

# Le Montréal FADOQ

FALL 2022 | VOLUME 26 NUMBER 1



Région  
île de Montréal

FALL SCHEDULE

YOUR HOUSING AND  
YOUR RIGHTS

# DANSEZ POUR LE PLAISIR!

Cours  
tous niveaux  
avec pianistes

Session d'automne  
dès le 10 septembre

L'ÉCOLE  
SUPÉRIEURE DE  
**BALLET**  
DU QUÉBEC

DIVISION  
RÉCRÉATIVE

photo : CARL LESSARD

**15% DE RABAIS** aux membres du Réseau FADOQ

**esbq.ca**

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## Le Montréal FADOQ

Fall 2022, Volume 26, Number 1

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Printing	SOLISCO

## 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. In fact, it's important to have your FADOQ card in good standing in case you have to make a claim.

**NEW:** It's now possible to pay for your FADOQ membership using the **Accès D** service from Desjardins.

## 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](mailto:info@fadoqmtl.org)

## To contact us

7537 St-Hubert Street, Montreal (Quebec) H2R 2N7

**514 271-1411** | [info@fadoqmtl.org](mailto:info@fadoqmtl.org)  
[fadoq.ca/ile-de-montreal](http://fadoq.ca/ile-de-montreal)



## A comeback focused on *well-treatment*

**H**eat waves, torrential rains, tornadoes, landslides ... so many weather hazards marked the summer season. Due to climate change, extreme phenomena are more and more frequent ... with often disastrous consequences; hence the importance of seeing to it to preserve the health of our planet.

It's just as important to **take care of our most vulnerable people's health** by ensuring their well-being. In this regard, last June, the Minister responsible for Seniors and Caregivers, Marguerite Blais, announced that Quebec will invest 50 million over 5 years to fight against the mistreatment of seniors. Raising public awareness of the different forms of mistreatment, implementing practices that promote well-treatment and training workers for this purpose are the main objectives of the *Reconnaître et agir ensemble* Action Plan launched by the Minister.

It must be acknowledged that the pandemic has brought to light one of them, **ageism**, discrimination based on age of which seniors are too often victims. Whether voluntary or intentional, to harm or to "do good", actions that result in a person being treated differently because of their age should at no time be tolerated in our society.

For more than 10 years now, the FADOQ - Région île de Montréal has been **promoting well-treatment for seniors** through various awareness programs, such as *Senior-Aware* and *In the shoes of an older person*. From one year to another, we also diligently work to enrich our programming in order to offer a variety of activities able to meet the needs of all our members regardless of their age, whether they are 50 or 95 years old.

To this end, allow me to tip my hat to the **nonagenarian athletes** who took part in the FADOQ - Région île de Montréal Games last May because they deserve all our admiration. This is why we wanted to pay tribute to them and have inserted some photos of their

exploits in the pages of our newsletter.

This Fall edition of Montréal FADOQ also informs you of the return of the **A time for Art** program, which allows us to offer you passes for shows and exhibitions in Villeray's cultural centres. You will also find a wealth of other relevant and useful information, including an article on Law 492, which aims to protect senior tenants. This article stipulates that **a landlord cannot force the departure** of persons aged 70 and over who have occupied their dwelling for at least 10 years and whose income is equal to or less than the maximum income allowing them to have access to low-rent housing.

All that's left is for me to wish you good reading and good return to fall activities!

Your president,  
Jocelyne Wiseman

## A look back at the Annual General Meeting (AGM)

The FADOQ – Région île de Montréal AGM was held on Friday, April 22nd at the Plaza Antique. And yes, we were able to hold this event in person this year. What a joy! We were very pleased to be visited by the president of the Réseau FADOQ, Ms. Tassé-Goodman. To mark the 50th anniversary of the Fadoq - Région île de Montréal, Ms. Gisèle Tassé-Goodman presented a magnificent tree of life to our president, Ms. Jocelyne Wiseman.

