

Bringing more Cummings to our members

The Cummings Centre is listening to you! Many of our members and dedicated corps of volunteers have asked us to bring more programs into the communities in which they live. The Cummings Centre is offering increased programming through it's satellite centres as well as partnering with many neighbourhood organizations available to members across the city, "We are bringing more and more programs out into the community making Cummings programs easily accessible and expanding to where our participants live," says Pauline Grunberg, Executive Director, "While we still offer a full roster of programs in our brick and mortar locations, by forging strategic partnerships with other community organizations we are able to expand our network delivering a fuller range of activities for our clients well into the future—and closer to home."

The main campus, located in the city's west-end on Westbury Avenue,

is a modern state-of-the-art sun-filled building, housing facilities ranging from a fully-equipped Wellness Centre, Adapted Exercise Clinic, Tech Lounge, Fine arts and craft studio, cafeteria, gift boutique, classrooms and more. Satellite centres are located in the West Island, Westmount, Chomedey, Saint-Laurent and, over the winter months, in Florida. We currently offer varied programming such as Pickleball, Boxing, support groups and organized activities featuring hiking and cross-country skiing and the Travel Club in locations including Cote St. Luc, Dorval, downtown Montreal and the Laurentians.

Volunteer opportunities have been expanded to the West Island as have many social groups such as the Men's Breakfast Club and Les Girlz. Long-time West Island (Dollard des Ormeaux) resident Howard Zingboim enjoys staying close to home participating in the monthly Men's Club Breakfast, "Our monthly breakfast

meetings, featuring thought-provoking speakers, have become a staple for our growing membership. We are pleased that other programming for both men and women is continually expanding within our community." For member Judy Deitcher, playing Canasta is a pleasurable activity to do together with her boyfriend close to home, "Learning something new is interesting and stimulating. We are fortunate to have an organization like the Cummings Centre where people can connect and no one feels alone in their own community."

Continually developing innovative programming aimed at keeping participants active both mentally and physically allows members to learn, evolve and attain their personal best while making important social connections. This philosophy extends to the innovative Virtual Learning program where members with limited mobility or those that simply want

to access Cummings Centre lectures, events and online learning from the comfort of their own homes.

The Cummings Centre has been proudly serving the needs of the 50+ population for over half a century. As a non-profit community centre of excellence, Cummings connects its members and volunteers to the arts, education, health, wellness and culture touching over 10,000 people annually through over 300 varied programs and services.

As a membership-based organization, the Centre relies on the time and energy of dedicated volunteers to fulfill our commitment to our members. Connect, get involved and share your expertise with us at our main campus or close to home.

Contact us at 514.343.5310 or visit the website at www.cummingscentre.org



FEEL INSPIRED

SHARE YOUR TIME

– Steve Rothstein

ENRICH YOUR LIFE AND THE LIVES OF OTHERS

- Administrative support
- Event planners
- Drivers
- Cafeteria Services
- Social Advocacy for Seniors

Start today, call Lynn Gordon
514.734.1791
lynn.gordon@cummingscentre.org



CUMMINGS WEST ISLAND

CONTACT **LISA WILTZER**
514.683.3761

REGISTER NOW!
CUMMINGSCENTRE.ORG



NEWS & VIEWS NEW!

An analysis of national and international news of the day. Whether you agree or disagree, News and Views will provide you with the opportunity for friendly debate, will stimulate your thought process and keep you current.

Wednesday April 25 to May 9
10 am – 12 pm • 3 sessions • \$48
Stan Nachfolger, MA

CANASTA LESSONS

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

Monday April 16 to May 7
1 – 3 pm • 4 sessions • \$40
Ellyn Delovitch

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Tuesday and Thursday April 24 to May 3
7 – 9 pm • 4 sessions • \$40
Ellyn Delovitch

EVENING

MEN'S BREAKFAST SERIES

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

Tuesday
\$5 member / \$10 guest
Special promo for new members. Please inquire.

Tuesday April 24 • 8:30 am



DAY TRIPS & OUTINGS

CONTACT REGISTRATION
514.343.3510

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, Oka Park Val David/Far Hills, Doncaster and Ste-Agathe. Includes bus transportation, park entrance fees extra(\$5 – \$8).
Outings will begin Friday, May 11, weather & conditions permitting.

Fridays
8 am – 4 pm

PAYMENT OPTIONS:
\$112 for 6 outings
\$84 for 4 outings
\$68 for 3 outings

TRAVEL CLUB OPEN HOUSE

Come and see what trips we have in store for spring and summer 2018. Meet the committee and other participants, enjoy refreshments and learn about the trips.


Wednesday April 25
2 – 4 pm • No charge
Trips sell out fast. Register in advance.

DIGITAL CAMERA – NIGHT PHOTOGRAPHY TOUR

Discover how to take amazing photographs of downtown Montreal at night.

Wednesday June 13 & 20
6 – 9 pm • 2 sessions • \$80
Marko Kulik





NEW!

THE PARKINSON'S BLADDER AND BOWEL

Dr. Lysanne Campeau, Urologist at the Jewish General Hospital and Assistant Professor at McGill University, will discuss the overactive bladder in Parkinson's disease. Her talk will be followed by an open discussion with a professional dietitian to address constipation in Parkinson's disease. This event will be webcast.

Tuesday April 10 • 1 – 4 pm
\$10 • Includes refreshments
Golf Dorval (Dorval Golf Club)
2000 Reverchon Avenue, Dorval
Free parking

For more information and to register call 514.734.1819 or infoqc@parkinson.ca

