

Le Montréal

Summer 2026 •  
Volume 29 N° 4

# FADOQ



Home • Auto



**Summer  
programming**

Registration opens  
on June 8th

**Gilles Hétu**

The faces of  
the FADOQ MTL

**The old lovers**

By Odette Bourdon



**FADOQ**

Île de Montréal

# 4 promos FADOQ

pour vos lunettes  
ou verres de contact !



## 25\$ de rabais additionnel

à la promotion  
la 2<sup>e</sup> PAIRE à 1\$.



## 15% de rabais

à l'achat d'une paire  
de lunettes de soleil  
ou complète de notre  
**collection de designers  
internationaux.**\*\*

## 25% de rabais

à l'achat d'une paire  
complète : monture,  
lentilles et traitements  
de nos **collections  
designers Exclusives.**\*\*

## 10% de rabais additionnel

à l'achat d'une provision  
annuelle de **verres de  
contact** à prix régulier.

# greiche & scaff

professionnels de la vue

Pour un examen de la vue avec un optométriste,  
prenez rendez-vous sur [gs.vision](https://gs.vision) ou apportez  
votre prescription.

Offres réservées aux membres fadoq, valables jusqu'au 30 juin 2026. Sur présentation de votre carte de membre fadoq, \*Recevez un rabais de 25 \$ additionnel à la promotion « la 2e paire à 1 \$ » lorsque la promotion est en vigueur. Avec l'offre 2e paire à 1 \$, achetez n'importe quelle paire de lunettes complète de notre collection de marques exclusives avec monture et lentilles traitées antireflet premium, et recevez une deuxième paire de la même collection exclusive avec des verres clairs et d'une valeur identique ou moindre pour seulement un dollar ! Les options pour verres solaires, polarisés ou Transitions sont en sus et payables sur chaque paire. \*\*Rabais applicables sur le prix régulier, ces offres ne peuvent pas être jumelées. Sujets à changements sans préavis. Monture à titre indicatif. Chantal Gravel, opticienne.

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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

7537 St-Hubert Street,  
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514 271-1411 | [info@fadoqmtl.org](mailto:info@fadoqmtl.org)  
[fadoq.ca/ile-de-montreal](https://fadoq.ca/ile-de-montreal)

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# A summer to share, discover, and celebrate



**Jocelyne Wiseman**  
President

The arrival of summer is always a special time to slow down, enjoy the nice weather, and, above all, create more opportunities to get together. It is in this spirit of camaraderie and openness that I am pleased to present the FADOQ - Île de Montréal 2026 summer program.

This season also comes at an important time for our organization. As you may have noticed, FADOQ recently unveiled its new brand identity, including a new logo, which accurately reflects the evolution of our network and the energy that drives us. More contemporary, unifying, and forward-looking, this visual identity embodies our commitment to staying close to you while continuing to innovate. I invite you to embrace it, discover it through our various platforms, and bring it to life with us as you participate in our events.

In the coming months, our organization will continue to offer activities that foster connection, enjoyment, and well-being, while strengthening the sense of belonging that unites us. Now more than ever, we want to provide spaces where everyone can feel welcome, active, and fully engaged in community life.

I am particularly pleased to invite you to the third edition of our Grand Summer Picnic. Building on the success of recent years, this unifying event will take on a new scale, with an even richer program and moments designed to encourage connections and sharing. It will be a wonderful opportunity to reconnect with familiar faces, meet new ones, and celebrate the strength of our community together.

In the spirit of bringing people together, we invite you to join our "Invite a Friend" initiative throughout the summer. Whether it's someone you know, a neighbour, or a loved one, this initiative is a wonderful opportunity to introduce them to the FADOQ by inviting them to an activity. It's a simple and friendly way to expand our community and share what brings us together.

Summer is also a great time to get away, and we've carefully curated a series of outings that are sure to spark your curiosity. Whether through

cultural discoveries, culinary experiences, or beautiful landscapes, each activity has been designed to offer meaningful and enriching moments. I invite you to browse the pages of this newsletter to discover all it has to offer.

We are also continuing our collaborations with partners who share our values and help enrich our offerings. These partnerships not only allow us to broaden the horizons we offer our members, but also to strengthen our presence and impact in the Montreal community. Other initiatives will take place throughout the year, always with the aim of creating relevant and meaningful experiences.

