



Club des aînés DDO
DDO Seniors Club



Program Guide Spring 2024

Regular member \$15

Associate member \$35

September 1, 2023 to August 31, 2024

514 684-1013

ddoclub55@gmail.com / ddoclub55.com

12001, boul. De Salaberry, Dollard-des-Ormeaux, QC H9B 2A7

The mission of the DDO Seniors Club is to offer a dynamic and enjoyable leisure program which promotes the physical, social and intellectual well-being of seniors.

Dear Members,

For 25 years, the DDO Seniors Club is a place where our army of seniors can embrace a new facet of their lives.

When we retire from the workforce, we wish to enjoy our leisure years. It is a time during which we can choose to be physically and socially active. It is also an opportunity to discover new interests and to develop skills. Learning is ageless!

The staff is here to assist you, and to find the right activity (or activities) for you. The Board of Directors, volunteers and administrative team all work together to ensure the Club's optimal management.

We look forward to meeting many of you at our various activities and events. Alongside our administrative employees, we are open to your suggestions and are available to answer your questions.

Keeping in mind that the program is greater than the sum of its parts, please know that the club is a not-for-profit organization and its activities are self-financing for the benefit of the overall program.

Have a wonderful year!

The Board of Directors

President: Francine Lamotte

Secretary: Robin Narsted

Treasurer: Richard Nahorniak

Directors:

Celine Doray, Debby Litvack, Nattashalina Rivard, Alan Miller

Administrative Staff

Managing Director: Alben Petkova

Program Coordinator : Caroline St-Jean Lalande

Administration Coordinator: Subanki Siva

Assistant Coordinator: Laura Litvack

Room Attendant: Brenda Lemco

We are always looking for new volunteers to teach, let us know if you want to share your knowledge and passion with other members.



Registration Office



Volunteer Office

Opening hours will be posted at the club and on the website.

**Office Hours
(lower level of Community Centre Room F-009)**

Monday to Friday - 9:30am to 12pm / 1pm to 3:30pm

The Volunteer Office is officially open. A team of volunteers will be there to provide information about the social activities to be held during the season. Tickets for Bingo, Whist and other events will be available.

Stay connected. Information about the Club's activities can be found on the BULLETIN BOARDS, the WEBSITE, and on FACEBOOK. We will also send out periodic updates by email.

RECOMMENDATIONS

Be mindful of the following recommendations and policies. The current binder of club policies and procedures is available in the Volunteer Office.

It is recommended that if you suffer from an illness, please obtain your doctor's authorization. Please keep us informed about your state of health so that we may better assist you in case of emergency. Confidential medical forms are available at the registration office. Please keep an updated list of medications that you currently take in your wallet.

If you are not feeling well one day or have cold symptoms, kindly stay home so as not to spread the germs.

The Dollard-des-Ormeaux Seniors Club is not responsible for personal effects. Keep all activity areas neat and clean and be respectful of other people's property.

GENERAL POLICIES

If necessary, staff may recommend an alternative course that better corresponds to your individual needs. Indoor shoes are required for all exercise courses and line dancing. Out of mutual respect for all our members, we ask that you maintain adequate personal hygiene: deodorant, clean clothing, no strong cologne or perfume smells, etc. In the event of bad weather, we will not cancel courses unless the instructor has announced that they will be absent. However, if weather conditions make it difficult for you to attend class, please be safe and stay home.

YOU MUST BE REGISTERED TO A COURSE IN ORDER TO PARTICIPATE. No makeup classes are authorized. Members may not solicit funds from DDO Seniors Club members for gifts or for charity. Members may not sell any products at the Club. The Club's administrative staff regularly photographs or records activities and events. We reserve the right to distribute these photos and videos without forewarning or compensation for the individuals featured.

CODE OF CONDUCT & HARASSMENT

It is the responsibility of all Club members to **SHOW RESPECT to all other, participants, staff and club property.** Inappropriate behaviour may give rise to disciplinary action /expulsion from the Club.

REFUND or CREDIT

Membership - No refunds will be issued

Social Activities - Mini Club Fees (No refunds will be issued)

Social Activity Fee (Ticket sales): If a member is unable to attend an event, no refund will be given. If the Club cancels an event, the Club will refund the event fee accordingly. A member can transfer a ticket to another member but must notify the registration office. A member cannot transfer a ticket to a non-member.