The 2022-2023 Board of Directors members are: Ms. Jocelyne Wiseman, president; Ms. Marcelle Bastien, vice-president; Mr. Réal Guidon, treasurer; Ms. Denise Sauvé, secretary; Mrs. Marie Cantin, administrator; Mr. Jean Godard, administrator; Mr. Gilles Héту, administrator; Ms. Lucie Massé, administrator and Ms. Micheline Roch, administrator.



## It's 50 years for Pointe-Claire's les Amis du Vieux-Moulin

Congratulations to the *Amis du Vieux-Moulin de Pointe-Claire* who celebrated their 50th anniversary. Mr. Gregory Kelley, the MP for the Jacques-Cartier riding, made a statement to the National Assembly during the week of May 30, 2022 to highlight this wonderful achievement.

Information: Yvon Calbert 514 718-7288



## Hats off to our graphic designer



We would like to highlight the excellent work of graphic designer Valentina Vlassova, who has been designing the FADOQ – Région île de Montréal newsletter for 25 years now! In a world where positions turn over quickly, it's a feat worth highlighting. Valentina is of Ukrainian origin and she arrived in Canada in 1991. She took a computer graphics course and started at *Publications La maîtresse d'école*. We're very happy to have her on the team, especially since she plans to retire a very long time from now!

# Avoir su avant, j'aurais emménagé bien plus tôt !

STUDIO  
À PARTIR DE  
**761\$**  
PAR MOIS\*

**3 1/2**  
À PARTIR DE  
**1091\$**  
PAR MOIS\*

## PROMOTION EN COURS

- Deux mois gratuits (4<sup>e</sup> et 12<sup>e</sup> mois)
- L'entretien ménager gratuit pendant un an

*Pour un temps limité - Bail de 12 mois - Entretien ménager aux 2 semaines*

## Sécurité 24 heures / 7 jours

- Gicleurs dans tout l'immeuble
- Clinique médicale avec des infirmières auxiliaires et des médecins sur place à temps partiel
- Denturologiste • Soins des pieds • Massothérapeute
- Soins personnels disponibles
- Accès de l'intérieur à la Pharmacie Proxim et à l'épicerie / boucherie
- Piscine • Gym • Bibliothèque • Verrière
- Salon de coiffure • Auditorium de 350 places



**VENEZ  
NOUS  
VISITER  
SUR  
RENDEZ-  
VOUS!**

## Résidence Les Cascades

La résidence Les Cascades  
est située aux abords de la rivière des Prairies au  
**3461, boul. Gouin Est à Montréal-Nord**  
[www.residencecascades.com](http://www.residencecascades.com)

**Téléphone : 514 321-4410**

**REGISTRATION START DATE: MONDAY, AUGUST 29TH AT 9 A.M.**

Activities presented below are held in French.  
However, most of our guides and teachers are bilingual.

*You are all welcome!*

## EDUCATIONAL AND SOCIAL ACTIVITIES



### Akhmîm, Egypt Exhibition: 4000 years of textile art

The city of Akhmîm, recognized for millennia for its artistic embroidery, is now home to a community of 200 women who perpetuate a tradition long reserved for men. The exhibition testifies to this maintenance of traditional know-how through an exceptional social, artistic and economic development project. You can also visit the permanent exhibition at the same time.

**Date:** Wednesday, September 28th

**Time:** 10 a.m. or 1 p.m.

**Location:**

Musée des métiers d'art du Québec, 615, Sainte-Croix Ave., Saint-Laurent

**Cost:** \$7

## WALKERS RENDEZ-VOUS

For a safe and pleasant hike, remember the essentials: water bottle, hat, closed shoes and clothing suitable for the temperature.

### Walking Club

Walk in good company for a 3-to-6-kilometer trek.

**Cost:** \$5 – 12-week session

### Maisonnette Park

**Date:** Mondays, from September 26th to December 12th (no walk on October 10th)

**Time:** 10 a.m. to 12 p.m.

**Meeting place:**

Maisonnette Park Chalet, 4601, Sherbrooke St. East

### Jarry Park

**Date:** Wednesdays, from September 28th to December 7th

**Time:** 10 a.m. to 12 p.m.

**Meeting place:**

Jarry Park at the corner of Gary-Carter and Saint-Laurent streets.

