

# NEW SEASON, NEW PROGRAMS

**This season, we are pleased to deliver even more opportunities to learn, grow, connect, and thrive!** Join us in person at our Westbury campus, online from the comfort of your own home or any of our off-site locations, we've got you covered. Discover a world of endless possibilities.



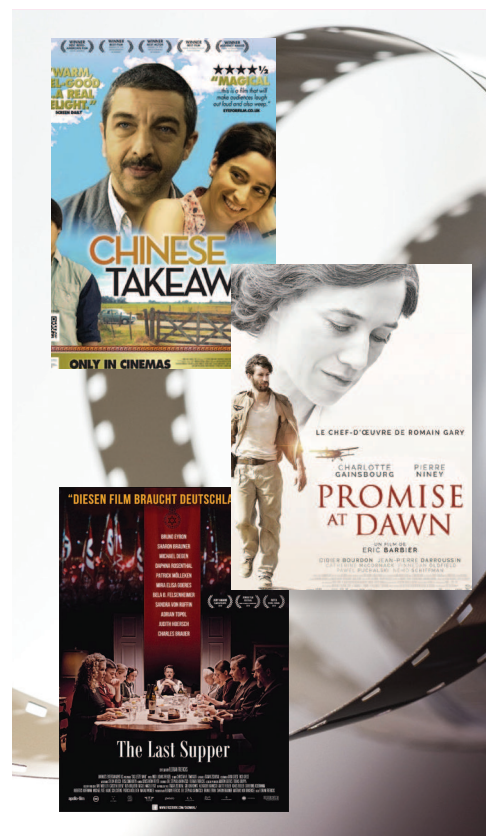
## WEST ISLAND PROGRAMS

Looking for programs in the West Island?

Join us for a wide range of exercise, art, and instructional game options -plus light, fun evening programs in a welcoming community.

Courses include:

- **You Are Not Alone - Bereavement Support Group**
- **Mahjong (Open Play)**
- **Mahjong for Beginners**
- **Strength & Flexibility**
- **Paint Nite**
- **Art with Lisa**
- **West Island Men's Club - Poker Nights**



## EVERY FILM IS A JOURNEY

**ITC-216 NEW** **IN PERSON**

Join us in person at the Cummings Centre for a series of entertaining and enriching, award-winning foreign films. Each screening includes a pre and post-film discussion with Shelly Isaacs, founder of Café Cinéma.

**01 Promise at Dawn**  
France • Jan 21

**02 Chinese Takeaway**  
Argentina • Feb 18

**03 The Last Supper**  
Germany • Mar 11

**00 Every Film Passport**  
Three films for \$45\*

\*or \$20 per film



## PAY AS YOU PLAY IN PERSON

**Join us for Drop-In Games**

Join us in person for drop-in social games. Come solo or bring friends, grab lunch or a coffee, and stay awhile.

**DRGM-200 Bridge** - Mondays

**DRGM-201 Canasta** - Wednesdays

**DRGM-202 Mahjong** - Thursdays

\$5 per week • 1- 3 pm

**CLUB-204**

**Prefer free play? Join our Games Club**

**FREE** on Tuesdays!



**PER-200** **IN PERSON**

## CUMMINGS WORLD CHOIR

**Lift your spirits, foster friendships**

Join this singing program to explore music from around the world including songs in French, English, Hebrew, and Russian. Connect with peers and challenge your inner musician under the guidance of a skilled choral director.

**Wed Jan 7 - Mar 25**

10 am - 12 pm • \$230 • 12 sessions



**MART-2065 NEW** **IN PERSON**

## MEMORABLE MELODIES

**Join us for FREE live musical entertainment.**

**00 Duo Carlos Placeres** • January 12

**01 TBD** • January 26

**02 Trio Early Jazz Band** • February 2

**03 Solo Loic Primeau** • February 9

**04 Duo Olivia Barnes** • February 23

**05 Klezmer Trio** • March 2

**06 Trio Sophie Lemaire** • March 9

**07 Trio Bella Chic Mar** • March 23

**Mondays • 2 - 3 pm • bi-weekly**

