

WHAT THEY'RE SAYING ABOUT



“Networking with others, sharing ideas about retirement, discovering enjoyable and rewarding ways to keep contributing... Life Options, a terrific initiative and a wonderful one-of-a kind resource.”

*S.O.M.
High school teacher
three years from retirement*



The Life Options Initiative can help you create a stimulating life based on what's most important to you. Whether it's engaging as a volunteer, discovering new learning opportunities or enjoying healthy living activities with like-minded people, you can benefit from Life Options Initiative's support as you redesign and redefine your life.

To start making the most of the rest of your life, become a member of the Life Options Initiative today! Call Eileen Katz at 514.342.1234 or email her at eileen.katz@cummingscentre.org.

CUMMINGS CENTRE

Life Options Initiative is a division of the Cummings Centre, Montreal's premier active 50+ community centre. With our long history, unmatched facilities and dedicated volunteers and professionals, we have the experience and resources suited to fostering an atmosphere of positive, enlightened growth in retirement for active older adults.

Retirement has changed.
And so have you!

5700 Westbury Avenue
Montreal QC H3W 3E8
PHONE 514.342.1234
www.cummingscentre.org

Discover what's
next for you.



Retirement has changed. And so have you.

Every day, people like you are redefining retirement in meaningful and rewarding ways. This phase in your life is an exciting time of regeneration and renewal. It's a time of creativity—an ideal chance to discover and explore a whole new world of possibilities.

The Life Options Initiative is specifically designed to help you identify and respond to new opportunities. As a Life Options member, you can benefit from the latest resources available for people who are nearly and newly retired. The potential for developing new purpose and passion is within you, and the expertise within this program enables you to connect with it.

Life Options helps you map and navigate a revitalized future. It helps you restructure your priorities around what's most important to you. From significant civic engagement, which is volunteering at its best, to strategies for intellectual growth, healthy living activities and life transition programs, Life Options helps you align your life with your goals and deeper values.



“I look forward to rediscovering my passions...”

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EXCITING NEW CIVIC ENGAGEMENT OPPORTUNITIES (CEO)

Get inspired by sharing your experience and turn your passion into action! Your participation in the CEO program can achieve measurable impact on our community. After the completion of our CEO leadership development series, you'll have the skills, tools and latest information to enable you to choose among dynamic new volunteer experiences. Life Options resources can link you to a gateway of exciting and rewarding civic engagement opportunities. Discover many ways to use your talents and experience to benefit others. Ask about our training and information sessions.

INNOVATIVE WORKSHOPS AND SEMINARS IN LIFE TRANSITIONS

Begin to think differently about the realities of retirement. Go beyond financial advice and discover what really matters to you. Experience engaging interactive workshops led by professionals or meet with a specialized retirement coach for individualized sessions. Understand how to handle the retirement transition and manage the changing nature of relationships. Ask about our workshops, moderated by a leading expert in retirement counseling.

ENRICHED LEARNING OPPORTUNITIES

All members of the Life Options Initiative can take advantage of a variety of enriched learning opportunities and recreational activities that engage and stimulate the intellect, sensibilities and soul. Inspiring and challenging evening classes offer thoughtful, high quality content delivered by experts in a climate of lively social interaction. New learning opportunities are continually being added! For details on current classes,

please visit www.cummingscentre.org.



“As a member of Life Options Initiative, I hope to gain confidence to get out there and explore many challenging, healthy and stimulating new activities.”

B.R.S.

*Small business owner
planning to soon retire*

“It's a great idea. I look forward to rediscovering my passions, learning about new ways to use my many years of experience to truly make a meaningful difference in my community.”

W.T.J.

Retired executive

“Lifelong learning—I've always believed in it. Now I have time to live it... access to experts in a casual setting with my contemporaries, is going to be such a pleasure.”

E.A.S.

Former clinical psychologist

Retirement has changed. And so have you.

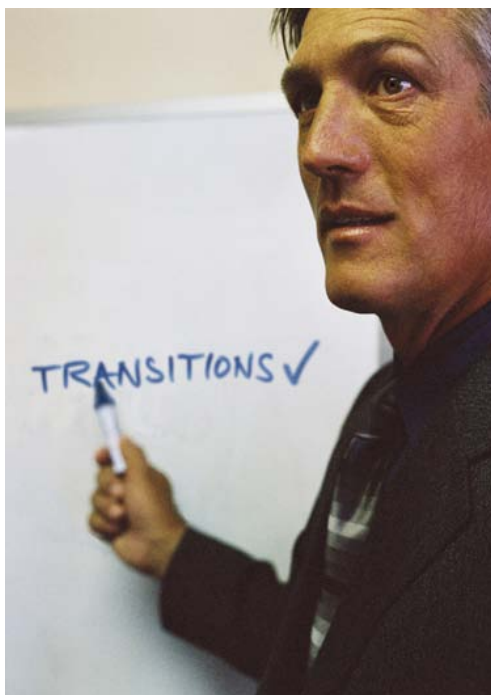
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