

Le Montréal FADOQ

FALL 2021 | VOLUME 25, NUMBER 1



Région
île de Montréal

FEEDBACK ON THE AGM

FALL PROGRAMMING

IMMIGRANT SENIORS



Home • Auto



Life • Health • Investment

FALL 2021 | FADOQ – RÉGION ÎLE DE MONTRÉAL |

CLINIQUE ANTIDOULEUR ZHEN LI

Pain management



Zhen Li Acupunctrice / Acupuncturist

4870 rue des Érables, Pierrefonds

zhenliacupuncture.ca

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Neck pain
Back pain
Postoperative pain
Central nerve pain
Sprain or wear
Trigeminal nerve pain
Pain on the back

Capsulitis
Sprain or wear
Allergic rhinitis
Paralysis
Insomnia

Chronic musculoskeletal pain
Mandibular joint dysfunction
And more!

* Offer for new clients to the clinique and only for FADOQ members

Insurance receipt available

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Have you received a renewal notice?

When you receive your renewal notice by mail or email, it's important to complete it and return it as soon as possible so that you can continue to enjoy activities, discounts and other privileges. It's all the more important if you want to take advantage of the discount offered by Intact Insurance. Indeed, it's important to have your FADOQ card in good standing in case you have to make a claim.

Have you moved?

To continue receiving our communications, notify us as soon as possible at 514 271-1411, extension 221, or by email at info@fadoqmtl.org

Le Montréal FADOQ

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fadoq.ca/en/ile-de-montreal



SOME LESSONS LEARNED FROM THE PANDEMIC

**Over the past year,
I have learned a
couple of things.**

First, that family and friends are more important than ever. We have heard too many stories of isolated seniors who have suffered terribly from confinement. Alternative cohabitation options must be found in order to build a support network around the most vulnerable. Second, we have tamed technology at all costs. Even the “technonoodles” were no exception. Bring on the Zoom meetings and videoconferencing events. Finally, that medicine is capable of great things. It was touching and reassuring to see the scientific community working together to do some pretty amazing things.

Once again, as of this writing, the future is uncertain. Brighter certainly, but who knows what Fall has in store for us.

Luckily, we soaked up the sun and had some fun outdoors this summer. All of our walks have been a great success, whether in the parks or in discovery of our beautiful city. You also enjoyed our golf tournaments and our urban outings. Our photographers Chloé Charbonnier and Oscar Aguirre were present at some of these outings. Check out our Facebook page (FADOQMontréal) and our website to see the results of their work.

For the start of the new programming season, we are offering you a variety of activities. The computer workshops are resuming. And we very much hope to be able

to present the dinner-show on October 1st as well as the play on family caregivers on October 22nd.

You will also find in this newsletter two articles on seniors from cultural communities. As you can imagine, the language barrier can accentuate feelings of isolation for seniors who are not fluent in French. Ms. Louise Buzit-Beaulieu tells us about initiatives to counter mistreatment of English-speaking seniors and those from cultural communities. While Ms. Melba Alcira Palacio Rodriguez presents us with activities organized for Spanish-speaking seniors.

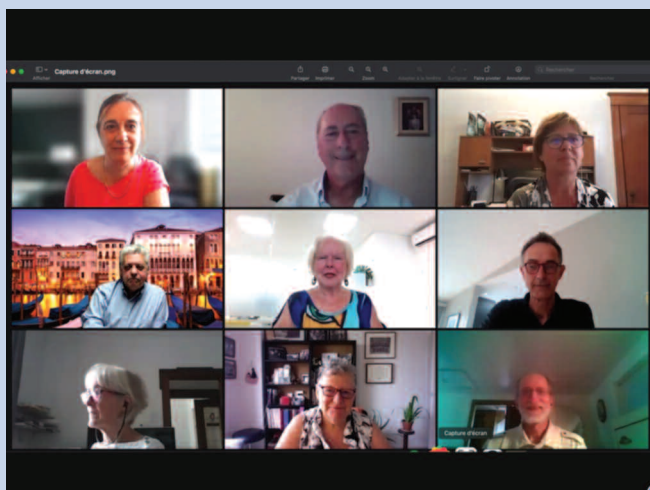
A good start to the new programming season!

