



Région
île de Montréal

SPRING 2026
VOLUME 29, NUMBER 3

LE MONTRÉAL FADOQ

SPRING PROGRAM

YVON AND NICOLE

THE FACES OF THE FADOQ MTL

MEDICAL ASSISTANCE IN DYING...

BY ODETTE BOURDON



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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.

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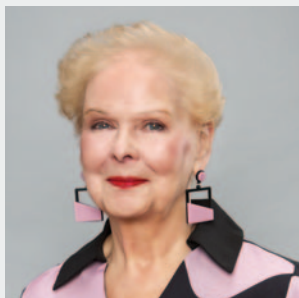
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To reach us

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Le Montréal FADOQ

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Jocelyne Wiseman
President, FADOQ – Région île de Montréal

A WORD FROM THE PRESIDENT

SPRING 2026: GATHER, DISCOVER, CELEBRATE

As the first signs of spring appear in Montreal, I am pleased to welcome you to this new edition of the **Montréal FADOQ**. This season always brings renewal, vitality, and energy, inviting us to celebrate together the richness and diversity of our community.

Our team has worked with passion and dedication to prepare a program that will spark your interests and enrich your daily life. Since the beginning of the year, we have focused on **the diversity of activities**, inclusion, and collaboration so that each member can enjoy themselves and find the leisure activity or hobby that suits them best. Whether you are a lover of culture, sports, nature, or creative pursuits, you will discover experiences designed to inspire you and offer you opportunities to share.

Travel and excursions remain at the heart of our offerings, and this spring is no exception. Whether exploring the hidden treasures of our beautiful region or discovering new destinations, each outing is an opportunity to share unique moments and create

lasting memories with other members. Traveling also means meeting new people, exchanging ideas, and forging valuable bonds with them.

The FADOQ Games Major Tournaments - Montreal Island 2026 will also be back with revamped activities and new opportunities to participate. These Games are much more than a sporting competition: they symbolize team spirit and the joy of coming together around a common goal. This year, we are placing particular emphasis on **inclusive participation** so that each member can enjoy the experience in their own way and according to their abilities.

We are excited to continue our series “**Faces of the MTL FADOQ**,” which allows us to highlight inspiring members, share their stories, and recognize their contributions to the vitality of our network. These portraits reflect the richness of our community and the diversity of the life journeys that shape it.

Our **renewed and expanded partnerships** enable us to offer you high-quality activities and enriching experiences. They reflect our commitment to collaborating with local stakeholders and supporting initiatives that promote the well-being and vitality of our members.

Finally, I invite you to discover the columns written by our contributors, who enlighten us with their inspiring perspectives on a variety of topics and fuel our reflections. Their contributions breathe new life into each edition and strengthen the bond that unites us as a community.

I therefore encourage you to make the most of this spring season, to participate in activities, and to forge new bonds. Together, let's make this spring of 2026 a shining season, rich in discoveries, encounters, and precious memories.

I look forward to seeing you again very soon at our events!

BULLETIN BOARD

Happy retirement, Sébastien!

The FADOQ - Région île de Montréal team would like to acknowledge the retirement of Sergeant Sébastien Hébert. Author of the prevention columns published in our newsletters since the fall of 2024, Mr. Hébert has been an exceptional and inspiring collaborator, both for our organization and for many partners committed to the well-being of Montreal seniors.

As an advisor on elder abuse and abuse of vulnerable persons for the Montreal Police Service (SPVM), Sergeant Hébert embodied a strong vision of collaboration, promoting dialogue and innovation. His leadership helped build projects that truly contributed to improving the quality of life of seniors. Among other things, he co-coordinated the committee on abuse in cohabitation settings to develop a tool for professionals dealing with these situations. Concerned about the isolation of seniors during the pandemic, he helped set up Operation Visit a Senior, an initiative to identify vulnerable individuals and intervene to prevent abuse, isolation, and high-risk situations.

Sergeant Hébert also played a key role in Montreal's efforts to promote safety and prevent fraud. Through his participation in a committee bringing together the Secrétariat for Seniors, the FADOQ - Région Île de Montréal, and the SPVM, he contributed to the creation of *Parlez-moi d'amour*, a play about financial abuse and fraud. Together with his colleague Stéphanie Morin, a community outreach officer in the West Island of Montreal, he developed the SAUVER program (Support for Victims of Fraud, Education and Referral), which helps victims rebuild their lives and overcome the shame associated with fraud.

