Le Montréal FADOQ

Winter 2027 •
Volume 30 Nº 2

intact INSURANCE
Home • Auto



Winter programming
Registration opens on Novembre 30

Johanne Duchêne
The faces of the FADOQ MTL

A dictatorship... and oh so very insidious!
By Odette Bourdon

FADOQ
Île de Montréal



Table of Contents

3 A word from the President

4 Bulletin board

7 The faces of the FADOQ MTL

8 Winter Programming

10 Chronicles LOBE

11 Chronicles of a Baby Boomer

Have you received a renewal notice?

When you receive your renewal notice by mail or email, it's important to complete it and return it as soon as possible so that you can continue to enjoy activities, discounts and other privileges. It's all the more important if you want to take advantage of the discount offered by Intact Insurance. In fact, it's important to have your FaDoQ card in good standing in case you have to make a claim.

Have you moved?

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

To reach us

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

Le Montréal FADOQ
Winter 2027, volume 30, number 2
Randy Soumahoro, Editor-in-chief
Valentina Vlassova, Graphic design
Printing SoLISCo

A Winter Season Filled With the Spirit of Sharing and Togetherness



Jocelyne Wiseman
President

As winter approaches and the year draws to a close, it's my pleasure to address you in this new issue of the Montréal FADOQ. This time of year invites us to take a moment to reflect on our experiences, recognize the people who contribute to the vitality of our network, and look forward with enthusiasm to what lies ahead.

Over the past few months, the FADOQ Île de Montréal has continued its commitment to its members and the communities in our region. Behind each of our activities are people who get involved, connections that are forged, and opportunities to come together. It's this sense of community—nurtured by everyone's participation—that gives our mission its full meaning.

Social engagement remains at the heart of our mission. It allows us to cultivate friendships, share common interests, and maintain an active role in the community. Our affiliated clubs play a valuable role in this regard by offering activities that encourage social interaction and the pleasure of being together. I would like to acknowledge the dedication of our volunteers and everyone who, through their time and energy, help make our network a welcoming and vibrant community.

Our presence on the ground also allows us to bring these values to life and reach out to the Montreal community. This year, our participation in the VITA Festival included a FADOQ zone dedicated to intergenerational engagement, where physical and community-building activities allowed people of different generations to come together and share good times. The many initiatives we offer illustrate the importance of creating more opportunities for people to come together and, in our own small way, contribute to a more active, inclusive, and supportive community.

It's also in this spirit that we invite you to join us for our very first Christmas Dinner Dance on December 16th. We hope to make this event a special occasion to get together, share a delicious meal, dance, and celebrate together in a wonderful atmosphere. At this time of year, when reunions hold a special place in our hearts, this new event is a wonderful opportunity to share memorable moments and end the year on a high note. I hope many of you will join us.

In addition, we're continuing our efforts to evolve the ways in which we reach out to and support you. We are gradually implementing a more targeted approach that takes into account the unique realities of the various sectors on the Island of Montreal and the needs of their communities. Our goal is to make it easier for everyone to discover the possibilities our network offers and to find opportunities that resonate with them.

As we look ahead to 2027, we intend to continue in this direction, with the same commitment to listening to you, evolving our initiatives, and creating opportunities for participation that meet your expectations. This ambition is built on the collective strength of the people who are active in our clubs, the volunteers who generously give their time, the partners who support us, and our team, which works every day to bring our mission to life. To each and every one of you, I would like to express my sincere gratitude.

On behalf of the Board of Directors, I wish you a winter filled with warmth, good health, and wonderful moments with your loved ones. May the holiday season bring you joy, peace, and many reasons to celebrate.

Let's continue together to foster a community where everyone can find their place.

The FADOQ Île de Montréal Brings Generations Together at the VITA Festival

On September 18th and 19th, the FADOQ Île de Montréal took part in the VITA Festival at Maisonneuve Park, with the goal of creating opportunities for people of all generations to meet and connect.

At the heart of the festival, our intergenerational zone welcomed young and old to participate in accessible and inclusive activities. Led Zumba sessions, table tennis, cornhole, and board games allowed participants to get moving and enjoy time together, regardless of their age.

Members of our walking club also took part in a walk alongside Marcel Jobin, a prominent figure in Quebec athletics and a former competitive race walker who represented Canada on the international stage. It was a wonderful opportunity to get active together and benefit from the experience of an athlete who helped popularize race walking in Quebec.

Our presence at the VITA Festival reflects our commitment to promoting physical activity, social connections, and intergenerational exchange. By offering activities accessible to everyone, we aim to contribute to a more active, inclusive, and supportive Montreal community.

