

# New stage at adulthood at the Cummings Centre

The key to healthy aging is taking a multifaceted approach to both physical and mental well-being for the 50+ demographic. Research consistently shows that staying engaged results in an increased sense of satisfaction enhancing overall quality of life, extending to improved physical findings such as lowered blood pressure and improved mental state. Harvard researchers go on to say in their 75 year longitudinal study that happiness, particularly as we age, is enhanced by good relationships, focused on doing good for others, doing things we are good at and doing things that are good for the individual.

Advancements in medicine have led to an additional period of well-being lengthening our lifespan to what has become known as the second phase of adulthood. Many older adults are choosing to stay in the workforce longer or shift to part-time while still others are leaving their work lives behind. Traditional retirement has been pushed aside as career and family goals have been met leaving time for exploration, discovery and new beginnings. “This is the time in our lives to take a

chance, learn something new or reach out to someone in need,” says Barbara Zaval-koff, Volunteer Chair, Program Committee.

The Cummings Centre offers program-ming in the arts, education, health, well-ness and social services. State-of-the-art facilities include a completely outfitted gym, adapted gym, professionally appointed art studios, fully equipped woodshop, Tech lounge, cafeteria and gift shop. From creative expression through art or theatre to physical fitness classes and adapted programming to a myriad of volunteer opportunities, the Cummings Centre enthusiastically welcomes people of all backgrounds and perspectives. “Our broad palette of offerings allows participants to explore new avenues of self-expression or re-discover an old passion,” says Anne Archambault, Interim Director of Programs. “Learning to create, to play in the pre and post retirement years and establish new relationships, as one’s social circle decreases, sometimes due to loss of loved ones, enhances one’s sense of wellbeing.”

Giving of yourself to others through volunteering adds great purpose and

meaning particularly for those individuals who have not had the opportunity before. Volunteering at the Centre takes on many forms from helping someone facing a newly diagnosed health challenge work on building strength and balance in the adapted gym to manning the cash at the cafeteria. “Volunteers can discover their interests and passions in ways that fit into their personal lifestyle and availability,” says Lynn Gordon, Director of Volunteer Services.

Over 950 volunteers ranging in age from 12 to the oldest volunteer at 94, the majority being over 50 years of age, work in tandem with the professional team at the Centre bringing a wealth of life experience and skill sets finding great satisfaction in lending a hand. Men in particular who have not had the opportunity to volunteer until retirement, derive great personal satisfaction from helping others.

Searching and finding new interests provide an opportunity to forge new social ties alongside intellectual stimulation. Entry level courses are available in most disciplines so if you’ve always wanted

to try your hand at something new, the carefully curated courses and volunteer opportunities at the Cummings Centre allow participants to stay current, motivated, stimulated and engaged. Professional instructors bring their expertise and enthusiasm to all classes and the small class size allows each participant to get the necessary attention.

Whether challenging yourself to learn a new skill or pick up an old one that has been on the back burner or finding the right volunteer activity, it’s time to take a risk, try something new or rekindle an old passion. As with most things in life the benefits are many — friendship, a sense of belonging, a renewed focus and enjoyment. Stay engaged, stay vibrant at the Cummings Centre.

Contact Nicole Sebag at 514.342.1234 Ext.7209 to book an appointment or just drop by until 4:30 pm Monday through Friday.

Come in for a personalized tour and see where you fit in!



**CREATIVE  
EXPRESSION**

CONTACT REGISTRATION  
514.342.1234 LOCAL 7365

REGISTER NOW!  
CUMMINGSCENTRE.ORG

**MAKE TIME  
FOR YOURSELF**

- Bev Akerman

**WATERCOLOUR WORKSHOP:  
CHAGALL – MUSIC AS MUSE NEW!**

Discover this unique collection of Chagall's multidisciplinary works with a guided tour of the exhibition at the MMFA. In the follow-up session, create your own masterpiece while you paint to the music that inspired Chagall's art.\*

**Tuesday May 2 and 9**  
1 – 4 pm • 2 sessions • \$45  
Marilyn Green, BFA

**STAINED GLASS - INTRO**

Learn how to cut glass and create small projects. Kit fee \$60.

**Wednesday May 3 to June 28**  
9 am – 12 pm • 8 sessions • \$135

**ARCHITECTURAL SCULPTURE**

Create a 3D architectural structure of your choice inspired by photos of personal or public interest.\*

**Thursday May 4 to June 22**  
5 – 8 pm • 7 sessions • \$100  
Stanley Sklar

**MAKE HOME MOVIES NEW!**

Have fun learning how to create your own slide show/video with text and music, using personal photographs, pictures from your smartphone, digital camera, tablet or hard copies.

