

## CUMMINGS CENTRE LAUNCHES ITS FIRST EVER VIRTUAL FALL SEASON

With over 80 of its signature programs to choose from, the Cummings Centre is proud to present its first ever virtual fall season. Bringing Cummings to you has taken on a whole new meaning with creative and stimulating educational programs and fitness classes being offered online to the 50 plus community.

Keeping everyone safe, but still connected, the Centre's high quality programming includes topics on current affairs or politics with various seminars from experts in those fields. Get enamoured with landscape or acrylic painting classes, in some of the fine arts classes being offered. Participants can benefit from a performing arts or music appreciation program and maintain a

healthy degree of social interaction from the safety and comfort of his/her own home.

"The Cummings Centre has helped make our social isolation more bearable," said Debbie Basevitz, a member of the Centre who participates in programs along with her husband Ellis. "Our days are filled with wonderful programs. I attend aerobic classes and I also love the Virtual Library. My husband registered for the lectures. Thank you all so much for offering such wonderful programs."

The popularity that Wellness programs experienced over the summer has continued into the fall. Participants will appreciate the wide offering of recurring exercise classes designed to service a range of fitness levels giving everyone an option to work out at their own pace and meet their fitness goals. Adapted programs continue to provide the needed support and functional movement exercise options to those who are adjusting to life with a long-term condition. Also being offered is one-on-one personal training live on Zoom.

The fall 2020 season has many special events planned including an evening with well-known media personality Tommy Schnurmacher. Ethnomusicologist Craig Morrison is back for a compelling presentation of the history of 1970's Pop Rock. Food columnist Heidi Small will take participants beyond the plate with interviews of local chefs.

Fall registration is now on for all courses and programs. Readers can call 514.343.3510 or log on to [cummingscentre.org/registration](http://cummingscentre.org/registration) for more information.



*DEBBIE BASEVITZ, A member of the Cummings Centre, is eager to participate in fall programs.*

Happy New Year to the Jewish Community of MONTREAL

May 5781 be a good year for all.



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A Happy and Healthy ROSH HASHANAH

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