

Le Montréal FADOQ

SUMMER 2023 | VOLUME 26 NUMBER 4

fadoq

Région
île de Montréal

DANCE VISITS IN CHSLDS

Blur the boundaries between generations

THE BIG CLEANUP

You sort, we prune!

SUMMER PROGRAMMING

Registrations June 13th

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fadoq.ca/ile-de-montreal

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.

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

Summer 2023, Volume 26, Number 4

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Stay stuck in a melody

(rather than in traffic)

love the way™



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Always more opportunities to socialize and learn

Once again this year, our summer programming is offering a wide range of activities that I hope you will enjoy: cultural outings, walking tours, trips, sports activities and much more! We are committed to offering you ever more opportunities to socialize, learn and update your social participation throughout our beautiful territory.

Among the scheduled outings, you will find a rabaska excursion guided by a naturalist and a visit to the Village du bûcheron accompanied by a cruise on the Saint-Maurice River. An evening show awaits you at Domaine Pelchat-Lemaître-Auger where you can travel through time by way of the 40-year career of singer Mario Pelchat. Let's not forget the

very popular Multi-Regional Golf Tournament that will take place this year in Joliette, as well as our Chi Gong "artful health" classes that bring together the various bodily, respiratory and meditative techniques from Chinese tradition. Walks in the parks will be offered at the Promenade Bellerive as well as the Parc de la Merci and at Île Perry.

For the first time, the 2023 edition of our FADOQ games were organized in collaboration with our colleagues from the FADOQ - Région de Laval. We are proud of this alliance of forces between our regions and we hope to repeat the experience next year.

Thanks to a grant obtained from the *Fonds d'innovation et de rayonnement de la métropole*

offered by the minister responsible for the metropolis and the Montreal region, we will present the project *L'art et la culture comme outil de résilience*. This project will allow us to create new partnerships with the cultural communities and seniors of the Côte-des-Neiges-Notre-Dame-de-Grâce borough and to offer you outings to the Filipino community festival in June.

I hope you thoroughly enjoy your 2023 summer and I sincerely hope that it will be filled with gentleness and most enjoyable!

Your president,
Jocelyne Wiseman

Aging well no matter what!

It was with great pleasure that we received Mr. Guy Vermette, an experienced speaker, on March 10th as part of our conferences. Reflections, appreciation and affirmation under the theme of aging were on the menu. A conference that proved to be both inspiring and energizing for the members!

A much appreciated first

For the first time, a small group of FADOQ members attended a Ligue Nationale d'Improvisation Coupe Charade match which took place last March at Club Soda. They were impressed and even moved by the players' improvisations. A few days later, the members took

part in an introduction to the game and fun was had by all. Definitely an activity to do again!



Quebec 50+ Hockey Cup



It is with great pride that two teams from the FADOQ – Région Île de Montréal's Les Têtes Grises league participated in the Coupe du Québec 50+ which took place from April 14th to 16th at the Isatis Complex in St-Constant. Congratulations!

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LISTENING IS CARING

START OF REGISTRATIONS: TUESDAY, JUNE 13TH, 9 A.M.

FADOQ.CA WORKSHOPS

The workshops will take a break during the summer season.



WALKERS' RENDEZ-VOUS

For a safe and pleasant hike, think of the essentials: water bottle, sunscreen, hat, closed shoes and clothing adapted to the temperature.

Walking Club

Walk in good company through the trails of various parks for a 3-to-6-kilometer trek.

Maisonneuve Park

Date Mondays, from June 26th to August 28th

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

Meeting point

Chalet, 4601 Sherbrooke Street East

Cost \$5 – 10-week session

Jarry Park

(Walking group for socializing)

Date Wednesdays, from June 28th to August 30th

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

Meeting place

At the corner of Gary-Carter and Saint-Laurent streets

Frédéric-Back Park

Date Fridays, from June 30th to September 1st

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

Meeting place

At the rotunda, corner Jarry

Cost \$5 – 10-week session

A Walk in the Parks

Walk offered in parks on the island of Montreal supervised by volunteers from the walking club. The trails used are for beginners and intermediates and vary between 5 km and 10 km.