### Frédéric-Bach Park

**Date:** Fridays, from September 30th to December 9th

**Time:** 1:30 p.m. to 3:30 p.m.

**Meeting place:**

At the Parc Frédéric-Bach Rotunda, at the end of Paul-Boutet St., corner Jarry.

### A Walk in the Park

A walk offered in a Montreal Island park and supervised by volunteers from our club. The trails used are for beginners and intermediates and vary between 5 and 10 km.

**Date:** Tuesday, November 8th

**Time:** 1:30 p.m. to 3:30 p.m.

**Location:**

Parc Lafontaine, Calixa-Lavallée Cultural Centre parking lot (3819, Calixa-Lavallée Ave.)

**Cost:** Free



SPORTS  
ACTIVITIES**Fitness**

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

**Dates:** Mondays, from September 12th to November 28th

**Time:** 10:30 a.m. – 11:30 a.m.

**Location:**

Centre-Sud Sports and Community Association,  
2093, rue de la Visitation

**Cost:** \$80 – 12-week session

**Adapted Fitness**

Lessons adapted on chairs for people with reduced mobility. The exercises aim to work the muscles, improve balance and posture, and develop cardiovascular capacity and coordination.

**Dates:** Wednesdays, from September 14th to November 30th

**Time:** 10:30 a.m. – 11:30 a.m.

**Location:**

Centre-Sud Sports and Community Association,  
2093, rue de la Visitation

**Cost:** Free

**Cardio vélo**

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

**Dates:** Thursdays, from September 15th to December 1st

**Time:** 1 p.m. – 2 p.m.

**Location:**

Centre-Sud Sports and Community Association,  
2093, rue de la Visitation

**Cost:** \$80 – 12-week session

**Line Dancing Lessons**

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

**Dates:** Thursdays, from September 29th to December 15th

**Beginner:**

1 p.m. – 2 p.m.

**Intermediate:**

2:15 p.m. – 3:15 p.m.

**Location:**

Gilles Beaulieu Dance School,  
6394, rue Saint-Hubert

**Cost:** \$70 – 12-week session

**Cardio-Vitality Workout**

Moderate intensity outdoor workout program that will allow you to get back into shape at your own pace. Mandatory equipment: mat and elastic band with handles (available on site during your 1st training session at a cost of \$48.50)

**Parc Maisonneuve**

**Dates:** Tuesdays and/or Thursdays, from September 13th to December 15th

**Time:** 9 a.m. – 10 a.m.

**Meeting point:**

Maisonneuve Park Chalet,  
4601, Sherbrooke St. East

**Parc Lafontaine**

**Dates:** Tuesdays and/or Thursdays, from September 13th to December 15th

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

**Meeting point:**

Calixa-Lavallée Cultural Center parking lot (3819 Calixa-Lavallée Ave.)

**Cost:** 1 x week: \$195  
2 x week: \$275  
14-week session



## Zumba Gold

This Zumba class to the sound of rhythmic music with easy-to-follow movements will lead you on a journey to a healthier lifestyle, while having fun!

**Dates:** Thursdays, from September 22nd to December 8th

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

**Location:**  
Édouard-Rivet Recreation Centre, 11 111, Notre-Dame St., Montreal East

**Cost:** \$79 – 12-week session

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## Drumfit

Inspired by the Pound®, this new class combines musical choreography, works on coordination, motor skills, active listening, proprioception and endurance. Most of the time, the exercises are done seated on a fitness ball. The main goal is to have fun!

**Dates:** Wednesdays, from September 21st to December 7th

**Time:** 10 a.m. to 10:45 a.m.

**Location:**  
Édouard-Rivet Recreation Centre, 11 111, Notre-Dame St., Montreal East

**Cost:** \$79 – 12-week session



## Toning and Stretching

This class is about gaining muscle tone through stretching.

**Dates:** Mondays, from September 19th to December 5th

**Time:** 2:30 p.m. to 3:30 p.m.

**Location:**  
Centre du Vieux Moulin de LaSalle, 7644, Édouard St. (corner 4th Avenue)

**Cost:** \$38 – 12-week session

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## Tai Chi Chen

Alternating slow and fast movement, low postures, “silk-reeling” exercises (chan si jin) and explosive bursts.