Courses - Withdrawing from a course after it has begun.

In order to request a refund or credit, you must notify us by email, letter or fill out a form (available at the office) explaining that you have decided to cancel your registration.

The date the request is remitted will be considered as the date and time of cancellation. Only the remaining classes can be refunded. A minimum cancellation fee \$ 5 or 10% of the cost of the classes that have not been taken will be charged per course. Refunds shall be sent by mail and can take from two to four weeks.

Fees listed are for members only and include sales taxes.

Payment methods: Cash, Cheque, Visa and MasterCard.

SOCIAL WELL-BEING

Come and discover new activities or old favorites. Perhaps you can suggest a new activity that together we can introduce to others. The Club offers a variety of social activities many of which are supported by ACTIVE VOLUNTEERS. All the same, we encourage the "seniors by seniors" approach. We can all lend a helping hand.

An ACTIVE VOLUNTEER supports the Club by offering his or her time, skill and/or expertise on a regular basis. The volunteer may be a member of the Club, a student or an individual whose involvement is in line with the Club's objectives. The Club's Administration will engage and recognize ACTIVE VOLUNTEERS for their contribution to the program.

TYPES OF ACTIVITIES

MINI-CLUB

A mini-club is an organized group that meets at the Club more than once a week. There is usually a fee to pay in order to participate. Registration is required for each session.

SOCIAL BRIDGE

The card game is a trick-taking card game using a standard 52-card deck. In its basic format, it is played by four players in two competing partnerships.

DAY	DATES	TIME	#WEEKS	ROOM	FEE
*Monday	April 8 – June 17	1pm – 3:45pm	10	Bistro	\$10
Wednesday	April 3 – June 26	1pm – 3:45pm	13	Cactus	\$10

** No activity on May 20*

SAMBA / CANASTA

Samba / Canasta is most commonly played by four people in partnerships and with six standard decks of cards. Players attempt to make various melds of seven cards and go out by playing all the cards in their hand.

DAY	DATES	TIME	#WEEKS	ROOM	FEE
**Sunday	April 7 – June 16	1pm – 3:45pm	10	Cactus	\$10
*Monday	April 8 – June 17	1pm – 3:45pm	10	Cactus	\$10
Tuesday	April 2 – June 25	1pm – 3:45pm	13	Bistro	\$10
Friday	April 5 – June 28	1pm – 3:45pm	13	Bistro	\$10

*** No activity on May 19 / * No activity on May 20*

MAH JONGG

Mah Jongg is a tile game of Chinese origin that incorporates skill, intelligence, strategy and luck and is best played with four people. Be brave enough to learn something new!

DAY	DATES	TIME	#WEEKS	ROOM	FEE
Wednesday	April 3 – June 26	1pm – 3:45pm	13	Bistro	\$10
Friday	April 5 – June 28	1pm – 3:45pm	13	F-005	\$10

BILLIARD & GAMES

Billiard, Backgammon, Scrabble, Check, Carrom.

DAY	DATES	TIME	#WEEKS	ROOM	FEE
Tuesday	April 2 – June 25	1pm – 3:45pm	13	Cactus	\$10
*Thursday	April 4 – June 27	1pm – 3:45pm	12	Cactus	\$10
Friday	April 5 – June 28	1pm – 3:45pm	13	Cactus	\$10

** No activity on May 30*

FORMAL ACTIVITIES

A formal activity meets once a week or once a month. There are usually fees associated with the activity. Sign-up and/or tickets are available at the Registration Office or Volunteer Office during office hours.

BINGO is usually played monthly. Advanced ticket purchase is recommended.

Member: \$6 in advance, \$8 at the door. Non-member: \$8

DATES	ROOM	TIME	FEE
Wednesday, April 10	Banquet Hall	1pm – 3pm	\$6
Wednesday, May 15	Banquet Hall	1pm – 3pm	\$6

MILITARY WHIST

This card game is an easy version of bridge, is played monthly, and requires teams of four. Advanced ticket purchase is required. Members only.

DATES	ROOM	TIME	FEE
Wednesday, May 1	Banquet Hall	12:30pm – 3 :30pm	\$6
Wednesday, June 5	Banquet Hall	12:30pm – 3 :30pm	\$6

SOCIAL LUNCH

Our Social Lunch is an opportunity to share a delicious meal with members. Our volunteers prepare the meal. Tickets are on sale at the registration office.

