

Making Connections at the Cummings Centre

Cummings Centre addresses the unique tastes and interests of the 50+ plus community with a myriad of programs, lectures, services and groups that keep older adults engaged, connected and active.

According to Statistics Canada in a 2016 report, as many as 1.4 million older adults living in Canada report feeling lonely. In fact, a recent study by Brigham Young University has identified that loneliness has the same negative effect on health as obesity, being an alcoholic, or smoking 15 cigarettes a day. Aging is often associated with social isolation as spouses and friends pass away and children get busy in their own lives, however, it doesn't have to be that way. The Cummings Centre is uniquely positioned to address loneliness and social isolation through its extensive program offering and volunteer opportunities. The Centre brings people together on every level to engage in the many unique options for creative expression, learning, social clubs and support groups.

Exercise classes, computers and languages, hobbies and games—bridge, mah-jongg, are in place to meet the demand for ways to connect with like-minded people while experiencing something new. Mem-

bers attend lectures on global affairs, music and art appreciation providing a forum for lively discussion. Programs such as writing your life story, theatre and improv and the ever-popular Rock 'n Soul Choir give members a chance to explore their creativity in a group dynamic. Singing is contagious fun that builds joyful energy and inspires bonds between people and the music. Participants often reminisce about the good old days that the music sparks.

Also unique is the Centre's travel club; a hassle-free opportunity for solo travelers to bond and forge new friendships while sharing novel experiences. "I have seen many of the travelers, some newly widowed, who have never traveled alone, build strong bonds with fellow travelers—it's empowering for them," says Erica Botner, Program Manager, "Our recently launched Virtual Learning Program is also designed to create a sense of community by providing individuals who have trouble getting to the Centre, with an opportunity to participate in online discussions and classes."

Tapping into the rise of social isolation amongst older adults, the Centre continues

to provide much-needed opportunities for engagement including support groups for caregivers, widows and widowers, as well as a weekly drop-in program for Holocaust survivors, a Day Program for individuals with Alzheimer's, memory loss or dementia and a Community Mental Health Program that focuses on what people can do and not what they can't.

Volunteering at the Centre provides a unique opportunity for individuals to form strong connections with both fellow volunteers and participants. "We get people whose spouses have passed away and they've expressed that the Centre has become their extended family, helping them through their darkest period in their life" says Lynn Gordon, Director of Volunteer Services. "There is a group of men who volunteer in our wood workshop who have built a real camaraderie. They've supported each other through retirement, illness and loss, and have formed unique bonds of friendship. On any day of the week, you can find them taking their daily morning coffee break together sharing lives, escapades and foremost each other's company."

It's common to see men and women who are recently retired or are empty nes-

ters come in looking for a renewed sense of purpose or new avenue to network. "It is important to us to take the time to understand a person's interests and needs and match that to their involvement, so that each individual can get the most out of their volunteer experience" says Gordon. Be it, volunteering in the cafeteria, assisting someone in the adapted clinic or advocating for seniors rights in the Social Action Committee, our volunteers are dedicated and are an integral part of the Centre.

Cummings Centre distinguishes itself as a true community centre and a proud Jewish organization that welcomes people of every background. The Centre touches the lives of over 10,000 individuals annually at its main campus facility and satellite centres in Westmount, St-Laurent, Chomedey, the West Island and Florida.

Want to broaden your social circle? Reach out and start your conversation with the Cummings Centre. Drop by for a tour, pick up a program guide or learn about volunteer opportunities, call 514.342.1234 x7209 or visit cummingscentre.org.

We are waiting for you!

OUTDOOR AND TRAVEL CLUBS

CONTACT REGISTRATION
514.342.1234 LOCAL 7365

REGISTER NOW!
CUMMINGSCENTRE.ORG



HIKING CLUB

Outdoor enthusiasts meet on Fridays for invigorating hikes through various regional parks (such as Mont St-Bruno, Mont St-Hilaire, Val David/Far Hills, Doncaster and Ste-Agathe. Trails vary in level of difficulty.

Outings will begin Friday, April 28, weather & conditions permitting.

Fridays
8 am - 4 pm

PAYMENT OPTIONS*:

\$112 for 6 outings

\$82 for 4 outings

\$66 for 3 outings

The registration fee includes bus transportation, but excludes park entrance fees (\$5 - \$8).

TRAVEL CLUB

OPEN HOUSE

A travel club is a great way to see exciting destinations - without the hassle of planning the entire trip yourself. Through day trips and overnight adventures, the Travel Club offers various types of travel opportunities. Our trips are known for being inclusive, warm and welcoming and reasonably priced for both solo and couple participants.

To learn more about our upcoming trips, please attend our Travel Club open house.

Thursday April 20
2 - 4 pm



GET MORE THAN YOU GIVE

Pay it forward. Volunteering together we can enrich the lives of so many.

— Rhona Rosenblatt



Enrich your life and the lives of others. Volunteer.

To start today call Lynn Gordon
514.342.1234 X7240

lynn.gordon@cummingscentre.org



VIRTUAL LEARNING PROGRAM

CONTACT REGISTRATION
514.342.1234 LOCAL 7365

REGISTER NOW!
CUMMINGSCENTRE.ORG

- LIVE LECTURE & VIDEO LIBRARY
- LIVE DISCUSSION GROUPS
- VOLUNTEER OPPORTUNITIES

SPECIAL PROMOTION*
\$10

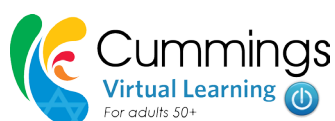
\$25/year for individuals
\$250/year for organizations

* Spring promotion for Cummings Centre members

New this Spring, Cummings Centre launches a Virtual Learning Program to all. Participate in our programs from the comfort of your own home.

SPECIAL WEBINAR LAUNCH
THE SCIENCE OF HAPPINESS
AND THE SIX PILLARS OF WELLNESS

May 4 • 7 - 8 pm
Louisa Jewell



DAY PROGRAM

CONTACT INTAKE
514.342.1234

LEARN MORE!
CUMMINGSCENTRE.ORG

Programs funded in part by the Sam & Sadie Roth / Latsky Family Foundations and the Nussia and Andre Aisenstadt Foundation

Programs are designed for individuals with memory loss, Alzheimer's disease or other forms of dementia.

Programs take place in a communal setting, in small groups which help create a warm and comfortable atmosphere.

Socialization, the arts, music therapy, fitness and cognitive games are emphasized.