Sergeant Hébert has always believed in the importance of collaboration to effectively carry out Senior Aware awareness activities. His commitment to strengthening ties between the FADOQ - Région île de Montréal and the SPVM's social and community officers illustrates a mutual desire: to protect seniors and provide them with practical tools to deal with situations of fraud and abuse.

Sébastien, we wish you a retirement filled with discoveries and accomplishments, commensurate with your boldness and commitment. Your unique energy, your sense of humanity, and your warm personality will leave a lasting impression on our network. Thank you for everything!

Invitation to the Annual General Meeting of Members

On behalf of the board of directors, I am pleased to invite all members of the FADOQ - Région île de Montréal to attend our organization's Annual General Meeting.

When? Thursday, April 23, 2026, 9 a.m.

Where? Plaza Centre-Ville
777, boul. Robert-Bourassa,
Montréal, QC H3C 3Z7

A complimentary lunch will be offered

Registration required
before Friday, April 8th:
514-271-1411

Jocelyne Wiseman
President of the Board of Directors

Call for applications for an administrator position

The Board of Directors of the FADOQ - Région île de Montréal is calling for applications to fill a position on its team. To obtain an application form, please contact Augustine-Anna Ndiaye at 514-271-1411, ext. 225, or email us at adadmin@fadoqmtl.org



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Running

Date: Saturday, May 2nd

Time: Variable

Location: Maisonneuve Park

Individual Cost: Variable

Categories: 5km, 10km



Support the FADOQ - Région Île de
Montréal team through our
fundraising campaign for the benefit
of the YMCA Foundation!

Badminton

Get ready for a friendly and exciting doubles competition! Grab your rackets for a fast-paced day with elimination rounds, a consolation round, and guaranteed fun.

Date: Tuesday, May 12th

Time: 9:00 a.m. to 4:00 p.m.

Location: Pierre-Charbonneau Centre

Individual cost: \$25

Categories: M/F/M - 50+/65+ - I/A

Information: You must bring your own racquet.

Boxed lunch available

Table Tennis

Whether you are intermediate or advanced, come and test yourself against others in a dynamic and friendly atmosphere.

Date: Tuesday, May 12th

Time: 9:00 a.m. to 3:00 p.m.

Location: Pierre-Charbonneau Centre

Individual cost: \$25

Categories: M/F - I/A

Information: You must bring your own racquet.

Boxed lunch available

Tennis



Davis Cup format. Each player is placed on a team of six players who accumulate points. Doubles matches of 3 games and 6 sets guaranteed.

Date: Wednesday, May 13th

Time: 9:30 a.m. to 11:30 a.m. or 11:00 a.m. to 2:00 p.m.

Location: IGA Stadium

Individual Cost: \$25

Categories: 2.5 and up

Information: All players will compete together, regardless of their skill level. Teams are balanced to ensure the most homogeneous teams possible.

Pickleball

With a round-robin format, elimination rounds, and a consolation round, everyone is guaranteed to play several matches. Three, 11-point games are guaranteed!

Date: Thursday, May 14th

Time: 9:00 a.m. to 5:00 p.m.

Location: Pierre-Charbonneau Centre

Individual Cost: \$25

Categories: M/F/M – 50+/65+

Information: You must bring your own racquet.

Boxed lunch available.

Dards

Date : Thursday, May 14th

Time : 7:00 PM to 9:00 PM

Location: Royal Canadian Legion, 29, 4835 7th Avenue

Team Cost: \$20

Format: 4 players, SIDO (Straight In, Double Out). A game consists of a single, timed 20-minute round. Initial residual: 50.



Small-pin Bowling

Total-point round-robin tournament, 3 games guaranteed.

Date: Wednesday, May 27th

Time: 1:00 PM to 4:00 PM

Location: Le Domaine Bowling Alley

Individual cost: \$18

Information: Each team must include a minimum of 2 women. You must bring your own bowling shoes (rentals available on site).



**You don't play, but still
want to experience the
FADOQ Games?**

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cheer on the athletes*

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PROGRAM

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: Wednesday, December 3rd at 9 am.

In collaboration with the:



Functional core (bilingual)

This in-person, intermediate-to-advanced class focuses on strengthening the core and abdominal muscles. It utilizes various props provided in class, such as dumbbells, balls, rollers, and resistance bands. Exercises are performed in different positions: standing, sitting, lying down, or on all fours.

Fridays, April 24th to July 3rd (No class on May 22nd)

10:00 a.m. to 11:00 a.m.

