



*Get involved
in community*

- Robert Davis

FALL 2019
**OFF-SITE
PROGRAMS**

WEST ISLAND • WESTMOUNT • CHOMEDEY • CÔTE SAINT-LUC • FLORIDA • SAINT-LAURENT

MEMBER PRIVILEGES



The Cummings Centre values its members! Join our vibrant community and gain access to the best programming for the 50+. In addition to access to programs and services and meaningful volunteer opportunities, members enjoy a variety of benefits.

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FREE FOR MEMBERS

- Easy unlimited access to the Virtual Learning Library with over 120 lectures, events, and classes covering a wide range of stimulating topics from experts in the field
- Complimentary Cummings environmental bag

MEMBER BENEFITS

- Preferred member pricing: up to 50% less the cost of non-member rate for special events, lectures, workshops and films
- 10% discount in the Cummings main campus Boutique on the first Monday of each month
- Discounts on select programs at the Jewish Public Library, Segal Centre and CSUQ

REGISTRATION FOR COURSES & PROGRAMS

CONTACT

MICHELLE LANDER

514.734.1748

michelle.lander@cummingscentre.org

WEST ISLAND

Cummings West is committed to responding to the evolving needs of the 50+ community. We offer diverse and quality educational, social and cultural programs, as well as meaningful and enriching volunteer opportunities.

**Registration in person
beginning Monday August 5
from 10 am - 4 pm
at 96 Roger Pilon St., D.D.O.**

**Register on-line at
cummingscentre.org/register
or call 514.343.3510.**

Cummings West membership fee for August 1, 2019 through July 31, 2020 is \$25.*

*Pay \$45 and have access to programs at the main campus and at all off-campus locations.

The Cummings Centre reserves the right to make changes to any information contained in this publication.

Cummings



West Island

96 Roger Pilon St.
Dollard-des-Ormeaux

SEASON OPENER

INTERGENERATIONAL PROGRAM



PRIME 118

TARAH SCHWARTZ – CHANGE IS GOOD

Spend an evening with Tarah Schwartz, whose passion for inspiring, educating, and empowering women goes back decades. She's a familiar face to most Montrealers, having spent almost 20 years as a respected anchor and reporter at CTV News Montreal. At the end of 2018, Tarah made a bold decision, leaving her long-time job with no back-up plan in place. Find out the reasons behind her decision, what she is up to now, and how surprised she was to discover that change is good.

Wednesday September 18

7 – 8:30 pm

\$15 member / \$20 guest

DAYTIME PROGRAMS



PRIME 119

WEEKLY CANASTA

Have a Canasta foursome and are looking for somewhere to play? Looking to meet new people who share a love for the game? Join us for weekly Canasta. Bring your friends.

Monday Oct. 28 to Dec. 16
1 – 3:30 pm • 8 sessions • \$25

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“LES GIRLZ”

Join us for an afternoon of conversation and outings.

Wednesday • 1 - 3 pm • \$10 / season

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TEA AND TALK

Join us for an afternoon of friendly discussion.

Monday • 1 – 3 pm • \$10 / season
Sheila Glasser



PRIME 1013 / PRIME 1013-01

BREAKFAST SERIES

A monthly opportunity to get together, schmooze over breakfast, and enjoy thought-provoking lectures.

Join us for a lively discussion on the radicalization of the Democratic Party in the U.S. and its implication for the 2020 presidential election.

Wednesday Oct. 16
8:30 am • 1 session
\$8 member / \$12 guest
Stan Nachfolger, MA

—

Topic to be announced
Wednesday November 6
8:30 am • 1 session
\$8 member / \$12 guest
Jack Hirschberg, PhD

WEST ISLAND



WEST ISLAND ART SHOW

A great opportunity for local artists to display and sell their work and for our members/guests to get to know them. If you would like to volunteer or you are an artist who would like to participate, please contact Nicole Sebag at 514.734.1762.

Date to be determined

Or Shalom Synagogue

Free entry for guests



WEST ISLAND

CUMMINGS WEST GIVES BACK TO THE COMMUNITY

We are looking for volunteers who are interested in joining our Cummings West team. An opportunity to connect with others while doing good.

VOLUNTEER OPPORTUNITIES

- Registration / Greeter
- Care Caller
- Program Committee

Day and Evening Programs

- Group Facilitator
- Discussion Group Animator/ Lecture Series
- Virtual Learning
- Men's Breakfast
- Active West Island Women

Give Projects

- Packing Bags at Sun Youth
- Cooking for Kerry's Kitchen

Adapted Programs

- Boxing
- Broadway
- Parkinson's Exercise Class

Interested? Contact
Lynn Gordon 514.734.1791
lynn.gordon@cummingscentre.org

ADAPTED EXERCISE



BOXING

This high-energy class focuses on coordination and balance and includes integration of both upper and lower body exercises. Warm up, breathing techniques and proprioceptive training are emphasized.

