 30, July 25, August 29

10 am - 12 pm • 4 sessions • No Charge

ADP 3051

SUPPORTED CONVERSATION AND SOCIAL PROGRAM FOR APHASIA*

Join in the discussion and practice strategies for communication and self-expression in a supportive and social environment. To register, call 514.277.5678.

Wednesday April 12,26, May 10,24, June 7,21, July 5

2 - 4 pm • 7 sessions • No Charge

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

ADP 385

SUPPORT GROUP FOR INDIVIDUAL'S WITH PARKINSON'S DISEASE

In partnership with Parkinson's Canada. Relaxed and welcoming environment.

April 25, May, 16, June 13, July 24, Aug. 15
2 - 3:30 pm • No Charge



KOSHER MEALS ON WHEELS

Did you know that Kosher Meals on Wheels are available in the West Island?

For more information, contact our Intake Department at 514.342.1234.

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.

Volunteer projects include:

- **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**

Interested? Contact Lisa Wiltzer 514.624.5005 local 231.

WESTMOUNT

CONTACT

MICHELLE LANDER

514.342.1234

LOCAL 7216

michelle.lander@cummingscentre.org

Temple Emanu-El-Beth Shalom

395 Elm Ave., Westmount



WESTMOUNT MINI CENTRE

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

**Registration in person
beginning Monday March 20
9 am - 3:30 pm
at 5700 Westbury Avenue,
Montreal H3W 3E8**

**Register on-line at
cummingscentre.org/register
or call 514.342.1234 local 7365**

Westmount 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.

SPECIAL OFFER*

Join now until August 2018 and save up to \$15 off your membership.
*See page 2 for more details.

TEMP 135 /TEMP 135-01

NEWS & VIEWS

An analysis of international and national events of the day.

**Thursday April 20 to May 25
(no class May 11)**

10 am - 12 pm • 5 sessions • \$80
Stan Nachfolger, MA

Thursday June 8 to 22

10 am - 12 pm • 3 sessions • \$48
Stan Nachfolger, MA

IN THE CITY

BE A SCHOLAR, A FOODIE,
A CRITIC, A BON VIVANT

ITC 363

IRON CHEF, CUMMINGS

The culinary adventure of the season! Join us as a participant or judge at École Culinaire Proviso for a hands-on cooking experience and a three course lunch. Space is limited.

Thursday May 4

10:30 am - 2 pm • 1 session • \$40
Proviso, 6600, St-Jacques Ouest, 2nd floor

ITC 364 NEW!

TOHU - GRAND SPECTACLE

And what a show it is! Graduates of the École Nationale de Cirque will dazzle and charm you. Intergenerational program which includes performance, light refreshments and parking.

Sunday June 4

1 - 3:30 pm • 1 session • \$25*
TOHU 2345, rue Jarry Est
*Must be accompanied by a member.



ITC 365 / ITC 365-6 NEW!

RAISE THE ROOF - DOCUMENTARY FILM

This incredible story documents the improbable dream of Rick and Laura Brown, artists, who embarked on a ten year project to reconstruct the elaborate roof and painted ceiling of the Gwoździec synagogue which was destroyed by the Nazis.

Wednesday June 14

7 - 9 pm • 1 session
\$18 member / \$25 non-member
Cineplex Odeon Cavendish Mall

CHOMEDEY

CONTACT
ERICA BOTNER
514.342.1234
LOCAL 7318

Congrégation Shaar Shalom
4880 Notre-Dame Boulevard,
Laval



GEVURAH CLUB – CHOMEDEY SENIORS

Social group with games and snacks.

Tuesday

1 – 3 pm • Ongoing • No Charge
Claire Nudel



CHOMEDEY

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

Register online at
cummingscentre.org/register
or call 514.342.1234 local 7318.
erica.botner@cummingscentre.org

Chomey membership fee for Aug. 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.

SPECIAL OFFER*

Join now until August 2018 and save up to \$15 off your membership.

*See page 2 for details.



CHOM 137

STITCH 'N BITCH

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

Monday

1 – 3 pm • Ongoing • No Charge
Louise Troyansky

SAINT-LAURENT

CONTACT
STEPHANIE GELLER
514.624.5005
LOCAL 229
stephanie.geller@cummingscentre.org



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 securing space in St-Laurent and will be able to announce through our Newsletter our program for the spring. Stay tuned and please don't hesitate to call Stephanie Geller at 514.624.5005 local 229.

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.



VIRTUAL LEARNING PROGRAM

CONTACT
ERICA BOTNER
514.342.1234
LOCAL 7318

erica.botner@cummingscentre.org

NEW! THIS SPRING

VIRTUAL LEARNING PROGRAM AVAILABLE TO ALL MEMBERS!

Access more than 60 exciting lectures and events from the comfort of your home. For more information visit virtual.cummingscentre.org

Special promotion to try it out this spring for only \$10

Organization \$250/year

VOLUNTEER OPPORTUNITIES

Do you want to volunteer and learn a new skill? We are happy to teach you to facilitate a virtual discussion or course on a topic of your interest.

For more information about participating or volunteering in this exciting new initiative contact Erica Botner at 514-342-1234 x 7318 or erica.botner@cummingscentre.org



Health
Canada

Santé
Canada

SPECIAL LIVE WEBINAR SEASON'S LAUNCH



CODE NEW!

THE SIX PILLARS OF WELLNESS

Speaker: Louisa Jewell, MAPP, President, Canadian Positive Psychology Association, Speaker, Facilitator, Author and Well-Being Teacher

Thursday May 4
7 - 8 pm • 1 session

FREE

Here are ways that you can participate in virtual learning:

LECTURES, LIVE AND ON-DEMAND

- Live Friday Lectures
- Blockbuster Lectures and Events
- Video Library on Demand

DISCUSSION GROUPS

Connect with other people who have trouble getting to the Cummings Center on a variety of topics of interest.

- Book Club: Fridays 11 am - 12 pm
- Intergenerational Current Events: Wednesdays 1:15 - 2 pm
- Movie Memories with David Novek: Mondays from 11 am - 12 pm