



Région  
île de Montréal

SPRING 2025  
VOLUME 28, NUMBER 3

# LE MONTRÉAL FADOQ

**SPRING  
PROGRAMMING**

**JFADOQ GAMES  
RÉGION ÎLE DE  
MONTRÉALL**

**MICHEL LIZOTTE, THE  
JOURNEY OF A LIFE ...**  
THE FACES OF THE FADOQ MTL



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## Have you received a renewal notice?

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

## Have you moved?

To continue receiving our communications, notify us as soon as possible at 514 271-1411, extension 221, or by email at [info@fadoqmtl.org](mailto:info@fadoqmtl.org).

## To reach us

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

## Le Montréal FADOQ

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# A WORD FROM THE PRESIDENT



Jocelyne Wiseman  
President, FADOQ – Région île de Montréal

## A PROMISING SPRING THAT IS SURE TO IGNITE OUR PASSIONS

It's with great enthusiasm that I address you this beginning of spring 2025, a season always synonymous with renewal and energy, which invites us to celebrate the vitality of our community. This edition of the *Montréal FADOQ* reflects the creativity of our dedicated team, who work to enrich your daily life, highlights the involvement of our members and introduces you to all our partners.

This spring, we've put together a program that's as diverse as it's enriching, designed to awaken your passions and stimulate your curiosity. New activities are being added, always in the spirit of inclusion and collaboration that is the strength of our network. Come and discover them! Whether you're a fan of culture, sports or outdoor relaxation, we've got something for you. Thanks to the partnerships we've consolidated, we'll be able to offer you a broader experience once again this year.

Travel continues to occupy a central place in our offering, and this Spring is no exception. Our excursions promise memorable moments, from local discoveries, to adventures, to new destinations. Travel is also about meeting new people and sharing and enriching our collective experiences.

After a memorable 25th edition last year, the **FADOQ Île de Montréal Games** are back with a renewed energy. These games are much more than just a competition: they reflect our vitality, our sportsmanship and the pleasure of coming together around a common goal. This year's edition will also be highlighted by initiatives designed to include even more of our members and encourage intergenerational exchanges.

We're also proud to launch a brand-new feature this year, "The Faces of the FADOQ MTL," through which we'd like to celebrate our members, tell their stories and their journeys through life, and highlight their valuable contribution to the **FADOQ – Région Île de Montréal**.

And don't miss our contributors' columns, where they share their unique perspectives on a variety of subjects. Their inspiring perspectives fuel our thinking and enrich our discussions.

In conclusion, I invite you to make the most of this season by taking part in the many activities and initiatives on offer. Together, let's make this Spring a bright season, conducive to discovery and the creation of precious memories.

We look forward to seeing you at our upcoming events!

## MICHEL LIZOTTE, the journey of a life dedicated to sharing and action



Michel Lizotte embodies the spirit of community and dedication so characteristic of the FADOQ – Région Île de Montréal. Trained as a resource teacher, he has devoted his career to accompanying teenagers with learning difficulties or intellectual disabilities. This vocation, both demanding and profoundly human, has marked him to the point of defining his commitments throughout his life. Aside from his profession, Michel has constantly found meaning in volunteer work, whether supporting families in difficulty or actively participating in organizations such as “Vues et Voix” and “SARA d'Anjou”, where he was Chairman of the Board for several terms.

An avid hiker and nature lover, Michel has explored the Chic-Chocs mountains in the Gaspé region, walked the Way of St. James Pilgrimage from Le Puy-en-Velay to Santiago, and transformed this passion into a means of connecting to and inspiring others. At FADOQ - Région Île de Montréal, he leads the walking club, while having founded two other walking clubs in Anjou.

### Committing with passion, leading with heart

For Michel, FADOQ activities such as walking, cross-country skiing and conferences are not just leisure activities. They are opportunities for physical maintenance, cognitive stimulation and maintaining good morale. His role as a facilitator has enabled him to make genuine connections with people from diverse backgrounds. Michel describes himself as cheerful, patient and a good listener, qualities he has developed through his enriching interactions. For him, leading a group is a way of learning to be creative, to listen without judging, and to be open to different ideas. He sees every encounter as an opportunity to grow together.