Thank you to everyone who came to meet us and helped make this weekend a wonderful time of sharing. We will continue our efforts to create more opportunities for people to come together and bring the FADOQ to life in Montreal's neighborhoods, as close as possible to its members and the community.











Feedback on Social Programs



Sophie Duchesneau
Social Program Coordinator
FADOQ île de Montréal

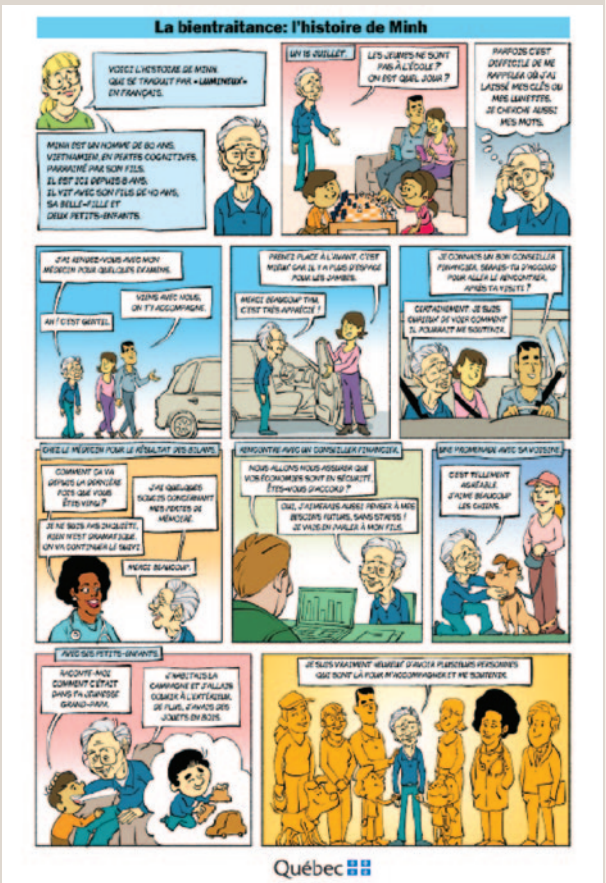
Partnerships That Make a Difference

While conferences and workshops play a significant role in the mandate of social programs in Montreal, that mandate also relies on collaboration with numerous partners and active participation in various working committees.

One of these committees is led by Ms. Louise Buzit, a provincial coordinator specializing in combating elder abuse among English-speaking seniors and those from cultural communities. It brings together, among others, regional coordinators from the Government Action Plan to Combat Elder Abuse, representatives from the Elder Abuse Helpline, community organizers, and several other partners committed to promoting elder well-being and combating elder abuse.

The collaborative efforts of all these partners have borne fruit. This collaboration has resulted in the creation of a series of comic strips featuring real-life examples of situations involving elder abuse or elder well-being that seniors may experience. Each story is accompanied by support resources, such as the Mistreatment Helpline. To reach a wider audience, these comic strips have been translated into more than a dozen languages and are distributed through a vast network of practitioners and community organizations. In this way, they help make information and resources more accessible to those who need them. **This project is a wonderful demonstration of the power of collaboration in developing practical tools tailored to the diversity of communities.**

The comic strips can be viewed and downloaded from the Mistreatment Helpline website, at **https://lignemaltraitance.ca/en/sectors/community-sector?filter=comics**. Click on the "Professionals" tab and then scroll down to "Community sector". You will then find "Comics" under the "Resoucrces" tab. In addition, four of them are displayed in large format in our offices. Feel free to check them out on your next visit!



World Day for the Prevention of Elder Abuse

A Look at an Example of Regional Mobilization

June 15th, World Elder Abuse Awareness Day, is a vital opportunity to raise public awareness about this often-overlooked issue. In Montreal, this day serves as a rallying cry, with partners from the community sector, law enforcement, and the health and social services network joining forces to offer a wide range of activities. Creative, unifying, and sometimes fun initiatives are offered throughout the region, including conferences, information booths, workshops, video screenings, entertainment, a collaborative mural, games, panel discussions, community meals, a play, etc.

