



Région
île de Montréal

WINTER 2026
VOLUME 29, NUMBER 2

LE MONTRÉAL FADOQ

**WINTER
PROGRAM**

MARCELLE BASTIEN
THE FACES OF THE FADOQ MTL

**ROBOTICS AT
OUR DOORSTEP!**
BY ODETTE BOURDON



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Table of Contents

Review of the 2025 Provincial FADOQ Games – Laval	4
“Taking the time to think protects me.”	5
Winter program	6
The faces of the FADOQ MTL	8
Chronicles of a baby boomer	10

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

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Randy Soumahoro, Editor-in-chief
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Jocelyne Wiseman
President, FADOQ – Région Île de Montréal

A WORD FROM THE PRESIDENT

2026: A YEAR FOCUSED ON SOLIDARITY, ACTION, AND COMMUNITY SPIRIT

As winter slowly settles over our beautiful city, it's with great pleasure that I address you in this new issue of the Montréal FADOQ. The end of the year is approaching, and this moment always seems like a good time to reflect on how far we have come and to look ahead together to the future.

2025 was a year rich in achievements. Our members took part in a host of activities that demonstrate the vitality and diversity of our network. Our local clubs and committees were able to renew and innovate, demonstrating once again that social participation is at the heart of our mission. We have seen initiatives multiply in the boroughs, partnerships strengthen, and, above all, we have seen a collective commitment that continues to grow. That's why we are counting on your contribution to encourage and convince others to join our large family.

I would like to highlight the success of our FADOQ - Région Île de Montréal Games, which continue to be a wonderful symbol of togetherness, effort, and fun. Their success is based on the energy of our volunteers, the passion of all our participating members, and the

unwavering support of our partners. It's by working together that we make these events unforgettable moments.

Over the past year, the FADOQ - Région Île de Montréal has also continued to modernize. We have adapted our communication tools to better reach our members and are working to make our services increasingly accessible and inclusive. We want everyone to find their place in our network, regardless of their background or interests.

Prevention remains at the heart of our concerns, particularly when it comes to the safety and protection of seniors. After a year marked by our efforts to raise awareness about fraud, we will continue to inform, support, and empower our members in 2026. We are convinced that being well supported and well informed is also a way to age with confidence and peace of mind.

The year 2026 also promises to be one of solidarity and renewal. We want to highlight the human bonds that unite our community, while opening the door to new projects. Promising collaborations will emerge, as well as several initiatives aimed at strengthening our presence in the field and better responding to the needs of seniors on the Island of Montreal.

I would also like to take this opportunity to sincerely thank all of those who help keep our network alive, including members, volunteers, partners, and, of course, the entire FADOQ - Région Île de Montréal team. Your commitment and trust are the true drivers of our collective success.

As we begin a new year, on behalf of the Board of Directors, I wish you a holiday season filled with warmth, kindness, and beautiful, happy moments shared with loved ones. May 2026 bring you good health, peace of mind, and many opportunities to enjoy all that our wonderful community has to offer.

Together, let's continue to build on the success of the FADOQ - Région Île de Montréal!

BULLETIN BOARD

Review of the 2025 Provincial FADOQ Games – Laval

We would like to warmly congratulate our participants who proudly represented the Montreal region at the 2025 FADOQ Provincial Games, held in Laval last September.

Thanks to their commitment, sportsmanship, and determination, many of them excelled in their respective disciplines.

Mixed golf 50+

Congratulations to Liette Couture and Thurston Labissière for their well-deserved bronze medal!

Women's Race

- Johanne Duchêne won the silver medal in the 10 km race – 50+ category
- Micheline Lefebvre distinguished herself with the silver medal in the 5 km race – 70+ category
- Nicole Labrosse won the bronze medal in the 5 km race – 70+ category

Men's Race – 60+ category

- Carl St-Jacques won the gold medal in the 5 km and 10 km events
- Sylvain Garneau won the silver medal in the 10 km event

Men's Race – 70+ category

- Antonio Samson distinguished himself by winning gold medals in the 5 km and 10 km events.

The participation of our members also enabled us to brilliantly represent Montreal in the following disciplines:

Pickleball – Small-pin bowling – Golf - Running

We are proud of each and every participant, whether they won a medal or simply took part in this wonderful adventure. Their passion, energy, and team spirit put Montreal in the spotlight throughout these games.

