



Région  
île de Montréal

FALL 2025  
VOLUME 29, NUMBER 1

# LE MONTRÉAL FADOQ

**FALL  
PROGRAMMING**

**ANNUAL GRAND  
FADOQ PICNIC**

**ROGER BILODEAU**  
THE FACES OF THE FADOQ MTL



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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](mailto:info@fadoqmtl.org).

## To reach us

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[fadoq.ca/ile-de-montreal](http://fadoq.ca/ile-de-montreal)

## Le Montréal FADOQ

Fall 2025, volume 29, numéro 1  
**Randy Soumahoro**, Editor-in-chief  
**Valentina Vlassova**, Graphic design  
Printing SOLISCO





Jocelyne Wiseman  
President, FADOQ – Région Île de Montréal

## A WORD FROM THE PRESIDENT

# A SEASON RICH IN DISCOVERIES AND FLAVOURS

With the end of summer just around the corner, I'm delighted to welcome you to this new issue of Montréal FADOQ. Autumn invites us to slow down and reflect, but it also provides us with the perfect impetus to celebrate the great successes of the past few months and to turn our attention towards new perspectives.

I would be remiss if I didn't speak of the 26<sup>e</sup> edition of the Jeux FADOQ- Région Île de Montréal, which once again proved to be a real highlight of our year. Thanks to the enthusiastic participation of our members and the involvement of new partners, we were able to enhance this edition by offering magnificent gifts to participants and closing the Games with a festive 4-to-6 happy hour entirely free of charge. This celebration lived up to the spirit of sharing and conviviality that drives our network. Thank you to everyone who contributed to making it a success.

At our Annual General Meeting on April 24th, we proudly welcomed a new director, Mr. Daniel Sylvain. With a career spanning over 40 years in engineering and project management, Mr. Sylvain, who retired three years ago, continues to be actively involved in his community. His wealth of experience and sincere commitment are an undeniable asset to our organiza-

tion. I would also like to congratulate the members of the Board of Directors who have renewed their mandate, testifying to their loyalty and dedication to our mission.

For the second year running, we observed the World Day Against Elder Abuse by presenting the play *Parlez-moi d'amour* at several residences in the region. This project, the fruit of a partnership with the City of Montreal Police Department (SPVM) and the Théâtre Déchaînés troupe, once again resonated with the audience and raised public awareness of the importance of kindness and respect, at every age.

Summer 2025 also saw us showcase the talent and creativity of seniors at the Journées de la culture, held from June 3rd to 5th at the Maison de la culture Côte-des-Neiges. With shows, lectures, screenings and artistic performances, this free event was a reminder of just how much our members are living pillars of Montreal's cultural vitality. Our warmest thanks go to the Secrétariat à la région métropolitaine, the Ministère des Affaires municipales et de l'Habitation and the Maison de la culture Côte-des-Neiges, whose support was essential to the success of this project.

As we head into autumn, I'm particularly pleased to announce the renewal of our partnership with the Salon du Chocolat de Montréal. Its second edition will be held from November 20 to 23, 2025 at Windsor Station, and our members will be able to take advantage of exclusive discounts and unique experiences throughout the show. We look forward to seeing you there.

This fall, I invite you to continue to cultivate your curiosity, reach out to others and take full advantage of the many activities your region has to offer. It's thanks to your commitment that the FADOQ - Région Île de Montréal continues to thrive and have a positive impact on the lives of seniors.

I look forward to seeing you soon, and wish you a colourful season full of discoveries and unforgettable moments.

# BULLETIN BOARD

The FADOQ – Région île de Montréal is proud to share with you the results of the successful *2025 Visit a Senior campaign* conducted by the City of Montreal Police Department.



## A RECAP OF OPERATION VISIT A SENIOR 2025

Initiated in 2020 by the SPVM and the Direction régionale de la santé publique de Montréal, in conjunction with the Bureau de la transition écologique et de la résilience de la Ville de Montréal (BTER), numerous community organizations and the CIUSSS de l'île de Montréal, Operation Visit a Senior consists of detection, prevention and intervention activities carried out by mixed teams of police officers and intervention personnel from community and institutional organizations.