Tuesday Sept. 3 to Dec. 17
1:30 - 3 pm • 13 sessions • \$225

Grant Brothers Boxing
2101 TransCanada Highway, Dorval
—

Thursday Sept. 5 to Dec. 19
1:30 - 3 pm • 16 sessions • \$290

Grant Brothers Boxing
2101 TransCanada Highway, Dorval
—

Friday Sept. 6 to Dec. 20
11 am - 12:30 pm • 16 sessions • \$290

Cummings Centre
5700 Westbury Ave.

ADAPTED PROGRAMS / SUPPORT GROUPS

ADP 1050-01

SUPPORTED CONVERSATION / SOCIAL PROGRAM FOR APHASIA

Regain the confidence to interact with others. This social program includes activities that encourage conversation and communication. Bilingual.

Wednesday Sept. 18, Oct. 2, 16, 30, Nov. 13, 27

2 - 4 pm • 6 sessions • No charge
Ariana Fraid

.....
ADP 168

CAREGIVERS FOR INDIVIDUALS WITH APHASIA

A bi-monthly support group for individuals caring for a loved one with Aphasia.

Tuesday Aug. 27, Sept. 24, Oct. 29, Nov. 26

10 am - 12 pm • No charge
Maureen Stafford

.....
ADP 185-03

INDIVIDUALS WITH PARKINSON'S DISEASE

A monthly support group offered in partnership with Parkinson's Canada. Relaxed and welcoming environment.

Led by H el ene Deutsch

Thursday Sept. 19, Oct. 31, Nov. 21, Dec. 19

1:30 - 3:30 pm • No charge

WESTMOUNT

CONTACT
MICHELLE LANDER
514.734.1748
michelle.lander@cummingscentre.org

Cummings



Westmount

Temple Emanu-El-Beth Sholom
395 Elm Ave., Westmount

WESTMOUNT

The Westmount division of the Cummings Centre is committed to providing unique educational, social and cultural programs.

**Registration in person
beginning Monday August 5
9 am - 3:30 pm
at 5700 Westbury Avenue**

**Register on-line at
cummingscentre.org/register
or call 514.343.3510.**

Westmount membership fee for August 1, 2019 through July 31, 2020 is \$25.*

*Pay \$45 and have access to programs at the main campus and at all off-campus locations.

TEMP 135 / TEMP 135-01

NEWS & VIEWS

Learn about national and international news of the day.

Thursday Sept. 19 to Oct. 10
10 am - 12 pm • 4 sessions • \$64
Stan Nachfolger, MA

Thursday Oct. 24 to Nov. 14
10 am - 12 pm • 4 sessions • \$64
Stan Nachfolger, MA

IN THE CITY

BE A SCHOLAR, A FOODIE - A CRITIC, A BON VIVANT



ITC 108 NEW!

A BREATH OF FRESH HAIR!

A cobblestone street, an urban atelier, a glass of prosecco and a charming and creative artist. Denis Binet will talk about the powerful influences between hair and self-esteem through the ages. There will be time for Q&A. Denis Binet is an artist and celebrity hair stylist who shared the stage with Chanel and Yves Saint-Laurent.

Wednesday Oct. 23
1 - 4 pm • 1 session
\$25 member / \$36 guest
Vilaine Victoire
445, rue Saint Pierre, Suite 204
Old Montreal

LCT 111

A CAPTIVATING STORY: 400 YEARS OF OPERA

From Monteverdi's L'Orfeo to 21st Century opera, enjoy this history of opera with Pierre Vachon, PhD, of Opéra de Montréal as he takes you through 400 years of landmark operatic works. This program will include a live performance by an opera singer and accompanist.

Wednesday October 30
7 - 9 pm • \$36
Segal Centre



WESTMOUNT

CHOMEDEY

CONTACT
LUNI BENDAYAN
514.734.1788



CHOMEDEY

The Chomey division of the Cummings Centre provides engaging programs for the Laval 50+ community.

**Registration in person
beginning Monday August 5
from 9 am - 3:30 pm
at 5700 Westbury Avenue**

**Register on-line at
cummingscentre.org/register
or call 514.343.3510.**

Chomey membership fee for August 1, 2019 through July 31, 2020 is \$25.*

*Pay \$45 and have access to programs at the main campus and at all off-campus locations.