Your president,
Jocelyne Wiseman

FEEDBACK ON THE ANNUAL GENERAL MEETING

The FADOQ – Région île de Montréal AGM was held on Monday, June 21st. The date was postponed a few times because we hoped to hold this meeting face-to-face. Unfortunately, since the Health and Safety Guidelines did not permit it, we turned to videoconferencing. Thanks to the technological help of Espace InterACTION, everything went very well.

Here is your new BoD:



First row from the top:

Ms. Chantal Rochette, administrator
Mr. Gilles Hétu, administrator
Ms. Marie Cantin, administrator

Center row:

Mr. Réal Guindon, treasurer
Mrs. Jocelyne Wiseman, president
Mr. Léo Fortin, administrator

Bottom row:

Ms. Denise Sauvé secretary
Ms. Marcelle Bastien, vice-president
Mr. Roger Roberge, administrator

To view our annual report, please go to the web:
fadoq.ca/en/ile-de-montreal/about-us/about-reseau-fadoq

We would also like to thank Mr. André Fleurant and Mr. Claude Talbot who are leaving us after several years of valuable contributions.



Guidatour – Guided tours for Montrealers

FEATURED
DISCOUNT
PARTNER

Until October 31st, Guidatour invites you to support local tourism by putting on your most comfortable shoes to (re) discover Montreal thanks to “Visite ton île” (Visit your island), its special program of 15 most interesting new guided walking tours.

In the company of our passionate professional guides, explore a wide range of neighborhoods and themes, many of which stand out for their unusual side. Go off the beaten track and take advantage of these unique public tours to learn more about Montreal, while having fun. What better way to chase away the boredom!

Guidatour also continues to offer you its regular program of public walking tours of Old Montreal and of Montreal murals, not to mention the Ghosts of Montreal activities.

Guidatour offers a 15% discount to FADOQ members on these tours.

guidatour.qc.ca | 514 844-4021

CONFERENCE OFFERED IN ENGLISH

Downsizing and senior living trends



Join the husband and wife team of Matt Del Vecchio and Stefanie Cadou for a discussion on downsizing trends, the soaring real estate market, how to maximize the value of your home, the booming senior living industry and why even consider moving during a pandemic. Together, they have been featured on Global Television, BNN, CJAD, the Montreal Gazette and many commu-

nity groups, retirement associations, municipalities and the financial industry to discuss the ever-evolving trend of seniors in transition.

Date: Wednesday, October 20th
Time: 6:30 p.m. to 7:30 p.m.
Location: Virtual conference, Zoom application
Cost: Free

Level 4 course

Prerequisites: Level 3 prerequisites, possessive adjectives, questioning, body parts, health, negation, regular and irregular verbs in the present indicative.

Dates: Fridays, from September 17th to November 19th
Time: 11 a.m. to 12:30 p.m.

Level 5 course

Prerequisites: The prerequisites for level 4, la negación, expresar y compartir gustos, verbos en presente del indicativo, pretérito perfecto.

Dates: Fridays, from September 17th to November 19th
Time: 9 a.m. to 10:30 a.m.

PROGRAMMING OFFERED IN FRENCH



Level 1 course

No prerequisite

Dates: Thursdays, from September 16th to November 18th
Time: 9 a.m. to 10:30 a.m.

Level 2 course

Prerequisites: Know how to introduce yourself, know the numbers 1 - 20, the verbs *ser* and *estar*, regular verbs, colours.

Dates: Thursdays, from September 16th to November 18th
Time: 11 a.m. to 12:30 p.m.

Level 3 course

Prerequisites: The prerequisites for level 2, the verb *haber*, able to describe oneself personally, to locate oneself, the numbers 21 - 100, irregular verbs.

Dates: Fridays, from September 17th to November 19th
Time: 9 a.m. to 10:30 a.m.