### Art and history in step with each other

One of Michel's most inspiring initiatives is undoubtedly walking along Montreal's metro lines, a project

combining physical exercise and cultural discovery. In 2024, Michel and his group walked 25 km along the green line, pausing at each station to explain the history and works of art present in the area. The initiative will continue in 2025 with the Orange Line, where the route will be divided into two stages of 20 km each, adapted to different walking speeds. For Michel, this initiative is more than just a hike: it's a way of exploring the city, passing on knowledge and sharing unique moments with participants. He already plans to continue this project with the Blue Line in autumn 2025 and the Yellow Line the following spring. Always on the lookout for new challenges, Michel is also imagining a multistage circuit of the island of Montreal.

### A balance between body, mind and heart

For Michel, active aging is a personal decision, a way of approaching life with optimism and determination. “Every morning, I look in the mirror and ask myself if I want to experience a beautiful day with myself. The answer has always been yes.” His vision of life is based on a balance between physical health, intellectual fulfillment and social engagement. He keeps his body fit through daily activities, nourishes his mind by reading and attending conferences, and cultivates his mental well-being by listening to his emotions. His message to others is simple: live in the moment and empower yourself to pursue a healthy life by exploring all facets of your potential.

### A life of walking, commitment and inspiration

At nearly 78, Michel maintains an impressive pace of life. He walks between 5 and 10 kilometres a day, devours books of all kinds, and indulges his other passions such as theatre, contemporary dance and puzzles. Although he has gradually reduced his commitments with age, Michel remains active in the community. As secretary of AREQ (Jeanne-Mance sector of Montreal), an association of retired education workers, he continues to champion important causes. However, he plans to slow down after 2026 to concentrate on his passion for walking and enjoy his retirement to the full.

Michel is convinced that getting involved in a community is essential to improving daily life and giving meaning to one's own life. “To be involved in a community is to help make it a better place. I've never regretted it.” His journey is an inspiring example of what commitment, passion and love of life can achieve.

Thank you, Michel, for your dedication, your contagious energy and your commitment to the FADOQ and its members. You are an inspiration to all those who have the good fortune to share your company.



## Is it possible to no longer be master of your own home, when all you wanted to do was help?

It's not uncommon for a parent to agree to help out a child. A person may also want to accommodate a relative or friend in difficulty who needs a roof over their head for a temporary period. However, did you know that after just a few days, it could be very difficult to evict this person from your home?

From a legal standpoint, the person being housed can quickly be considered an occupant of the premises, in the same way as the person who resides there in their own right. In this context, it becomes virtually impossible for police officers to evict them, even at the owner's request. To do so, it will most likely be necessary to request a hearing and obtain a favourable ruling from the Tribunal administratif du logement, which will establish that the intruder does not reside on the premises. This judgment will then have to be enforced by a bailiff. These procedures can be very lengthy and create security issues for the person who has decided to offer accommodation.

Once settled into their "new home," guests can easily gain their host's trust and make them dependent on them. This is all the more risky if the host is elderly, suffering from a loss of autonomy or cognitive skills. As a result, the abuser could take advantage of the situation and use the elderly host's vulnerability to his or her advantage. The elderly host is then exposed to the risk of abuse of all kinds (physical, psychological, financial, sexual, neglect).

Here are a few examples of situations in which the police unfortunately have to intervene on a regular basis at the request of a third party or an outsider who has witnessed the abuse. For example, a child may be using their parent's credit/debit card to spend money without permission, thus squandering their life savings. As a result, bills, rent and mortgage payments are no longer paid, due to lack of funds. The senior is no longer master of his or her own home, but is confined to it and isolated. In other cases, the elderly person is threatened if they don't give money when asked; they don't feel able to say no, either out of fear or out of a genuine desire to help a loved one. It's also possible that the elderly person is deprived of community assistance and no longer has access to CLSC services, as any caregiver or volunteer is barred from entering the home. The elderly person may also be malnourished, because their money is used to go to restaurants and there is no food left at home. If they ask for help with household chores, they are physically attacked and injured. Some people have even sold the property of the person who took them in, disappearing and pocketing the profits, leaving their host penniless and homeless.