For the 5th year running, these partners have joined forces to identify and prevent elder abuse, and to provide help and support, where necessary, to people who are isolated or not known to health, social or community services. This operation also enables special



Région  
île de Montréal

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<https://www.facebook.com/fadoqmontreal>



## WE ARE HERE TO HELP YOU

**On line**



**Clinique de cyber-criminologie**  
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**Service de police de la Ville de Montréal, Seniors Zone**  
 ➤ [www.spvm.qc.ca](http://www.spvm.qc.ca)

**Info-Crime Montréal**  
 ➤ [www.infocrimemontreal.ca](http://www.infocrimemontreal.ca)

**Canadian Anti-Fraud Center**  
 ➤ [www.antifraudcentre-centreantifraude.ca](http://www.antifraudcentre-centreantifraude.ca)

**By telephone**

**SPVM Neighborhood Station**  
 ➤ \_\_\_\_\_

**Info-Crime Montréal**  
 ➤ 514 393-1133

**The Mistreatment Helpline**  
 ➤ 1 888 489-2287



**Financial abuse** occurs when the **abuse** takes place in a **relationship** with a **person, community or organization** where there is supposed to be **trust**.

**Resources in my neighborhood**

\_\_\_\_\_

\_\_\_\_\_






## RECOGNIZING AND PREVENTING FINANCIAL ABUSE

**What do fraudsters do?**

**By telephone, text message, e-mail or in person**



They invent an **urgent situation**

They tell you to act fast, **YOU MUST HURRY!**

They ask you for **personal information, money** or your **card numbers**

They impose **THEIR solution**




**Is there really an emergency ?**

**What to do?**

1. **REFUSE** to give out personal information
2. **RAPIDLY END THE COMMUNICATION**
3. **RETHINK** : is this situation possible?
4. **RESEARCH** the **correct information** on your own

If in doubt, ask another person for advice

**Checking for yourself is the only way to be sure of resolving a real emergency**

attention to be paid to certain risks to which the elderly are exposed, such as those incurred during heat waves, or risks tied to evacuations in the event of a fire. Monitoring and prevention are carried out in collaboration with other Ville de Montréal departments, such as the Fire Department, Sécurité civile and the Bureau de la transition écologique et de la résilience.

Between May 15 and June 15, 2025, the various teams carried out 117 door-to-door operations across Montreal, knocking on almost 10,700 doors and talking to over 5,000 people. Thanks to their vigilance, 141 of these people were referred to the CLSC or an aid organization. (Source: City of Montreal Police Department)

Continuing the collaboration between the SPVM and the FADOQ - Région Île de Montréal, a new awareness brochure was produced both in French and in English. The pamphlet is designed to inform the people we meet about the strategies used by fraudsters, how to recognize them, how to protect themselves, and what resources are available to get help.

In addition to being handed out during Operation *Visit a Senior*, it will also be distributed throughout the year during *Senior-Aware* information sessions, presented in collaboration by FADOQ – Région Île de Montréal and SPVM community relations officers.

A look back at this operation is a reminder that all Montrealers can contribute year-round to the well-being and safety of seniors by being vigilant and, if necessary, reporting a person in a vulnerable situation. The Mistreatment Helpline is a provincial telephone hotline for listening, referral and support specialized in elder abuse and abuse of adults in vulnerable situations: 1 888 489-2287.

Sophie Duchesneau  
 Social Programs Manager  
 FADOQ – Région Île de Montréal

## A look back at our Grand Annual Picnic

On July 14th, our community gathered at the Chalet du Parc Maisonneuve for our annual picnic. And what a wonderful day it was!

Under a big top, around 150 members enjoyed a great time, with lively music from our accordionist and entertainment that put a smile on everyone's face. Outdoor games, warm conversation and a friendly atmosphere: everything was set to create unforgettable memories.