Furthermore, I am pleased to highlight the continuation of awareness-raising projects that are close to our hearts, particularly those focused on preventing financial abuse. Through cultural and educational initiatives, we will continue to address these issues with compassion and dedication to better inform and empower you.

As has become tradition, the summer season will conclude with a series of cultural celebrations. These events will provide an opportunity to highlight the artistic richness of our communities, showcase local talent, and foster inspiring exchanges within the community.

Throughout this program, our goal remains clear: to provide a welcoming, inclusive, and stimulating environment where you can thrive, build connections, and live each moment to the fullest. I encourage you to take part in the activities offered, invite your friends and family, and make this summer a time rich in encounters and discoveries.

I wish you a radiant summer, filled with joy and precious moments, and I hope to have the pleasure of seeing you at one of our events over the coming weeks.

Your President,  
**Jocelyne Wiseman**

# Gilles Hétu - A Life in Motion, Balancing Commitment and Discovery



With his rich and inspiring background, Gilles Hétu perfectly embodies the spirit of dedication, curiosity, and vitality that drives the FADOQ – Île de Montréal. A man of action and strong interpersonal skills, he has, throughout his life, managed to balance his career, community involvement, and passion with remarkable consistency.

In his early twenties, he began a career in property and casualty insurance, a field in which he would work for over 40 years. From his early days as a claims adjuster to executive-level positions, he rose through the ranks with diligence and dedication, ending his career as the director responsible for supplier relations for goods and services in Quebec and the Maritimes. At the same time, he was actively involved in various committees related to his field, in addition to serving as president of his employer's employee association.

In 2007, as he approached retirement, a question arose: "What am I going to do now?" That was when he discovered the FADOQ Golden Age Club in Sainte-Marguerite-du-Lac-Masson. He quickly settled in, participated in activities, and then

became involved on the board of directors as secretary, before becoming its president. What began as simple participation quickly became a commitment in his life. His involvement then led him to the regional level, where he served as a director and then as vice president of the FADOQ Laurentides.

But Gilles isn't the type to slow down. In 2009, a new professional opportunity brought him back into the workforce. He accepted a position as director of business development for a disaster restoration company, covering Quebec and the Maritimes. Even as he returned to the workforce, his community involvement remained strong, true to his values.

Then, in 2017, a long-cherished dream finally came true. He set out alone on the legendary Camino de Santiago, walking more than 1,500 kilometers from Le Puy-en-Velay in France to Santiago de Compostela, and then on to Finisterre in Spain. For nearly three months, covering about twenty kilometers a day, he moved at his own pace, carried along by the beauty of the landscapes and the richness of his encounters. Along the way, his five senses were awakened, and music accompanied him, with songs that became his driving force: "These boots are made for walking," "I Will Survive," "It's a beautiful life," and "Non, je ne regrette rien." A profoundly human experience, marked by memorable encounters and lasting friendships.

Upon returning to his hometown of Montreal in 2019, he naturally found his way back to the FADOQ. Convinced of the value of his experience in the Laurentians, he decided to continue his involvement with the FADOQ – Île de Montréal, this time as a board member. There he discovered a dedicated team, driven by the shared goal of offering members a wide range of activities, breaking down isolation, and fostering openness to Montreal's diversity.

# Serving You Better, Together

At the FADOQ — Région Île de Montréal, every activity is much more than just a shared moment: it's an opportunity to build connections, feel good, and be part of a vibrant and engaged community.

It is in this spirit that we have launched a new initiative. We want to take the time to listen to you after each program to better understand your experience and continue to improve. The fall 2025 session marked the start of this initiative.

Thanks to your responses to the surveys, we were pleased to see that the activities met your expectations. Many of you highlighted the

friendly atmosphere, the richness of the interactions, and the positive effects on your well-being. Several of you also expressed a desire to return and participate in our upcoming activities, and that warms our hearts.

But above all, your feedback is invaluable. It allows us to make concrete adjustments to our programs so they better reflect your needs.

Thank you for joining us in this effort. Together, we continue to build a welcoming, stimulating, and caring environment where it is wonderful to age in good health.

