

Le Montréal

Fall 2026 •
Volume 30 N° 1

FADOQ



Home • Auto



Fall programming

Registration opens
on August 31st

Diane Phaneuf

The faces of
the FADOQ MTL

Oh, how time
passes ever
faster...

By Odette Bourdon



FADOQ

Île de Montréal

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To reach us

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

Le Montréal FADOQ
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A fall filled with the colors of the bonds that unite us



Jocelyne Wiseman
President

As summer slowly draws to a close, it is with great pleasure that I reconnect with you in this new issue of the Montréal FADOQ. The arrival of fall invites us to continue our discoveries and activities, to do even more, but above all to keep nurturing those precious bonds that are the true richness of our greater FADOQ community.

The past few months have been filled with wonderful moments that once again demonstrate the vitality of our region. Among these, the 2026 FADOQ Games on the Island of Montreal held a very special place. With this new edition, we wanted to offer an experience that goes beyond simply playing sports, emphasizing fun, socializing, and a sense of belonging. Whether through participation in the various sports, the dedication of our volunteers, or the support of our partners, this edition showcased all the energy and enthusiasm that drive our members. Thank you to everyone who helped make this event a true success.

Summer also gave us the chance to come together in a more festive setting at our grand annual picnic. This day of fellowship was an opportunity to fully enjoy the beautiful season, connect with other members, and celebrate the joy of being together. These simple yet precious moments remind us of the importance of maintaining spaces where people can forge connections, share their experiences, and build an ever-stronger community.

At our annual general meeting, we also had the pleasure of welcoming a new board member, Ms. Guerda Amazan. Her arrival enriches our team with her background, experience, and commitment. I extend a warm welcome to her and am confident that her contribution will be invaluable as we continue our mission to serve seniors on the Island of Montreal. I would also like to take this opportunity to extend my heartfelt

thanks to the members of the board of directors who continue to devote their time and energy to our organization.

Over the past year, the FADOQ Île de Montréal has also continued to develop new partnerships to enhance the experience we offer our members. Thanks to these collaborations across various sectors, we continue to expand our range of benefits, experiences, and opportunities to fully enjoy what our region has to offer. These partnerships reflect our ongoing commitment to meeting our members' needs and interests, while building lasting relationships with organizations that share our values.

This period is also marked by the continuation of our evolution with our new FADOQ brand identity, unveiled last spring. More than just a visual change, this evolution reflects an organization deeply rooted in its history yet focused on the future, one that continues to reinvent itself to better connect with current and future generations.

As we embark on this new season, I invite you to take full advantage of the many activities offered by your FADOQ Île de Montréal. Whether through your club, our events, or the opportunities to connect offered throughout the year, every time you participate, you help bring our network to life.

Thank you for continuing to make FADOQ a place where commitment, kindness, and the joy of being together take center stage.

I wish you a fall filled with wonderful discoveries, enriching encounters, and memorable moments.

Your President,
Jocelyne Wiseman

The 2026 Grand Picnic: Celebrating Summer in Good Company



On July 13th, more than 150 members gathered at Maisonneuve Park for our traditional Summer Picnic, an event that has become a must-attend occasion to celebrate the summer in a warm and friendly atmosphere. Throughout the day, participants enjoyed a festive program featuring music, karaoke, outdoor games, entertainment, and numerous door prizes. The grand prize drawing for an electric bike was also one of the highlights of this year's event, much to the delight of our members.

This event was also a wonderful opportunity to reconnect with familiar faces, meet new people, and share precious moments with members of the FADOQ Île de Montréal. We extend our heartfelt thanks to our two sponsors, Les Résidences Soleil and Spa Ovarium, whose support greatly contributed to the success of this day. Their commitment to the well-being and quality of life of seniors is fully aligned with the FADOQ's values and enables us to offer high-quality, community-building events to our members.

A huge thank you also to everyone who took part in this wonderful day. We're already looking forward to seeing you again next year for another edition of the Grand Summer Picnic!

Welcome to Ms. Guerda Amazan, newest member of our board of directors



The FADOQ Île de Montréal is pleased to welcome Ms. Guerda Amazan as a member of its Board of Directors.

With an exceptional professional career spanning more than 35 years, Ms. Amazan will bring her experience, expertise, and commitment to our organization and its members. With a background in business administration, she has held several strategic positions within Haiti's public administration, particularly in the areas of development, planning, recognition of community organizations, education, and women's issues. Throughout her career, she has also represented her country internationally and contributed to several initiatives aimed at promoting equality and community development.