A special thank you to our valued partners Les Résidences Soleil – Famille Savoie, who offered magnificent gifts to our members, and to Le Salon du Chocolat de Montréal, who delighted us with a chocolate tasting. Congratulations also to the lucky winners of the electric bike and the half-and-half draw.

Thank you to everyone who joined us for this not-to-be-missed summer event. We're already looking forward to seeing you next year for a new edition that's even more festive and unifying.



## A new face on our Board of Directors: Daniel Sylvain

The Board of Directors of the FADOQ – Région Île de Montréal has a new member: **Mr. Daniel Sylvain.**

With a career spanning more than 40 years in engineering and project management, Mr. Sylvain is known for his team spirit, thoroughness and ability to bring large-scale initiatives to fruition. Retired for three years, he continues to be actively involved in his community, notably as a volunteer with Héma-Québec, and wishes to go further by contributing his expertise to an organization that works for the well-being of seniors.

His sincere desire to contribute to promising projects and to work in collaboration with various stakeholders make him a perfect fit with the FADOQ's mission and values. His commitment to offering quality services and activities to our members will undoubtedly be a valuable asset to our organization.

We welcome him to our extended family!





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](http://amilia.com))

## Self-defence workshop (bilingual)

Workshop offered simultaneously in French and English by Mr. Georges Manoli, retired police officer and certified self-defence and assertiveness instructor. To highlight the mental and physical resources you already possess to deal in a real way with fear, panic and confusion during an assault.

**Module 1: October 27th: Assaults, statistics, stages, etc.**

**Module 2: November 3rd: My defence tools 3 p.m. to 5 p.m.**

**Cummings Centre, 5700 Westbury Avenue \$60**

## Functional core (bilingual)

This in-person intermediate-to-advanced class focuses on strengthening the abdominal belt and core muscles. It uses a variety of props provided in class, such as dumbbells, balls, rollers and bands. Exercises are performed in different positions: standing, seated, lying down or on all fours.

**Fridays, September 12th to December 12th,  
10 a.m. to 11 a.m. Cummings Centre, 5700 Westbury Ave.  
\$168 – 14 sessions**

## Memorable melodies (bilingual)

Come warm up your voice and your body during these live interactive concerts, presented in collaboration with LaSams. Explore music from the past and beyond.

**Mondays, September 15th and 29th,  
October 20th, November 3rd and 10th and  
December 1st and 8th, 2 to 3 p.m.  
Cummings Centre, 5700 Westbury Ave. Free**

## Art with Lisa (bilingual)

This beginner's art program offers participants a supportive environment to engage in an artistic process, under the guidance of a certified art therapist. Weekly projects will focus on acrylic paint, watercolour, charcoal, pastels, ink, collage techniques and explore themes such as landscape, portraiture, culture, dreams and more.

**Fridays, September 5th to December 12th, 10:30 a.m. to  
12 p.m. Congregation Beth Tikvah, 136 Westpark Blvd.,  
Dollard-des-Ormeaux  
\$120 – 15 sessions**

## Cummings University (bilingual)

Each week, explore a captivating topic with a guest expert, followed by a friendly discussion over coffee. Wellness, the arts, technology... there's something for everyone! A welcoming space for learning, sharing and networking. Come for the ideas, stay for the community!

**Tuesdays, October 21st to December 2nd, 12 noon to  
1 p.m. (No classes on September 23rd, October 7th and 14th.)**

**Cummings Centre, 5700 Westbury Avenue  
\$28 – 7 sessions**

## Cummings World Choir (bilingual)

Join us for a lively and inspiring musical experience! explore songs from around the world – in French, English, Hebrew, Russian and

more – in a Cummings World Choir (bilingual) in a warm atmosphere. Breathe, sing, connect and let your voice blossom under the guidance of an experienced choir director.

**Wednesdays, September 3rd to December 10th 10 a.m.  
to 12 p.m. (no classes on September 24th, October 8th and 15th)  
Cummings Centre, 5700 Westbury Avenue  
\$225 – 12 sessions**

## Strength and Flexibility (English)

This beginner to intermediate class will focus on improving strength, mobility, and flexibility through mindful movements. Intervals involve standing and seated exercises.