DATES	TIME	ROOM	FEE
Thursday, April 18	12:00pm - 1:15pm	Bistro	\$15
Friday, May 10	12:00pm - 1:15pm	Bistro	\$15
Friday, June 14	12:00pm - 1:15pm	Bistro	\$15

KNITTING

A group of knitters and crocheters get together, converse, and create various items that are then donated to worthy causes. No cost for this activity. Basic knowledge of knitting and crocheting.

DAY	DATES	TIME	#WEEKS	ROOM	FEE
Tuesday	April 2 – June 25	1pm – 3:30pm	13	Artisan	FREE

ESCAPADE

The goal of Escapade is to provide members an opportunity to socialize with their peers outside normal club hours. Outings are organized by a volunteer at local venues during evenings or weekends. Cost varies according to location. Each person pays for themselves.

DATES	TIME	RESTAURANT	ADDRESS
Sunday April 21	12:00 pm	Greekworld Grill	4071 boul. St-Jean, DDO
Saturday May 25	5:30 pm	3 Amigos	50-A boul. Brunswick, Pt-Claire
Sunday, June 23	12:00 pm	Elixor	3237 boul. des Sources, DDO

BOOK CLUB

A group of book lovers get together on a regular basis to discuss books that they have previously selected and read. For the most part, books are made available through the DDO Library.

DAY	DATES	TIME	ROOM	FEE
Monday	April 15, May 13, June 17	2pm – 3pm	F-006	FREE

CAFÉ FRANÇAIS

Come and chat and practice your French. You must have a general working knowledge of French.

DAY	DATES	TIME	#WEEKS	ROOM	FEE
Friday	April 5 – June 14	11am – 12pm	11	Bistro	FREE

ENGLISH TEA

Come and chat and practice your english. You must have a general working knowledge of english.

DAY	DATES	TIME	#WEEKS	ROOM	FEE
	TBD			Bistro	FREE

FILM CLUB

Come watch a film on the big screen in the Theater Room! Title of the film to be announced two weeks before the viewing. Member: Free. Non-member: \$5.

DAY	DATES	TIME	ROOM	FEE
Wednesday	April 5, May 3, May 31	1pm – 3:30pm	Theatre	FREE

INFORMAL ACTIVITIES

An informal activity is a drop-in style activity. It may be facilitated by a volunteer or club animator. Registration is not required.

FREE GAMES - No fee

Puzzles, crosswords or drawing. Every day of the week.

PHYSICAL WELL-BEING

RECOMMENDATIONS

Participants with general good health or who are in control of their medical conditions may choose to take one of many courses offered.

The Club supplies most exercise equipment such as free weights, fitness mats, elastic bands and balls. For hygienic reasons, **please note that the Club does not provide YOGA mats.** Participants should have **indoor running shoes**, a t-shirt with shorts or sport pants, a water bottle and towel for all exercise courses, Ping Pong, or Pickleball activities.

For Table Tennis or Pickleball, participants should bring their own racket, while the Club supplies the rest. Pickleball has a few paddles available to borrow. Please look at the different course options to see which one meets your personal objectives, such as flexibility, cardiovascular improvement, muscular strength, and coordination. If you have any questions, please see a member of the administrative staff for clarification. The schedule may vary from one session to another as well as the rooms. Course options may be added throughout the year. Rooms are subject to change.

PHYSICAL ACTIVITIES

INITIATION TO PICKLEBALL

Taught by volunteers, you'll learn how to play. Pickleball is played on a modified court using paddles and a wiffle ball.

DAY	DATES	TIME	#WEEKS	ROOM	FEE
*Monday	April 8- June 17	12:15pm – 1:50pm	10	F-003	\$15

** No activity on May 20*

PICKLEBALL

At the Club, the goal of the Pickleball Mini Club is to have fun, improve skills, and make friends.