Behind each of these examples may lie criminal offences in which the elderly person is the victim. This is not fiction; these are unfortunately all-too-common situations of abuse.

### You don't have to put up with this abuse; say NO!

If you are in a situation of this kind, or know someone who is living with an abusive person, don't let the situation go on. The person won't stop on their own, they won't be able to be evicted and the situation will get worse.

**Call the police, report the situation so that a concerted intervention with various partners can begin. Calling the police means beginning the process of putting an end to the abuse and getting the abuser out of the house.** It also enables caregivers from different backgrounds to come and offer services in the home, but above all, it's a caring way of restoring dignity, autonomy and security to a person who only wanted to help others.

Each Montreal Police Department neighbourhood station is staffed with a social and community police officer who is responsible for, and an expert in, maltreatment of seniors and other persons of full age in vulnerable situations. Help us help you by reporting any situation that worries you.

**To obtain the contact information for your neighbourhood police station, visit [www.spvm.qc.ca](http://www.spvm.qc.ca) under the Neighbourhood Police tab.**

#### Sergent Sébastien Hébert

Strategic Advisor  
Prevention Strategy and Community Relations Module  
Prevention and Urban Security Division  
Montreal Police Department

# PROGRAMMING

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 (amili.com) **Registration opens: Tuesday, March 4th at 9 a.m.**

## SPORTING ACTIVITIES

In collaboration with  
the Cummings Centre



### Self-defense workshop

Workshop offered simultaneously in French and English by Mr. Georges Manoli, retired police officer and certified self-defense and assertiveness instructor. Highlights the mental and physical resources you already possess to deal effectively with the fear, panic and confusion that arise during an assault.

**Module 1** May 5th: Assaults, statistics, steps, etc.  
2:30 p.m. to 4:30 p.m.

**Module 2** May 12th: My defense tools  
2:30 p.m. to 4:30 p.m.

Cummings Centre, 5700 Westbury Avenue  
\$60

### The body shop (Bilingual virtual training)

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

Tuesdays, from 22 avril to 10 June  
4 to 4:45 p.m.  
Virtual  
\$63



## TRAVEL / STAYS / OUTINGS



In collaboration with

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

### Cruise the Rideau Canal aboard an electric boat

Tuesday, July 29th  
\$179 per person (1 day / 1 meal)

### "Crooner" show cruise aboard the Grand cru in Magog

Tuesday, August 5th  
\$259 /pers. (1 day / 1 meal)

### Boston, The Castles and Cape Cod

August 15th to 19th  
\$1,269/pers. Double occ. (5 days / 4 meals)

### Georgian Bay, Michigan and the Great Lakes

August 17th to 24th  
Before April 25th: \$2,349/pers. Double occ. (8 days / 19 meals)

### Les belles Sœurs symphonique

Thursday, August 28th  
\$289/person (1 day / 1 meal)

### From Toronto to Niagara

September 28 to October 2  
\$899/pers. Double occ. (5 days / 4 meals)

### Starry sky tour, Mont Mégantic ASTROLab

October 17th  
\$219/person (1 day / 1 meal)

## CULTURAL ACTIVITIES

### Pointe-à-Callière Museum

Guided tour of the permanent exhibition: Where Montréal Began

The Fort Ville-Marie – Québecor Pavilion houses a new exhibition, Where Montréal Began, paying vibrant tribute to Paul de Chomedey de Maisonneuve and Jeanne Mance, from the very start of their venture inspired by the dream of founding a mission, converting the Indigenous people to Christianity and building a new society. The exhibition opens with an installation evoking the first Mass celebrated here, and introduces each of the other settlers who also chose to leave France for the New World, inspired by their religious faith. A projection fills the space and creates an atmosphere evoking Montréal Island when the settlement was founded.