Cummings Centre, 5700 Westbury Avenue

\$120 – 10 sessions



Inclusive Art Workshop

A free space to create at your own pace, with or without materials, under the supportive guidance of a certified art therapist. Each week, a theme inspires you, materials are provided, and you are free to explore without rigid structures. Participants should be able to engage independently throughout the workshop.

Mondays, September 15th to December 15th

(No class on October 13th)

10:00 a.m. to 12:00 p.m.

Cummings Centre, 5700 Westbury Avenue

\$130 for 12 sessions.

Memorable Melodies (bilingual)

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

Mondays, September 15th & 29th, October 20th,
November 3rd & 10th, and December 1st & 8th
2:00 p.m. to 3:00 p.m.

Cummings Centre, 5700 Westbury Avenue

Free

Art with Lisa (bilingual)

This art program for beginners offers participants a supportive environment to engage in artistic expression under the guidance of a certified art therapist. Weekly projects will focus on acrylic painting, watercolor, charcoal, pastels, ink, and collage techniques, exploring themes such as landscape, portraiture, culture, dreams, and more.

Fridays, September 5th to December 12th

10:30 a.m. to 12:00 p.m.

Beth Tikvah Congregation, 136 Westpark Boulevard,
Dollars-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, arts, technology... there's something for everyone!

A welcoming space to learn, share, and connect. Come for the ideas, stay for the community!

Tuesdays, May 5th to June 16th

12:00 p.m. to 1:00 p.m.

Cummings Centre, 5700 Westbury Avenue

\$28 – 7 sessions

Cummings World Choir (bilingual)

Join us for a vibrant and inspiring musical experience! Explore songs from around the world—in French, English, Hebrew, Russian, and more—in a warm and welcoming atmosphere. Breathe, sing, connect, and let your voice blossom under the guidance of an experienced choir director.

Wednesdays, September 3rd to December 10th
(No classes on September 24th, October 8th and 15th)
10:00 a.m. to 12:00 p.m.
Cummings Centre, 5700 Westbury Avenue
\$225 – 12 sessions

The Body Shop (bilingual)



This course focuses on developing full-body strength from the ground up! The movements will be a combination of upper- and lower-body exercises, with an emphasis on trunk rotation, stability, and posture. A chair may be used for support, but the exercises will be performed standing.

Tuesdays, April 21st to August 25th
(No classes July 21st and 28th)
4:00 p.m. to 4:45 p.m.
Virtual
\$98 – 17 sessions
\$33 – 12 sessions

Interval Training: Strength & Cardio (bilingual)

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

Beginner/Intermediate
Wednesdays, April 22nd to August 26th (No classes June 24th, July 1st, 22nd, and 27th)
12:45 p.m. to 1:15 p.m.
Virtual
\$52 – 15 sessions

Intermediate/Advanced
Mondays, April 20th to August 24th (No classes May 18th, July 20th and 27th)
12:45 p.m. to 1:15 p.m.
Virtual
\$44 – 16 sessions



THE FACES OF THE FADOQ MTL



NICOLE LABROSSE AND YVON BRISEBOIS, AN ACTIVE, AND DEEPLY COMMITTED DYNAMIC DUO

There are some journeys that perfectly illustrate what it means to “age actively and engage wholeheartedly with your community.” Nicole Labrosse and Yvon Brisebois are a wonderful example of this. As active members and dedicated volunteers of the FADOQ - Région île de Montréal, they both authentically embody the values of participation, solidarity, and the joy of living together that drive the FADOQ network.

Longtime active individuals, particularly in running, Nicole and Yvon joined the FADOQ - Région île de Montréal in 2010 in order to participate in running and speed walking competitions as part of the Regional Games. This initial involvement marked the beginning of a sustained commitment that would quickly grow in scope.

Over time, the FADOQ became much more than just a place for sports activities for them, offering a real community where they could meet and share experiences. In 2015, they discovered pickleball thanks to classes offered by the FADOQ. Captivated by the friendly spirit of the activity, they threw themselves into it wholeheartedly. Two years later, they became volunteers in charge of pickleball.

Today, Nicole and Yvon lead three sessions per week, bringing together nearly 65 regular players. Keen to foster a sense of belonging and camaraderie, they also organize end-of-session dinners, which allow participants to connect outside of the court and strengthen the bonds that unite them.

In 2017, they reconnected with another passion: bridge, taking lessons from Nichel Poirier, the FADOQ's coach for this discipline. In 2019, they further expanded their commitment by volunteering for the Seniors' Walk on October 1st, a meaningful event promoting solidarity. "We are still just as passionate about these activities," they say. Their involvement has allowed them to forge strong friendships in Montreal and beyond, and to feel fully integrated into a dynamic and welcoming community.