**Dates:** Wednesdays, from September 21st to December 7th

**Time:** 2:30 p.m. to 3:30 p.m.

**Location:**  
Centre du Vieux Moulin de LaSalle, 7644, Édouard St. (corner 4th Avenue)

**Cost:** \$38 – 12-week session

-----

## Yoga on Mat

Yoga is an age-old science that offers an entire lifestyle. Breathing techniques calm the nervous system and oxygenate the body. As for the postures, they stimulate all of the body's systems. They relax the

muscles while strengthening them, improving balance and coordination. \* A gift will be offered to you at the first registration!

**Dates:** Thursdays, from September 29th to December 1st

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

**Location:**  
Studio Caravane, 910, Jean-Talon Street East (2nd floor)

**Dates:** Fridays from September 23th to December 2nd (no session on October 29)

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

**Location:**  
Basement of the St-Donat church, 6807, rue de Marseille (door-C)

**Cost:** \$100 – 10-week session

-----

## Chair Yoga

Chair yoga is based on *classical hatha yoga*. Some poses are performed in the seated posture while others are performed standing with the support of the chair.



**Dates:** Thursdays, from September 29th to December 1st

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

**Location:**  
Studio Caravane, 910, Jean-Talon St. East (2nd floor)

**Dates:** Fridays, from September 23th to December 2nd (no session on October 29th)

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

**Location:**  
Basement of the St-Donat church, 6807, rue de Marseille (door-C)

**Cost:** \$100 – 10-week session

## Meditation

**Dates:** Thursdays, from September 29th to December 1st  
**Time:** 12 p.m. – 12:45 p.m.  
**Location:** Studio Caravane, 910 Jean-Talon Street East (2nd floor)  
**Dates:** Fridays, from September 23th to December 2nd (no session on October 29th)  
**Time:** 12 p.m. – 12:45 p.m.  
**Location:** Basement of the St-Donat church, 6807, rue de Marseille (door-C)  
**Cost:** \$70 – 10-week session

## Hockey League – Les Têtes Grises

Hockey fans, both men and women, we invite you to join us in our 60+ (50+ for women) league. We are still looking for players or replacements that are passionate about the sport. Note that each game is refereed by certified officials.  
**Are you a goalie? If so, we are offering you the session for free!**

**Dates:** Tuesdays and/or Thursdays from September 6th to April 4th  
**Time:** 8:30 a.m. – 10 a.m.  
**Location:** Saint-Michel Arena, 3440, Jarry Street East  
**Cost:** 1 x week: 240\$  
 2 x week: 480\$



## Pickleball Club

This racket sport is played on a badminton court at the height of a tennis net. Come and play this extremely popular Quebec sports activity supervised by a volunteer.  
**Dates:** Tuesdays, and/or Thursdays, from September 27th to December 15th  
**Time:** 2 p.m. to 3:30 p.m.  
**Location:** Centre Pierre-Charbonneau 3000, Viau St.  
**Cost:** 1 x week: \$80  
 2 x week: \$140  
 12-week session  
 \*Rackets and balls provided as needed.

## Table Tennis Club

Table tennis, also called ping-pong, is a racket sport played by either two or four players around a table. Table tennis is a leisure activity, but it has also been an Olympic sport since 1988.  
**Dates:** Tuesdays, from September 27th to December 13th  
**Time:** Beginners: 9:30 a.m. to 10:30 a.m.  
 Advanced: 10:30 a.m. to 11:30 a.m.  
**Location:** Fédération de tennis de table du Québec, 5150, Robert Boulevard, Saint-Léonard  
**Cost:** \$90 – 12 sessions per session

## Power Walking Club

**Dates:** Tuesdays, and/or Thursdays, from September 27th to May 26th  
**Time:** 3:30 p.m. to 4:30 p.m.  
**Location:** Rosaire-Gagné race track, Centre Pierre-Charbonneau, 3000, rue Viau.  
**Cost:** \$85 – annually