Wednesday, April 30th – 1:30 p.m. to 3 p.m.  
Pointe à Callière Museum  
\$20

## FADOQ 2025 CULTURE DAYS

L'Art et la culture, moteurs de résilience des personnes âgées, made possible by financial assistance from the Fonds d'innovation et de rayonnement de la Métropole (FIRM) presents: Culture Days at the Maison de la culture Côte-des-Neiges. On the program:

### Tuesday, June 3, 2025

10:30 a.m. – Lecture No. 1 by Dominique Bergeron on correspondence between a mother and son during the First World War

2 p.m. – Lecture No. 2 by Dominique Bergeron on a century of family photos from the Laurier East district

7:30 p.m. – Musical evening, banjo and lyrics: Thomas Hellman “Mythomane”

### Wednesday, June 4, 2025

10:30 a.m. – Screening of the film “Dis-moi pourquoi ces choses sont si belles” with the director or one of the actors on hand.

2 p.m. – Screening of the documentary “Atik, gardien du territoire” with the director on site

7:30 p.m.– Native dance with native artist Barbara Diaron

### Thursday, June 5, 2025

1 p.m. – Meeting with comedians on the themes of old age, generational conflicts and misunderstandings

2:30 p.m. – Screening of Louise Archambault's film “Irena's Promise”, a film about the Holocaust, presented by a representative of the Holocaust Museum

7:30 p.m. – Closing show: Klezstory with the Montreal Chamber Music Orchestra, I Musici

*These events have been made possible thanks to the financial participation of the Secrétariat à la région métropolitaine of the Ministère des Affaires municipales et de l'Habitation and the City of Montreal's Maison de la culture Côte-des-Neiges.*

*NB: These events and activities will be provided in English.*



## CONFÉRENCES

### A good night's sleep for healthy aging

Sleep plays a crucial role in maintaining our overall health and cognitive functions. During sleep, our brain processes emotions and memories, helping to regulate our mood and reduce stress. Quality sleep also optimizes memory and intellectual capacity. So, investing in a good night's sleep is one of the easiest ways to age healthily. Based on the latest scientific evidence and anecdotes from the news, this presentation will help you learn more.

Thursday, April 10th – 10 a.m. to 11:30 a.m.  
Centre Récréatif Édouard Rivet, 11 111 Notre-Dame Street, Montreal East  
\$5

### Alzheimer's disease

Information meeting on services offered by the Alzheimer Society of Montreal, on neurocognitive disorders and on caregiving.

Wednesday, April 30th – 2 to 3:30 p.m.

Les Amis du Vieux Moulin, 245 ch. du Bord-du-Lac Lakeshore, Pointe-Claire

Free

### Meeting of members

Prepare for today's and tomorrow's cyber security challenges

Anticipate tomorrow's challenges with cyber security training specially designed for FADOQ members. This training will equip you to mitigate the risks associated with emerging technologies, such as artificial intelligence, and awaken you to the importance of the human factor in securing your personal data and devices.

Understanding how to protect your sensitive information such as personal details is crucial, whatever your current professional situation. This training will help you to navigate safely in the modern digital world and adopt secure practices in your daily life.

Thursday, March 13th – 9 a.m.

Plaza Universel

\$10

*NB: These events and activities will be provided in English.*

## EVENTS

### Dinner-dance!

Join us for a disco-themed dinner-dance, where conviviality and fun are the order of the day! Get out your glitter and come celebrate in a warm and lively atmosphere.

Thursday, May 29th – 5:30 p.m. to 11 p.m.

Plaza Antique

\$80 per person, including cocktail, 3-course dinner, 2 bottles of wine per table, door prizes!

Don't miss this unforgettable evening! Book now!

### FADOQ Annual Golf Tournament

FADOQ – Région île de Montréal invites you to its annual Golf Tournament at Club de Golf St-François de Laval!

Thursday, June 12th – Simultaneous tee-offs from 11 a.m.

Club de Golf St-François de Laval

\$150 including green fee, cart, door prizes and supper.

Two categories offered:

COMPETITIVE - Double, 50+ and 65+.

RECREATIONAL - Double/Foursome

The winning team in each competitive category (6 teams in total) will be invited to represent Montreal at the Provincial Games, to be held in Laval, September 16-18, 2025.