Once again this year, there was a strong turnout. Thanks to the commitment of numerous organizations, professionals, and volunteers, we were able to reach hundreds of people throughout the Montreal area. These opportunities for dialogue helped raise awareness about the different types of abuse and the risks of fraud, while promoting well-being and reminding people of the importance of taking action when they are concerned about the well-being of a senior. Partner engagement plays a vital role in preventing abuse, as these activities provide an opportunity to share prevention guidelines and available resources, such as the Mistreatment Helpline. The message that resonates is this: above all, never stay alone if you are experiencing abuse. The various partners also use this day to distribute purple ribbons, a symbol of solidarity and commitment to the fight against abuse. Wearing the purple ribbon with pride is therefore a concrete gesture—not only to bring abuse out of the shadows, but above all to remind ourselves that it is unacceptable and that help is within reach.

To watch the informational videos on elder abuse, visit **santepubliquemontreal.ca** and click on the **"Conseils et prévention"** tab, then **"Maltraitance envers les personnes aînées."**



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

MCLL

Learning meets Friendship in *the West Island*

Lifelong learning programs for seniors play an important role in an aging population. The intellectual stimulation that comes with learning is widely regarded as a major factor in helping older adults maintain their cognitive abilities. But that's only half the story. Socializing and building connections are just as important to leading a healthy and fulfilling life after retirement.



Founded 35 years ago, the *McGill Community for Lifelong Learning* (MCLL) was established with this broader goal in mind: to provide in-person learning opportunities for seniors in an environment where they can explore topics, exchange ideas and socialize. Until now, MCLL has offered its collaborative learning program exclusively in downtown Montréal. Starting in January 2027, it will expand to Sainte-Anne-de-Bellevue. Conveniently located at 49 rue Sainte-Anne, the new facilities offer easy access by car or public transportation, free parking, and lovely water views.

By bringing its program directly into the community, MCLL will give West-Island seniors new opportunities to stay intellectually engaged and connect with others who their interests.

The Winter 2027 program will feature study groups on archaeology, history, politics, and a dance workshop. Registration begins in early December. For details, visit mcgill.ca/mcll.

McGill | School of Continuing Studies

Johanne Duchêne, 70 years old: The Desire to Run (and to Break Records)

"I'm the only woman he knows who wants to grow old so she can be the top finisher in her age group in a race." That's what her partner says, and Johanne doesn't disagree. At 70, she thinks this is the right time to break her records.



Photo : Simon Diotte

A Runner who has Always Felt the Call

Sports have played an important role in Johanne's life: the sense of well-being after exercise and the satisfaction of overcoming a challenge reaffirm to her that they are part of a healthy lifestyle. Just before she retired, she discovered that Les Pélicans, a very inclusive club in Rosemont, was practicing in her park. She joined the club, and once she retired, she really got into it. A few years later, she joined the FADOQ to train with Claudine Poirier, a coach and club member who offered running workouts with specific, personalized goals tailored to each FADOQ member.

Records That Make You Smile

At the Beneva Mile, Johanne thought she was in first place in her category. To her surprise, she finished second, behind the Canadian champion. Since the champion isn't from Quebec, Johanne still set a Quebec record. "I'm really proud of myself anyway!"

In the 5K, she was running right in front of the 25-minute pace setter, who was none other than Claudine. She had to keep up the pace. How could she maintain it? Hugues, a Pélican cheering from the sidelines, recognized her and stepped up his encouragement to help her keep her momentum. "It's fine, I've got this," he said. The result: 24 min 30 s, another Quebec record. Still awaiting official certification, these records remain unofficial. No fanfare for now.

Running Smarter

Johanne describes herself as a runner who always wants to go faster and do more. However, she has come to realize that training intelligently requires rest. She tries to stick to the prescribed paces and corresponding heart rate zones. She trusts her coach and is seeing progress. "The girl has gotten a little wiser."

Her Advice: Sign Up and Go

His advice to members who want to run: dare to give it a try and keep at it. The FADOQ's running sessions offer a motivating environment to improve, meet others who share the same goals, and get in shape. Perseverance and consistency develop without us even realizing it. It takes a little effort. As one of the big names in running used to say, don't overthink it. You just have to go for it.

Much More Than Just Running

For Johanne, running is much more than just physical activity—it's a source of well-being and a wonderful way to build connections. Regular training helps her structure her days. So, swimming and cycling are also part of her weekly schedule. She's already completed her first triathlon, and now she's off to take on new challenges. She has another passion: literature. She delights in immersing herself in this world of letters and words, which offers her a different perspective on herself and society. "I truly believe that the confidence I've developed through running has opened the door to other treasures just waiting to blossom."

And finally, she can't wait to reunite with her trail running buddies on Mount Royal every Monday. The sense of belonging is strong. She particularly appreciates the camaraderie that shines through in every aspect of physical activity. When one person's encouragement helps another push past their limits, it's amazing!

Winter programming

Registration is required for all activities.

