

# YOUR BLANK CANVAS



Yesterday was the first day of 2025! The New Year brings hope. Dreams are taking shape. It's a fresh start. Like a large blank canvas, 2025 is just waiting for your first brush stroke. You only need to take the first step. Nourish your soul, care for your mind, strengthen your body, and make 2025 a year to remember!

At the Cummings Centre, we have plenty of programs to fill up your calendar!

Let us show you how.

## AT YOUR FINGERTIPS



At the Cummings Centre, we love reconnecting people with their sense of touch. It's amazing what we can create with our hands! Think about the world's greatest works of art sculptures, engravings, paintings, and everything we can achieve with our ten fingers...and our minds.

Connect with your inner artist by learning how to [Make a Beautiful Cutting Board](#), perfecting the art of [Drawing the Portrait](#), or exploring the malleability of [Polymer Clay](#)! These are just a few of our new programs! We also have a wide variety of [Fine Arts & Crafts](#) programs!



## NEW FRIENDSHIPS ARE WAITING FOR YOU

In our social clubs, beautiful friendships often take shape. Come play a game of Canasta, Mahjong, or Bridge by joining our [Games Club](#) (free)! If you prefer reading, then check out our [Book Club](#)!

Do you tend to be forgetful, and ask yourself, "[Where Are My Keys?](#)" Well, you've guessed it... that's another program that we offer! Discover all of our [Social Clubs & Games](#) and [Events & Entertainment](#)!

## BECAUSE WE ONLY HAVE ONE BODY



The Cummings Centre's Wellness offering can help you with your fitness goals! Develop your strength with [The Body Shop](#), your balance and agility with [Skills and Balance Drills](#), or your cardio with [Zumba](#)! Explore our [Workout Studio](#) and our [Group Fitness](#) to see more!

We also have programs tailored for those recovering from a stroke, dealing with multiple sclerosis, Parkinson's disease or other health challenges. If you're interested in our [Adapted Programs](#), simply contact Anne Newman at 514-734-1841 so she can assess your physical condition and the specialized trainers can provide you with personalized support based on your needs!



## TAP INTO YOUR INNER SUPERSTAR!

If you have a passion for [Music & Performing Arts](#), why not try [Tap Dancing](#) or [Group Piano Lessons](#)? If you prefer singing, the [Cummings World Choir](#) would be delighted to welcome you! Have you had the chance to watch the concert performance that was warmly applauded by the audience and shared on our social media? If not, it's not too late: click [here](#)!

## LEARNING NEVER ENDS



If you like to learn and join in the debate, you will love [Cummings University](#) (free!), a program where various topics (well-being, arts, technology, etc.) will be discussed with an expert over coffee each week! Explore our whole list of [Lectures](#), dive into our [Tours & Virtual Travel](#) and challenge yourself in [World Politics & History](#)!

If it's [Languages](#) that bring you joy, there are many options available to you! For example, we offer classes in [Spanish](#), [Italian](#), [Hebrew](#) and [Yiddish](#).



## IF YOU NEED HELP SELECTING A PROGRAM

With so many programs to choose from, we have trained staff to help find the best program for you. Call registration at 514.343.3510.

## VOLUNTEER TO HELP OTHERS



*We arrive at the Centre with enthusiasm and leave happy, like most volunteers. There are so many volunteering opportunities: no matter your skills, there's always a place for you.*



*Larry Smolar, a long-time volunteer at the Cummings Centre.*

Did you know that we rely on the generous help of over 650 volunteers, ranging in age from 12 to 100? Thanks to flexible schedules (seasonal, short-term, or long-term), it's easy to donate your time at the Cummings Centre! To learn more about our needs, check out page 17 of [our new brochure](#), or call us at 514-734-1734!

## IN CONCLUSION

There's no shortage of options at the Cummings Centre! Painting, music, boxing, dance, singing, card games, stories, political debates, foreign languages, virtual travel... Whether you want to explore or are already at an advanced level, we truly have something for everyone! And if we're located a bit (or a lot!) too far from you, we invite you to discover the many online courses we offer, both [in English](#) and [in French](#).

Go ahead, grab your calendar, and fill 2025 with precious "you moments"!