DAY	DATES	TIME	#WEEKS	ROOM	FEE
***Monday	April 8- June 17	6pm – 7:45pm	10	F-003	\$15
Tuesday	April 2 – June 25	9 am - 10:10 am	13	F-019	\$15
Wednesday	April 3 – June 26	12:45 am - 2 pm	13	F-003	\$15
Wednesday	April 3 – June 26	6 pm – 7:45 pm	13	F-003	\$15
Friday	April 5 – June 28	9 am - 10:10 am	13	F-003	\$15
Friday	April 5 – June 28	1 pm – 2:15 pm	13	F-003	\$15
**Sunday	April 2 – June 25	1 pm – 2:15 pm	10	F-003	\$15

** No Classes on May 30 at night / ** No Classes on May 19 / *** No Classes on May 20*

INITIATION TO PING PONG

Taught by volunteers, ping pong is an activity in which two or four players hit a ball back and forth across a ping pong table using small rackets.

DAY	DATES	TIME	#WEEKS	ROOM	FEE
*Monday	April 8- June 17	2pm – 3pm	10	F-003	\$15

** No activity on May 20*

PING PONG

At the Club, the goal of Ping Pong Mini Club is to have fun, improve skills, and make friends. Volunteers help out the group.

DAY	DATES	TIME	#WEEKS	ROOM	FEE
*Sunday	April 7- June 16	3pm – 6pm	10	F-003	\$15
**Monday	April 8- June 17	3pm – 6pm	13	F-003	\$15
Wednesday	April 3- June 26	3pm – 6pm	13	F-003	\$15
Friday	April 5 - June 28	3pm – 6pm	10	F-003	\$15

** No activity on May 19 / ** No activity on May 20*

LINE DANCING

Line dancing is a fun way to work your memory and coordination. Participants stand in line facing one direction and performing dance steps in unison. It consists of patterned foot movements that are usually performed to a number of counts per sequence, and then the sequence is repeated. Choose a course that suits your experience and needs.

Please ask the office if you have questions about your level.

LINE DANCING (ONE WALL)

In this course you will learn basic dances while facing only one wall. This course is geared toward participants with limited mobility.

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Nathalie	*Thursday	April 4 – June 13	1pm – 2pm	11	F-003	\$59

** No Classes on May 9 / * Party on June 18, 2024. Ticket Included*

LINE DANCING 1

In this course you will learn basic choreography at a slow pace with low intensity. You must have participated in Line Dance Level 1 with Nathalie before registering for the other levels.

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Nathalie	Tuesday	April 2 – June 11	1pm – 2:15pm	12	Banquet	\$79

** Party on June 18, 2024. Ticket Included*

LINE DANCING 2

In this course you will learn moderate choreography while maintaining a moderate intensity.

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Nathalie	Tuesday	April 2 – June 11	3:45pm – 4:55pm	12	Banquet	\$79

** Party on June 18, 2024. Ticket Included*

LINE DANCING 3

In this course you will learn intermediate choreography, with a moderate to high level of intensity. Note: You must have participated in Line Dance levels 1 and 2 with Nathalie before registering for this level.

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Nathalie	*Thursday	April 4 – June 13	2:05pm – 3:20pm	11	F-003	\$72

** No Classes on May 9 / * Party on June 18, 2024. Ticket Included*

LINE DANCING 4

In this course you will learn intermediate choreography, with a high level of intensity.

Note: Participants can only register for this course by invitation from Nathalie.

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Nathalie	Tuesday	April 2 – June 11	2:20pm – 3:35pm	12	Banquet	\$79

** Party on June 18, 2024. Ticket Included*

DANCE FUSION

An introductory class to music, movement and choreography. This class will work on things like posture, strength, balance and co-ordination all within the realm of dance. Jazz, ballet, Lyrical, tap, Charleston...

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Lindsay	Wednesday	April 3 – June 12	11:30am – 12:25pm	11	F-019	\$58

FITNESS COURSES

MODIFIED FITNESS

The focus of these courses is to promote better balance, coordination and cardiovascular capacity through functional exercise which can help reduce the risk of accidental injuries and better overall health.

BALANCE AND MOBILITY

Muscular strengthening and coordination at a low level of intensity. Find your balance! This course is designed for members who want to improve their balance and reaction time, two skills essential to avoiding falls. Especially useful for our icy Montreal winters!

Note: There is no floor work in this course.

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Lyse	*Monday	April 8 – June 10	11am – 11:55am	9	F-003	\$48

** No Classes on May 20*

BALANCE FIT

Muscular strengthening and coordination at a moderate level of intensity. Stay mobile, strong and steady on your feet! This course features dynamic strengthening, balance and mobility exercises. It is designed for members who want to maintain or improve their balance, mobility and reaction time.