SOCIAL CLUBS



CHOM 137

STITCH 'N BITCH

Learn how to knit or crochet. Enjoy a friendly, relaxing afternoon. Work on personal or community projects.

Monday • 12 - 2:30 pm
Rosalind Warhaft

GEVURAH CLUB – CHOMEY SENIORS

Social group with games and snacks. Club meets in Chomey Tuesday afternoons, September through June, to provide educational, recreational and social activities.

Tuesday • 1 - 3 pm
Claire Nudel

CÔTE SAINT-LUC

CONTACT

PATRICIA KEHLER

514.734.1823

patricia.kehler@cummingscentre.org



Cummings



Côte Saint-Luc

Aquatic and Community Centre
5700 Mackle Rd.,
Côte Saint-Luc

CÔTE SAINT-LUC

The Côte Saint-Luc division of the Cummings Centre is committed to providing unique educational, social and cultural programs.

**Registration in person beginning
Monday August 5
from 9 am - 3:30 pm
at 5700 Westbury Avenue**

Pay \$45 and have access to programs (including Pickleball) at the main campus and at all off-campus locations.

For Côte Saint-Luc membership for art classes, contact Patricia Kehler 514.734.1823

CSL 101

INTERGENERATIONAL PAINT NIGHT

A fun night of painting where you will be guided step-by-step as you create a personalized piece of art. Be amazed by your own creativity and take home a fabulous painting. No experience necessary.

Wednesday Oct. 23

7 - 9 pm • 1 session • \$45
\$70 for intergenerational pair
Noa Neeman, BFA

CSL 102

LANDSCAPE PAINTING

A soulful and imaginative approach to painting landscapes. Experiment with colour and texture. A spectrum of styles and techniques will be explored from abstract to figurative.

Tuesday Sept. 17 to Dec. 17

6 - 8:30 pm • 10 sessions • \$210
Noa Neeman, BFA

CÔTE SAINT-LUC

CONTACT

PATRICIA KEHLER

514.734.1823

patricia.kehler@cummingscentre.org

CSL 103

ADVANCED PAINTING, ACRYLICS

Focus on the material qualities of acrylic paint including mixing and application to surfaces. Emphasis will be on exploring historical and modern techniques as well as subject matter to support a personal vision.

Thursday Sept. 19 to Nov. 21

1 - 4 pm • 10 sessions • \$210
Suzy Levy

CSL 104

INTERMEDIATE PAINTING, ACRYLICS

Enjoy creating meaningful works on canvas and exploring the many qualities of acrylic paint. Learn basic techniques working with a wide range of subject matter such as still life and personal photographs.

Wednesday Sept. 18 to Dec. 4

1 - 4 pm • 10 sessions • \$210
Suzy Levy

TRANSPORTATION TO CUMMINGS CENTRE

To help you get to and from the Cummings Centre Westbury campus to enjoy your programs, we are offering transportation provided through a generous donation in memory of Herbert Paperman. It will be available on select days of the week. Questions? Call 514.342.1234.



WEL 1200 / WEL 1201 / WEL 1202

SOCIAL PICKLEBALL

Come and play this exciting game that will no doubt keep you on your toes. Get some exercise and have fun while mastering this stimulating and social sport. No partner required. Registration is limited. An introductory session for beginner level players will be offered, as well as an Agility Workshop for all interested players.

INTRODUCTORY SESSION -

Wednesday, Sept. 4 • 2 - 3 pm

AGILITY WORKSHOP -

Wednesday, Sept. 4 • 3 - 4 pm

Advanced Level

Wednesday, Sept. 11 to Dec. 4

11 am - 12:05 pm • 12 sessions • \$96

Intermediate Level

Wednesday, Sept. 11 to Dec. 4

12:15 - 1:20 pm • 12 sessions • \$96

Beginner Level

Wednesday, Sept. 11 to Dec. 4

1:25 - 2:30 pm • 12 sessions • \$96

Aquatic and Community Centre
5794 Parkhaven Ave.,
Côte Saint-Luc

To register contact Annette Vezina
514.734.1782

FLORIDA

CONTACT
MICHELLE LANDER
514.734.1748
michelle.lander@cummingscentre.org



FLORIDA

The Florida division of the Cummings Centre provides engaging programs for snowbirds.

**Registration in person
beginning Monday August 5
from 9 am – 3:30 pm
at 5700 Westbury Avenue**

**Register on-line at
cummingscentre.org/register
or call 514.343.3510.**

Florida membership fee for August 1, 2019 through July 31, 2020 is \$25.*

*Pay \$45 and have access to programs at the main campus and at all off-campus locations.



