

You can stay young forever



Being active every day and exercising moderately will reap tremendous rewards.



Dr. Mitch Shulman
Public Health

“Forever” may be a bit of an exaggeration but it is true that our better understanding of how the body works is

enabling us to live longer, healthier lives. Don't expect me to recommend a miracle pill or supplement. There are none. In a single word, the key to living longer and being healthy is “moderation”.

I know you will cite examples of people who smoked or drank too much or were

YOUNG FOREVER, next page

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This initiative was funded by Health Canada through the Roadmap for Canada's Official Languages 2013-2018: Education, Immigration, Communities.

ADVERTISING FEATURE

Trattoria Cinecitta serves up delicious cuisine under new ownership

By Mike Cohen
The Suburban

Over the years I have dined at Trattoria Cinecitta on Decarie Boulevard in Snowdon many times. But when I dropped by recently with friends Glenn and Mitchell, it marked my first opportunity to sample the cuisine since the husband and wife team of Eduard and Lily assumed ownership a year and a half ago.

We took advantage of the free parking in the rear, off Isabella, and entered the premises to find a much brighter interior than I had remembered from the past. The restaurant seats 83 and an additional 28 on a seasonal terrace. Downstairs there is a private room for business meetings, with a capacity of 10.

The couple met in Israel, having arrived independently from Moldavia a year earlier. He was a police officer and she a teacher. Six and a half years ago they decided to move to Montreal. After entering into a partnership at another restaurant, Eduard was intrigued when he learned that Trattoria Cinecitta was for sale and he jumped at the opportunity to have his own place. He is very hands-on and when we visited he was our server, welcoming us with a delicious bruschetta appetizer, garnished with tomato and basil and some melted cheese.

Trattoria Cinecitta specializes in Italian and Mediterranean cuisine, with a wide variety of grilled meats, seafood and fresh fish. The menu has a wide array of selections, plus a chef's special that changes every week. The three of us were each intrigued by the soup of the day (\$5.50), piping hot minestrone. Nicely flavoured, it featured onions, zucchini, cauliflower, some pasta, carrots and tomatoes.

Glenn started off with a Caesar salad (\$7.95) while

Mitchell opted for the garden salad (\$7.95). The former had some fresh and crispy romaine lettuce, with croutons, Parmesan cheese and lemon juice while the latter included leafy green lettuce, zucchini, beets, shaved carrots, tomatoes and a delicious drizzled glaze. I had my



eye on the calamari (\$13.95) and it turned out to be an outstanding choice. It was lightly battered, crispy and very well seasoned, with some tartar sauce on the side. I shared the generous portion with Glenn. Other choices include prosciutto and melon, a smoked salmon plate, grilled Portuguese sardines, grilled octopus, mussels and antipasto du chef.

For the main course I decided to explore the table d'hôte menu, settling on the spaghetti and meatballs (\$14.95). Mitchell chose the grilled salmon filet (\$20.95). It came with a combination of mixed vegetables (shallots, asparagus and grilled tomatoes, orange pepper and zucchini). Other fish choices include tilapia, striped bass, red snapper, swordfish, halibut and porgie. There are scallops and shrimp, as well as lobster (in season).

Glenn decided instead to try the canard Marsala (\$28.95). This was the chef's special of the week and it came nicely grilled and sliced with a grilled vegetable mix of eggplant, zucchini and green beans on the side. We topped our meal off with the homemade tiramisu (\$5) for dessert.

The Osso Buco, grilled lamb chops, breaded veal cutlet and various pasta dishes are also very popular. Trattoria Cinecitta has an extensive and reasonably priced wine list. Saturday evenings the restaurant features live music. There are also a number of lunch specials.

Trattoria Cinecitta is located at 5220 Decarie Blvd. Open Tuesday through Friday from 11 a.m. to 3 p.m. and 5 p.m. to 11 p.m. Open Saturday and Sunday from 5 p.m. to 1 a.m. For reservations call 514-483-2345. To view the menu log on to www.trattoriacinecitta.com