Curious and active, Gilles is interested in everything. Whether cultural, athletic, recreational, or educational, he enthusiastically participates in whatever the FADOQ has to offer. Travel also plays an important role in his daily life, allowing him to continue discovering the world while building connections with others.

His sense of humor and outlook on life shine through in his stories. For a long time, he had set himself the goal of beating his maternal grandmother's longevity record of 100 years and 4 months. But since returning to Montreal, he has raised his sights: "Now I'm aiming for 105 ... there's just too much to do and see here!" It's his own unique way of reminding us that life never runs out of opportunities to marvel.

For Gilles, the message is clear: no matter your age or condition, there are always ways to stay active and engaged. Getting involved means not only contributing to your community but also enriching your own quality of life. He is convinced that the FADOQ plays an essential role in creating spaces for connection, exchange, and solidarity.

Beyond his involvement with the FADOQ, his daily life is just as dynamic. Walking, badminton, pickleball, cycling, shows, travel, reading, dance, guitar and swimming lessons ... he takes on a wide range of activities with an energy that commands admiration. Not to mention the precious moments spent with family and friends, which hold a central place in his life.

Before setting off for Santiago de Compostela, a simple message tucked inside a fortune cookie summed up his philosophy of life almost perfectly: "Your happiness is tied to your outlook on life." It's a phrase he has made his own, and one that accurately reflects his journey, guided by optimism, curiosity, and openness.

Through his dedication, his journey, and his vision, Gilles Hétu embodies an inspiring figure of the FADOQ - Île de Montréal. A man on the move, deeply compassionate, who reminds us that age is never a limitation, but rather an invitation to continue exploring, sharing, and getting involved.

# Summer programming

Registration is required for all activities.

**Registration opens: Monday,  
June 8th, at 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!** \* Rain or shine! Don't miss this chance to make memories!

**Monday, July 6th, from 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 6th to August 24th  
from 10 a.m. to 12 p.m.**

**Chalet, 4601 Sherbrooke Street East  
\$5 - 8-week session**

**Botanical Garden** - Fitness Walk

**Mondays, July 6th-August 24th, 10 a.m.-12 p.m.**

**Chalet, 4601 Sherbrooke Street East  
\$5 - 8-week session \* Accès Montréal Card required**

**De la Visitation Park - Gouin trail**

Fitness Walk

**Tuesdays, July 7th to August 25th, 10 a.m. to 12 p.m.**

**10905 Basile-Routhier Street (near Henri Bourassa  
metro station)  
\$5 - 8-week session**

**Frédéric-Bach Park** - Rhythmic walk

**Fridays, July 3rd to August 21st, 10 a.m. to 12 p.m.,  
except July 10th**

**Rotunda, at the end of Paul-Boutet Street,  
corner of Jarry**

**\$5 - 8-week session**

## Sports Activities

### Outdoor Vitality: Dynamic Walking & Toning

**New!**

(Cours offert en français)

This dynamic and accessible class combines dynamic walking, bodyweight strength training, balance and mobility exercises, followed by stretching. Held outdoors, it adapts to each participant's pace and is open to everyone, with no prior experience required. Led by **Karine Lydia Bergeron**.

**Tuesdays from June 24th to July 28th,  
10:00 a.m. to 11:00 a.m.**

**Jarry Park (at the corner of Saint-Laurent Blvd.  
and Gary-Carter St. - park side)**

**\$90 for a 6-week session**

### Outdoor Qi Gong (Cours offert en français)

Come discover Qi Gong, an ancient Chinese practice combining fluid movements, breathing, and relaxation. A class open to everyone to improve mobility, concentration, and daily well-being. Led by certified instructor **Christine Décaire**.

**Wednesdays from July 8th to August 26th,  
10:30 a.m. to 11:30 a.m.**

**Raymond-Préfontaine Park, 3100 Hochelaga Street.  
Préfontaine Metro Station**

**\$50 for an 8-week session**

### Cardio-Vitality Workout

(Cours offert en français)

This program is designed with a pace and intensity that allow you to work out at your own pace. Required equipment: Exercise mat and resistance bands (equipment available for purchase on-site for \$48.50 + tax)

**Tuesdays and/or Thursdays, from June 30th to  
September 10th (11 weeks)**

**9:00 a.m. to 10:00 a.m.**

**Maisonneuve Park Chalet, 4601 Sherbrooke Street East  
Regular cost: 1x per week: \$191.60 / 2x per week:**

**\$291.75, taxes included**

**FADOQ Price: 1x per week: \$178.20 / 2x per week:**

**\$268.41 (taxes included)**

### Outdoor Yoga (Cours offert en français)

A soothing experience that combines strength training, relaxation, and breathing right in a park near you. Strengthen your body, develop your flexibility, improve your balance, and cultivate your inner well-being.