**Wednesdays, Sept. 3 to Dec. 17, 1:30 to 2:30 pm,  
12 sessions – \$120, with Cheryl Miller  
Federation CJA West Island: 96 Rue Roger-Pilon, Dollard-  
des-Ormeaux) NO CLASS on Sept. 24/ Oct. 8/ Oct. 15**

## Chair Zumba (English)

Join us for a fun high energy 45-minute Adapted Chair Zumba class – Maxine will incorporate dance moves, easy to follow steps and a great workout seated or standing- all to great music!

**Thursdays, Sept. 4 – Nov. 27, 2:30 pm – 3:15 pm,  
12 sessions – \$120, with Maxine Pinto  
Federation CJA West Island: 96 Rue Roger-Pilon, Dollard-  
des-Ormeaux NO CLASS on Oct. 2**

## Le body shop (Bilingual virtual training)

This class focuses on developing strength throughout the body from the ground up! Movements will be a combination of upper and lower body exercises, with an emphasis on core rotation, stability and posture. A chair can be used for extra support, but exercises will be performed standing up.

**Tuesdays, September 9th to December 16th, 4 p.m. to  
4:45 p.m. (no classes on September 24th, October 8th and 15th)  
Virtual  
\$68 – 12 sessions**

## Strength & Cardio interval training (bilingual)

This 30-minute interval class will challenge you with aerobic-style exercises, as well as muscle conditioning exercises (body weight and small dumbbells). A quick warm-up and stretching are included. A great way to fit exercise into a busy day!

### Intermediate/Advanced

**Mondays, September 8th to December 15th, 12:45 to  
1:15 p.m. (no classes on September 22nd and October 13th)  
Virtual  
\$36 – 13 sessions**

### Beginner/intermediate

**Wednesdays, September 10th to December 17th, 12:45  
to 1:15pm (no classes on September 24th, October 8th and 15th)  
Virtual  
\$30 – 11 sessions**

# A LOOK BACK AT THE 2025 FADOQ GAMES MAJOR TOURNAMENTS



From May 3 to June 12, 2025, the **FADOQ Games Major Tournaments** brought together sports enthusiasts in seven dynamic disciplines. This year's event once again enabled everyone to surpass themselves and demonstrate that it's always possible to take on new challenges, regardless of age. Encouraging an active lifestyle remains at the heart of our mission, and we look forward to seeing you again next year for a new season full of challenges and fun!





## New this year: the closing 4-to-6

A highlight of this 2025 edition, the festive **4-to-6 closing** brought together nearly 150 people in a warm and friendly atmosphere. Participants, volunteers, partners and members of our team came together to celebrate the success of the season. This special gathering provided an opportunity to review the highlights of the competitions, to congratulate the athletes on their determination and performance, and to highlight the sporting spirit that animated each tournament.

We would like to express our sincere gratitude to all those who contributed, directly or indirectly, to the success of the event.



## Many thanks to our partners and volunteers

Our **partners** and collaborators play a key role in this adventure. Their invaluable support not only enables our events to grow, but also promotes healthy lifestyle habits and ensures that our activities are accessible to all.

A huge thank you also to our **volunteers**, whose exemplary commitment has ensured the smooth running of this season.



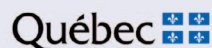
Thank you to our major partners and sponsors



Our partners



With the financial participation of



THANK YOU TO THE MEMBERS OF PARLIAMENT WHO FINANCIALLY SUPPORTED THE GAMES:

- ELISABETH PRASS, MNA FOR D'ARCY-MCGEE
- ENRICO CICCONE, MNA FOR MARQUETTE
- GIULIANA FUMAGALLI, DEPUTY MAYOR OF VILLERAY ST-MICHEL PARC-EXTENSION
- VINCENT MARISSAL, DEPUTY MAYOR OF ROSEMONT