## Doubles Badminton Tournament

In collaboration with the “Tripeux de badminton”, a friendly tournament! Categories: masculine, feminine, mixed.  
 Levels: Intermediate and Advanced 50+ | 60+ | 70+  
 You must bring your racket. Shuttlecocks (Mavis 350) are provided by the organizing committee. For the advanced level, 1 feather shuttlecock/per team will be offered to you.  
**Date:** Saturday, October 15th  
**Time:** 8:30 a.m. to 5:00 p.m.  
**Location:** Centre Pierre-Charbonneau, 3000, Viau St.  
**Cost:** \$20/person  
*FADOQ promo card available at a cost of \$15 for non-members.*

**Registration required for all activities starting**  
**Monday,**  
**August 29th**  
**at 9 a.m.**  
 at 514 271-1411 ext. 222.  
 You can also register online.  
 Consult the website [fadoq.ca/en/ile-de-montreal/leisure-and-events](http://fadoq.ca/en/ile-de-montreal/leisure-and-events)

## CONFERENCES



### Introduction to the FADOQ

Are you a new FADOQ member? Have you had the card for some time but aren't sure you're taking full advantage of your membership? A presentation will detail all the advantages associated with the FADOQ card. A conference titled "Les loisirs à la retraite" will also be presented by Ms. Hélène Carbonneau from the Université du Québec à Trois-Rivières. IN FRENCH.

**Date:** Wednesday, November 16th

**Time:** 9 a.m. to 12 p.m.

**Location:** Hotel Universel Montreal  
5000, Sherbrooke St. East

**Cost:** Free, coffee and pastries offered

### FADOQ Conferences

Two great conferences on the program. In FRENCH.

- "Say goodnight to insomnia!" with Loïc Barbaux from the Institut universitaire gériatrique de Montréal.
- The ingredients for good psychological health by Ms. Rose-Marie Charest, psychologist, author and speaker. In addition to having published several books, Ms. Charest is known to the general public for her regular participation in various radio and television programs.

**Date:** Friday, October 21st

**Time:** 9 a.m. to 1 p.m.

**Location:**

Hotel Universel Montreal, 5000 Sherbrooke Street East

**Cost:** Free, coffee and pastries and lunch offered



## TRAVEL STAYS OUTINGS



### Day Outdoors at the Mont-Saint-Bruno National Park

A 27 km network of trails encircles the Seigneurial, des Bouleaux, des Atocas, du Moulin and de la Tortue lakes. A 3.5 km hiking trail starting from the Discovery and Visitors Centre offers a more rustic alternative. Within this circuit, it's possible to do a short 1.5 km hike.

Bring your lunch.

**Date:** Wednesday, October 26th

**Time:** 9 a.m.

**Departure point:**

Domaine Centre  
3235, de Granby Avenue

**Cost:** \$35 - including transportation and access to the park

### OutPLAY Fall

An all-inclusive formula at the Auberge du Lac Morency, in the magnificent Laurentians region. Hiking, swimming, tennis, mini-golf, kayaking are the activities offered during the stay.

Included: 2 nights, activities, 2 breakfasts, 3 lunches and 2 suppers, bus transportation and Nordic Spa (\$)

**Date:** October 17th to 19th

**Departure point:**

2225, Cremazie Blvd. East

**Cost:** \$584 Single occ.

\$492 Double occ., 1 bed

\$513 Double occ., 2 beds

award-winning wineries in the Niagara region and Prince Edward County, meetings with passionate brewers; tastings of elaborate spirits!

**Date:** October 3rd to the 6th

**Departure point:**

7600, Sherbrooke St. East

**Cost:** Starting from \$699

per person | Double occ.

This package includes:

Transportation by luxury coach, accommodation for 3 nights, 3 meals, Service of an accompanying guide, Services of local guides, taxes and service charges.

Registration deadline:

September 16, 2022

### Ontario Wineries and Distilleries

Take part in this southern Ontario epicurean tour and discover the wines, spirits and beers of our neighbouring province. Visits to

### Boston and the castles of New England

With more than 300 years of history, Boston will charm you with its varied architecture, juxtaposing skyscrapers

and colonial remains. New England was long the favourite summer spot for the wealthy in the 19th and 20th centuries. Relive the golden age of the American bourgeoisie by visiting the magnificent castles of Newport.