Among their fondest memories are their many participations in several FADOQ Games in Montreal, in the Provincial Games in Alma, Trois-Rivières, Sherbrooke (twice) and Laval, as well as in the National Games, first in St. John (New Brunswick) in 2020, in Kamloops (British Columbia) in 2022 and in Quebec City (Quebec) in 2024.

Running, brisk walking, predictive walking, tracks, and lawns—each discipline is experienced as a personal challenge, but above all as an opportunity to get moving, push oneself, and share memorable moments with other competitors. For Nicole and Yvon, commitment and

physical activity go far beyond sport. "Participating and interacting with others protect against isolation and even depression. Regular physical activity, within each person's capabilities, contributes to both mental and physiological health."

Alongside their FADOQ activities, Nicole and Yvon maintain a diverse lifestyle. Nicole is an avid reader and swims laps in the indoor pool of their apartment complex. Yvon, for his part, dedicates time to writing almost every day and does daily aerobic exercise in the pool. Together, they participate in numerous races in town and on trails. They are avid walkers and travelers, always eager to discover new horizons. Family also plays a central role in their lives. Their children and grandchildren are at the heart of their priorities and their happiness.

For Nicole and Yvon, being involved with the FADOQ is much more than just a hobby. "Getting involved in our community through the FADOQ fosters a positive society and togetherness." Through their consistency, generosity, and commitment, they remind us that every gesture counts and that community involvement is a source of well-being, pride, and social connection.

Nicole Labrosse and Yvon Brisebois are wonderful representatives of the FADOQ - Région île de Montréal. They are an active and inspiring duo, deeply rooted in the values of solidarity, sharing, and the joy of living.



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CHRONICLES OF A BABY BOOMER

By Odette Bourdon



MEDICAL ASSISTANCE IN DYING...

In the early 2000s, social worker Yvon Bureau published an open letter in a newspaper to raise awareness among the public, government agencies, and medical authorities about the need to allow people to die with dignity. His father's painful death had prompted him to campaign for this cause. This publication caught my attention. We don't let dogs suffer, so why do we do it to humans?

Since then, thanks to campaigners such as Mr. Bureau, my former colleague Nicole Gladu, Jean Truchon, and sympathetic politicians, patients experiencing excessive suffering can now pass away peacefully.

A clearly defined emergency exit

Several criteria and medical opinions are required in order to receive medical assistance in dying. The person concerned must be suffering from a serious and incurable illness causing unbearable physical or psychological suffering that cannot be relieved. They must also make the decision to seek medical assistance in dying themselves. There is an important process to follow in order to avoid possible abuses. And until the very last minute, the person can change their mind...



Palliative care units or homes, of which there are unfortunately too few, provide the care needed to ensure individuals have a dignified and as painless as possible end of life.

Living a foretold death

Not everyone who has taken part in this special care shares the same feelings and views. For some, a “foretold” death is unthinkable. For others, this deadline allows them to enjoy cherished moments with the person who is passing away.

I had the opportunity to speak with Mr. Pierre Sheridan, the partner of Mr. Laurent McCutcheon, who received assistance in dying at home in July 2019. Pierre had already been made aware of this way of dying after watching an episode of the series “Avec un grand A” written by Janette Bertrand. In this episode, which aired in 1986, an elderly couple considers ending their lives.

In 2016, Laurent learned that his cancer was incurable. After a long journey undertaken with his partner, Laurent decided to seek assistance in dying, which he would be able to receive when the situation became too difficult to bear. The necessary steps were then taken. The CLSC supported them, and Pierre stayed with Laurent until the end.


Even years later, Pierre still finds it difficult to cope with his grief. All grief is difficult... even when death frees a loved one from suffering. But he will never regret the way Laurent chose to die.

The fear of trivialization

Comedian Pierre Légaré also sought medical assistance in October 2021. His daughter Manuelle found this planned death difficult to cope with, which inspired her to write a documentary play that will be performed in April at Usine C under the title "Club sandwich mayonnaise." Manuelle Légaré hopes to provide a space for discussion about this increasingly common form of assisted dying.

For my part, I want to believe that this option will always be based on an informed and conscious choice and will not become a solution to a shortage of care...

For more information: AQDMD (Quebec Association for the Right to Die with Dignity), P.O. Box 5672, BP Bureau Chef, Ste-Julie, QC J3E 1X6, or info@aqdmd.org, or 1-851-434-1401.



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