## Le Salon du Chocolat revient à Montréal!

Après le succès de la première édition en 2024, C'est le moment de célébrer une seconde fois à l'édition canadienne du Salon du Chocolat et de la Pâtisserie les **20, 21, 22 et 23 Novembre 2025 à la Gare Windsor à Montréal.**

Le Salon du Chocolat s'adresse à un public diversifié et gourmand de tous âges. Il offre une expérience chocolatée pour les amoureux du chocolat, qu'ils soient enfants ou adultes. De plus, le Salon du Chocolat propose des rencontres d'affaires pour les professionnels de l'industrie, ce qui en fait un événement polyvalent s'adressant à tous ceux qui partagent une passion pour le chocolat.

**CODE PROMOTIONNEL POUR LES MEMBRES  
FADOQ-RÉGION ÎLE DE MONTRÉAL: *FADOQRMTL15***



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**Sans oublier les activités pour les groupes et pour toute la famille!**

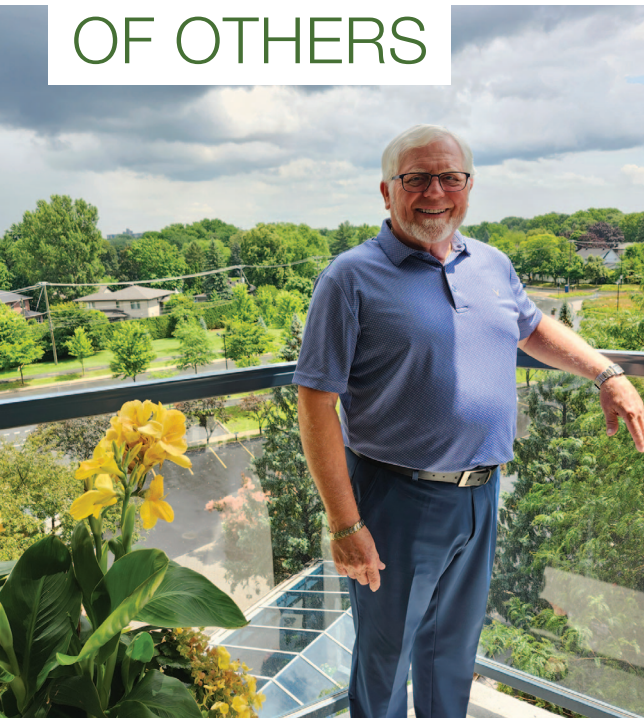


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# THE FACES OF THE FADOQ MTL

## ROGER BILODEAU, A LIFE OF COMMITMENT AND LEADERSHIP IN THE SERVICE OF OTHERS



Roger Bilodeau is the perfect example of what community involvement can achieve when driven by passion, rigour and a deep desire to improve the lives of others. An active member of the FADOQ – Région Île de Montréal and a central figure in the National Bank's Amicale des retraités, Mr. Bilodeau has devoted over 15 years to building bridges between members, encouraging participation and breathing new energy into the organizations he has served.

His journey with FADOQ began somewhat by chance in December 2008, when he joined the National Bank's Amicale des retraités and automatically became a member of the FADOQ – Région Île de Montréal. It didn't take him long to realize the benefits and advantages of this affiliation. "It's more than a membership card, it's an open door to activities, services and a network that enrich our daily lives," he says.

### A Committed Builder

As early as 2009, Roger became fully involved as a member of l'Amicale's Board of Directors. Appointed treasurer in 2010, vice-president in 2012, then president in 2015, he and his team have worked tirelessly to develop the organization, which now has nearly 2,350 members across nine regions of Quebec and even in eastern Ontario.

Under his leadership, the Amicale has adopted a strong mission, vision and values: to promote encounters through social, cultural and sporting activities, and to maintain a lively, accessible information network. "We have always strived to promote socialization and participation for an active and fulfilling life for our members," he explains.

Even during the recent pandemic, Roger and his team were able to adapt thanks to judicious technological choices. "We were able to keep in touch with our members, which was essential in these isolated times," he points out with pride.