Parc de la Merci and l'île Perry

Date Tuesday, July 25th

Time 9:30 a.m. to 2 p.m.

Meeting place

De l'Église Metro exit (133, de l'Église Street)

Cost Free. Bring your lunch!

Promenade Bellerive

Date Thursday, August 17th

Time 9:30 a.m. to 2 p.m.

Meeting place

Jean-Drapeau Metro exit

Cost Free. Bring your lunch!

SPORTS ACTIVITIES



Cardio-Vitality Workout

This program has a pace and intensity that allows you to train at your own pace.

Mandatory equipment: Exercise mat and elastic bands (You can purchase the equipment on site at a cost of \$48.50 + taxes)

Dates Tuesdays and/or Thursdays, from June 27th to September 7th

Time 9 a.m. to 10 a.m.

Location

Maisonneuve Park Chalet, 4601 Sherbrooke Street East

Location

Parking lot of the Calixa-Lavallée Cultural Center, 3819 Calixa-Lavallée Ave.

Cost \$157 – once a week
\$234 – twice a week

Registration required for all activities starting

Tuesday, June 13th, 9 a.m.

at 514 271-1411 ext. 222 or 235.

You can also register online. Consult the website fadoq.ca/en/ile-de-montreal/leisure-and-events

CULTURAL
OUTINGS

Cirque du Soleil



ECHO explores the precious balance between humans, animals and the world they share.

Throughout the different phases of evolution, the characters discover that their actions have the power to shape the world in which they live. ECHO is a show that immerses the public in a universe of a thousand and one colours, wonders and possibilities by giving pride of place to inventiveness, the hope of youth and the importance of empathy.

Date Wednesday, August 16th

Time 8 p.m.

Location

Big top at the Old Port of Montreal

Cost \$71

OUTINGS/STAYS

Please note that program details are available on our website in the Travel section.

Apple-picking outing

Day at the Labonté apple orchard in the Oka region.

Date Thursday, September 14th

Departure time

9:30 a.m.

Departure point

7600 Sherbrooke Street East

Location

Labonté de la pomme Apple orchard, Oka

Cost \$55 (including transportation, bag for apples, tractor ride and meal at the Cabane à Pommes)

EVENTS

KULTURA 2023 – Looking back to the rich heritage of Filipinos

Variety of Filipino music sung by young adult singers from Hispanic to the present day. Nuptial parade and serenade sung in Tagalog.



Date Saturday, June 10th

Location

Maison de la culture de Côte-des-Neiges, 5290, chemin de la Côte-des-Neiges

Time 2 p.m to 4 p.m

Cost Free (Limited places)



"Pagkila ng Ugali ng Philipin"

The story of an immigrant who arrives as a caregiver and falls in love with her employer. The story is presented with music by Panday Tinig and folk dance by Pamana ni Luzviminda. The story will be told in Tagalog and French.

Date Saturday, June 10th

Location

Maison de la culture de Côte-des-Neiges, 5290, chemin de la Côte-des-Neiges

Time 7 p.m. to 9 p.m

Cost Free (Limited places)

Québec

These two events are made possible thanks to the financial participation of the Secrétariat for the metropolitan region of the Ministry of Municipal Affairs and Housing.

Les Grands Ballets dance Vivaldi's Four Seasons

Over the course of a few summers in Lanaudière, a tradition was established: following their triumphant visits in 2019 and 2021, Les Grands Ballets are returning to the Amphithéâtre and will perform two remarkable choreographies acclaimed by both the public and the critics, one to Mozart's exquisite Young Man Concerto, and the other to Vivaldi's no less spiritual Four Seasons!



Date Friday, July 21st

Location Amphithéâtre Fernand – Lindsay, Joliette

Departure time 6 p.m.