Level 6 course

Prerequisites: The prerequisites for level 5, introduce oneself, greetings, numbers, colours and foods, *ser* and *estar*, *estar* and *haber*, description, time, routine (regular and irregular verbs in the present tense of indicative), months and seasons, *negación*, *expresar y compartir gustos*, *pretéritos* (perfecto and indefinido), *complementos de objeto directo e indirecto*, futuro.

Dates: Thursdays, from September 16th to November 18th
Time: 11 a.m. to 12:30 p.m.

Conversation level course

Prerequisites: The prerequisites for level 6 and having completed all 6 levels.

Dates: Thursdays, from September 16th to November 18th
Time: 9 a.m. to 10:30 a.m.

Virtual Spanish course: 6 levels and conversation

Do you want to have fun while stimulating your intellectual potential? Come and participate in the AEA courses (Spanish Workshops for Adults), a program that stimulates cognitive functions and strengthens mental activity by learning Spanish.

Location: Virtual workshops, Zoom Platform
Cost: \$110 – 10-week session

Registration required for all activities at 514 271-1411, ext 232

Italian course: 4 levels

Italian lessons led by a teacher who is a member of the Quebec Association of Professors of Italian.

Location: Insertech
4820 Molson Street
Cost: \$85 – 10-week session

Level 1 course

No prerequisite

Dates: Thursdays, from October 7th to December 9th
Time: 9 a.m. to 10:30 a.m.

Level 2 course

Prerequisite: Introduce yourself, the numbers 1 - 13, the time and the days of the week, basic vocabulary.

Dates: Thursdays, from October 7th to December 9th
Time: 10:30 a.m. to 12 p.m.

Level 3 course

Prerequisite: Have completed the level 2 course

Dates: Wednesdays, from October 6th to December 8th
Time: 9 a.m. to 10:30 a.m.

Level 4 course

Prerequisite: Have completed the level 3 course

Dates: Wednesdays, from October 6th to December 8th
Time: 10:30 a.m. to 12 p.m.

Embroidery workshop

Come and learn the basics of embroidery and discover its soothing virtues. During these friendly and benevolent weekly meetings, you will be able to perform practical exercises, draw

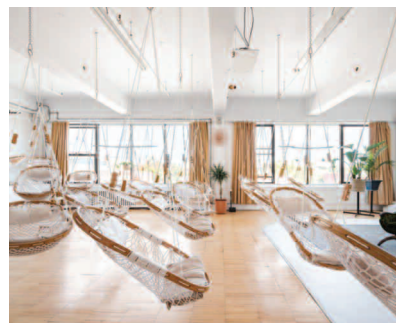


inspiration from existing models and/or develop your personal projects.

Dates: Thursdays, from September 16th to December 9th
Time: 1 p.m. to 3 p.m.
Location: Association sportive et communautaire du Centre-Sud 2093 de la Visitation Street
Cost: \$60 – 13-week session - including an embroidery starter kit (raw cotton canvas, a pack of embroidery needles, an assortment of 3 colours of embroidery floss and the loan of an embroidery hoop). Participants must bring their own pair of scissors and a small sketchbook.

sereniTEA Hour

A true haven of peace in the heart of the city, **Sérénité Sonore** offers you a space where savouring your tea becomes an experience in itself. A cocoon-hammock awaits you to enjoy, floating feet and tea in hand, this blissful musical moment with the harpist and founder, Annabelle Renzo.



Dates: Tuesday, October 5th or Tuesday, December 7th
Time: 1 p.m. to 3 p.m.
Location: 2025A Masson Street (Loft 301)
Cost: \$25

Pottery Workshop

This workshop will allow you to familiarize yourself with the main steps of pottery, making a bowl or a goblet. You will be able to select your most beautiful piece for baking and enamelling after the workshop. Your final creation can be picked up a month later.