### His Role at the FADOQ

At the same time, Roger was also a member of the Board of Directors of the FADOQ – Région Île de Montréal for several years. His involvement was mainly with the Travel and Activities Committee, where he was able to put to good use his 38 years of professional experience with the National Bank, combined with his university studies, which he completed evenings up to a Master's degree.

What activities appeal to him most? Those that combine usefulness and fun: conferences on health, safety, harassment prevention, but also trips and physical activities that promote socialization. "These initiatives are invaluable for breaking down isolation and maintaining a good quality of life," he states.

### Inspiring by Example

For Roger, volunteering is a real source of vitality. "Getting involved allows us to feel useful, to share our experience and to make progress on important issues," he says. He firmly believes that society needs volunteers, and that every commitment, big or small, can inspire others to follow suit.

Even outside his associative responsibilities, Roger remains an active man: golf three times a week, physical training 5 days a week, swimming, cycling... not to mention precious time with his children and grandchildren. "Cultivating our passions and relationships is what keeps us alive and happy," he concludes with the wisdom of someone who has always been able to combine action and reflection.

### A Life Dedicated to Service and Community

Roger Bilodeau embodies the very values that the FADOQ strives to promote: commitment, respect, cooperation and the pleasure of active living. A few months away from concluding his term as Amicale president, he remains driven by the same conviction: "When you get involved, you receive as much if not more than you give."



## CHRONICLES OF A BABY BOOMER

By Odette Bourdon

end - sadly all too neglected by public transit - is booming. Rediscovering your city: A wonderful journey!!

### Reaching out to others

A simple walk around your neighborhood can be the perfect opportunity to get to know neighbors and strangers alike. When I was out and about with my beloved Zola, it was easy to bond with people. There's nothing like a good pooch to make friends! Now that he's gone, I stop and cuddle other people's dogs and chat with their owners.

Sometimes, a little sign of complicity will prompt you to take part in a chat with passers-by. A common occurrence, especially when leaving the cinema. Sharing your ideas with a touch of humor is rarely unwelcome!

# THE BENEFITS... AND PLEASURES OF CURIOSITY

It's often when we travel that we exercise our curiosity the most! It's easy to ask questions of professional guides and "locals" alike, who are happy to help you discover their hometown. Friendships are sometimes formed. The people who made us so welcome will come to visit us, and we'll act as their guides, and who knows, rediscover our own town!

Curiosity is as much about objects and customs as it is about people. A child who is curious and thirsty for knowledge is said to be intelligent! As we grow older, we mustn't lose our beautiful thirst for knowledge.

### Close to home

If discovering other cultures arouses your curiosity, discovering your own "small piece of home", as the great writer Claude Jasmin so eloquently put it, is not without interest, believe me!

Have you ever been to the Carmel de Montréal? Visited an Orthodox church? Snoopied around that intriguing new café/bookshop? Sip mint tea in that Mediterranean restaurant? Visited Chinatown, the Italian Quarter, the Maghrebin Quarter? Have you discovered Griffintown, rediscovered St-Henri, Verdun and Old Montreal? Strolled through the Quartier des spectacles? Montreal's boroughs have undergone a metamorphosis. Montreal's east



### Curiosity rewarded

During a dinner cruise on Lake Memphremagog, I was having after-dinner drink with some former journalist girlfriends. Twenty or so men were seated at a large table, and one of them was taking photos of the group. The group intrigued me. As a photo enthusiast, I know that when you photograph others... you're not in the photos. So - to the surprise of my companions - I made my way over to the photographer, who greeted me with a big smile. I took a few shots with his camera and asked him - not wanting to pry! - who they were. Ex-colleagues? Members of some organization? Visitors from abroad? Employees of the same company? I was astonished to learn that they were all Melkite priests of various origins who'd come to the region to unwind. They came from Turkey, Greece, Romania... and even Quebec!

My curiosity and subsequent research were well rewarded. I expanded my knowledge and had a memorable evening!!!!

I wish all of you, our readers, a wonderful curiosity... rewarded by rich human discoveries. Dare to be curious!!