Stretching and strength training are essential for "growing" with peace of mind. Required equipment: Insulated mat (or yoga mat)

**Wednesdays, from July 1st to September 9th**  
**10:00 a.m. to 11:00 a.m.**

**Maisonneuve Park Chalet, 4601 Sherbrooke Street East**  
**Regular price: \$191.60 / FADOQ price: \$178.20, taxes included (11 weeks)**

## Stand-Up Paddleboarding Lessons

(Cours offert en français)



Discover the Lachine Canal, a fascinating historic site, while getting started with stand-up paddleboarding! Learn the essentials: the history of SUP, the right equipment, safety rules, and paddling techniques in calm water. Through hands-on exercises, you'll develop your balance and stability so you can paddle with ease. On the agenda: standing up, maintaining your balance, falling off and getting back on the board, perfecting your paddling strokes, and understanding safety equipment.

**Thursday, July 9th, from 10 a.m. to 12 p.m.**  
**Lachine Canal Water Sports Centre, 2727 St-Patrick**  
**\$60**

## Kayaking Lesson (Cours offert en français)

Discover the joy of kayaking in just two hours! This dynamic class will introduce you to the essential basics for paddling effectively and controlling your kayak with confidence. With the right technique, you'll fully enjoy the experience without frustration. What's on the agenda: getting in the kayak, forward and backward paddling, stabilization maneuvers, righting techniques, and safety tips.

**Monday, July 20th, from 10 a.m. to 12 p.m.**  
**Lachine Canal Water Sports Centre, 2727 St-Patrick**  
**\$60**

## Rabaska boat tour (offert en français)

Join us for an unforgettable excursion! Paddle your way through the fascinating history of the canal and its surrounding neighborhoods, all while enjoying breathtaking views of the city from south of downtown.

**Wednesday, August 19th, from 10 a.m. to 12 p.m.**  
**Lachine Canal Water Sports Centre, 2727 St-Patrick**  
**\$18**

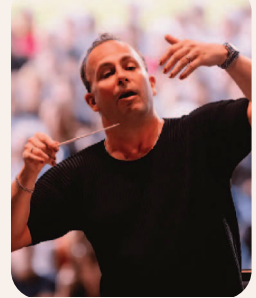
## Cultural Outings

### LE FESTIVAL DE **lanaudière**

## Nézet-Séguin and Eberle: romantic ecstasy

Between Beethoven and Tchaikovsky, a common thread connects two worlds: the nascent Romanticism of the former, echoed by the tumultuous passion, raw sensitivity, pathos, and tragedy of the latter. A linear trajectory between two stars that have never ceased to shine in the highest musical firmament, the ideal setting for a thrilling encounter between Yannick Nézet-Séguin, the Métropolitain, and the magnificent violinist Veronika Eberle, returning to the Festival.

**Sunday, July 26th at 4 p.m.**  
**Fernand-Lindsay**  
**Amphitheater, Joliette**  
**\$105, including show and transportation**  
One departure from Montreal or one from Laval  
Bring a cold packed lunch and a drink!



## A Hero's Life by Payare and the OSM

In his symphonic poem \*A Hero's Life\*, Richard Strauss portrays himself: the artist in love, the heroic creator, the genius grappling with the world. It is also a metaphor for our own time, more than a century later, for the heroes we collectively shape and the roles we assign them in every sphere of life. Rafael Payare and the OSM are in their element in this grandiose work, as evidenced by their recent recording. In the first half, Marie-Nicole Lemieux delivers one of the finest examples of her artistry: the irresistible Nuits d'été, in which she remains unrivaled today.