Having lived in Quebec for several years, Ms. Amazan continues her involvement in the community as Deputy Executive Director of Maison d'Haïti, where she contributes to the development of projects that promote inclusion, civic participation, and the well-being of the community.

Her life story, marked by resilience, as well as her deep commitment to the values of solidarity, inclusion, and social justice, represent an undeniable asset for the FADOQ Île de Montréal. Her perspective, her experience, and her desire to actively contribute to the well-being of seniors will undoubtedly enrich the work of our board of directors.

We wish her a very warm welcome and every success in her new role.

The Fight Against Abuse in Montreal



Elder abuse is a complex issue that affects approximately one in 14 older adults in Quebec. It's a growing problem. In fact, since 2019, there has been an increase in the number of older adults living at home who have experienced abuse.¹ However, over the past 15 years, the Government of Quebec has implemented an Action Plan to counter mistreatment of older adults, outlining various concrete measures to raise awareness of this issue and combat it.

For example, awareness campaigns to inform the public and the establishment of a dedicated helpline to support those facing abuse: the Mistreatment Helpline <https://lignemaltraitance.ca/en>. The Act to counter mistreatment of Older Adults and Vulnerable Adults, passed in 2017, also marked a major step forward by establishing several measures to assist people experiencing abuse.

Since Quebec's various regions have their own unique needs and challenges, 16 regional coordinators have been implementing an action

plan to counter mistreatment — tailored to their respective regions — since 2010. In addition, there are provincial coordinators with specific mandates to work with First Nations, cultural communities, and English-speaking residents. Regional coordinators, in collaboration with key partners such as the SPVM and FADOQ in Montreal, implement initiatives to raise awareness, facilitate collaboration among partners, and train professionals who deal with these situations. Indeed, several Montreal-based partners are actively working to combat elder abuse by collaborating to better protect seniors and promote innovative actions and projects, in conjunction with the Montreal regional coordinator.

Stay tuned—many of these initiatives will be featured in upcoming FADOQ Île de Montréal newsletters!

1. Quebec Institute of Statistics. (2026, June 15). Elder Abuse in 2025. Government of Quebec. <https://statistique.quebec.ca/fr/document/maltraitance-envers-personnes-aînees>



Marick Bertrand

Regional Coordinator Specializing in the Prevention of Elder Abuse - Montreal Region
Regional Public Health Department

Echo of Social Programs

For several years now, FADOQ Île de Montréal has been contributing to the well-being and quality of life of older adults through its awareness-raising workshops open to the public. Throughout the year, our organization also continues its commitment on the ground by serving on various roundtables and participating in numerous working committees at the local, regional, and national levels. This involvement allows us to actively contribute to the creation of communities that are more respectful, inclusive, and safe for older adults.

Held in conjunction with our seasonal programs, these activities help raise awareness among Montrealers about various issues that directly affect older adults and their caregivers: fraud,

abuse, intimidation, ageism, fall prevention, and many others.

Since the beginning of 2026, we have already reached nearly 1,000 people directly in their communities or through their neighborhood organizations through our workshops, conferences, and awareness-raising events.

In upcoming issues of the Montréal FADOQ Newsletter, we'll highlight some of these initiatives, as well as the partnerships and projects that help improve the quality of life for Montréal's seniors every day.



Sophie Duchesneau

Social Programs Coordinator - FADOQ Île de Montréal

Fall programming

Registration is required for all activities.

**Registration opens: Monday,
August 31st, at 9 a.m.**

Événements

Apple picking outing



A day at Denis Charbonneau's orchards and cidery, including transportation, a bag for apples, a tractor ride, and a meal at the Crêperie.

Monday, September 21st
Departure: 9:30 a.m. from
7600 Sherbrooke Street East
Return: 4:30 p.m.
\$65

**Join us on September 18th and 19th at
the Olympic Park for the VITA
experience!**

VITA is a festive and inclusive Montreal festival that celebrates the joy of movement. More than just a sports event, it invites participants of all ages to discover new activities, try out different sports without pressure, and take part in inspiring workshops. In a friendly and energetic atmosphere, VITA brings people together around movement, well-being, and the joy of being active. Check the schedule on our website and in our newsletter! <https://tinyurl.com/49r42x26>



Join us for the "Agissons ensemble!" march!

To mark International Day of Older Persons, come walk with your friends, family, neighbors, and community to celebrate the well-being of older adults. Together, let's recognize the commitment of citizens and organizations that contribute every day to building a more inclusive, caring, and vibrant society.