Well done, everyone!

See you in 2026!

We are already looking forward to the next edition of the FADOQ Provincial Games, which will be held in Saint-Hyacinthe in September 2026. So mark your calendars for this new opportunity to push your limits, create memories, and proudly represent our region.



Invite your non-member friend
to join a FADOQ activity at
the same price as a member.

The offer can be used once.

New Vice President on our Board of Directors



The FADOQ - Région Île de Montréal is pleased to announce the appointment of Francine Caron as Vice-President for the 2025-2026 term.

A committed member and administrator on our board of directors for several years, Ms. Caron has distinguished herself through her dedication, thoroughness, and deep knowledge of the community. Her appointment reflects the trust her peers have in her and her commitment to promoting FADOQ's mission among seniors in the region.

We extend our sincere congratulations and wish her every success in her new role.

The FADOQ – Région île de Montréal is proud to share with you the results of the successful *2025 Visit a Senior campaign* conducted by the City of Montreal Police Department.



“TAKING THE TIME TO THINK PROTECTS ME.”

Deactivating emotional triggers: a multi-step approach

This method is inspired by neuro-linguistic programming (NLP), cognitive psychology, and mindfulness. It helps you **better understand your emotional reactions, regulate them, and regain control, especially when faced with manipulation such as scams.**

Practical application

Fraudsters use emotional triggers to push you into acting without thinking. Here's how to protect yourself:

1. Recognize manipulation techniques

Scammers often play on:

- Fear: “Your account is going to be blocked!”
- Urgency: “You must act immediately!”
- Authority: “I’m from the bank/police...”
- Confusion: to prevent you from thinking clearly.

Becoming aware of these techniques is already a first step toward disarming the trap.

2. Create an interruption reflex

As soon as you feel stress or pressure:

- Pause for a moment.
- Take a deep breath.
- Ask yourself this question: “Am I reacting or choosing?”

3. Return to a calm state

Stress activates the brain's “survival” mode, which blocks the ability to think clearly.

- Breathe slowly. This helps you calm down and think clearly.

4. Fact check

- Never make a decision under pressure. Give your brain time to calm down so that you can properly and adequately analyze the situation.
- Verify the person's identity through an official channel.
- Seek advice from someone you trust.

5. Reprogram your belief

If you tend to believe that “acting quickly avoids problems,” rephrase it as follows:

“Taking the time to think protects me.” Repeat this sentence to strengthen your vigilance.

Example of a mental strategy to adopt:

- Stimulus: stressful call or message
- Reflex: pause + breathe + ask yourself:
- “Is this a real emergency or manipulation?”
- Chosen response: hang up, fact check, consult.

Triggers don't just come from scams. They can also arise in your personal or professional life. **Learning to recognize and deactivate emotional triggers allows you to regain control, whether you're facing a scam or in your everyday life.** By developing your awareness, calmness, and ability to control your reactions, you strengthen your inner security and freedom of action.

Sergent Sébastien Hébert, B.Sc

Advisor, Maltreatment of seniors and other persons of full age in vulnerable situations
Community Relations Section
Urban Prevention and Safety Division (DPSU)
City of Montreal Police Service

Sophie Duchesneau

Social Programs Manager
FADOQ – Région île de Montréal

PROGRAM

Registration is mandatory for all activities and events.

To register: by phone 514-271-1411 or

online at Boutique Réseau FADOQ - Région île de Montréal (amilia.com)

Registration opens: Wednesday, December 3rd at 9 am.

Conference Falls prevention workshop

This workshop is intended for people aged 50 and over who are concerned about fall prevention, either for themselves or for a senior in their care. Designed in partnership with the Regional Public Health Department, the workshop focuses on recognizing the various risk factors for falls among seniors and offers practical advice for modifying daily habits.

Tuesday, February 3rd at 1:30 pm
Free
Virtual

Functional core (bilingual)



This in-person class, for intermediate to advanced levels, aims to strengthen the abdominal wall and the core muscles. It requires the use of various accessories that are provided in class, such as dumbbells, balls, rollers, and bands. The exercises are performed in different positions: standing, sitting, lying down, or on all fours.