**Date:** October 9th to the 12th  
Departure point:

7600, Sherbrooke St. East

**Cost:** From \$719  
per pers. | Double occ.  
This package includes  
Transportation by luxury  
coach, accommodation for  
3 nights, 4 meals, Services  
of an accompanying guide,  
Services of a local guide,  
Program activities (except  
optional \$), taxes and  
service charges. A passport  
is required for this trip.  
Registration deadline:  
September 16, 2022

## EVENTS



### Dinner Show

A great evening, a good meal and a retro musical show, what more could you ask for! This activity will take place within the framework of the International Day of Older Persons.

**Date:** Thursday, October 6th

**Time:** 5 p.m. to 11 p.m.

**Location:**

Plaza Antique, 6086  
Sherbrooke St. East

**Cost:** \$90 – including welcome  
cocktail, 3-course meal, drinks  
and show

### Let's sing Christmas with Rafael Payare

Rafael Payare and the MSO will mark the holiday season by performing symphonic works associated with this period of celebration. With the participation of the MSO Choir and the Petits Chanteurs du Mont-Royal, this concert promises to be unifying and festive!



**Date:** Thursday, December 15th

**Time:** 2:30 p.m.

**Location:**

Maison symphonique  
de Montréal  
1600, Saint-Urbain St.  
Place des Arts Metro

**Cost:** \$44 – balcony seat

## ACHETEURS SÉRIEUX D'ANTIQUITÉS ET D'OBJETS DE COLLECTION

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# A successful 23rd edition!

**A**fter two years of cancellation, the FADOQ – Région île de Montréal team is happy to have finally been able to offer you the 23rd edition of this great sporting event that brings together competitive and recreational athletes of all ages.

The 23rd edition of the Regional Games was held from May 9th to the 20th, in addition to the golf tournament which took place on June 2nd. A total of 11 sports disciplines were offered. Our goal remains the same: to get you moving. It is well known that the practice of physical activity is an essential component of well-being, regardless of age!

Looking forward to seeing you again next year!

We would like to thank our volunteers who supported us in each of the disciplines.



Volunteers at the volleyball competition  
©Oscar Aguirre



Badminton Competition Volunteers  
©Oscar Aguirre



Our volunteer Michel Chevalier surrounded  
by participants in the race  
©Oscar Aguirre



Mrs. Yvonne Roy-Rivard, 93 years old  
©Oscar Aguirre

## Thank you to the MPs who financially supported the holding of the games:

Christine St-Pierre, Provincial MNA for l'Acadie

Enrico Ciccone, Provincial MNA of Marquette

Dominique Anglade, Provincial MNA for Saint-Henri-Sainte-Anne

Vincent Marissal, Provincial MNA for Rosemont

Pierre Arcand, MNA for Mount-Royal-Outremont

## Thank you to our sponsors

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# Lessons from Table Tennis with MR. ROSAIRE HUARD



Mr. Rosaire Huard (right)  
with the author (left)

**I**t was Friday, May the 13<sup>th</sup>. I played ping pong with Mr. Rosaire Huard at the Table Tennis tournament organized by FADOQ. I became a member of FADOQ this year, and so this was my first fun tournament at Complexe sportif Claude-Robillard in Montreal. Playing with Mr. Huard was a life's experience. I guessed Mr. Huard was older than I was but his humor during the game piqued my interest. When the game ended, I thanked him for playing with me and asked him if we could take a picture. Mr. Huard happily obliged. What surprised me the most is his age. Mr. Huard is 95 years old.

I asked him "What's the secret to your life"? With a cunning smile Mr. Huard's answered, **"Just pass your problems to others"**. His unexpected and yet quick response jolted my thought process for a few seconds. It sounded hilarious but being a scientist, I found the statement meaningful. Most of the time, problems we encounter in our life are self-created. Even if the problem is not self-created, we become part of the problem if we allow the problems to persist one way or the other, meaning we

carry the stress associated with the problems. In fact, Mr. Huard succinctly suggested, "Get rid of your stress". How true his answer has been!