Let's come together for an inspiring, warm, and unifying moment. **Every step counts toward showcasing the richness and contributions of older adults in our community!**

Wednesday, October 1st
10 a.m.
Meeting location to be determined

"Agissons ensemble" Forums: How Can We Take Action in Montreal?

Join a group, tackle the challenges in your community, and think outside the box! The "Agissons ensemble" Forums, organized by the HABITATS Movement and "Un et un font mille", offer group workshops where you can discover resources in your community, share your ideas, and take action together. Whether you already have an idea for a solution or simply **want to get involved**, these four friendly sessions are designed for seniors and their allies. **Become an active participant in your community!** Together, let's explore concrete ideas for action.

Four structured workshop sessions:

- Tuesday, September 29
- Tuesday, October 13
- Tuesday, October 27
- Tuesday, November 10

Time: 1:00 p.m. to 3:00 p.m.

**Maison des loisirs et du sports
7665 Lacordaire Blvd.**

Free

Check the website and our newsletter for more details!

Sports Activities

Cardio latino 50+

This fun class, tailored to your needs, will help you improve your flexibility, coordination, and cardiovascular endurance through low-impact dance moves. Roberto ensures safety and accessibility while promoting social interaction and fun.

In addition, in this class you'll learn various Latin dances such as salsa, bachata, merengue, cha-cha-cha, and reggaeton.

September 22nd–December 10th
Tuesdays or Thursdays from 11 a.m. to 12 p.m.
7096 St-Hubert Street
\$132 – 12-week session

Boxing Intervals for Everyone

Join boxing coach Fortunato (Lucky) Pagano to work on your cardio, coordination, and strength with boxing-inspired training techniques. Open to everyone! Contact Anne Newman to schedule a physical assessment at 514-734-1841.

*This exercise program is designed for the general public and may not be suitable for everyone. If at any time you experience discomfort, pain, dizziness, or an abnormal heartbeat, stop exercising immediately and consult a healthcare professional if necessary.

Fridays, September 18th through December 18th
10:00 a.m. to 11:00 a.m.
Cummings Centre, 5700 Westbury Avenue
\$168 – 14 sessions

Memorable Melodies

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

9 Mondays from Sept. 14th to Dec. 14th
2:00 p.m. to 3:00 p.m.
Cummings Centre, 5700 Westbury Avenue
Free

Art with Lisa

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

Fridays, October 9th – November 27th
10:30 a.m.–12:00 p.m.
Beth Tikvah Synagogue, 136 Westpark Boulevard,
Dollars Des Ormeaux
\$60 – 8 sessions

Cummings University

Every week, explore a fascinating topic with a guest expert, followed by a casual discussion over coffee. Wellness, the arts, technology... there's something for everyone!

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

Tuesdays, October 6th–November 24th
12:00 p.m.–1:00 p.m.
Cummings Centre, 5700 Westbury Avenue
\$49 – 8 weeks

Cummings World Choir

Join us for a lively 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 16th–December 2nd
10 a.m.–12 p.m.
Cummings Centre, 5700 Westbury Avenue
\$230 – 12 sessions

The body shop

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

Tuesdays, September 8th through December 15th
4:00 p.m. to 4:45 p.m.
Virtual
\$86 – 15 weeks

Strength & Cardio Interval Training Class

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

Beginner/Intermediate

Wednesdays, September 9th–December 16th
12:45 p.m.–1:15 p.m.
Virtual
\$42 – 15 sessions

Intermediate/Advanced

Mondays, October 19th–December 14th
12:45 p.m.–1:15 p.m.
Online
\$25 – 9 sessions

Annual Craft Exhibition and Sale

Unique gifts for the whole family, handcrafted by artisans from the Craft Center and the Woodworking Shop.
Children's furniture, toys, stools, wooden items, greeting cards, and more.

Monday and Tuesday, November 16th and 17th
11 a.m. – 3 p.m.
Free

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Cultural Outings

DECEMBER IN THE ARTS!

Take advantage of the 20% group discount
off the regular ticket price at the Maison Symphonique!

Bach's Christmas Oratorio, conducted by Nagano



Discover Leipzig in the winter of 1734, where snow, church bells, and fervour herald Bach's Christmas Oratorio. Nearly three centuries later, this magic is reborn with three cantatas performed by the OSM Orchestra and Chorus, accompanied by renowned soloists. Conducted by Kent Nagano, this concert also celebrates the 20th anniversary of the Montreal International Bach Festival. A luminous and inspiring moment: experience Christmas as it was in Bach's time.