Dates: Friday, November 19th
Time: 2 p.m. to 4:30 p.m.
Location: Atelier Les Faiseurs 6564 St-Laurent boulevard
Cost: \$55

WALKERS RENDEZ-VOUS

Walking club

Come and walk in good company through the paths of Maisonneuve Park or Frédéric-Back Park for a 3-to-6-kilometer trek. At Maisonneuve Park, you have the choice between the fitness walking group and the rhythmic walking group. Fitness walking is done at a speed of between 4 and 5 km/h, which is the speed at which a person walks to work. Rhythmic walking is usually practised at a speed of 5 or 6 km/h. It is marked by an increase in heart rate and sweating, as well as a slight shortness of breath, without however affecting conversation.

Date: Mondays, from September 20th to November 29th
Time: 10 a.m. to 12 p.m.
Location: Maisonneuve Park chalet 4601 Sherbrooke Street East
Cost: \$5 – 11-week session

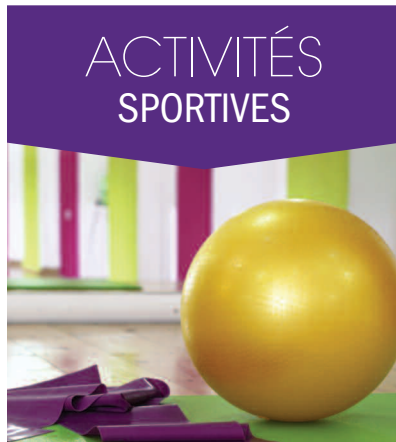
Date: Fridays, from September 24th to December 3rd
Time: 1 p.m. to 3 p.m.
Location: Papineau square, at the entrance to the park at the corner of Papineau and François H. Prévost streets
Cost: \$5 – 11-week session

A Walk in the Parks



We are offering a walk through the parks of the island of Montreal supervised by volunteers from our club. The trails used are for beginners and intermediates and vary between 5 and 10 km.

Date: Friday, October 8th
Time: 9:30 a.m. to 12 p.m.
Location: Jarry Park
 285 Gary-Carter Street
Cost: Free



Workout

This course aims to strengthen the bones, preserve breathing and muscle mass, reduce blood pressure, relax the body, control weight gain while promoting socialization.

Dates: Mondays, from September 13th to December 6th
Time: 10:30 a.m. to 11:30 a.m.
Location: Association sportive et communautaire du Centre-Sud
 2093 de la Visitation Street
Cost: \$50 – 13-week session

Adapted Workout

Classes adapted on chair for people with reduced mobility. The exercises aim to work on muscle strength, balance, posture, and to develop cardiovascular capacity as well as coordination.

Dates: Wednesdays, from September 15th to December 8th
Time: 10:30 a.m. to 11:30 a.m.
Location: Association sportive et communautaire du Centre-Sud
 2093 de la Visitation Street
Cost: \$50 – 13-week session

Cardio Cycling

A course on a stationary bike to the rhythm of music simulating climbs, acceleration and sprints. Nothing like training with a group to promote motivation!

Dates: Thursdays, from September 16th to December 9th
Time: 1 p.m. to 2 p.m.
Location: Association sportive et communautaire du Centre-Sud
 2093 de la Visitation Street
Cost: \$50 – 13-week session

Line dancing lessons

Whether you are a beginner or an intermediate, come learn to dance in a relaxed and friendly atmosphere.

Dates: Thursdays, from September 23rd to December 16th
Beginner: 1 p.m. to 2 p.m.
Intermediate: 2:15 p.m. to 3:15 p.m.
Location: Gilles Beaulieu Dance School
 6394 Saint-Hubert Street
Cost: \$70 – 13-week session

Cardio-Vitality Workout

This program follows a pace and an intensity that allows you to train at your own rhythm. Mandatory equipment: Exercise mat and elastic bands (you can purchase the equipment on site at a cost of \$40)

Maisonneuve Park

Dates: Tuesdays, from September 14th to December 14th
 Thursdays, from September 16th to December 16th
Time: 9 a.m. to 10 a.m.
Location: Maisonneuve Park chalet
 4601 Sherbrooke Street East
Cost: \$168 – once per week
 14-week session
 \$245 – 2 times per week
 14-week session