Fridays, January 16th to March 20th
10:00 a.m. to 11:00 a.m.
Cummings Center, 5700 Westbury Avenue
\$168 – 14 sessions

Memorable Melodies (bilingual)

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

Mondays, January 12th and 26th, February 2nd, 9th, and 23rd, and March 2nd, 9th, and 23rd
2:00 p.m. to 3:00 p.m.
Cummings Center, 5700 Westbury Avenue
Free

Art with Lisa (bilingual)

This art program for beginners offers participants an environment conducive to engaging 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, September 5th to December 12th
10:30 a.m. to 12:00 p.m.
Beth Tikvah Congregation, 136 Westpark Boulevard,
Dollard-des-Ormeaux
\$120 – 15 sessions

Cummings University (bilingual)

Each week, explore a fascinating topic with a guest expert, followed by a friendly discussion over coffee. Wellness, arts, technology... there's something for everyone! A welcoming space to learn, exchange ideas, and forge connections. Come for the ideas, stay for the community!

Tuesdays, February 3rd to March 17th
12 p.m. to 1 p.m.
Cummings Center, 5700 Westbury Avenue
\$28 – 7 sessions

Cummings World Choir (bilingual)

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, January 7th to April 5th
10 a.m. to 12 p.m.
Cummings Center, 5700 Westbury Avenue
\$285 – 15 sessions

The Body Shop (bilingual virtual workout)

This class focuses on developing strength throughout the body from the core up! The movements are a combination of 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 done standing up.

Tuesdays, January 6th to March 24th

4:00 p.m. to 4:45 p.m.

Virtual

\$68 – 12 sessions

Strength and Cardio Interval Training (bilingual)

This 30-minute interval class will challenge you with aerobic-style exercises and muscle conditioning exercises (body weight and small dumbbells). A quick warm-up and stretching are included. A great way to fit exercise into a busy day!

Beginner/Intermediate

Wednesdays, January 7th to March 25th

12:45 p.m. to 1:15 p.m.

Virtual

\$33 – 12 sessions

Intermediate/advanced

Mondays, January 5th to March 23rd

12:45 p.m. to 1:15 p.m.

Virtual

\$33 – 12 sessions

Strength and Flexibility

This beginner to intermediate class will focus on improving strength, mobility, and flexibility through mindful movements. Intervals involve standing and seated exercises.

Date : details coming soon

1:30 to 2:30 pm

Federation CJA West Island, 96 Roger-Pilon street,
Dollard-des-Ormeaux

Price : coming soon



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THE FACES OF THE FADOQ MTL



MARCELLE BASTIEN – A LIFE OF COMMUNITY SERVICE

When we talk about sincere and lasting commitment, the name Marcelle Bastien naturally comes to mind. As former vice-president of the board of directors of FADOQ – Région Île de Montréal, she perfectly embodies the generosity, sense of duty, and passion for collective well-being that have always driven the FADOQ network. Her career reflects her relentless pursuit of more inclusive, dynamic, and humane living environments.

A remarkable start in the community

Marcelle's history with the FADOQ dates back to 1995 when she was hired as Executive Director of the Lajeunesse Community Recreation Center (CLCL). At the time, the FADOQ played an important role there, both on the hiring committee and on the board of directors.

"I wasn't old enough to be a member yet," she recalls with a laugh. But she was already interacting with the FADOQ on a daily basis and discovering its strength, structure, and spirit of mutual aid.

It wasn't until 2001, at the age of 50, that she officially became a member, even though she couldn't get actively involved due to her professional status. But once she retired, she finally realized in 2016 what seemed like an obvious step: she ran for the board of directors of the Montreal FADOQ.

A career woven with commitment

During her more than 21 years at the helm of the CLCL, Marcelle supported 12 internal organizations, including the FADOQ, in large-scale projects. She particularly remembers important struggles for institutional and financial recognition: "We had to defend our tax exempt status twice, and we also worked hard to have the Centre recognized as an 'A' rated organization by the City of Montreal and funded by the Quebec government. The FADOQ played a major role in these successes."

This experience shaped her sense of leadership and teamwork, qualities she later put to good use on the FADOQ board of directors. In fact, when she arrived as an administrator she very naturally reconnected with a long-time colleague, Rosée Tremblay, now General Manager of the FADOQ - Région Île de Montréal. "We've known each other since she arrived at the Centre in 2011. Her advice and willingness to listen have always been invaluable," says Marcelle.

