



Région
île de Montréal

SUMMER 2025
VOLUME 28, NUMBER 4

LE MONTRÉAL FADOQ

**SUMMER
PROGRAMMING**

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

Have you moved?

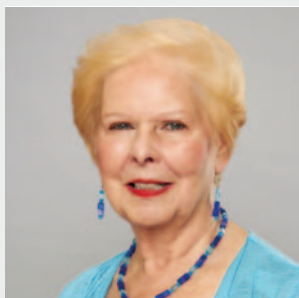
To continue receiving our communications, notify us as soon as possible at 514 271-1411, extension 221, or by email at info@fadoqmtl.org.

To reach us

7537 St-Hubert Street, Montreal
(Quebec) H2R 2N7
514 271-1411 | info@fadoqmtl.org
fadoq.ca/ile-de-montreal

Le Montréal FADOQ

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Jocelyne Wiseman
President, FADOQ – Région île de Montréal

A WORD FROM THE PRESIDENT

FROM CULTURE TO ENCOUNTERS AND DISCOVERIES

Summer brings us its share of light, energy and opportunities to get together, always in the spirit of inclusion, vitality and fun that characterizes our great FADOQ - Région Île de Montréal family. It's therefore with great pleasure that I present to you our 2025 summer programming.

I'm delighted to invite you to the second edition of our Grand Picnic, which we hope will be even grander. This year, we're inviting you to join us under a magnificent big top in Maisonneuve Park. Expect a festive atmosphere, plenty of smiles, a variety of entertainment, an electric bike and other prizes to be won and, of course, a warm reunion between members.

Always in the spirit of discovery and pleasure, we will be offering a number of escapades throughout the summer. Whether you're a lover of history, landscapes or new flavours, our program has been designed to satisfy every taste. I invite you to consult the details of these outings in the following pages.

I'm also pleased to announce the renewal of our partnership with the Salon du Chocolat de Montréal, to be held this year from November 20 to 23, 2025 at Windsor Station. This partnership will once again enable our members to benefit from exclusive benefits at this showcase of creativity, expertise and passion.

On another note, I'm delighted to inform you that the play about romance scams, created in partnership with Théâtre Déchaînés in 2024, will be back on the road in June as part of the second tour of residences. This sensitive, hard-hitting play will continue to raise awareness of the realities of financial abuse found in living environments, where it will be presented in a format that is both touching and accessible. Venues and dates will be added to the calendar, so stay tuned!

Once again this year, we will be closing the summer season with the Journées de la culture in the Côte-des-Neiges sector, generously supported by the Fonds d'innovation et de rayonnement de la métropole. It's an invitation to celebrate the richness of artistic expression, showcase homegrown talent and nourish our collective imagination.

Through all these activities, our goal remains the same: to create caring spaces where seniors can thrive, enjoy themselves and forge lasting bonds. I invite you to take an active part in these activities, to invite your loved ones, and to take full advantage of this summer program, carefully designed by our team to make this summer a time filled with caring. I wish you a summer bursting with light and joy. I look forward to seeing you at one or another of these wonderful events!

BULLETIN BOARD

DIVISION OF PREVENTION AND URBAN SECURITY maltreatment of seniors and other persons of full age in vulnerable situations



What is your local police station doing to protect you from abuse?

For several years now, statistics concerning acts of abuse against seniors or adults in vulnerable situations have been steadily increasing. In your opinion, can this increase in reports be attributed to the fact that neighbourhood police officers are doing more prevention work on the subject? Let's take a closer look at how your neighbourhood police officers can help you better understand the phenomenon of abuse and support you in the reporting process.

THE IPAAM INTERVENTION MODEL (POLICE INTERVENTION WITH ABUSED SENIORS AND VULNERABLE ADULTS IN MONTREAL)

This intervention model was implemented at the City of Montreal Police Department (SPVM) in 2016. The IPAAM model provides guidelines and responsibilities for police officers, depending on their duties and the level of intervention. The principle guiding police actions is that the objective of an IPAAM intervention is to **CONTRIBUTE to putting an end to the abuse situation**. This means that any situation of abuse that comes to the attention of a police officer requires police intervention.