Lafontaine Park

Dates: Tuesdays from September 14th to December 14th
 Thursdays from September 16th to December 16th
Time: 10 a.m. to 11 a.m.
Location: Parking lot, Calixa-Lavallée Cultural Center,
 3819, avenue Calixa-Lavallée
Cost: \$168 – once a week
 14 week session
 \$245 – 2 times per week
 14 week session

**Registration required for all activities at
 514 271-1411, ext 232**

Yoga on a mat

Yoga is a thousand-year-old science that offers a whole lifestyle. An important branch of yoga is the practice of postures to maintain optimal physical health. Breathing techniques calm the nervous system and oxygenate the body. The postures, on the other hand, stimulate all of the body's systems. They relax the muscles while strengthening them, improving balance and coordination.

Dates: Thursdays, from September 30th to December 2nd

Time: 10:50 a.m. to 11:50 a.m.

Location: Basement of St-Édouard Church
427 Beaubien East Street

Cost: \$90 – 10-week session

Dates: Fridays, from September 24th to December 3rd
(no session on October 29th)

Time: 10:50 a.m. to 11:50 a.m.

Location: Basement of St-Donat Church
6807 rue de Marseille (door C)

Cost: \$90 – 10-week session

Chair Yoga

Chair yoga is based on *traditional hatha yoga*. The chair becomes an accessory to allow participants to properly position themselves and to be able to practise yoga in a safe and adapted way. Some postures are performed in the sitting position while others are performed while standing with the support of the chair.

Dates: Thursdays, from September 30th to December 2nd

Time: 9:30 a.m. to 10:30 a.m.

Location: Basement of St-Édouard Church
427 Beaubien Street East

Cost: \$90 – 10-week session

Dates: Fridays, from September 24th to December 3rd
(no session on October 29th)

Time: 9:30 a.m. to 10:30 a.m.

Location: Basement of St-Donat Church
6807 rue de Marseille (door C)

Cost: \$90 – 10-week session

Meditation



Meditation is increasing in popularity. Everyone agrees that its practice teaches us to better control stress and to live more harmoniously. In this practical workshop, you will discover different meditation techniques and learn why this activity is gaining ever more followers.

Dates: Thursdays, from September 30th to December 2nd

Time: 12 p.m. to 12:45 p.m.

Location: Basement of St-Édouard Church
427 Beaubien Street East

Cost: \$65 – 10-week session

Dates: Fridays, from September 24th to December 3rd (no session on October 29th)

Time: 12 p.m. to 12:45 p.m.

Location: Basement of St-Donat Church
6807 rue de Marseille (door C)

Cost: \$65 – 10-week session

Hockey League – Les Têtes Grises

Hockey enthusiasts, join us in our 50+ league. This season will be the fourth and we are always looking for starters or substitutes who want to practise this sport with passion. Note that each game is refereed by certified officials and an on-site manager ensures the establishment of the league.

Dates: Tuesdays, from October 19th to April 5th

Time: 8:30 a.m. to 10 a.m.

Location: St-Michel Arena
3440 Jarry Street East

Cost: \$175

Development workshop for hockey players

Improve your skating, shooting, puck control and passing by focusing on your skills set with a coach to become a complete hockey player. A gift bag and snacks will be given to participants. The sessions are geared towards developing specific aspects of hockey through exercises and activities.

Date: Monday, November 22nd

Time: 8 a.m. to 9:30 a.m. or
10 a.m. to 11:30 a.m.

Location: Glaces de l'Est, 7515 Henri-Bourassa Boulevard East

Cost: \$40



Pickleball Club

This racquet sport is played on a badminton court at the height of a tennis net. Come and participate in this sporting activity which is extremely popular in Quebec and is supervised by a volunteer.



- Dates:** Tuesdays, from September 14th to December 7th
- Time:** 10 a.m. to noon
- Location:** Association sportive et communautaire du Centre-Sud
2093 de la Visitation Street
- Cost:** \$50 – 13 sessions per session

Outdoor day at Parc des Chutes

Hiking is undoubtedly the best way to discover the Chutes-Monte-à-Peine-et-des-Dalles Regional Park. Come and discover this park located one hour from Montreal which offers you many viewpoints and more than 17 km of possible hiking trails. Bring your lunch.