Cost \$60 including show and transportation



THE JOURNEY OF A BOOK CLUB FACILITATOR

By Louise Girard

“A book is a mysterious object, and once it floats out into the world, anything can happen..”

Paul Auster

I have always read. I read all kinds of books for pleasure. I owe my passion for literature to my parents. My father told us stories every night and he never finished them, just to keep us languishing until the next day.

Seven years ago, the FADOQ offered me the opportunity to lead two book clubs. I gladly accepted. I have found that the experience of participating in a book club gives depth to one's own reading and helps clarify one's thinking. A club is a privileged space in which we share with others. Afterwards, we no longer read the same way!

We club members meet once a month to exchange our impressions. Over the years, participants have

shared their reasons for participating with me. They did so to either:

- break the isolation;
- meet people to share this pleasure;
- discover books they would never have read on their own;
- get out of their comfort zone, open up to others, confront their impressions and opinions;
- gain a different perspective by listening to other people talk about a book they had more or less enjoyed.

Some admitted to me that they did not read, but that they wanted the club to arouse in them the desire to do so. And for 7 years, we have been reading disturbing, moving, funny, mind-blowing books together. It's a renewed pleasure with each encounter. We can't wait to get together and chat for two hours about a book that we liked or didn't like. What a privilege! I would like to thank the participants for the richness of



their comments and for their listening, which bring immense happiness to the facilitator that I am. I was often touched by their reading experiences that had made a difference in their lives.

I would also like to thank the FADOQ because this experience allowed me to facilitate other groups at the Collège de Maisonneuve with Éducation 3e Age (ETA) and at the Frontenac and Pierre-Ambroise libraries in the Centre-Sud. Also, I will soon be participating in a transgenerational book club at Collège de Maisonneuve with college students, the ETA and the Leméac bookstore. A very inspiring project.

I am thrilled to have this addiction and to be hooked to words! And I can't end this column without sharing my summer reading list.

Have a great summer and happy reading!

Louise Girard's book club is made up entirely of French-speaking members. Would you like to participate in an English book club in Montreal or the surrounding area with other FADOQ members? Contact our programming manager to put your name on the list of interested parties, or even to become a club facilitator yourself!

Isabelle Brault

Email: coordoprog@fadoqmtl.org ■ Telephone: 514 271-1411, ext. 232

DANCE VISITS IN CHSLDs

A good idea from Ariane Boulet

Interview by Mélina Schoenborn



Ariane Boulet is the founder of Mouvement de passage, an inspiring initiative that integrates dance into the living environment of CHSLD residents. Two dancers and a musician move from room to room to meet the people who live there, particularly those with diminishing autonomy or nearing end of life. I interviewed a dynamic and generous woman animated by the great desire to create meaningful encounters.

Ariane, you set up Mouvement de passage 9 years ago. What motivated the birth of this project?

At the time, I was pursuing a master's degree in creative dance in the healthcare environment because I was interested in art as a possibility of reclaiming one's own experience. I quickly understood that creation in a CHSLD allowed for a deep and sensitive encounter with residents and caregivers, an encounter that went beyond aesthetic or dramaturgical considerations, as well as the usual verbal exchanges. There was a real possibility of being together differently, of relearning to love and to be human.



Over time, Mouvement de passage took shape and specialized in support for neurocognitive disorders, loss of autonomy and end of life. I am still amazed to see the depth of relationships and the presence of oneself and of others that dance and music allow. It would seem that there are in these other layers of consciousness other forces at play which favour the emergence of poetry and the re-enchantment of our relationships with people.

In more concrete terms, can you explain how a dance visit in a CHSLD takes place?

Two dancers and a musician perform a one-and-a-half-hour-long improvisation in the rooms, corridors and common rooms of a CHSLD. These artists meet the residents individually, totally without preconceptions and meet with each of residents where they are today by entering completely into their world and using that as material for creativity. By allowing the expressiveness of the resident, the artist promotes a space for play, refuge and contemplation to fully accommodate their hospital experience and their life experiences.