If you see someone being harmed in a relationship in which there should be trust, it could be abuse. Report it to the police, and we'll help you get to the bottom of it. **Even if there is no criminal offence, or no basis for initiating a police investigation, police officers must draw up a police report.** Afterwards, a spe-

cialized IPAAM police officer in your area will see how the SPVM can help put an end to a situation of abuse. For example, in a situation of abuse where no criminal offence has been committed, the IPAAM officer may, **with the victim's authorization**, take concerted action with various partners (community, CLSC, etc.) to improve the safety net. **In a situation where a senior or an adult is the victim of a crime committed by someone he or she trusts, it's important to ask for help to put an end to it.** You can call 911, go to your local neighbourhood police station (PDQ) or talk to your health-care professional, who can assist you in the process.

ABUSE PREVENTION BY POLICE OFFICERS AND PARTNERS OF YOUR LOCAL POLICE DEPARTMENT

Neighborhood police stations appoint the officers responsible for IPAAM in their areas. For the most part, these are community relations police officers. Although these officers work with partners to help put a stop to abuse, they are the experts in crime prevention. What do they do in terms of prevention? Many actions and activities are carried out in conjunction with local partners to raise awareness and prevent such situations.

Visit a senior program: every year since 2020, between May 15th and June 15th, police officers, in conjunction with community workers or the CLSC, go door-to-door to identify isolated people who are not known to health or social services. These people are more at risk of abuse or mistreatment of all kinds, so police officers are trying to identify these cases, as well as offering prevention advice on fraud and abuse. Accompanied by community or social workers, the teams pay particular attention to certain risks to which these people are exposed, such as the risks incurred during heat waves, or the risks in the event of evacuation due to a fire. Monitoring and prevention are carried out in collaboration with other City of Montreal departments (fire department, civil protection, ecological transition and resilience office).

As part of a **FADOQ-SPVM collaboration with the Senior-Aware program**, IPAAM agents in your neighbourhood also organize awareness-raising meetings in seniors' organizations and living environments, reaching several hundred people a year. For all inquiries about the Senior-aware program, contact the FADOQ.

In addition, PDQs regularly organize **Cafés avec un policier** (Coffee with a police officer), an activity where police officers visit different locations to offer coffee and an opportunity to discuss, give advice and answer your questions.

Yes, data on abuse has increased in recent years, and it's thanks in part to you who no longer tolerate this abuse and who report the situation if loved ones are victims and are unable to do so



Région
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themselves. We are all united – police departments, social services, health services and community organizations – and each contributes in its own way to putting an end to all forms of abuse and in promoting well-being.

Let's continue to learn more about this phenomenon and denounce it loud and clear.

The Mistreatment Helpline is a provincial telephone helpline specializing in elder abuse and vulnerable adults in a situation of abuse: **1 888 489-2287**.

Sergent Sébastien Hébert

Strategic Advisor, Prevention Strategy and Community Relations Module
Prevention and Urban Security Division
Montreal Police Department

PROGRAMMING

Registration is mandatory for all activities and events.

To register: by phone 514-271-1411 or online at Boutique Réseau FADOQ - Région île de Montréal (amilia.com)

Registration opens: Tuesday, June 3rd, 9 a.m.

ANNUAL GRAND FADOQ PICNIC - JOIN THE PARTY!

Come and celebrate with us under the marquee and enjoy a friendly outdoor event! On the program: lively accordion music, dynamic entertainment, outdoor games and, above all, guaranteed fun in good company. Let's chat, laugh and enjoy the day together... and who knows, you might even win an electric bike! Don't miss this chance to make memories!

**Monday, July 14th,
11 a.m. to 3 p.m.**

Maisonneuve Park Chalet

Free. Bring your lunch, chair, sunscreen, hat and your cheerful disposition!



WALKERS' RENDEZVOUS

For a safe and enjoyable hike, remember the essentials: water bottle, sunscreen, hat, closed-toe shoes and clothing appropriate for the weather.

Walking Club

Walk in good company through the trails of Maisonneuve Park, de la Visitation Park and Frédéric-Bach Park for a 3- to 6-kilometre walk.

