

NEWS & ANALYSIS

B'nai Brith House inaugurates healthy aging centre

By Joel Goldenberg
The Suburban

Côte St. Luc's B'nai Brith House held a ceremony last week to inaugurate its new S.M.A.R.T. Healthy Aging Centre, which enables seniors in the community to partake in exercise, listen to lectures and take part in workshops, and engage in "Brain Fitness" through computers.

The centre is located in the basement of B'nai Brith House, in what used to be a garage space. The exercise program will include yoga, Tai Chi, Brain Gym, fall prevention and gait training. The lectures and workshops will concentrate on cognitive function and themes involving health and well-being. The computer programs will "strengthen cognitive skills essential for safe driving" and will also promote

increased eye hand coordination and memory. There will also be basic computer skill courses.

On hand for the ceremony were B'nai Brith Canada national president Eric Bissell; former national president Gerry Weinstein, the driving force behind B'nai Brith House; members of the Foundation for Vital Aging Leonard Kantor, Robert Libman and Jean Talafre; and Côte St. Luc councillor Steven Erdelyi.

B'nai Brith House director Eileen Katz said S.M.A.R.T. stands for Seniors Maintaining Active Roles Today, and that the program provides an opportunity for seniors living outside the residence to take part in useful activities.

"In the past five years, many people have approached me to ask 'how can I be part of what you do [at B'nai Brith House], I love the things that you do,'" she explained. "Here was a possibility, which the Foundation for Vital Aging has provided for us, to be able to create a variety of activities that are all relative to vital and healthy aging.

"Active and being well is what keeps us young."

Weinstein said the \$50,000 grant from the Foundation for Vital Aging for the new centre was a "miracle," and he also credited

the federal government with providing a grant for the computers.

"We're also very proud when the premier of the province tells you that B'nai Brith House sets the standard for seniors' affordable housing, you feel good," he added. "And this [centre] is really going to be first class."

Weinstein also announced that more funds will be raised for the new centre through the Pedal for Seniors campaign, a unique event taking place Sept. 11 in which a 32-passenger bicycle will travel 10 km throughout Côte St. Luc.

"We're out to raise \$100,000 to help complete the funding for the construction of this centre, and put some more equipment in here," Weinstein explained. "We hope to get 32 companies who will designate a rider, and allow that designee to call their customers and suppliers.

"I made one phone call each day for five days, and I'm up to \$12,000, because this 'blind cripple' is going to be riding on the first seat of that bicycle!" said Weinstein, who is legally blind. Much applause followed.

Weinstein also asked for help in finding more sponsors or those who will designate riders.

"Do whatever you can to possibly help us," he asked.

Saint-Laurent Council extends to you its best wishes on the occasion of Canada Day.



Gérald Tremblay
Mayor of Montréal



Alan DeSousa, FCA
Mayor of Saint-Laurent and Vice-Chair of the Ville de Montréal Executive Committee



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City Councillor for Côte-de-Liesse District



Aref Salem
City Councillor for Norman-McLaren District and Associate Councillor



Maurice Cohen
Borough Councillor for Côte-de-Liesse District



Michèle D. Biron
Borough Councillor for Norman-McLaren District



AROUND THE TOWNS

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from 6 p.m. to 9 p.m. during Canada Day festivities on Friday, July 1. At this time anyone interested in volunteering can stop by the kiosk, meet committee members and find out the different roles available. A new CSLCC hotline has been set up at 514-485-6800 extension CATS (2287) where people can leave messages about any stray cats in their area. For more information, call 514-485-6945 or send an e-mail to mcohen@cotesaintluc.org."

MOWEST RECYCLING PLANT VISIT

Montreal West's Environmental Action Committee announced that it has organized a site visit of the St. Michel recycling plant, tak-

ing place June 30. For those interested, call the community centre at 514-484-6186.

NEW ST. LAURENT BIKE LANE

The city of Montreal announced that "in light of a future new bicycle lane on Cavendish Blvd. between Thimens and Ernest Hemingway, roadwork will begin this summer in the borough. Work will be done on the pavement and on concrete structures for the path, which is located on the west side of Cavendish. The roadwork will cost \$700,000."

"This work goes along with our Cavendish [northward] extension project and the development of our network of bicycle paths," said St. Laurent mayor Alan DeSousa. "From now until the end of 2011, 10 km will be added to the network." For more information on the project, consult ville.montreal.qc.ca/chantiers.

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HAPPY CANADA DAY JOYEUSE FÊTE DU CANADA



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