

CUMMINGS CENTRE FALL SAMPLER

SEPTEMBER 5-8

FOR THE 50+ COMMUNITY

Come and experience the Cummings Centre and all that we have to offer. Meet our teachers, instructors, staff and volunteers, grab a coffee & danish, tour the facility and sample some of our 300+ programs for free.

ADVANCE
REGISTRATION
APPRECIATED

SCHEDULE OF **FREE** ACTIVITIES - Register in advance 514.343.3510. Space limited.

Tuesday Sept. 5	Wednesday Sept. 6	Thursday Sept. 7	Friday Sept. 8
MORNING	MORNING	MORNING	MORNING
 <p>9 - 10 am Pilates</p> <hr/> <p>9 - 10 am Yoga Beginner</p> <hr/> <p>10 - 11 am Aikiform</p> <hr/> <p>10 - 11 am MELT Method</p> <hr/> <p>10 - 11 am Zumba</p> <hr/> <p>11 am - 12 pm Move to Music for Mobility</p>	<p>9 am - 3 pm Open House Fine Arts & Crafts</p> <p>10 am - 2 pm Open House for New Volunteers</p> <hr/> <p>9 am - 12 pm Woodturning Demo </p> <hr/> <p>11 am - 12:30 pm <i>Talk</i> Landscape Art: Judaic Lands</p> <hr/> <p>11 am - 12:30 pm <i>Information</i> Programmes francophones</p>	<p>10 - 11 am Tai Chi</p>  <hr/> <p>10 - 11 am Virtual Learning: How it Works Demo</p>	<p>10 am - 12 pm Choir</p>  <hr/> <p>10:30 am - 12 pm Boxing Demo</p> 
AFTERNOON	AFTERNOON		
<p>12 - 1 pm Drum, Dance and Sing</p> <hr/> <p>5:15 - 6:15 pm Groove Dance</p>	<p>1 - 3 pm <i>Display</i> Architectural Sculpture Crafting Techniques / Jewellery Polymer Clay: Millefiori ReincARTnation: 3D Mixed Media Ricki Goldstein of Girls & Pearls</p> <p><i>Demo and Display*</i> 1 - 1:30 pm Stencilling 1:30 - 2 pm *Paper Cutting 2 - 2:30 pm Crochet and Knit</p> <hr/> <p>1 - 3 pm Get your Creative Writing Juice Flowing</p>		<p>10 - 11 am Friday Lecture <i>Strategies for Healthy Aging: An Active Brain</i></p>
EVENING	EVENING		
<p>7:30 - 8:30 pm The Skyliners</p>	<p>7 - 9 pm Rock 'n Soul Choir</p>		



LE CENTRE
Cummings
CENTRE

Guided tours from 9 am to 4 pm

5700 WESTBURY AVE., MONTREAL • CUMMINGSCENTRE.ORG/FALLSAMPLER