Maisonneuve Park

Fitness or rhythmic walk

**Mondays, from July 7th to September 8th from
10 a.m. to 12 p.m.**

Chalet, 4601 Sherbrooke Street East

\$5 – 10-week session

Adapted walk

**Tuesdays, from July 8th to September 9th
from 10 a.m. to 11 a.m.**

Chalet, 4601 Sherbrooke Street East

\$5 – 10-week session

De la Visitation Park - Gouin trail

Fitness walk

**Tuesdays, July 8th to September 9th, 10 a.m. to 12 p.m.
10905 Basile-Routhier Street (near Henri Bourassa metro station)**

\$5 – 10-week session

Frédéric-Bach Park

Rhythmic walk

**Fridays, July 4th to September 5th, 10 a.m. to 12 p.m.
Rotunda, at the end of Paul-Boutet street, corner of Jarry**

\$5 – 10-week session

SPORTS ACTIVITIES

Cardio-Vitality training

This program features a pace and intensity that allow you to work out at your own pace. Required equipment: Exercise mat and elastics (can be purchased on site for \$48.50 + tx)

**Cost: 1x week: \$185.66 / 2x week: \$284.31 taxes included
FADOQ price: 1x week: \$176.37 / 2x week: \$270.09 taxes included**

Maisonneuve Park

**Tuesdays and/or Thursdays, June 24th to September 4th,
9 am to 10 am – 11 weeks**

Maisonneuve Park Chalet, 4601 Sherbrooke Street East

Lafontaine Park

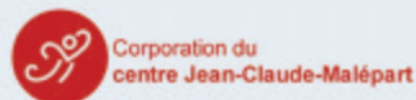
**Tuesdays and/or Thursdays, June 24th to September 4th,
9 am to 10 am – 11 weeks**

Parking at Centre culturel Calixa-Lavallée, 3819 Calixa-Lavallée avenue

On Mont-Royal

Nordic Walking – Mondays, from June 23rd to September 1st from 10 a.m. to 11 a.m. (Beaver Lake) – 11 weeks

Nordic Walking – Wednesdays, from June 25th to September 3rd from 10 a.m. to 11 a.m. (Mount Royal Statue)



In collaboration with the Centre Jean-Claude-Malépart

Line dancing

Mondays, from 6:00 p.m. to 7:30 p.m.

Médéric Martin Park | Back of the Centre Jean-Claude-Malépart, 2633 Ontario St. E.

Free activities in partnership with the city.

LE FESTIVAL DE Lanaudière

Montreal Symphony Orchestra conducted by Rafael Payare

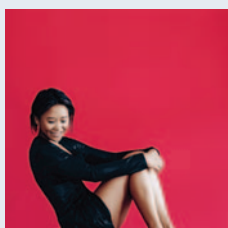
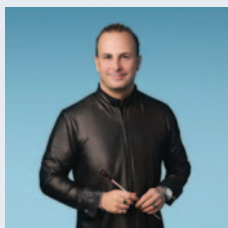
With his *Eighth Symphony*, Bruckner erects a vast cathedral of sound, carved out of marble, where fervor and spiritual immersion unfold with majesty. Since joining the OSM, Rafael Payare has established himself as a leading interpreter of the great Germanic repertoire: Mahler, of course, but also Strauss, Wagner and Beethoven, all of which he has conducted here in recent seasons.



Saturday, July 5th, 7 p.m.
Fernand-Lindsay Amphitheatre, Joliette
\$90 in section A, transportation included
\$69.50 in section B, transportation included
One departure from the FADOQ - région Île de Montréal or one from Laval. Bring a cold lunch and a beverage!

Yannick and Yuja: explosive!

Yuja Wang and Yannick Nézet-Séguin, Lanaudière collaborators for decades, reunite with their Orchestre Métropolitain for an indispensable summer rendezvous. Neither of these two need any introduction. Yannick Nézet-Séguin and Yuja Wang are some of the world's greatest musical names; they are colleagues, they are friends. They tour the world's greatest stages, perform with the world's greatest orchestras, and yet they take time out for a joint concert at the Festival to mark Ravel's birthday - and what a splendid way to do it!



Sunday, July 27th at 4 p.m.
Fernand-Lindsay Amphitheatre, Joliette
\$90 in section A, transportation included
\$69.50 in section B, transportation included
Departure from FADOQ - région Île de Montréal and one from Laval. Bring a cold lunch and a beverage!

Salebarbes meets the OSM

The hottest Acadian band of the moment arrives at the OSM for a festive concert! Under the direction of Dina Gilbert and with arrangements by Antoine Gratton, expect a supercharged atmosphere... and get ready to stomp your feet!

Wednesday, October 1st, 2025 at 8 p.m.
Maison Symphonique
Category 2: Reg: \$142.60 / Fadoq price: \$135 taxes included
Category 3: Reg: \$124.80 / Fadoq price: \$114 taxes included

In collaboration with



For more information, visit the Travel section of our website.