Wednesday, December 9th

7:30 p.m.

Maison Symphonique

Ground level,

Category 2: \$130 (tax included)

Holiday Traditions with Le Vent du Nord

Following a highly acclaimed performance, Le Vent du Nord returns to the Maison symphonique to celebrate its 25th anniversary with a vibrant concert featuring traditional tunes—reels, jigs, and lively rhythms. In a spirit of camaraderie and



celebration, this legendary group revisits its repertoire with a few surprises, transforming the hall into a veritable symphonic chalet.

Keep the magic going: festive decorations, live music, and a dance floor await you after the concert!

Thursday, December 17, 2026

8:00 p.m.

Maison Symphonique

Ground level, Category 2: \$129 (tax included)

Ground level, Category 3: \$118 (tax included)

The Organ from Yes to Genesis

The RCM Trio reimagines the great classics of progressive rock in a daring concert where organ, percussion, and electric guitar come together. From *Tubular Bells* to Genesis, Yes, and ELP, these iconic works take on a new dimension under the fingers of three virtuosos. With a blend of energy, creativity, and musical freedom, the Maison symphonique is transformed into a rock stage for one electrifying evening.

Concert featuring organ, percussion, and electric guitar (without orchestra).



Friday, March 5, 2027

8:00 p.m.

Maison Symphonique

Ground level: \$71 (tax included)

A Look Back at the 2026 FADOQ Games



From May 2 to 26, 2026, the FADOQ Île de Montréal Games brought together more than 300 participants in eight diverse sports, ranging from badminton to golf, including pickleball, small-pin bowling, tennis, and—for the first time—darts. This edition once again demonstrated that physical activity remains a powerful driver of personal growth, enjoyment, and vitality, regardless of age.

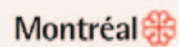
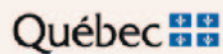
The increased involvement of local sports clubs played a key role in the success of this season. Their collaboration made it possible to offer friendly, inclusive, and accessible competitions, strengthening a sense of belonging and community engagement. The warm atmosphere, camaraderie, and positive attitude of the participants marked each day of competition.

We would also like to highlight the essential contribution of our volunteers, whose dedication and energy ensured that the events ran smoothly. Their presence is the cornerstone of our Games.

Promoting an active lifestyle remains at the heart of our mission, and we're already looking forward to seeing you again in 2027 for a new season full of challenges, new encounters, and fun!



These FADOQ Games are also made possible thanks
to the support of our valued partners



Diane Phaneuf: From Social Engagement to Building Lasting Connections

With a career marked by social commitment and a desire to bring people together, Diane Phaneuf embodies the values of solidarity and kindness that are the hallmark of the FADOQ Île de Montréal. For several years, she has dedicated her experience and energy to serving her community, particularly through the Club Les Ultramontais, where she helps create a welcoming and inclusive environment for members.

After a career in politics—which allowed her to interact with people from diverse backgrounds and gain a deeper understanding of the realities facing different communities—Diane pursued another calling that is close to her heart: volunteer work. "Social engagement fosters bonds of mutual support, friendship, and a sense of belonging, while providing a great sense of accomplishment," she explains.

It was with this in mind that she joined the FADOQ and the Club Les Ultramontais. There, she discovered a place where people can meet, share common interests, and stay active. Her involvement led her to serve on the board of directors, where she held the positions of vice president, president, and then vice president again.

"These were very rewarding experiences that allowed me to develop my skills and contribute to promising projects," she notes. What motivates her most is seeing friendships form among the members. For her, these bonds underscore the



importance of the FADOQ's mission: to break isolation and foster connections.

Among the activities she enjoys, Diane mentions social gatherings, cultural outings, community meals, and the book club. She also believes in the FADOQ's essential role in defending the rights of seniors and in its ability to make their voices heard by governments.