Well, one could argue longevity is all about heredity. The genes (DNAs) we carry from our parents, grandparents, etc. Research has found that our **longevity depends only 15-25% on the genes we inherit**. The rest is up to how we choose to live. We can buy a good car but if we fail to maintain it, the car will break down. We can buy a wonderful house but if we do not take care of it, house will fall apart.

As a curious person, later in the afternoon I asked Mr. Huard what helps him to keep in shape? His answer was short and to the point. "Good food, good sleep, and I walk two hours every day". Simple and yet a powerful message.

**Food is the key.** What we eat gives us energy to go about our everyday life. These days we eat either junk food or look for superfood. Basically, junk food is nothing but processed food. It's available at almost every street corner. No need to do groceries and/or to cook.

Processed food is easy to get, tasty, and ready to eat. On the other hand, health-conscious people look for bio-, pre-, probiotics or super foods such as spirulina, chia seeds, goji berries etc. Some may talk about Mediterranean food or even vegetarian meals. We tend to forget what good food all is about! I did not have a conversation with Mr. Huard what his regular food habits are, but I would guess he neither eats processed food nor any superfoods. Possibly, his dinner is eaten long before he goes to bed.

Most of us know how important "Sleep" is in our daily life! One night without sleep or a bad sleep and we feel exhausted the next morning, as if we don't have any energy. **Sleep helps repair DNA and maintains our day-to-day performance.** The more effectively we repair our DNA, the longer we tend to live. Like everything else, our body and mind need rest to perform the next day. Mr. Huard can walk two hours every day because he sleeps well. He sleeps well because he does not carry stress. He walks and interacts with the environment two hours every day. Let's understand this sleep event. When we sleep, our Growth Hormone releases. Growth Hormone strengthens our bones, repairs tissues, and increases metabolism. Unfortunately, as we age, release of Growth Hormone decreases. But a lower blood glucose level helps Growth Hormone release. Since food increases blood glucose levels, it is **wise to eat a meal 2-3 hours before sleeping** so that Growth Hormone release is at maximum during sleep. Although I did not inquire when Mr. Huard takes his dinner before

going to bed; when we eat our meal matters.

Everyone of us is different. No one has the same metabolism and immunity. However, what we eat, when we eat, how we move our body and sleep while avoiding problems (read stress) define our life's journey. Mr. Rosaire Huard is a real-life example.

*Prithu Mukhopadhyay, Ph.D.*

## About the author

Dr. Prithu Mukhopadhyay is a FADOQ member, and a scientist based in Montreal, Quebec. Currently, Editor-in-Chief of the Journal of Vinyl and Additive Technology of Society of Plastics Engineers (SPE), published by Wiley, USA.

## Manoir Claudette Barré

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# YOUR HOUSING AND YOUR RIGHTS



Unfortunately, moving time is often synonymous with «eviction». Fortunately, in Quebec, there are rights to protect tenants from certain types of unfair evictions.

On June 10, 2016, the Quebec National Assembly adopted a law aimed at modifying the conditions of repossession of housing and eviction provided for in the Civil Code in order to specifically protect the rights of seniors. We are referring to Bill N°492 (2016, Chapter 21). This law now appears in article 1959.1 of the Civil Code of Quebec.

According to article 1959.1 of the Civil Code of Quebec, **it is forbidden for a landlord to evict a tenant when the tenant is over 70 years old, has occupied the dwelling for a period of at least 10 years, and has an income equal to or less than the maximum income allowing him to**

**be eligible for low-rental housing.**

The nominal rent is determined according to the *By-law respecting the allocation of dwellings in low rental housing* (chapter s-8, r.1). For example, for a single person living in Montreal in 2020, the amount is \$31,000 annually.

However, there are exceptions where the landlord has the right to repossess the dwelling, i.e. in the following situations:

- The lessor is himself 70 years of age or older and wishes to repossess the dwelling to live there himself;
- The person who will benefit from the repossession of the dwelling is aged 70 or over;
- The lessor is an occupying owner aged 70 or over, and wishes to house a 70-year-old beneficiary in the same building.