Rideau Canal cruise aboard an electric boat

Tuesday, July 29th - \$179 per person (1 day/1 meal)

"Crooner" show cruise aboard the Grand cru in Magog

Tuesday, August 5th - \$259/pers. (1 day/1 meal)

Les belles Soeurs symphonique

Thursday, August 28th - \$289/pers. (1 day/1 meal)

Toronto to Niagara

Sept. 28th to Oct. 2nd
\$899/pers. Double occ. (5 days/4 meals)

Starry sky tour, Mont Mégantic ASTROLab

October 17th - \$219/person (1 day/1 meal)

In collaboration with



Domaine Joly-De Lotbinière and Grosse-Île

The Joly-De Lotbinière estate, located on the banks of the St. Lawrence River, offers a verdant setting with gardens, paths and panoramic views. It showcases Quebec's natural and cultural heritage, with plantings, contemporary sculptures and an ancestral home. Nearby, Grosse-Île, a former quarantine station, is a national historic site where you can discover the history of immigrants, with its seascapes, trails, beaches and period buildings. Two perfect destinations for nature and history lovers, promising an unforgettable experience in the heart of a rich, living heritage.

October 7th to 8th
\$625 2 days/1 night/4 meals

Baseball weekend in Toronto Orioles v. Blue Jays

Located in the heart of Canada, Toronto offers a vibrant sports scene, with baseball taking pride of place. Join enthusiastic fans at the state-of-the-art Rogers Centre for an unforgettable game. After the game, explore the city's vibrant neighborhoods, each with its own unique character and culinary specialties. This Toronto getaway promises not only quality sports entertainment, but also immersion in the excitement of a vibrant metropolis. The Blue Jays and Toronto await baseball fans with anticipation.

September 13th to 14th
\$575 2 days/1 night/1 meal

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THE FACES OF THE FADOQ MTL

DIANE LABELLE, everyday commitment with heart and conviction



Behind her warm smile and steady voice, Diane Labelle embodies the spirit of mutual aid, caring and commitment that shines through at FADOQ - Région Île de Montréal. A member for over 15 years, Diane is known for her unflagging commitment to improving the lives of the seniors around her.

And yet, she herself admits to having long resisted the idea of joining. "I had this deep-rooted prejudice that FADOQ was for old people," she confides humorously.

"At 50, I couldn't see myself in it at all!" It was at a trade show that she discovered a completely different image of the organization: dynamic, inclusive, focused on action. That was it. She applied for her card ... and will never give it up.

A committed journey that reflects her values

Diane has done it all. She began by lending a hand at the Summer Games, then took part in the Vivre en solo workshop, an unforgettable human experience. She then became involved in the FADOQ Board of Directors for three years, before finding her calling in the field. For the past few years, she has been a speaker at the Falls Prevention for Seniors workshop. A mission she fulfils with passion and conviction.

At the same time, Diane closely follows FADOQ's positions and battles on the provincial scene. "I want to know what's going on in our association. I recognize myself in it, I believe in it deeply". This social conscience makes her a natural ambassador, always ready to talk about the organization to those around her.

Activities that nourish the heart and mind

A lover of art and culture, Diane is a faithful participant in organized outings, short trips and the Journées de la culture in Notre-Dame-de-Grâce. For her, FADOQ activities are much more than leisure activities: they're a way to grow, to learn and, above all, to forge relationships.

A defining moment? "The decision to join the Board of Directors ... and then to leave it. It took some thought, but I realized that my strength lies in concrete action. That's where I can really make a difference."

Paying it forward, one action at a time

Beyond FADOQ, Diane also makes herself useful on a daily basis in her seniors' residence. She accompanies, transports and supports residents who don't have a car for appointments or shopping. It's an essential service she generously provides.

And when she's not volunteering her time? She does puzzles, her own way of relaxing ... or immerses herself in the world of cinema almost every week at the Quartier Latin, popcorn in hand. "It's my little passion," she laughs.

An inspirational voice for fellow members

Diane believes deeply in the power of involvement. "When you believe in what FADOQ does and have a little time, there are so many ways to get involved. You gain so much in human terms."

She says it over and over again at her conferences: getting involved makes you feel alive, useful and recognized. Above all, it creates opportunities for exchange, sharing and solidarity. "People sometimes think that when you retire, you're no longer useful. But that's not true. All you have to do is try. There's room for all talents, for all tastes."