- Date:** Tuesday, October 26th
- Time:** 9 a.m.
- Cost:** \$20 – including transportation and access to the park

Une nuit de Noël sous les ponts de Paris

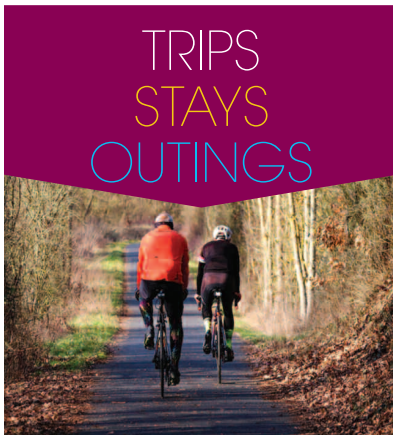
This trip begins with a tour of Old Quebec, followed by supper in a restaurant; in the evening you will attend the show *Une nuit de Noël sous les ponts de Paris* at the Capitoile de Québec and spend the night at the

Carnivals of the World



This wonderfully colorful show promises you a dynamic frenzy of song and dance sequences that bring to life the great carnivals of the world.

- Location:** The Capitoile de Québec
- Date:** Sunday, May 1st, 2022
- Departure:** 4:30 p.m.
- Cost:** \$199 – including transportation and meal



OutPLAY Fall

An all-inclusive package at Le Baluchon Inn, in the magnificent Mauricie region. Hiking, kayaking, cycling are all offered as activities during the stay. Also enjoy the first-class facilities.

Included: 2 nights, activities, 2 breakfasts, 3 lunches and 2 dinners

Date: October 12th to 14th

Cost per person taxes included:
 \$600 single occupancy
 \$490 double occupancy
 \$465 triple occupancy



prestigious Fairmont Château Frontenac. The next day, after having breakfast at the hotel, you can choose between the German Christmas Market or the Galeries de la Capitale. Lunch at a restaurant and return to Montreal.

- Location:** Quebec City
- Date:** November 19th to 20th
- Cost:** \$299 – including transportation, overnight stay and 3 meals

Registration required for all activities at 514 271-1411, ext 232

By **Louise Buzit-Beaulieu** PsC., M.A.(Com.)



National coordinator specializing in the fight against mistreatment of English-speaking seniors and those from cultural communities at the Direction régionale de santé publique de Montréal.

Evolution of the Action Plan to Combat mistreatment of English-Speaking Seniors and those from Cultural Communities

Thanks to funding from the Ministry of Immigration, Francization and Integration, the national coordinator to counter mistreatment of English-speaking seniors and those from cultural communities, has set up working committees to develop and implement **awareness-raising and training actions** on different types of mistreatment including **financial and psychological mistreatment as well as the violation of rights**.

Since 2018, **several non-verbal plays from the RECAA (Ethnocultural Resources**

Against Abuse towards Elders) organization have been presented. These plays have been offered to the Italian, Greek, Latin American, Arab and English-speaking communities in order to raise their awareness about psychological and financial mistreatment and also about the violation of rights.

We have also adapted plays that had been created as part of a project of the Laval SCAMA Group (Community services and assistance to maintain autonomy), funded by the MFA-SA, in order to counter the intimidation of seniors.



One of them is called “Mon toit, mon droit” (My Roof, my right). It highlights the situation of a 75-year-old senior, living in her home for 17 years, whom the landlord wants to evict to rent to a younger person at a much higher price.

The second play is titled “Celle qu’on ne voit plus” (The one we no longer see). It illustrates the situation of a senior with cognitive losses residing in a CHSLD. This person is watching her favorite soap opera and an attendant shows up in the room, snatches the remote out of her hand to watch the hockey game, and another attendant arrives and demonstrates gross disrespect and neglect.