With each visit, we create a dance of the moment while listening to the person, and often experienced not

only by sight but also by all the other senses. Depending on the resident, it is sometimes a very small dance with the eyes, with hands caressing each other, or complex, dynamic, virtuoso improvisations. A world of differences can be traversed from one room to another.

“It is a form of mobilization that can blur the boundaries between generations and change the way of perceiving the role and contribution of seniors to our society.”

How is this initiative different from other art therapy projects that exist in healthcare settings?

The great beauty of Mouvement de passage is that it is art without any therapeutic intent. Although therapeutic effects are observed, the intention is not to propose a transformation of the person but to fully welcome what is alive in that person. It is a form of validation, the possibility of giving them a context in which to express themselves fully, of giving strength to the person's creativity and also, in a certain way, of giving the individuals back their power.

The CHSLD is a place where we experience pivotal moments in our lives. Offering artistic experiences in a healthcare environment makes it possible to recognize the cultural and spiritual dimensions of the people who reside there. We give them access to a place, to a physical and mental space-time that allows them to explore the meaning and sensations resulting from their hospital experiences in a different way.

From this simplicity emerges a collage of humanities, a variety and dynamism of dances that still surprise me. Without knowing it, the residents give us access to an elsewhere. Knowing nothing about their background, their culture or their state of health shields us from our own judgments. This work with the invisible demonstrates how easy it is to enter into a relationship when you don't want anything, when you don't hope for anything and when you don't project anything regarding what the other person should be.

What is the impact of dance visits on residents in CHSLDs?

The 90 minutes spent with about fifty residents have a concrete impact on the artists, the residents and the living environment. Caregivers from here, there and everywhere have testified to a general alleviation of anxiety, a lower intake of anxiolytic medication, memory reminiscence, a respite from a state of redundancy, circulation and regulation of emotions, and conscious movements allowing the regularization of stereotyped movements. In addition, the study conducted on the project by the Canada Research Chair in Consciousness and Personhood Technologies shows that through our visits, people with loss of cognitive autonomy remember our visit through "a consolidation of the body's memory". Beyond the residents, their families are also awed by the

openness and creativity of their loved ones. It is without doubt a strong experience for both the resident as well as the artist in dance or music.

What are your plans for the future with this project?

My ardent wish and my current efforts are geared towards the continuation of *Mouvement de passage* and the promotion of this artistic practice in healthcare settings. With this in mind, a teaching and transmission component

that can blur the boundaries between generations and change the way of perceiving the role and contribution of seniors to society. A society is the sum of all its members. If you decide to suppress a part of it, you also suppress a part of yourself. Aging is part of one and all of us. It is a spectre of our existence. This encounter with others opens our eyes and allows us to be different, to welcome and to be transformed.



is being prepared for Montreal, in addition to *Mouvement de passage* "franchises" piloted by local organizations, by and for artists and local CHSLDs in the Laurentians, Lanaudière, Mauricie and the North Shore. The reference piece *Les jeux du crépuscule* is being prepared for a tour in Montreal and Quebec in 2024.

In the end, "The challenge remains to meet others for what they are with a non-intrusive delicacy", as Gaëlle Fiasse would say (*Amour et fragilité*, 2016). When we can really hear ourselves, be fully in touch with ourselves, and we let ourselves be touched by that other, the roles disappear. It is a form of mobilization

In addition to being the founder of *Mouvement de passage*, Ariane Boulet is a dance artist who has been actively acting as a performer and creator since 2010. Trained in graduate studies at the University of Montreal as a caregiver in secular spiritual care and in bereavement support, she cherishes this practice – as she does the *Mouvement de passage* visits – the depth of human relationships as a means of revitalizing institutional environments through art and movement. Additionally, she is co-director of *Le Radeau*, an organization that reflects on artistic practices by promoting listening, a sense of community and horizontal management.

MOODS OF A BABY BOOMER

SHE MOVES, YOU SORT, WE PRUNE!