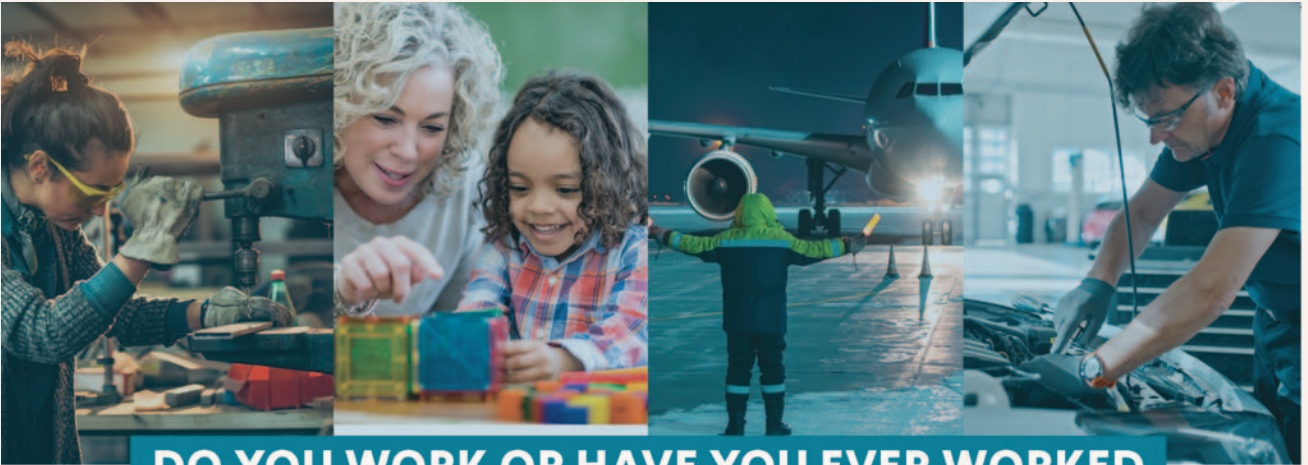
When she talks about the Les Ultramontais Club, she emphasizes the importance of a warm welcome, mutual support, and the joy of getting together. Thanks to its affiliation with the FADOQ

Île de Montréal, the club benefits from valuable support and access to a wide range of resources and activities that contribute to its members' well-being.

Aside from the FADOQ, Diane enjoys cultural activities, reading, traveling, and walking. Always active, she also continues her volunteer work with other organizations.

Her message to members embodies simplicity and optimism: "It's never too late to learn, meet new people, or take on new challenges."

Through her journey and her commitment, Diane Phaneuf is an inspiring figure at the FADOQ Île de Montréal. She is a woman for whom community involvement is, above all, a way to build connections, enrich the lives of others, and contribute to a more compassionate and supportive community.



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Oh, how time passes ever faster...



Odette Bourdon

"Oh my, It's Friday again!" I say and repeat this sentence so often. The older I get, the more I realize that time is flying by at a dizzying pace. And yet, I have quite a bit more freedom than I did during the 50 years I worked full-time! Back in the day, I was also taking classes at the university, publishing books, and raising two kids!

I have to admit that, as a retiree, I'm spoiling myself and really enjoying "taking my time"! I savor reading the morning newspapers, which I round out with crossword puzzles. Then I go through my emails and mail, accompanied by a second cup of coffee, while glancing at social media. And my morning ray of sunshine: the daily call from that dear friend, as we challenge each other with riddles and word games. What a luxury—this morning freedom I dreamed of so much when I was working!

Due to a lack of time, we often have to put aside activities that are actually very dear to us. As we get older, we also start thinking about getting our affairs in order. There's a lot to sort through: important papers, photos, mementos, love letters... It takes hours and brings back so many memories!

Such long vacations

When we were young, summer vacation seemed to go on forever. Two months without school—so much longer than the two weeks most workers get! We had so much time ahead of us. The luckiest among us traveled or spent time at a cottage. The City of Montreal's playgrounds were the day camps of today. And then there were the picnics, the field trips, the road trips, the gondola rides at LaFontaine Park, family visits, and outings to Belmont Park! When you're 10 years old, the time ahead of you seems endless. But at 80, the life we have left shrinks away, just like in Balzac's "The Magic Skin"!

We watch as family members, friends, colleagues, and acquaintances pass away. We find ourselves at the funeral home more often than at the nightclub! The cultural scene we held so dear is fading away at breakneck speed; gone are the artists who made us dream and reflect so much, and with whom we've journeyed.

And we try to estimate how much time we have left, and in what condition we'll grow old. Illness terrifies us. We're anxious. We calculate our age and our finances. But in the meantime, we're not making the most of this fleeting life... Let's shake off the gloom and live this time we've been given to the fullest!



People count on us

There's nothing like being free to keep us busy. People count on us seniors a lot. Some people think we're twiddling our thumbs or getting bored. And yet, our children, grandchildren, community organizations, friends, family, and all kinds of groups call on our expertise and our help.

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
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