In uncertain times, it is important to have your rights respected. We therefore invite you to contact us to learn more about your situation.

Allen Madelin lawyers are available and ready to answer all your questions and provide you with the help you need. Consultations are available in-office, by phone at 514-904-4017 and by videoconference. You can make an appointment by email at [info@amlex.ca](mailto:info@amlex.ca).

# LEARNING FOR THE JOY OF IT AT MCLL!

MCLL



**T**he McGill Community for Lifelong Learning (MCLL) is **for seniors who want to learn for the joy of it** in a stimulating environment. There are no marks or tests, and the wide variety of topics will appeal to all of those who want to learn about something close to their heart.

Discussion is key for MCLL's study groups where members enjoy fascinating presentations about a vast variety of topics, and lively discussions with other class members. Our social activities also help members make new friends and connect with old acquaintances.

MCLL members are part of McGill University and can attend lectures and events on campus and online. Members can use McGill's library system, with online and in-person access to books, videos, music, magazines and newspapers.

Founded more than 30 years ago, MCLL is a volunteer-run community

of about 800 senior learners with varied cultural and professional backgrounds. With an emphasis on peer learning and active participation, MCLL's small-group approach has made our programs very accessible. MCLL appeals to those who want to share their passions, knowledge, ideas, experiences and interests in a warm community environment where everybody feels welcome. MCLL's activities are mainly in English but French content is included in lectures and study groups, and there are many francophone members.

The level of involvement can range from just listening and commenting, participation in group discussions, to in-depth preparation for presentations. This peer-learning approach emphasizes members learning from each other in classes led by moderators rather than teachers.

When the pandemic began, MCLL moved its study groups and lectures online and provided technical

assistance to help members connect. We also upgraded our classrooms with a new hybrid learning model. This fall, members can participate online, attend in person or through the hybrid system, where moderators and participants are both online and in the classroom.

Our 10-week fall, winter and spring terms offer study groups, lectures, workshops, outings and social activities. Our fall session begins Sept. 12th, with registration starting on Aug. 2nd. There are more than 41 fascinating study groups and 31 lectures on a wide variety of topics. Find more information, including how to register at: <https://www.mcgill.ca/mcll/>.

Hybrid learning at MCLL is described here: <https://www.youtube.com/watch?v=YdFXD9X9SBc>

# The “Remise-Bibliothèque d’outils” tool Library is looking for volunteers



Pictured: Training on tool use

**T**he Remise-Bibliothèque d’outils tool library is a solidarity cooperative that stores and lends its members tools and objects for common use (kitchen, bicycle mechanics, crafts, gardening, electricity, etc.). Workspaces and workshops equipped with many specialized tools are accessible to members for the realization of their manual projects. Anyone can develop their knowledge and manual skills and benefit from intergenerational and intercultural encounters.

Gabriel has been a volunteer in the woodworking workshop for four years. He particularly enjoys passing on his knowledge to the younger generation. A former carpenter, he shares his experience relating to repairs of all kinds, maintenance of workshop machines and woodworking. Just like Yves, a former contractor or Isabelle who worked in communications, their commitment to the La Remise project is reflected in the

values and the mission that the project defends.

La Remise is a social enterprise, stemming from the cost-saving by sharing movement. It is rich with the vast and varied experience of the volunteers involved. It strengthens social ties, fights waste and creates wealth for the community. It promotes autonomy, collaboration and the pleasure of learning to do things yourself. When you come to La Remise, you

take part in collective and individual initiatives that contribute to improving the quality of life for everyone. In addition to fighting against isolation, the links between volunteers from diverse backgrounds make La Remise a warm, welcoming place where you always learn something new.

The next tool libraries in the Plateau Mont-Royal and Hochelaga boroughs should see this pooling project continue in the same spirit of community solidarity thanks to the involvement of new volunteers. How about you?



Pictured: Gabriel and Felix

For more information:  
[coordo@laremise.ca](mailto:coordo@laremise.ca)  
[laremise.ca](http://laremise.ca)



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