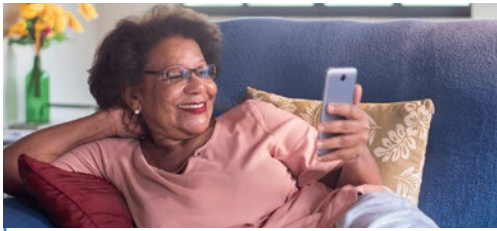


NEW PROGRAMS

THE CHOICE IS YOURS- IN PERSON OR ONLINE  + 

FREE

The Cummings Centre is thrilled to offer a variety of Free programs generously funded by the Government of Quebec through the Québec ami des aînés grant (QADA).



GET COMFORTABLE IN TECHNOLOGY

NEW  ONLINE / IN PERSON FREE

Six courses to help you learn all about computers, social networks, and online communication. Life is getting simpler!

Monday Oct 24 - Nov 28
6 courses

French translated English to simultaneously



CYBERSECURITY

NEW  ONLINE FREE

These conferences will provide you with the knowledge needed to protect your identity and sensitive information on the Internet.

Wednesdays ▪ 4 - 6pm
Sept 21 ▪ Oct 26 ▪ Nov 16 ▪ Dec 14
4 conferences

French translated English to simultaneously



TECH-TALK!

NEW  ONLINE FREE Fr/En BILINGUAL

Ask your IT questions to a specialist who will guide you and assist you in solving some of your technology issues.

Oct 12 ▪ Nov 9 ▪ Dec 6
4 - 5:30pm ▪ 3 sessions



FRENCH ADVANCED BEGINNERS

NEW  IN PERSON FREE

Have you always dreamed of speaking the language of Molière, or ordering pastries at the Café de Paris? Join us at the center to learn French in a welcoming and caring atmosphere.

Mondays ▪ Oct 24 - Dec 12
10 - 11:30am ▪ 8 classes



FRENCH INTERMEDIATE

NEW  ONLINE / IN PERSON FREE

Enhance your knowledge in French in our dynamic and interactive classes. You will develop the ability to speak, read, and understand this poetic language.

Tuesdays Oct 25 - Dec 13 ▪ 10 - 11:30am
8 classes  IN PERSON
Thursdays Oct 20 - Dec 8 ▪ 2 - 3pm
8 classes  ONLINE NEW



LINE DANCING

NEW  ONLINE / IN PERSON

FREE Fr/En BILINGUAL

Learn to dance to different styles of music (country, fox-trot, waltz, cha cha, rumba, merengue, bachata, polka, disco, mambo, tango, cumbia and triple swing)

Mondays Oct 24 - Dec 12
10 - 11:30am ▪ 8 classes  IN PERSON
Tuesdays ▪ Oct 25 - Dec 13 ▪ 9 - 10am
8 classes  ONLINE



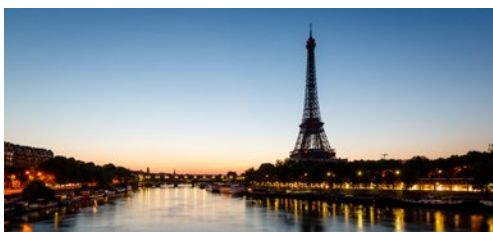
MINI-MED - TAKING THE MYSTERY OUT OF AGING

NEW  ONLINE FREE

Four respected medical doctors take the mystery out of aging in this 4-part medical series. Let's talk rheumatology, urology, orthopedic, gerontology.

Sept 21 ▪ Oct 19 ▪ Nov 10 ▪ Dec 7
7pm ▪ 4 lectures

English translated to French simultaneously



VIRTUAL TRIP - PARIS

NEW  ONLINE FREE

Join us for a fascinating walk through the picturesque and winding cobbled streets of Paris, discovering the secrets and most frightening myths of the City of Lights.

Wednesday Dec 7 ▪ 2 - 3pm ▪ 1 trip
English translated to French simultaneously

The Cummings Centre programs are designed to increase accessibility amongst older adults to social, physical and educational programs, regardless of their health status, language barriers or isolation.

For the complete list of programs and to register visit cummingcentre.org/qada

514.343.3510

With the contribution of :



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REGISTER TODAY! CALL 514.343.3510 • CUMMINGSCENTRE.ORG/QADA