**Friday May 12 to June 16**  
10 am – 12 pm • 6 sessions • \$95  
Sol Levinson

**DIGITAL CAMERA – INTRO "SHOW  
YOUR CAMERA WHO'S BOSS!"**

During this intro class you will learn how to master your digital camera. **Bring your DSLR camera and manual.**

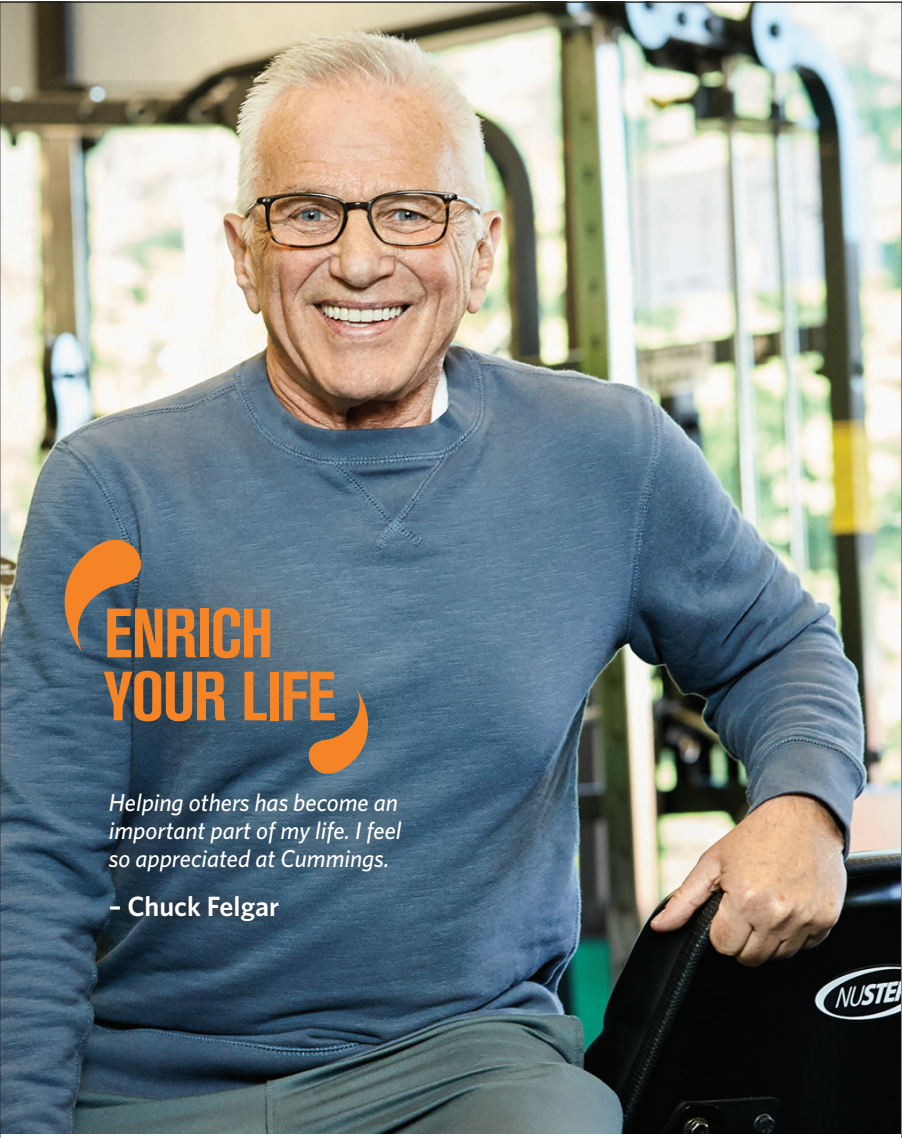
**Friday May 19**  
12 – 3 pm • 1 session • \$40  
Marko Kulik

**WRITE ABOUT IT**

Be it a personal essay, creative fiction, poetry or any other writing genre, do it in a fun, stimulating and creative way.

**Wednesday April 26 to June 7**  
1 – 3 pm • 6 sessions • \$90

\*Some or all materials included



**ENRICH  
YOUR LIFE**

*Helping others has become an important part of my life. I feel so appreciated at Cummings.*

- Chuck Felgar

**Enrich your life  
and the lives of others**

Start today, call Lynn Gordon  
514.342.1234 x7240



**PERFORMING  
ARTS**

CONTACT REGISTRATION  
514.342.1234 LOCAL 7365

REGISTER NOW!  
CUMMINGSCENTRE.ORG

**EMPOWER WITH IMPROV NEW!**

Spark your creativity, think faster, meet new people, laugh more, worry less, listen intently, face fear, let go, take action, trust more! Join this group to explore and push your boundaries in a welcoming environment.

**Wednesday June 7 to 21**  
4 – 6 pm • 3 sessions • \$30  
Amanda Silveira



**CUMMINGS THEATRE**

Welcome to the wonderful world of “make believe”. Discover various acting techniques and styles through warm-ups and acting exercises, then plunge into the theatrical worlds of comedy, tragedy, storytelling, improvisation and mime.

**Wednesday April 19 to May 24**  
4 – 6 pm • 6 sessions • \$60  
Jacqueline van de Geer

**ROCK ‘N SOUL CHOIR**

Love to sing? Join our Rock ‘n Soul Choir. Perform hit songs from the 60’s and 70’s under professional musical direction. Learn to sing melodies and harmonies that made rock ‘n roll history.

**Wednesday April 19 to June 21**  
7 – 9 pm • 9 sessions • \$90  
Suzu Enns