By Odette Bourdon



Photo : Odette Bourdon

Summer is a beautiful season, but it's not always so if you have to move! The older you get, the more this enterprise takes on gigantic proportions... especially when you realize that you have accumulated a little too much stuff.

When you get older, it's common to leave one way of life for another because all you want is to make your life easier. No more stairs, shoveling, lawn maintenance... No more bringing garbage cans and bins, etc. down and up. However, insecurity and isolation are often factors that come into play when it comes time to make a decision.

While some change accommodation because the children have left the family nest and the couple wishes to live in a smaller apartment, others have no choice but to move. Indeed, it's not uncommon that the ever-increasing cost of rent and the fact of living solo force some to make sometimes painful changes. For those people, moving is more akin to a bereavement.

A kind neighbor told me how painful she found it to have been to leave her large 7 1/2-room apartment after becoming a widow to find herself in a small three-room apartment. Her great heartbreak? Having had to get rid of her kitchen accessories to keep only a minimum. Her new home has only a laboratory kitchen with a very small counter and little storage space. But she reasons with herself and admits, not without a pang in her heart, that her decision was well thought out and guided by the desire to make her life easier.

The big cleanup...

Taking on the major cleanup which is essential before moving is not physically or morally easy. Ideally, you should be sorting regularly. Clothes, dishes, small and large

furniture, books, paperwork and souvenirs of all kinds; We always accumulate too much! By occasionally pruning, you can breathe a little easier, and then you can bring your surplus items to different organisms. But remember, it has to be done time and time again on a regular basis.

What could be more guilt-inducing than pulling out boxes of jumbled photos and realizing that they are misidentified! what year was that? What's his name again? Where was this photo taken? And what about the little stacks of love letters buried at the bottom of a drawer! Impossible not to reread some of them and travel in time. A certain nostalgia and mental fatigue inevitably accompany these trips down memory lane.



Reduce Consumption

If you're like me, you keep your objects for a very long time. I still have furniture bought by my parents when they got married in the 1930s. Others date back more than 50 years when I moved into an apartment. Unable to change just to change.

By avoiding the accumulation of often useless goods of all kinds, you will greatly simplify future moves. Instead, let's share with people who will be happy to give our memories a second life. The planet will only be better off for it and, on the day of the big departure, our representatives will be very grateful, not to mention that there is no shortage of organizations to which we can give!

Where to donate?

L'Entraide Les ami.e.s de Montréal

This organization collects furniture and accessories in the Metropolitan Montreal, Laval and South Shore region and even outside Montreal and its surroundings. This service works on the same principle as a thrift store: it involves donations from the population to help the most disadvantaged. <https://entraide-montreal.com/cueillette>

Salvation Army Thrift Store

Take your gently used clothing or household items to your neighborhood or local thrift store, or drop them off in a Salvation Army recycling bin near you. <https://www.magasindoccasion.ca/dons-darticles>

Veux-tu ça toi « Grand Montréal »

Exchange group on Facebook to allow people to give or exchange objects they wish to dispose of. <https://www.facebook.com/groups/veuxtucatoi>

Time Capsule

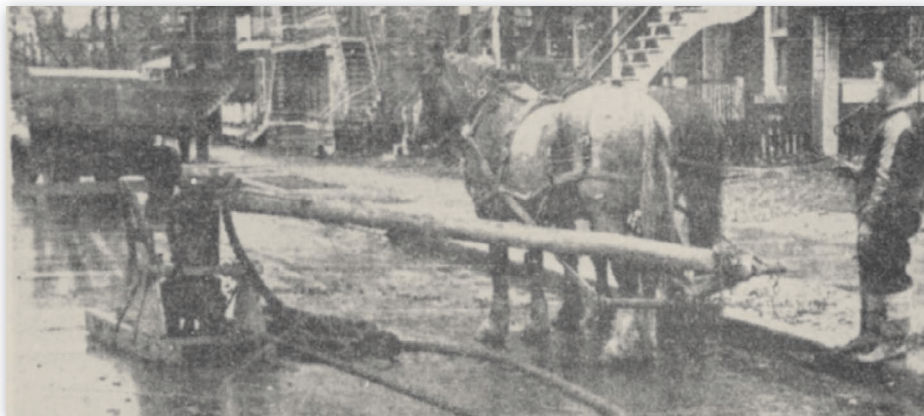
By **Karim Larose**, professor of literature and initiator of the “Mémoires de Petite-Patrie, Villeray et la Petite-Italie” Facebook group.