Registration opens: Monday, Novembre 30, at 9 a.m.

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.

This class will also teach you various Latin dances, such as salsa, bachata, merengue, cha-cha-cha, and reggaeton.

January 12th to April 1st
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 at 514-734-1841 to schedule a physical assessment.

**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, January 22nd–March 19th
10:00 a.m. to 11:00 a.m.
Cummings Centre, 5700 Westbury Avenue
$108 – 9 sessions

Intermediate Line Dancing

Recharge your energy with this 90-minute intermediate line dance class. You'll sway and dance to a variety of music styles, including country, foxtrot, waltz, cha-cha, rumba, merengue, bachata, polka, disco, mambo, tango, cumbia, and triple swing.

Mondays, January 18th–March 15th
1:30 p.m. to 2:30 p.m.
Cummings Centre, 5700 Westbury Avenue
$99 – 9 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.

Mondays, January 18th–March 22nd
2:00 p.m. to 3:00 p.m.
Cummings Centre, 5700 Westbury Avenue
Free

Cummings World Choir

This lively, in-person singing program is sure to lift your spirits as you explore music from around the world. Sing in French, English, Hebrew, Russian, and many other languages during this two-hour musical experience, where you'll breathe more

Save up to 20% by bundling your home and auto insurance



With FADOQ FreeSpace®, enjoy this discount and many other exclusive benefits!

Call your representative or dial 1 844 223 4155

Official Insurer of the FADOQ

intact INSURANCE

This amount is not guaranteed and varies based on your individual insurance profile. Certain conditions, limitations and exclusions apply to all offers. Your individual FADOQ membership must remain in good standing for as long as your insurance policy is in force. © 2026, Intact Insurance Company. All rights reserved.

deeply, connect with your peers, and awaken your inner musician under the guidance of a highly qualified choir director.

Wednesdays, February 2nd–March 23rd
10:00 a.m. to 12:00 p.m.
Cummings Centre, 5700 Westbury Avenue
$192 – 10 sessions

Cummings University

Get ready to spark your curiosity and connect with others in this exciting new line up for this season of Cummings University. Each week, we'll dive into a fresh and fascinating topic led by an engaging expert, followed by lively conversation over coffee. From wellness and the arts to cutting-edge technology, there's something for everyone to enjoy.

This welcoming and inclusive space is the perfect place to learn, laugh, and spend meaningful time with peers. Come for the topics—stay for the community!

Tuesdays, January 18 to March 15
12:00 p.m. to 1:00 p.m.
Cummings Centre, 5700 Westbury Avenue
$55 – 8 sessions

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, January 22nd–March 12th
10:30 a.m. to 12:00 p.m.
Beth Tikvah Synagogue, 136 Westpark Blvd., Dollard-des-Ormeaux
$60 – 8 sessions

The Body Shop

This class focuses on building strength throughout the entire body, starting from the foundation! The movements combine upper- and lower-body exercises, with an emphasis on core rotation, stability, and posture. A chair may be used for additional support, but the exercises are performed standing up.

Tuesdays, January 12th–March 23rd
4:00 p.m. to 4:45 p.m.
Virtual
$64 – 11 weeks

Muscle Conditioning

This intermediate-level class focuses on improving strength, mobility, and flexibility through targeted upper and lower body exercises using light dumbbells and your own body weight. No floor exercises.

Fridays, January 15 to March 19
10:00 a.m. to 11:00 a.m.
Virtual
$56 – 10 session

Strength & Performance

A dynamic 55-minute workout designed to strengthen and tone the core, including the abdominals, back, hips, and glutes. Using a variety of equipment, this class combines strength and cardio training to improve posture, stability, functional strength, and endurance. Suitable for all fitness levels.

Tuesdays, January 12 to March 30
11:30 a.m. to 12:30 p.m.
CJA Federation West Island
$120 – 10 sessions

Cultural Outings

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 through the hands 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 an orchestra).

Friday, March 5, 2027
8:00 p.m.
Maison Symphonique
Ground floor: $71, taxes included

Encourage a Loved One to Take Care of their Hearing



Healthy hearing allows us to build connections with the people around us, fully participate in conversations, and savour moments that are uniquely ours. Any reason is a good reason to talk about hearing health with those we love.



LISTENING WITH EMPATHY

Discussing a loved one's hearing health requires patience and tact, especially if the person isn't ready to talk about it yet. Everyone moves at their own pace. By staying attentive to their concerns and respecting their choices, we offer reassuring support and remind them that we'll be there to support them at every step.