BOCA RATON

JARC 21160 95th Avenue South
Boca Raton

FLA 210

NEWS & VIEWS BOCA RATON

Learn about national and international news of the day.

Thursday Feb. 6 to 27
5 - 6:45 pm • 4 sessions • \$80
Stan Nachfolger, MA

HOLLYWOOD

Temple Beth-El of Hollywood
1351 South 14th Ave.

FLA 201

NEWS & VIEWS HOLLYWOOD

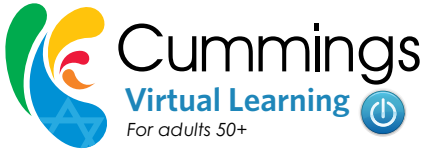
Learn about national and international news of the day.

Tuesday Feb. 4 to 25
3 - 4:45 pm • 4 sessions • \$80
Stan Nachfolger, MA

FLORIDA

VIRTUAL LEARNING PROGRAM

CONTACT
LUNI BENDAYAN
514.734.1763
luni.bendayan@cummingscentre.org



*Funded by the
Leonard Albert Family Foundation*

VIRTUAL LEARNING PROGRAM

Members can participate in Cummings Centre lectures, events and discussion groups from the comfort of your own home.

- Easy access to **120 videos**
- Allows you to stay connected when you are unable to come to the Centre
- Includes a video library with over 100 lectures free for all Cummings Centre members
- Technical support is available

VLP-100 FREE FOR MEMBERS

VIDEO LIBRARY AND FRIDAY LECTURES

Watch Friday lectures and recorded videos of past Cummings Centre lectures and events from experts in the field. Topics include health and wellness, music and art appreciation, global affairs and tales and travel. Check it out at: virtual.cummingscentre.org



DISCUSSION GROUPS

Participate in self-directed peer-to-peer discussion groups on a variety of topics.

VLP 101

VIRTUAL BOOK CLUB

Meet online with a group of people to discuss books and express opinions, likes, dislikes, etc. in a fun, relaxed and interactive setting. Meets monthly online.

Fridays • 9 am
\$25/year • Sept. - June
Jenny Fitzgerald, Editor, Mom, Wife

VLP 105

PILLARS OF A HEALTHY BRAIN: ONLINE COURSE

In this self-study, interactive, online course you will learn about how brain-healthy activities such as cognitive stimulation, social engagement, nutrition, sleep and self-care, physical activity, stress management and mindfulness can help you to maximize your cognitive reserve.

Self-study • \$60

VIRTUAL LEARNING PROGRAM

PROGRAMME D'APPRENTISSAGE VIRTUEL

CONTACTEZ

LUNI BENDAYAN

514.734.1788

luni.bendayan@cummingscentre.org

*Financé par La Fondation de la
famille Leonard Albert*

PROGRAMME D'APPRENTISSAGE VIRTUEL

Participez aux conférences du Centre Cummings tout en restant chez vous !

Voici quelques-uns des sujets traités :

- Méditation
- Équilibre parfait
- Muscler ses méninges
- Exercices sur chaise
- L'exercice : Un bon remède pour la maladie de Parkinson ?
- Médicaments pour le Parkinson



VLP 100

VIDÉOTHÈQUE

Avez-vous manqué les conférences et événements présentés au Centre Cummings par des experts traitant de la santé, du bien-être, des beaux-arts, des affaires mondiales, des légendes et des voyages ? Vous pouvez maintenant les visionner comme si vous y étiez en allant à virtual.cummingscentre.org!

Pour plus de renseignements, veuillez contacter Luni Bendayan à luni.bendayan@cummingscentre.org ou 514.734.1788

BANLIEUE OUEST

CONTACTEZ
STEFANI NOVICK
514.734.1819



BANLIEUE OUEST

Le campus de la Banlieue ouest, une division du Centre Cummings, s'est engagée à offrir des programmes novateurs et accessibles à la communauté des 50 ans et plus de la Banlieue ouest.

Les inscriptions en personne auront lieu le 5 août de 9 h à 15 h 30 au 5700, avenue Westbury.

Inscriptions en ligne au cummingscentre.org/fr/adherez-renouvelez-votre-adhesion ou par téléphone au 514.343.3510

Les frais d'adhésion pour la Banlieue ouest, en vigueur du 1er août 2019 au 31 juillet 2020, sont de 25 \$.

Déboursez 45 \$ et ayez accès aux programmes offerts au campus principal et dans toutes les annexes.