Note: There is no floor work in this course.

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Lyse	*Monday	April 8 – June 10	10am – 10:55am	9	F-003	\$48

** No Classes on May 20*

EASE INTO EXERCISE

If you have a chronic but manageable condition and find regular exercises classes too taxing, then this course may be just right for you! Set to slow melodic music, this course consist of: exercises with weights for the upper body, a short aerobic session, a total body weight workout, stretching and cool-down, relaxation period to end. These classes are designed for whole body fitness that can help with daily life. *(Use of chairs)*

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Fiona	Tuesday	April 2 – June 11	10:15am – 11:10am	11	F-019	\$58

EXERCISE FOR ARTHRITIS

Cardiovascular endurance at a low level of intensity. Muscular strength and coordination at a moderate level of intensity. This course is given in collaboration with Arthritis West Island Self Help Association (AWISH). The course is designed to exercise the whole body with the use of weights for the upper extremities, a short aerobic session, stretching and a relaxation period at the end.

Note: Floor work. Use of chairs.

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Beverly	Friday	April 5 – June 7	11am – 12:30pm	10	F-003	\$88

FIT FOR LIFE 1

Cardiovascular endurance at a low level of intensity. Muscular strength and coordination at a moderate level of intensity. Set to music, this slower-paced course will help you maintain fitness for everyday life. The benefits of increased coordination and muscular endurance can help maintain independence.

Note: there is no floor work in this course. (*Use of chairs*)

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Sharon	*Monday	April 8 – June 10	10:20am – 11:15am	9	F-019	\$48
Sharon	Wednesday	April 3 – June 12	10:20am – 11:15am	11	F-019	\$58
Maya	Friday	April 19 – June 14	12:30pm – 1:25pm	9	F-019	\$48

*** No Classes on May 20**

CHAIR YOGA

Balance, flexibility and muscular strength and a low level of intensity.

Working on balance and flexibility this course gives you the opportunity to experience the relaxation of Yoga without have to go down on the floor. It is designed for those people who are unable to get down to the floor and back up with ease.

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Lyse	Wednesday	April 3 – June 12	11:30am – 12:25pm	11	F-003	\$58

REGULAR FITNESS

The focus of these courses is to promote overall physical well-being.

FIT FOR LIFE 2

Cardiovascular endurance and coordination at a moderate level of intensity. Muscular strength at high level of intensity. Set to music, this medium-paced course will tone and strengthen your muscles while improving your balance and coordination. Add the cardio and flexibility elements & you have a well-rounded, fun workout!

Note: Floor work.

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Sharon	*Monday	April 8 – June 10	9:15am – 10:10am	9	F-019	\$48
Fiona	Tuesday	April 2 – June 11	11:20am – 12:15pm	11	F-019	\$58
Sharon	Wednesday	April 3 – June 12	9:15am – 10:10am	11	F-019	\$58
Maya	Friday	April 19 – June 14	11:30pm – 12:25pm	9	F-019	\$48

*** No Classes on May 20**

FIT FOR LIFE 3

Cardiovascular endurance, muscular strength and coordination at a high level of intensity. Kick your workout into higher gear with this medium to fast-paced course. Your strength and stamina will benefit from the combination of cardiovascular and muscular endurance, as will your coordination as the energizing music takes you through the routine.

Note: It is strongly recommended to have participated in an Fit for Life 2 before registering for level 3. Floor work.

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Lynn	*Sunday	April 7 – June 16	11:00am - 11:55am	10	F-003	\$53
Lynn	**Monday	April 8 – June 10	11:25am –12:15pm	9	F-019	\$48
Maya	Friday	April 19 – June 14	10:30pm – 11:25pm	9	F-019	\$48

** No Classes on May 19 / ** No Classes on May 20*

ZUMBA GOLD

Cardiovascular endurance and coordination at a moderate level of intensity. Balance at a moderate level of intensity. Do you like to dance and want to get in shape? In this class you'll boogie to a high energy musical beat while improving your cardiovascular health, balance, flexibility and coordination — all of which work together for better muscular endurance.