A committed and inspired vice president

Now vice president, Marcelle enthusiastically devotes herself to issues that are sometimes complex but always meaningful. "This role has allowed me to feel useful, to lend my voice and experience to a cause I deeply believe in."

Earning an MBA in Business Administration (Collective Enterprises option) at the age of 56 reinforced her strategic and human approach to leadership. Under the presidency of Jocelyne Wiseman, she participated in structural reflections, including the ongoing issue of the location of the FADOQ's offices. She speaks with respect of "a close-knit, competent team guided by inspiring leadership." For Marcelle, the FADOQ is not just an organization. "It's a quiet force, a voice that governments listen to, and a catalyst for people aged 50 and over."

Strong values and a deep love for the community

When asked about a memorable moment, she hesitates. It's difficult to choose from among those experienced during 30 years of direct or indirect involvement. "The FADOQ is my pet organization," she says simply. A sincere affection, nurtured by years of collaboration, challenges overcome, and shared successes. She has nothing but praise for her colleagues: "The members of the board of directors, both past and present, are dedicated and conscientious. It's a pleasure to work together in an atmosphere of respect and good humour."

A busy retirement focused on others

Since retiring, Marcelle has lost none of her energy. "I think I'm busier than when I was working!" she says with a laugh. She moved into a seniors' home in Rosemont in 2019 and has found it to be a true haven of peace. Her bright apartment overlooks a wall of trees and, in the distance, Mount Royal.

She enthusiastically participates in activities such as toning classes, aqua fitness, and daily walks, and quickly became involved as a volunteer in the community life of the residence. Her most notable project? An environmental initiative she launched herself: collecting returnable cans and bottles in the residence's four buildings. This program, managed with the help of

volunteers and young people from the neighborhood youth center, helps fund youth projects thanks to funds provided by Consignaction. "Everyone wins: residents participate with pride, young people benefit, and so does the environment!"

A philosophy of life focused on giving and joy

For Marcelle, getting involved is essential to happiness. "I don't see how you can be happy without caring about your community. Even the smallest contribution makes a difference." She sees every act of mutual aid as a source of shared pride. "When you get involved, you do good for others, but you also do good for yourself." Her professional and personal journey is striking proof that aging is a privilege and that you can remain active, useful, and passionate at any age.

A source of inspiration

Through her constant commitment, her caring humor, and her belief in collective action, Marcelle Bastien perfectly embodies FADOQ's values: commitment, respect, cooperation, and the joy of active living.

A woman of conviction, compassion, and community spirit, and a source of inspiration for all those who believe that a better world can be built simply by getting involved.



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CHRONICLES OF A BABY BOOMER

By Odette Bourdon

At the rate things are going, I wouldn't be surprised at all if, before long, our leaders are nothing more than mouthpieces subservient to artificial intelligence. AI will dictate their speeches, suggest unifying themes, and even find solutions to governance problems. And I must admit that, as I write these lines, I'm almost wondering if we're not already there!

Services... without human contact

In restaurants, servers will be robots capable of bringing dishes to the table and cleaning it when our allotted time for the meal is up. Everything will be automated. And it will be the same in hospitals. Robots—and this is already happening—will assist surgeons and will be responsible for the most complex excisions and sutures. Machines have already replaced tellers in banks; soon you'll be negotiating your mortgage without meeting anyone!