PROGRAMME DE BOXE CUMMINGS

COMBATTRE LA MALADIE DE PARKINSON PAR LA BOXE

Ce cours de haute énergie est axé sur la coordination et l'équilibre et comprend à la fois, des exercices pour le bas et le haut du corps. Il met l'accent sur le bon échauffement, la technique de respiration et la formation proprioceptive.

Les mardis du 3 sept. au 17 déc.
13h30 à 15 h • 13 séances • 225 \$

Boxe Frères Grant

2101 Route Transcanadienne,
Dorval

Les jeudis du 5 sept. au 19 déc.
13h30 à 15 h • 16 séances • 290 \$

Boxe Frères Grant

2101 Route Transcanadienne,
Dorval

Les vendredis du 6 sept. au 20 déc.
11 h à 12h30 • 16 séances • 290 \$

Centre Cummings,
5700, av. Westbury

OPPORTUNITÉS
DE BÉNÉVOLAT
PAGE 5



EXPOSITION D'ART DANS LA BANLIEUE OUEST

De nouveau à la demande générale

Une excellente occasion pour les artistes locaux d'exposer et de vendre leurs œuvres et, en même temps, pour nos membres / invités de les découvrir. Si vous souhaitez faire du bénévolat ou si vous êtes un artiste qui aimerait participer à cette exposition d'art, veuillez communiquer avec Nicole Sebag au 514.734.1762

Date à déterminer

Synagogue Or Shalom

Entrée gratuite aux visiteurs

SAINT-LAURENT

CONTACTEZ
NICOLE SEBAG
514.734.1762



SAINT-LAURENT

As part of the Cummings to you initiative, the Cummings Centre is looking to create programs to meet the needs and interests of the 50+ community in Saint-Laurent.



WE WANT TO HEAR FROM YOU!

Please go to cummingcentre.org/StLaurentsurvey to fill out a brief survey to help guide us with our program development moving forward.

TRANSPORTATION TO CUMMINGS CENTRE

To help you get to and from the Cummings Centre Westbury campus to enjoy your programs, we are offering transportation provided through a generous donation in memory of Herbert Paperman.

It will be available on select days of the week. Questions? Call 514.342.1234.

VILLE SAINT-LAURENT

Dans le cadre de notre initiative le Centre Cummings à votre service, nous souhaitons mettre sur pied des programmes qui répondent aux besoins et aux intérêts des personnes de 50 ans et plus à Ville Saint-Laurent.



VOTRE OPINION NOUS TIENT À CŒUR!

Visitez le site cummingcentre.org/sondagestlaurent et remplissez un bref sondage qui nous aidera à nous orienter dans l'élaboration de notre programmation.

TRANSPORT AU CENTRE CUMMINGS

Afin que vous puissiez profiter des programmes offerts au campus Westbury, nous offrons un service de navette, possible grâce à un généreux don à la mémoire d'Herbert Paperman.

Ce service sera offert certains jours de la semaine. Des questions? Téléphonnez au 514.342.1234.

DROP-IN PROGRAM PROGRAMME DE HALTE RÉCRÉATIVE

CONTACT

ERICA BOTNER

514.734.1763

erica.botner@cummingscentre.org

Aquatic and Community Centre
Centre communautaire et aquatique
5700, ch. Mackle Rd., Côte Saint-Luc



DROP-IN PROGRAM FOR OLDER ADULTS

The Cummings Centre's Drop-in program provides respite to caregivers and helps to maintain and improve the social, physiological, emotional and cognitive abilities of older adults.

Activities are based on the needs and interests of the participants and include:

- Creative Arts
- Cognitive Stimulation
- Community Service Projects
- Physical Activities

The program is offered in collaboration with the Cummings Centre, the City of Côte Saint-Luc, and the Integrated Health and Social Services University Network for West-Central Montreal. This important program is funded in part by the Government of Canada's New Horizons for Seniors Program.

PROGRAMME DE HALTE RÉCRÉATIVE POUR LES ÂÎNÉS

Le programme de halte récréative du Centre Cummings offre un répit aux aidants naturels et favorise le maintien et l'amélioration des habilités sociales, physiologiques, émotionnelles et cognitives des personnes âgées.

Les activités sont établies en fonction des besoins et des intérêts des participants comme :

- Les arts créatifs
- La stimulation cognitive
- Les services communautaires
- Les activités physiques

Le programme est offert par le Centre Cummings en collaboration avec la Ville de Côte Saint-Luc et le Centre intégré universitaire de santé et de services sociaux du Centre-Ouest-de-l'Île-de-Montréal. Ce programme est financé, en partie, par le Gouvernement du Canada dans le cadre du programme Nouveaux Horizons pour les aînés.



Canada 