LITTLE SNAPSHOTS OF VILLERAY AND THE PETITE-PATRIE

Did you know? For a long time, Quebec families moved on May 1st, in the middle of the school year. The inconveniences were such, in particular for the children who suddenly had to move, that in 1974 a law established July 1st as the end of rental leases. Recycling before recycling: it also happened, we sometimes forget, that entire buildings were moved and recycled.

In an urban environment as dense as Montreal, this practice, which has almost disappeared today, gave rise to spectacular scenes until the 1950s. Technical ingenuity was put to the test in order to give a second life to buildings deemed too small or dilapidated. Thus, in the 1910s for example, the first church in Villeray whose facade overlooked Saint-Hubert Street was moved a few tens of meters to the neighbouring street; at the same time they took the opportunity to rotate it 180 degrees. It then became a parish hall while a new, larger church was built on the old site.

The Bussière Confectionery in the 1910s, at the corner of Jean-Talon and Boyer streets. This building was later moved back about fifteen metres forty years later.



At the very beginning of the 1950s, during the widening of Jean-Talon Street which went hand in hand with the development of the city of Montreal, some owners refused to have the building they lived in demolished. So, the Bussière confectionery at the corner of Boyer and Jean-Talon streets was moved about fifteen metres to the south on wooden logs. To do this, they had to use a capstan, a device used to pull heavy loads, combined with the physical strength of two

Two horses attached to a capstan provided the traction needed to move the building along Boyer Street.

strong horses. The building was then placed on a new foundation. This shows how much, in Montreal as elsewhere, individuals had an extraordinary sense of ownership!

If you lived in Villeray, Petite-Patrie or Little Italy, do not hesitate to contact our history group Mémoires de Petite-Patrie to share your archives and memories: memoirespp2020@gmail.com

NORMAND, A LIGHT FOR RESIDENTS

By Noémie Dubuc

writer for the CIUSSS de l'Est-de-l'Île-de-Montréal



Portrait of a CHSLD volunteer – CIUSSS de l'Est-de-l'Île-de-Montréal

How do you give back when you've been lucky in life? Normand found his answer. For 25 years, he has offered a bit of his contagious good humour and his invaluable ability to listen to the residents of his neighborhood long-term care centre (CHSLD). Let's shed a light on his role as a volunteer, as noble as it is essential!

Wednesdays are not ordinary days for Normand. After reading to young citizens in a community organization in Montreal East, the retiree then goes to the Pierre-Joseph-Triest CHSLD. Rain or shine, week after week, he and his wife Nicole are there to facilitate their greatly anticipated activity consisting of word games, quizzes and questionnaires.

A lot of happiness is derived from this weekly volunteer session. "We

have a lot of fun with Normand! We need more people like him. He's a very good volunteer, a joker, and someone who really enjoys talking," says Mr. Legault, a resident.

Volunteers are precious allies both for the people housed in the living environment and for the staff. Their presence means more bodies to brighten up the daily lives of residents with activities and more attentive ears to break the isolation. "That's also part of my role," Normand explains to me. To take the time to listen, to converse, to appease..."

Each time the septuagenarian leaves the CHSLD Pierre-Joseph-Triest, it's with the conviction of having received just as much as he has given. "Our pay, he says, is the smiles and laughter of the residents and all the memories shared. If I could have put down on paper everything they have told me over time, I would have tons of great stories to write." He particularly missed this human warmth during the pandemic. Despite the calls and

the greeting cards that were exchanged, he was eager to again find himself among the residents who enrich his life.