LOOKING ON THE BRIGHT SIDE

Rather than focusing on what is difficult, it's often more encouraging to approach the conversation in a positive way, by talking about what makes everyday life special.

"You're lucky to have such good friends to talk to. Your trips to the movies mean a lot to you, don't they? And the people in your walking club love having you with them."

Talking about your perspective can also help someone who doubts their hearing to see things differently.

"I really enjoy our conversations. It touches my heart to see you having a good time with your granddaughter and to listen to music with you. I hope we get to share moments like these for a long time to come."

TAKING THE FIRST STEP TOWARDS BETTER HEARING

Many people take the first step towards better hearing primarily for their loved ones, because they sense that those around them are concerned. By highlighting the moments, relationships, and activities that truly matter, we help our loved ones reflect on what they want to preserve and gently encourage them to take that first step—today or tomorrow.

© Lobe Publications 2026

If you have any doubts about the quality of your hearing, take 60 minutes for yourself. Schedule an appointment for a comprehensive hearing evaluation conducted by an audiologist.

Call 1 866-411-5623.
Just one call. We listen. We care.®

The Lobe Clinic Network

Hearing health professionals practice independently within Lobe clinic facilities.

Proud Quebec Company SINCE 2002

Lobe clinics

1 866-411-5623 / lobe.ca

A dictatorship… and oh so very insidious!



Odette Bourdon

New technologies are everywhere—not to say invasive. We entrust them with our most intimate secrets, our bank accounts, our marital status, our date of birth, and our various passwords… and they greedily devour all this personal information! The more we use them, the more insatiable they become. We're feeding the beast, as they say!

Even governments—which warn us about scams—force us to use them just as much as companies do. "Go to our website… Make an appointment… Place your order… Scan the barcode."

Your life now belongs to that smartphone. Your phone is, quite simply, your identity. Losing it is an absolute disaster.

For the safety of seniors



People often praise the benefits of technology that helps seniors live at home. We hear about homes made safer through home automation, remote controls to turn on lights and draw curtains, a wide range of online services (banking, grocery shopping, pharmacy), robot vacuums, motion-detecting cameras to monitor for falls, and digital clocks that remind users when to take their medication.

Technological advances can truly make our lives easier and more convenient. We need only consider their use in medicine—for example, in the case of cataract surgery, which used to be so painstaking but has become almost routine today. Lasers and medical imaging are undoubtedly sources of undeniable progress.

Talking to a real person

While all these technological advances offer many benefits, they also have certain drawbacks. In fact, talking to a "real person" on the phone to get service is practically a feat these days… And you really need a lot of patience to pull it off! "Press 1, then 2, then 3… Visit our website."

Recently, I had a problem with my phone. A voice offered me options, but none of them matched what I needed. I needed to speak to a human being. After several long minutes, I pressed a number at random and—miraculously—I was able to speak with a real person. The woman was incredibly kind and efficient, no doubt sensing my exasperation!

Discrimination against analogical people

Like many others, the renowned actress Fanny Ardant—interviewed by Serge Denoncourt on his TV 5 show—lamented the fact that museum tickets can only be purchased online, even though she, who loves visiting these places, describes herself as "analog."

This leaves out a significant segment of society that doesn't have access to the same services as the rest of the tech-savvy population. It's exclusion. And when you consider the cost of these devices (smartphones, tablets, computers, printers) and the learning curve involved in using them, how can we make them mandatory and assume they're suitable for everyone?

Under the guise of environmentalism, paper-based distribution has already been phased out almost everywhere—as is the case with many newspapers, flyers, and programs… But a tree grows back, unlike nanomaterials, copper, lithium, cobalt, and other critical minerals that are essential to new technologies.

Taking back control of your life

I'm sure that one day groups of citizens will turn their backs on all these technologies and artificial intelligence to reclaim their lives—the very lives that are supposedly being taken from them in the name of simplification!

We must preserve alternatives at all costs—not only to avoid marginalizing and isolating a significant portion of the population, particularly the elderly, but also to ensure we aren't caught off guard in the event of system failures!

Save up to 20% by bundling



your home and auto insurance

With FADOQ FreeSpace®,
enjoy this discount and
many other exclusive benefits!

Official Insurer
of the FADOQ

intact INSURANCE

Call your representative
or dial 1 844 223 4155

This amount is not guaranteed and varies based on your individual insurance profile. Certain conditions, limitations and exclusions apply to all offers. Your individual FADOQ membership must remain in good standing for as long as your insurance policy is in force. © 2026, Intact Insurance Company. All rights reserved.