

Newsletter

MAY/JUNE 2024



25TH ANNIVERSARY - SAVE THE DATE

Thursday, September 5, 2024 - 5pm, Banquet Hall

We are thrilled to announce that our Club is approaching a significant milestone - our 25th anniversary this year! This remarkable journey wouldn't have been possible without the unwavering support from members like YOU. To commemorate this special occasion, the 25th Anniversary Committee is planning a series of celebratory events and initiatives during the year and we would be honored to have you join us.

As we prepare for this wonderful occasion, we invite you to share your sweetest memories, inspiring stories, and cherished photos with us. These personal stories will not only enrich our celebrations but also help us capture the essence of our Club's journey. Please feel free to email us at clubseniorddo@ddo.qc.ca or place them in the special box in the kitchen.

More details to come in our next edition.

Upcoming events

May 1, 12:30pm

Military Whist

May 2, 1pm

French movie: Mort sur le Nil

May 3, 1pm

English movie: Death on the Nile

May 10, 12pm

Mother's day lunch

May 14, 10:30am

Information session:
Downsizing and transition
trends

May 15, 1pm

Bingo

May 29, 1pm

French movie: Notice rouge

May 31, 1pm

English movie: Red notice

June 3, 10:30 am

Information session: Santé
auditive: French only

June 5, 12:30 am

Military whist

June 7, 10:30 am

SPVM workshop

June 10, 12pm

Father's day lunch

June 20, 5 pm

Picnic summer party

June 26, 1 pm

Bingo

**More details on the
website or bulletinboard**

www.ddoclub55.com

(514) 684-1013

clubseniorddo@ddo.qc.ca



SPECIAL 25TH ANNIVERSARY PRINTED EDITION

We're thrilled to share that we're creating a special printed edition for our 25th anniversary celebration. This commemorative booklet will feature letters of support from government officials, captivating photos, and interesting stories from our Club's history.

Each member will receive a printed copy of this special 25th Anniversary Edition.

SOCIAL LUNCH

Thanks to our kitchen volunteers, we are able to offer delicious meals once a month. Thank you to the wonderful volunteers and the members who participate in our social lunches. Each month, we offer a different delicious menu. It could be chicken, pasta, quiche, lasagne, chicken pot pie, chili and many more.

Never been to one of our social lunches? It's not too late to sign up!



EXCITING NEWS FROM THE DDO SENIORS CLUB!



Did you know mah-jong is not just a game, but a social phenomenon? Global TV visited our Club last month to capture the magic of this ancient Chinese tile game that's quite popular within our members. Not only does it enhance your brain health, but it also enriches social connections, all while having a fantastic time with friends. Check out the Global TV coverage and the interviews with some familiar faces! Link is on our website.

MAY/JUNE 2024

SUMMER PARTY PICNIC JUNE 20, 4PM, BANQUET

Free for members - \$10 for guest

Music and animation by J.A. Gamache, One free snack and beverage per person.

Option 1: bring your own picnic.

Option 2: Prepared meal box for \$20 .

Limited space. Registration at the Seniors' Office from May 6 to May 23, 2024.



RÉPIT-RESSOURCE KIOSK

On March 12, Répit-Ressource held a kiosk at our club and it was a great success. Many members were interested in their services.

Répit-Ressource is a social economy enterprise offering quality homecare services (light housekeeping, heavy housekeeping, meal assistance, shopping assistance, respite for caregivers, and personal assistance) to the entire adult population living in the West-Island. Subsidies with the RAMQ are also available.

repit-ressource.com 514 353-1479

NEWS FROM OUR COMMUNITY PARTNERS

Join an engaging conference presented by the Cummings Centre, and organized by the West Island Men's Club. Renowned sports writer Michael Farber will share captivating stories from his career in sports journalism, including behind-the-scenes anecdotes from Olympic Games, the NHL, and the Montreal Canadiens. Don't miss this opportunity. * In English only

Conference: Michael Farber
Life, Sports and Writings*

Date: May 28, 2024

Time: 7:00 p.m. - 9:00 p.m.

Location: Federation CJA West
Island 96 Roger Rilon

Prize: \$8 online and \$12 at the door

To register: [visit Cummings website](#)

ONE-ON-ONE WITH MS. ALBENA PETKOVA: A VISION FOR THE DDO SENIORS CLUB



In a chance encounter near the volunteer office kitchen, I met Ms. Albena Petkova for the first time. A simple exchange led to an invitation for a one-on-one meeting, which she graciously accepted. As we sat down one Thursday in the orange room downstairs, we delved into an enriching conversation about her background, professional journey, and her vision for the future of the DDO Seniors Club.

Albena, originally from Bulgaria, Eastern Europe, shared her educational and professional journey, highlighting her dedication to not-for-profit organizations. Despite being only few months into her tenure as Managing Director of the Seniors Club, Albena exuded confidence and passion for the club's mission. She emphasized the importance of community impact and direct program delivery in her motivation to join the DDO Seniors Club.

Albena's key objectives include raising awareness of the club and fostering partnerships with other community organizations to enhance resources for members. She also acknowledged the challenges the club faces, particularly in securing additional funding and addressing the digital divide among seniors.

In a lighter moment, we discussed Albena's personal interests and hobbies, including her love for sweet treats and dedication to family time. Despite her busy schedule, she finds solace in activities like yoga, boxing, and biking.

In closing, Albena shared her belief in the wisdom and guidance of club members, emphasizing the value of their life experiences and insights. She expressed her eagerness to learn from each member and underscored her dedication to making their experience at the Seniors Club fulfilling and enriching.

As our conversation came to an end, I couldn't help but feel reassured about the future of the DDO Seniors Club under Albena's leadership. Her genuine warmth, dedication, and vision for the club's growth are sure to make a lasting impact on the community.

Dr. Prithu Mukhopadhyay, Author, Scientist, Wellness Speaker

*To read the full interview, please visit our website at www.ddoclub55.com. A printed version is also placed in the kitchen and the volunteers office.

A Message from the Executive Director, Albena

A big thank you to our wonderful volunteers: Ginette Beaupré (translation) and Prithu Mukhopadhyay (interview), for their valuable contribution to the development of the newsletter.

Your comments and suggestions are always welcome, please contact us at 514-864-1013 or clubseniorddo@ddo.qc.ca