Thank you, Diane, for your generosity, your commitment, and the discreet but precious energy you bring to FADOQ - Région Île de Montréal. You are a wonderful face of our region!



CHRONICLES OF A BABY BOOMER

By Odette Bourdon

My friend Micheline and I are regulars at the Beaubien cinema. It's our favourite place to go. A good film preceded or followed by a meal at the restaurant! I take note of every film I see on the big screen and add my comments. I never hesitate to go and see a film, even on my own. I settle in, open my mind. "Please, amaze me, fill me with wonder."

Our lives in pictures

If you've ever sorted through your boxes of photos, you're well aware of the evocative power of images. Each snapshot - sometimes in black and white - captures our attention and awakens so many memories. Missing or lost loved ones, forgotten places and events. No matter how clumsy or badly framed, these photos are like printed pieces of life.

JUST FOR THE PLEASURE OF THE EYES...

The first time I heard this expression imbued with poetry, I was visiting a souk in Marrakech. I was encouraged to enter a store: "Just for the pleasure of the eyes...". I was offered a mint tea, which I drank while sitting on a cushion. And I left the exotic and welcoming premises ... with two djellabas! One for my partner and the other for me, not to mention a carpet that I'd left with a colleague who was sorry upon his return for not having bought one for his sweetheart! Oh, what many pleasures the sense of sight provides us!

The cinema: a brilliant invention!

One of my greatest pleasures in life is cinema. When I was very young, I used to film my family and my friends in Super 8!

I worked for 35 years at Télé-Québec, where the programming gave pride of place to cinema. I benefited from the advice of our then Mr. Cinema, our dear Daniel Lajeunesse, in particular when the World Film Festival came along. I've maintained an unwavering love for the Seventh Art, and I miss the Festival very much. And I miss dear Daniel's suggestions too! Above all, I loved discovering cinematographies that were unknown to me. The immense privilege of going home with a presence in your heart and head that will sometimes stay with you for a very long time, that will change your perception of the world.



I had the pleasure of doing a series of capsules for MATv, UNE IMAGE, MILLE MOTS (A PICTURE, A THOUSAND WORDS), with my brother Jacques, a retired photographer from Le Journal de Montréal. Illustrating his remarks with hundreds of photos, he explained and recounted the behind-the-scenes events behind the pictures. A program produced by Richard Fournier. People still talk to me about those three-and-a-half-minute segments presented on ÈRE LIBRE hosted by Michèle Sirois.

Today, in the age of the cell phone, as we accumulate so many virtual photos, I wonder what will become of our memories. Will they disappear into a cloud of some kind?

Magical Places

Museums and art galleries offer inexhaustible sources of wonder and discovery. As does the attentive observation of nature.

Let's greedily hoard all our beautiful images. To better remember. To better dream! And let's take good care of our precious eyes, those irreplaceable windows on the world.

The Importance of Taking Care of Your Hearing Health

Hearing health is often an overlooked aspect of our overall well-being, yet it plays a crucial role in our quality of life. We take care of our heart, our skin and our diet – but too often, we forget to pay attention to our hearing, even though it's essential to our everyday lives.

Healthy hearing matters. It's what keeps us connected to others, allows us to communicate clearly, and helps us respond to our environment, whether at work, in our relationships, or simply enjoying the little moments that make life enjoyable.

Hearing loss can develop gradually, subtly, almost silently. We adapt, we compensate, often without realizing that sounds are becoming less clear and words harder to understand. That's why it's so important to regularly consult a hearing health professional, even if no obvious signs are present. A hearing assessment can make all the difference. By identifying hearing loss at its earliest signs, we greatly improve the chances of managing it effectively and maintaining an optimal quality of life.



Taking care of your hearing health is an investment in a richer, more connected, and more peaceful life. It's a way to make sure you don't miss out – not on important conversations, nor on laughter, nor on the subtle sounds that add texture to our daily experience.

Let's remember: hearing health deserves our full attention. We should never wait for a problem to appear before acting. Hearing opens a door to the world – it's a key factor in how we interact and find happiness every day. Don't wait and consult a hearing health professional.

The Lobe Clinic Network



*If you have any doubts about the quality of your hearing, make an appointment for a hearing assessment within a Lobe clinic.
Call 1 866 411-5623.*

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Lobe clinics

1 866 411-5623 / lobe.ca



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