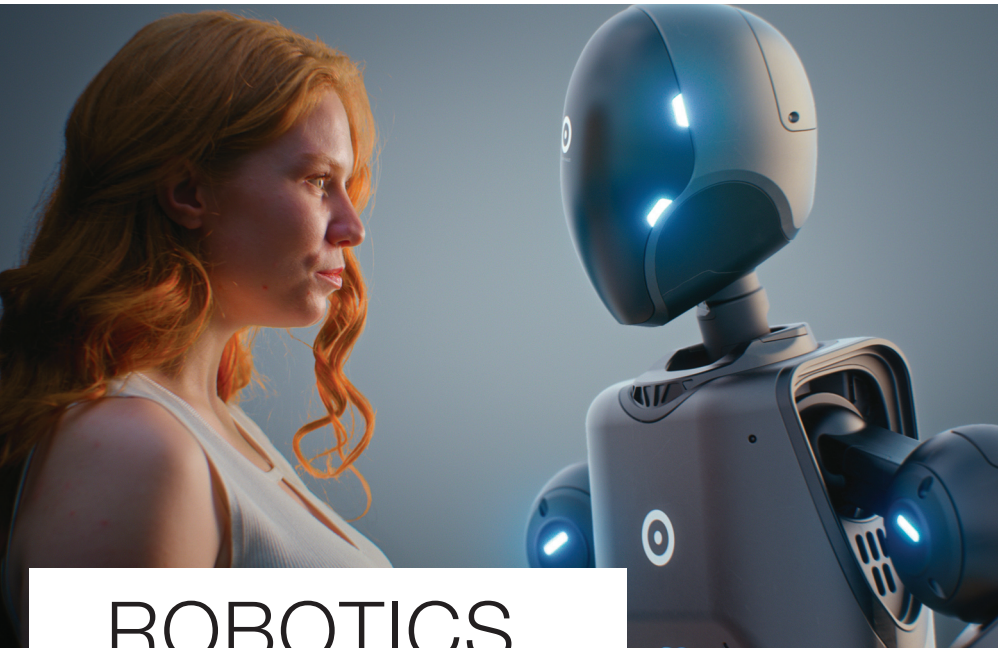
To keep your house clean, all you will have to do is program your personal robot. It will carry out the necessary tasks without ever complaining. As long as it has a

well-charged battery, it won't count the hours and won't get a sore back washing the floors!

It goes without saying that transportation will be driverless. The REM already does that...! As for our cars, they'll take us to our destinations while we take a nap or play that brand new video game, or perhaps escape into another world via our virtual reality headsets.

Studies and Diplomas

Teachers are already struggling with homework and other assignments written "thanks" to artificial intelligence. Personal essays are a thing of the past. Learning seems to have lost its charm. Since everything can be found on the internet, why bother



ROBOTICS AT OUR DOORSTEP!

memorizing or racking your brains? Emojis replace words so well. And besides, there's no need to conjugate them in what was once referred to as the language of Shakespeare.

Of what value will be degrees obtained with the least possible effort? What kind of society will we live in?

And what about human relationships?

Soon, your best friend might be Romi, the conversational chatbot that's all the rage in Japan. It's said to be very effective at calming anxiety... and loneliness! Oddly enough, when I was very young, we had a guinea pig named Romi! He would sometimes snuggle up to

my neck and purr. We mostly fed him lettuce and carrots, and when someone opened the fridge, he would squeal with hungry delight!

Who knows, maybe in my old age I'll find myself with another Romi, but this one powered by artificial intelligence. It might even be in the form of a dog! It will understand my world and take it into account in our interactions...!

And yet, nothing will ever replace friendly hugs, fits of laughter between colleagues, caring cuddles, a hand run through hair, a little pat on the shoulder or gatherings between family and friends.

If only progress would just slow down a little!

MCLL

The Power of Lifelong Learning for Older Adults

What's the secret to thriving as we age? It lies in two powerful forces: social connection and cognitive engagement. Research highlights how meaningful relationships can shield us from emotional and cognitive decline, while mental stimulation keeps our minds agile and sharp. Peer-learning unites these two pillars, offering a path for shared discovery, lasting purpose, and joyful connection through learning together.



At McGill University's Community for Lifelong Learning (MCLL), individuals aged 50 and over participate in peer-led study groups designed to stimulate cognitive function, foster social engagement, and support purposeful aging. MCLL offers over 100 study groups annually, both in-person and online. These non-credit and assessment-free study groups are organized and facilitated by retired professionals and academics who share their enthusiasm and curiosity across diverse subject areas.

For example, previous moderators have included a retired colonel facilitating discussions on Canada's Arctic defence and a retired cardiologist leading a seminar on mindfulness and meditation. A bilingual exchange program also enables anglophone and francophone participants to enhance second-language proficiency through sustained peer interaction.

Peer-learning transforms lifelong learning into a shared journey rather than a solitary pursuit.

For details, visit mcgill.ca/mccll.



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