A portrait of Marie-Josée Taillefer, a woman with blonde hair, smiling. She is wearing a light blue collared shirt under a grey sweater. The background is a solid teal color.

**Marie-Josée Taillefer**  
Ambassador of the Lobe Clinics  
and Hearing Health

Proud partner  
of **FADOQ -**  
Région Île de  
Montréal

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clinics

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A circular logo with a white background. It features a black fleur-de-lis at the top, followed by the text "Proud Quebec Company" and "SINCE 2002" at the bottom.

**Proud Quebec  
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# LES JOURNÉES DE LA CULTURE 2025: A LIVELY CELEBRATION OF MEMORY, DIVERSITY AND AGEING WELL

From June 3 to 5, 2025, the FADOQ - Région Île de Montréal proudly presented **Les Journées de la culture**, a free event held at the Maison de la culture Côte-des-Neiges. Bringing together shows, lectures, screenings and artistic performances, this rich and varied program highlighted the cultural vitality of seniors and their active role in community life. The initiative was made possible thanks to the support of the **Secrétariat à la région métropolitaine of the Ministère des Affaires municipales et de l'Habitation** and the **Maison de la culture Côte-des-Neiges**.

Québec

Côte-des-Neiges  
Notre-Dame-de-Grâce  
Montréal

Highlights included a lecture/performance on the correspondence of **Onésime Maréchal**, a woman of character who maintained a rich exchange of letters with her children during the First World War. Hosted by Dominique Nantel Bergeron, with the participation of actors Philomène Bilodeau and Ariel Ifergan, this activity transported the audience into the intimacy of a Quebec family marked by history.



Dominique Nantel  
Bergeron



Philomène Bilodeau



Ariel Ifergan

The speaker also presented a photo lecture on the **Laurier Est neighborhood in the 1920s-1930s**, illustrated with archival and family photos, tracing both the evolution of a Montreal neighborhood and that of a family lineage. These personal stories aroused strong emotions and a strong sense of resonance among participants.

The film component was highlighted by the screening of the movie **"Dis-moi pourquoi ces choses sont si belles"** (2024), in the presence of director Lyne Charlebois. This sensitive film recounts the friendship between Brother Marie-Victorin and his student Marcelle Gauvreau, united by their passion for nature, science and faith. The epistolary exchange between the two protagonists deeply touched the audience.



Humor also joined the party with **"L'après-midi FUNNY"**, a show hosted by **Mario Bélanger**, a humorist well known for his self-mockery and human warmth. Opening the show, **Gaston Entéríte**, a senior comedian, charmed the audience with his mischievous wordplay, proving that laughter has no age limit.



Mario Bélanger



On the music front, the audience was treated to a closing evening with the group **Klezstory**, renowned for their mastery of klezmer music. With palpable passion, the Montreal quintet revisited the Yiddish musical universe with emotion and virtuosity. Their performance was enhanced by the presence of Polish marimbist **Elwira Slazak**, who dazzled audiences with her impressive and unusual instrument.



Elwira Slazak

Aboriginal culture also took center stage with a performance by Kahnawake Mohawk artist **Barbara Kaneratonni Diabo**. Her hoop dance, accompanied by drumming, was followed by a participatory initiation and screening of her short film **SMUDGE**, offering a personal and engaged look at contemporary Aboriginal dance.



Barbara Kaneratonni

Finally, the show **Mythomane**, presented by **Thomas Hellman** and his partner Olaf Gundel, transported the audience into the fascinating world of Greek myths. With his deep voice and poetic approach, Hellman built an inspiring bridge between ancient tales and today's issues.



Thomas Hellman

The Journées de la culture 2025 brought people together, moved them, made them think and, above all, reminded them of the essential role of art and culture in active aging and collective well-being. Thanks to the participation of passionate artists, dedicated volunteers and a warm, inquisitive public, the event was a complete success.

A huge thank you to everyone who contributed to this magnificent celebration of heritage, creativity and intergenerational dialogue.



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