The third play is “Quand l’amour fait mal” (When Love Hurts). It shows us the situation of an elderly person who is financially and psychologically abused by her daughter who has substance abuse problems. The senior talks to her friends and solutions emerge.

During the past year, **we also continued training community workers with regards to the mistreatment of people with cognitive disorders**. In addition, during the winter and spring of 2021, **conferences on fraud and financial abuse (powers of attorney) were offered in French and English**. In the fall of 2021, these lectures will be offered in Italian and Spanish. It is important to note that **we are**

currently looking at mandates in case of incapacity since seniors have many questions on this subject. This theme will be addressed in conferences offered from November 2021.

Have you witnessed something that makes you uncomfortable? Are you worried about the safety or well-being of a senior?

Call the Elder Abuse Help Line at 1 888 489-2287, the workers will listen to your concerns and will know how to support you.

A PRECIOUS GIFT TO OFFER TO SPANISH-SPEAKING SENIORS: TIME!

By **Melba Alcira Palacio Rodriguez**



The language barrier is a challenge for Spanish-speaking immigrants and even more so when it comes to seniors. Several reasons explain their difficulty in mastering French. Many arrived in Canada without knowing how to read or write, without having had access to education in their country. Others had to work from the moment they arrived here in order to support their families. Finally, some people, often women, stay at home to take care of household chores.

Living the experience of learning French myself has inspired me to help others in learning this language. So I set out to offer, at my home, a meeting place for Spanish-speaking seniors, in particular from St-Léonard, Rosemont, Anjou and Rivière-des-Prairies. Thanks to the Louise de Marillac Foundation, I have created a range of activities and services to enable them to learn French; among others:

■ *Coffee get-togethers:* a meeting place to forge bonds of friendship and respect.

■ *Hands in action:* crafting activities using recycled materials

■ *Technology brings us closer:* use of the computer as a means of communication; very useful in these pandemic times.

■ *Workshops for aging well:* understanding and adapting to the changes of the third age.

■ *Once upon a time:* reading of stories in French in which the heroes are represented by seniors.

■ *Language workshops:* learning simple and practical words to communicate in French.

In addition to these activities, I help Spanish-speaking seniors in different ways, including accompanying them to their medical appointments, offering them a translation service or making friendship visits to people living alone in their home or in a seniors' residence.

Spanish-speaking seniors may have difficulty making themselves understood when having their medication or groceries delivered. Others live in solitude, experiencing psychological distress. Some are victims of violence. With the support of the Louise de Marillac Foundation, I was able to denounce the cases of aggression towards seniors that I witnessed.



To learn more, visit the YouTube page: [Fondation Louise de Marillac](#).

The changing fortunes of theatre venues in Montreal between 1825 and 1930

By **Danielle Léger**

Librarian in charge of collections at the National Library | BAAnQ

The history of Montreal's theatres features a kaleidoscope of changing fortunes, as well as fascinating achievements. The city had not one, but four Théâtre Royals! Its first real theatre, the **Théâtre Royal-Molson**, on the site of the

current Marché Bonsecours, was the hub of cultural life between 1825 and 1844. The oldest theatre still in use is the **Gesù**, on De Bleury Street, which also witnessed the heyday of college theatre, starting in 1865. The next time you pass by the **Théâtre du Nouveau Monde**, think of

the **Gayety**, **Radio City** and **Comédie-Canadienne**, each of which succeeded the next on the same spot.

Like the **Théâtre Bijou**, several of the theatres were short-lived. In 1878, the downtown **Crystal Palace** was dismantled and rebuilt on the grounds of the Provincial Exhibition, at the foot of Mount Royal. Between 1895 and 1963, the **Théâtre Français** on Sainte-Catherine Street (now MTELUS) — French only in name — was mainly dedicated to English-language productions. As for the **Queen's Theatre**, it offered up a striking unscheduled performance one evening in September 1899: the building collapsed with a bang.

In this photograph taken around 1890, a streetcar passes in front of Montreal's fourth Théâtre Royal, located on Côté Street, where the Palais des congrès now stands. Albums de rues Édouard-Zotique Massicotte, BAAnQ collections.