Today, he speaks of his experience with the desire to encourage other people to give a little of their time. To those who hesitate, he says: "For volunteers in CHSLDs, there is something for everyone! You have to get involved in an activity that pleases the residents, but that you also enjoy."

Like Normand, do you want to leave a positive mark on the lives of residents? Put some of your colour in a living environment? Build relationships and live a positive experience? The CIUSSS de l'Est-de-l'Île-de-Montréal is looking for volunteers who have one or a few hours a week to share.

Discover the different ways to get involved:
<https://ciusss-estmtl.gouv.qc.ca/devenir-benevole/devenir-benevole-dans-un-centre-dhebergement>

The Citizen Council: a powerful lever in service of the Réseau Résilience Aîné.es Montréal



By Michele Stanton-Jean

Member of the Réseau Résilience Aîné.es Montréal

On October 1, 2020, as part of the International Day of Older Persons, the Integrated University Health and Social Services Center (CIUSSS) of Centre-Sud-de-l'Île-de-Montréal launched the Réseau Résilience Aîné.es Montréal (RRAM) collective impact plan.

The Direction régionale de Santé publique (DRSP) was responsible for implementing this plan, in part thanks to a \$3,000,000 grant from the federal New Horizons program for seniors, obtained in 2019. While the pandemic was raging, the RRAM's efforts contributed to curbing its impact on the elderly.

Under the coordination of the DRSP, the steering committee could already, at that date, count on eight partners: the Coalition for maintenance in the community (COMACO), the GMF Notre-Dame Care Community team, the Little Brothers, the FADOQ, the Montreal Seniors Round Table (TCAIM), the CIUSSS du Centre-Sud-de-l'Île-de-Montréal, the City of Montreal and two citizens.

In October 2021, a citizen council was created to give citizens an important place within the collective and to develop guidelines in a co-construction approach. Currently

made up of 14 people, the RRAM Citizens' council delegated members to two conferences on urban health and produced a report entitled *Regards aînés sur la pandémie*, which led to the formulation of 16 recommendations accompanied by courses of action.

The Citizen Council: a strong ally

The Citizen Council (Council) enhances the power of networking and validates the voice of seniors. It gives opinions to inform decision-making relating to the various actions of the Collective Impact Project (PIC) and is involved in writing columns/articles on the RRAM

website. The results of an evaluation of the Council conducted in September 2022 revealed the satisfaction of its members with regards to their role and their ability to influence the development of policies in favour of seniors.

All in all, the Council is a RRAM tool that helps demonstrate that seniors want to continue to be stakeholders in our society. The challenge will now be to sustain the Council beyond the five years of the project's existence by obtaining new resources.

For more information and to subscribe to our newsletter:
resilienceaineemtl.ca
facebook.com/resilienceaineemtl



Alouettes

Take advantage of a preferential price and attend a Montreal Alouettes home game. For more information, visit our website and look for the discounts section.
<https://www.fadoq.ca/ile-de-montreal/rabais/sport-loisir-culture/alouettes-de-montreal>



Studio Pyram

Studio Pyram offers a balanced workout through Flywheel training. Flywheel training creates a more dynamic and continuous feedback loop between the muscle connection and the mind, which improves motor skills and neurological awareness of the body. Studio Pyram offers a 20% discount on a personalized training package to FADOQ members.



FESTIVAL DE
lanaudière

Festival de Lanaudière

Preferential rate (10%) offered to FADOQ members on all concerts* in the 2023 season, with the FADOQ promo code. For more information and to get the promo code, visit <https://lanaudiere.org/fr/programme-amphitheatre/>

*The FADOQ discount applies to concerts presented at the Fernand-Lindsay Amphitheater - except those on July 07th and August 06th - as well as recitals in churches (<https://lanaudiere.org/en/programmation-eglises/>). Outdoor concerts are excluded.



Only for those at least 50 years young!

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