# FADOQ 2025 GRAND TOURNAMENTS

As part of the FADOQ Games, the FADOQ Grand Tournaments offer a unique opportunity for enthusiasts aged 50 and over to take up the challenge in one or more disciplines of their choice, while enjoying a dynamic day in excellent company. In a friendly, competitive and festive atmosphere, these events are designed to bring together participants who share the same passions and values.

Whether you're a seasoned player or a curious amateur, the FADOQ Grand Tournaments promise memorable moments where surpassing yourself and having fun combine to create an enriching and stimulating experience.

## RACE / YMCA CHALLENGE

In collaboration with the YMCA Race, take part in a race bringing together over 1,400 participants.

**Saturday, May 3 – Time: Variable**

**Maisonneuve Park**

**Cost: To be determined**

**Distance: 5 km or 10 km – Category: Men and women**

The best times will be invited to represent Montréal at the provincial games, to be held in Laval from September 16 to 18, 2025.

## PICKLEBALL Tournament

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

**Tuesday, May 20th – 9 a.m. to 5 p.m.**

**\$40 per team**

**Categories: Participative and competitive**

**Doubles: Men's, women's and mixed**

– Levels: beginner, intermediate or advanced

– Ages: 50+, 65+.

**Meal option:** A box lunch is available for \$20.

Bring your racket and your energy! Organizers reserve the right to adjust levels according to registrations.

\*The winning team in each competitive category and age group will be invited to represent Montreal at the provincial games, to be held in Laval, September 16-18, 2025.

## PETANQUE Tournament

Organized in collaboration with Club de pétanque La Boule in Lafontaine Park, round-robin competition, four 13-point games guaranteed.

**Wednesday, May 21st – 10 a.m. to 2 p.m.**

**Lafontaine Park 3819 Calixa-Lavallée Montreal**

**\$27 / team, Each team must include at least 1 woman.**



## Exclusively for those at least 50 years young!

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**Information:** You must bring your petanque balls. Free parking on site. In case of rain, the tournament is postponed to: May 22nd. The winning team will be invited to represent Montreal at the provincial games, to be held in Laval, September 16-18, 2025.

## SINGLES TABLE TENNIS

Join us for an exciting and energetic competition at Complexe sportif Claude-Robillard! Whether you're a beginner, intermediate or advanced, come and measure yourself against others in a dynamic and friendly atmosphere.

**Friday, May 23rd – 8 a.m. to 2 p.m.**  
**Complexe sportif Claude-Robillard,**  
**1000 Émile-Journault Avenue**  
**\$20 per player**

**Competition details:** Round robin format, followed by elimination and consolation rounds 3 of 5 Games, with 11-point rounds guaranteed

**Categories: Men and women, beginner, intermediate or advanced level**

Bring your racket and your sporting spirit! The organizers reserve the right to group levels depending on registrations.

## Badminton Tournament

Get ready for friendly, exciting competition in singles and doubles!

Grab your rackets for a day punctuated by elimination rounds, a consolation round and guaranteed fun: each team will play the same number of matches.

**Monday, May 26th – 9 a.m. to 5 p.m.**  
**Centre Pierre-Charbonneau, 3000 Viau Street**  
**\$20 per person**

**Categories: Men, women and mixed**  
 – Intermediate and advanced levels  
 – Age groups: 50+, 65+.

Bring your racket; we provide feather shuttlecocks (1) for each game. A box lunch is also available at a cost of \$20. Organizers reserve the right to adjust levels depending on registrations.

## SMALL-PIN BOWLING Tournament

In the mood for a fun and competitive morning? Gather your friends for a small-pin bowling tournament in a friendly, festive atmosphere! Three games guaranteed for maximum fun and a chance to shine on the scoreboard.

**Tuesday, May 27th – 10 a.m. to 12 p.m.**  
**Le Domaine Bowling Alley, 3235 Avenue de Granby**  
**\$65 per team or \$13 per person**

**Rules:** Each team must include at least 2 women. Bring your own shoes or rent some on site.

Form your team and come and throw-down some pins in a warm and festive atmosphere! The winning team will be invited to represent Montreal at the provincial games, to be held in Laval, September 16-18, 2025.