A programme from the Princess Theatre on Sainte-Catherine Street West, dated 1912. Performing arts programmes collections, BANQ collections.

Other vanished downtown landmarks include the **Academy of Music**, the **Princess** and its neighbour across the street, the **Orpheum**. In the early 1910s, Montreal's neighbourhoods came alive with the opening of the popular **Arcade** (now a television studio), the pleasant **Chanteclerc** (now the Rideau Vert) and the chic **Family** (now the Corona). Theatre was also performed in amusement parks: the **Guilbault Gardens**, **Sohmer Park**, and **Dominion Park**.

Social issues echoed through these emblematic institutions. In 1900, the **National Theatre** became the first professional French-language theatre on the continent. **Her Majesty's**

Theatre on Guy Street resisted control by New York entertainment magnates. The Société Saint-Jean-Baptiste turned to Yiddish theatre groups and the local Chinese, Irish and Italian communities to keep the **Monument National** afloat. In 1918, the Spanish flu epidemic forced many theatres to close. A century later, there is concern about the resilience of cultural venues: will they all reopen when the pandemic is over? As this story unfolds ... so do our hearts.

With the collaboration of the Laboratoire d'histoire et de patrimoine de Montréal of the Université du Québec à Montréal, Bibliothèque et Archives nationales du Québec presents Théâtre à Montréal, 1825-1930, a virtual tour of Montreal spaces and heritage documents drawn from its holdings and collections: <http://arcg.is/2kWSC7d> (in French).

banq.qc.ca

In 1940, spectators crowd the lobby of the popular Théâtre Arcade, located in a commercial complex on Sainte-Catherine Street East. Judith Jasmin archival fonds, BANQ collections.



DISCOUNT PARTNERS

NEW DISCOUNTS

IPLOMBERIE

iPlomberie offers a 5% discount on all plumbing services.
9454 Transcanadienne, Ville-St-Laurent
iplomberie.ca | **514 700-5533**



LA BRADERIE

10% discount on more than 500 Quebec fashion creations at la Braderie ONLINE.
Promo code: FADOQ10
braderieenligne.com/collections/produits-points-brad



LUX GOUVERNEUR MONTRÉAL RESIDENCES

30 table d'hôte meals valued at \$584 upon signature of a lease *
* Certain conditions apply.
luxgouverneur.ca | **514 259-5500**



DIVINA DALI EXHIBITION UNTIL OCTOBER 31st

Exclusive \$2 discount on the purchase of your ticket online * Promo code: FADALI21
Grand Quai du Port de Montréal (200 rue de la Commune West)
* Presentation of the FADOQ card at the entrance
divinadali.com | **514 229-0800**



REACTIVATED DISCOUNTS

These discounts had been deactivated during the COVID-19 pandemic. They are now back. Don't hesitate to encourage them!

GREVIN MONTREAL MUSEUM

Special rate of \$18 instead of \$22 for all exhibitions.
705 Sainte-Catherine Street West
grevin-montreal.com | **514 788-5210**



MAISON THÉÂTRE

10% discount on the regular price of tickets. The new programming will be available starting August 17th.
245 Ontario Street East, Montreal
maisontheatre.com | **514 288-7211**



THÉÂTRE DENISE-PELLETIER

Preferential rate of \$30 (taxes included), on the purchase of tickets online and in person at the box office on presentation of the FADOQ card. The regular rate is \$44 at the Denise-Pelletier room and \$36 at the Fred-Barry room. You must select the regular ticket (and not the senior ticket). Promo code: FADOQ2122.
4353, Sainte-Catherine East, Montreal
denise-pelletier.qc.ca | **514 253-8974**



COMPLEXE SPORTIF DU COLLÈGE BOIS-DE-BOULOGNE

20% discount for individuals aged 55 and over. Applicable to all activities at the Sports Complex. The registration period begins August 23rd.
10500 Bois-de-Boulogne Avenue, Montreal
complexesportif.bdeb.qc.ca | **514 332-3002**



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