**Friday, July 31st at 8 p.m.**  
**Fernand-Lindsay**  
**Amphitheater, Joliette**  
**\$105, including show and transportation**  
Departure from Montreal and one from Laval



## Dinner Show – August 6th

(Visite offerte en français)

**Departure at 2 p.m. | Return around 10:30 p.m. to 7600 Sherbrooke Street East.**

Enjoy a unique experience at **La Seigneurie des Patriotes**, which has been offering a rustic dining experience proudly certified by Terroir et Saveurs since 1995. You'll enjoy a **traditional feast** featuring local produce: garden vegetables, tabbouleh, fresh salads, gardener's macedoine, local charcuterie, wild boar bites, assorted mustards, cheese skewers, and, for the main course, the **Coureur des bois – beef rump in gravy**.

The evening will be hosted by Sylvie Héneault, who pays a vibrant tribute to Ginette Reno. Accompanied by three musicians, she performs the greatest hits of this legendary singer with passion and power, for an unforgettable concert.

**Cost: \$135 per person, including: Transportation, a tour of the Seigneurie and a surprise, the meal, and the show**

## Outings/Stays

In collaboration with



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

## A Day in the Country – Lanaudière

Discover the Lanaudière region during a fun-filled, food-focused day out. Visit the Jardin des Noix for tastings, enjoy lunch at the Montcalm Golf Club, stop by the Qui sème récolte orchard and cidery, and visit the Bergerie des Neiges. An authentic getaway featuring local flavors and agricultural discoveries.

**August 3rd  
\$199**

## The Treasures of Kingston

A two-day getaway to Kingston to explore Ontario's heritage. Visit Upper Canada Village, the famous



Kingston Penitentiary, and Fort Henry, a UNESCO World Heritage Site. The trip also includes wine and spirits tastings. A getaway that combines history, culture, and culinary delights.

**August 16-17  
Starting at \$499 per person  
(double occupancy)**

## Discovering Saffron – Charlevoix (2 days)

Embark on a culinary and nature getaway in the heart of Charlevoix! Explore the Centre de l'Émeu, the Écono-Musée de l'Huilière, and the Safran Nordique saffron farm, complete with tastings of local products. The trip also includes a riverboat cruise on the Malbaie River, accommodations, luxury coach transportation, and 3 meals. An exotic experience combining flavors, discoveries, and spectacular scenery.

**September 15-16  
Starting at \$579 per person  
(double occupancy)**

## Flowers, History, and Cider (1 Day)

Depart for Lotbinière for a guided tour of the Domaine Joly De Lotbinière, where you'll learn about the history of the Joly family and explore the gardens, greenhouses, and ancestral home. Lunch at a local restaurant.

In the afternoon, visit the Jardins Fleuraissance, a peaceful haven featuring a wide variety of flowers and plants, with the option to create your own bouquet (additional fee). The day concludes at the Cidrie Saint Antoine for a tasting of apple-based products, right in the heart of the orchards.