## TENNIS TOURNAMENT Davis Cup formula

Come and enjoy a unique and unifying experience in a Davis Cup-style tournament! Join a team of six players where every point counts to lead your group to victory. A great opportunity to share your passion for tennis in a friendly, sporting atmosphere.

**Wednesday, May 28th – 10 a.m. to 12 a.m. or 12 p.m. to 14 p.m. (choose your block of time)**  
**IGA Stadium, 285 Gary-Carter Street**  
**\$20 per player**

### Game format:

- Doubles matches, with 3 games and 6 sets guaranteed
- All players, level 3 and up, compete together
- Balanced teams for stimulating, evenly matched matches



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## CHRONICLES OF A BABY BOOMER

By Odette Bourdon

# THE RICHNESS OF INTERGENERATIONAL RELATIONSHIPS

That day, three generations were gathered and we all had a great time! I was visiting my niece with one of my brothers and the parents of our wonderful hostess, the lovely Marie-Josée. She teaches singing and her husband teaches guitar. We went down to the basement studio where their two teenage daughters accompanied us. One by one, we picked up the microphone and sang our hearts out! My sister Irène, the grandmother, played the drums, while Guy, her son-in-law, accompanied her. A karaoke session followed our solos.

My family is on the same wavelength. Singing and music bring us together! We always leave with light hearts, soothed souls and big smiles on our faces.

### **Dinners well washed down with ... conversation!**

I regularly go out to eat with my goddaughter or her cousin, both in their twenties. Our meals are always accompanied by lively discussions. Our ideas sometimes diverge, but I enjoy learning their vocabulary and philosophy. I listen attentively, ask for explanations and also share my opinions. I remind them of the struggles we have waged for the preservation of French and for equality between men and women. I repeat that nothing can be taken for granted. That we need to be extremely vigilant. As a journalist with *Montréal-Matin* in the '70s, I witnessed the epic struggles of women!

But I also hear their concerns about the environment and housing. Work no longer seems to be a goal in their lives, but a necessary sideline

that takes up too much time in their daily lives. When I think of the major upheavals that surely lie ahead, I tell myself that young people will have to be strong, courageous, bold and resilient. I encourage them to be as independent as possible.

Even though we sometimes clash on the subject of tattoos, whose dermatological damage I fear, and the new sharing economy with Uber and Amazon, with no regard for local merchants, we respect each other. We discuss!

### **To each generation, their own ideas**

Every generation is vastly different from those that came before and those that will follow. I now have a greater understanding of my parents – they were surely as disconcerted as I am today for other reasons – faced with boys with long hair, hippie fashion, demonstrations and the latitude allowed by the famous pill and women's liberation.

I remember conversations with my mother when I'd encourage her to have a second coffee with me in the morning. As we chatted, we drew closer to each other, despite our diametrically opposed childhoods.



### **Citizen Initiatives**

There are many initiatives aimed at bringing generations together. The *Petits Frères des Pauvres* (Little Brothers of the Poor) have been encouraging the young and not-so-young to visit isolated seniors for decades. In hospitals, grandmothers cradle babies with gentleness and tenderness. Students share accommodations with seniors in exchange for services. Seniors' Residences even house day-care centres ... to the delight of young and old alike!

Dialogue, sharing and open-mindedness are vital to better understanding and appreciating each other.



**Marie-Josée Taillefer**  
Ambassador of Lobe clinics  
and of hearing health

# Every Moment Deserves to Be Heard!

**Have your hearing checked.**

Make an appointment for a **free hearing consultation\***, which includes a brief hearing evaluation, and learn about the benefits\*\* offered to **FADOQ** members.

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

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*\*Permanent offer. 18 and over.*

*\*\* The benefits of the Peace of mind+ program are available until December 31, 2025. Eligibility for the program and its terms are subject to certain conditions. See the details at your clinic.*

**Lobe**  
clinics

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Learn more at  
[telaidemontreal.org](https://telaidemontreal.org)