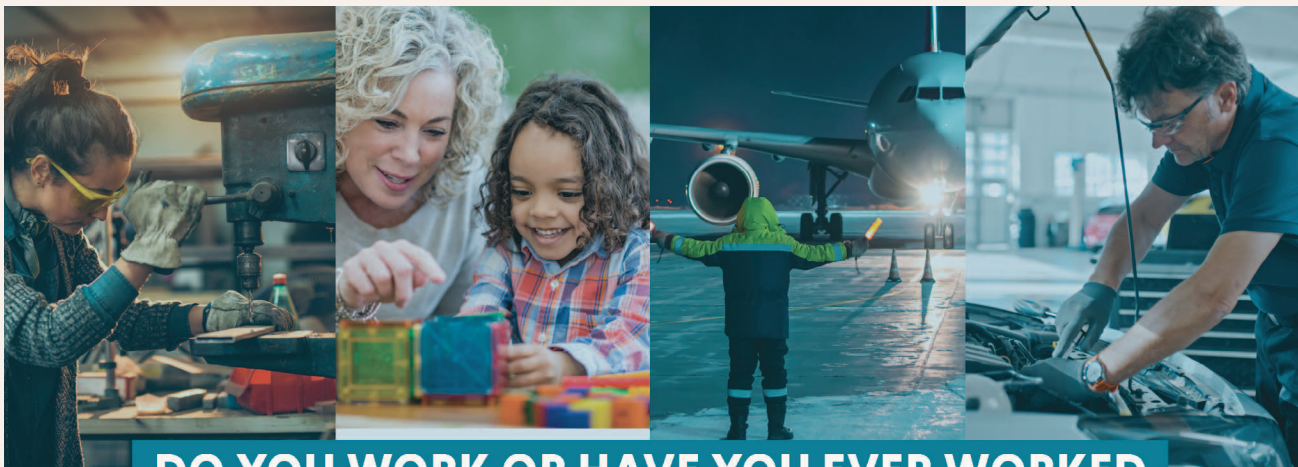
**September 3rd  
\$189**

## Mont-Tremblant – At the top of the Laurentians

Departure for Mont-Tremblant for a day of exploration. Guided tour of the region's four must-see highlights: Mont-Tremblant Resort, Lac Tremblant, the Old Village, and Domaine Saint Bernard, while learning about the area's history and local customs. Lunch at a local restaurant.

In the afternoon, enjoy a cruise on Lac Tremblant to admire the scenery from a different perspective.

**September 29th  
\$189**



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# The old lovers

When my godmother remarried several decades ago, I found it amusing and a bit disconcerting! She was over 70. I couldn't understand how someone her age could want to "start over." And with a new partner who was the complete opposite of her late husband, with whom she had lived for decades. While my godfather was exuberant, spoke loudly, and loved to party, her new husband was quiet, spoke softly, and drank only ginger ale! They spent many happy years together. It was lovely to see them so in love. And when my aunt fell ill, this kind and generous man cared for her with devotion.

Now that I'm older than my godmother was when she remarried, I've "come a long way," as they say! And when friends tell me, after the passing of their significant other, that no one will ever come into their lives again, I just smile.

I notice several new couples in their seventies and eighties around me. Some are childhood friends who were separated by life's twists and turns, for others, it was unexpected love at first sight!

## Social media

Facebook and other social media platforms play a big role in these reunions! They make it easier to reconnect. Friends we've lost touch with or former colleagues find each other there. A name or a photo catches our eye!



**Odette Bourdon**

We start by checking to see if this person is indeed the one who lived in the neighborhood of our youth, the one we went to school with, the one who was our date to the prom, or the one we worked with. We ask about their life. And sometimes we learn that they're now alone ... just like us. We suggest meeting up at a café; we look at old photos together. A real trip down memory lane. And sometimes friendship or love blossoms!

Soon, the butterflies give way to giddiness. My heart beats faster. Is it too late to start a new relationship? Will I lose my freedom? We were convinced that no one else would ever come into our lives ... let alone into our bed!

## In the Eyes of Other

There are the reactions of family and loved ones, and there are also those of the children, who sometimes have a hard time accepting this new romance. Isn't the grief still too fresh? What will happen with the money? What if one of them gets sick? Aren't they too old?

Often, Cupid's victims will hesitate. Is this madness? And yet, shouldn't the radiant, serene, and happy faces of these bereaved people reassure us?

New couples will choose to share their daily lives or to keep their own separate homes, enjoying the immense pleasure of spending time together whenever they please.

Not everyone copes with loneliness in the same way. For some, living alone is infinitely sad, while for others, it's the life of their dreams!!!

Life is short. So let's let people live as they see fit, without judging!

Good luck to all lovers, young and old!

# Join our research efforts against Alzheimer's disease!

Have you noticed changes in your memory? Are you between the ages of 50 and 85? Do you speak English or French? Are you in good health?

Participation includes a phone interview, cognitive testing, lab tests, and brain-imaging sessions.

You will be compensated for your time and travel.



#### Lieu/Location:

Centre de recherche pour les études  
sur le vieillissement de l'Université McGill  
McGill University Research Centre for Studies in Aging  
6775, boul. LaSalle, Montréal, QC H4H 1R3

Tél.: 514 761-6131 ext. 6321

#### Investigateur principal/ Principal Investigator:

Dr. Pedro Rosa-Neto  
Douglas Centre de Recherche  
Douglas Research Centre

[triad.tni-mcgill.com](http://triad.tni-mcgill.com)



## Only for those at least 50 years young!

**FADOQ FreeSpace®** is a home and automobile insurance program **exclusively for members of the Réseau FADOQ.**

Take advantage of the Intact Insurance offer, including:

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