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
	*Monday	April 8 – June 10	12:30pm - 1:25pm	9	F-019	\$48
	Thursday	April 4 – June 13	5:30pm – 6:25pm	11	F-003	\$58

** No Classes on May 20*

CIRCUIT TRAINING FOR MEN

After a group warm-up that works on coordination and range of motion, muscle work is done in a circuit that allows everyone to work according to their abilities (with a variety of movements or weights). The exercises aim to strengthen the various muscles groups in the body under the supervision of a fitness trainer specialist (Kinesiologist). Be your best FIT SELF!

Note: Floor work

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Marc	Thursday	April 4 – June 13	10am – 10:55am	11	F-019	\$58

CIRCUIT TRAINING FOR ALL

This class aims to improve your muscular endurance, coordination and flexibility. Circuit training allows everyone to work according to their abilities (with a variety of movements or weights). The exercises are under the supervision of a training specialist (Kinesiologist). This course is designed for both women and men. Be your best FIT SELF!

Note: Floor work

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Marc	Thursday	April 4 – June 13	11am – 11 :55am	11	F-019	\$58

FLEXIBILITY FITNESS

The goal of these courses is to help participants improve or maintain muscle flexibility and strength. Yoga mats are not supplied; please bring your own YOGA mat.

STRETCHALATES

Balance and flexibility at a moderate level of intensity. Muscular strength at a low level of intensity. Inspired by Pilates, this slow to medium-paced stretching class will improve your flexibility, balance, and coordination as you work to strengthen all the joints in your body.

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Lyse	*Monday	April 8 – June 10	9am – 9:55am	9	F-003	\$48
Lyse	Friday	April 5 – June 14	11:30am – 12:25pm	11	ZOOM	\$58

** No Classes on May 20*

PILATES AND PROPS

This course aims to strengthen the body, improve posture and balance. We use a wide variety of accessories, such as light weights and resistance bands, either standing or on a mat.

Note: a yoga mat is required. Floor work.

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Lynn	Tuesday	April 2 – June 11	1:15pm – 2:10pm	11	F-019	\$58

STRETCH & STRENGTH FOR VITALITY

Balance and muscular strength at a moderate intensity level. Flexibility at low intensity. Come and enjoy this slow-paced class set to gentle music. The exercises will increase the range of motion in your joints and improve your flexibility, balance, and coordination.

Note: a yoga mat is required. Floor work.

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Lynn	Wednesday	April 3 – June 12	1:20pm – 2:15pm	11	F-019	\$58

TAI CHI KUNG COMBINED 1 & 2

Balance at a moderate level of intensity. Flexibility and coordination at a low level of intensity. Set to meditative Chinese music, the slow, deliberate movements of Tai Chi emphasize body awareness. Along with the benefits of improved flexibility, balance, coordination and muscle tone is a feeling of increased energy.

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Colin	Tuesday	April 2 – June 11	11:20am – 12:15pm	11	F-003	\$58

TAI CHI KUNG LEVEL 1

Balance a moderate level of intensity. Flexibility and coordination at a low level of intensity. Set to meditative Chinese music, the slow, deliberate movements of Tai Chi emphasize body awareness. As you focus on each position, your flexibility, balance and coordination will improve, all of which aid in daily living.

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Colin	Thursday	April 4 – June 13	10:15am – 11:10am	11	F-003	\$58

TAI CHI KUNG LEVEL 2

Balance, flexibility and coordination at a moderate level of intensity.

This course builds on the exercises learned in Level 1 to promote overall wellness. Along with the benefits of improved flexibility, balance, coordination and muscle tone is a feeling of increased energy. More attention is paid to breathing in this level.

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Colin	Thursday	April 4 – June 13	11:20am – 12:15pm	11	F-003	\$58

GENTLE YOGA

Balance, flexibility and coordination at a moderate level of intensity. As this slow-paced class progresses from relaxation exercises, to warm-up, to endurance, you'll tone your whole body to soothing music. To master yoga you'll learn how to combine the movements with the proper breathing and posture. As in the basic level, the exercises will take you from floor work to your feet during class.

Note: You will need a yoga mat.

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Lyse	Wednesday	April 3 – June 12	10:10am – 11:25am	11	F-003	\$63

YOGA

Whether you are taking your first step onto the yoga mat or aiming to enhance your practice, this course offers a warm and inclusive environment for all. Yoga embraces people of various fitness levels and abilities (note that this is not a chair yoga course). In addition to physical postures, you'll experience the benefits of mindfulness, stress reduction, and improved well-being through a combination of movement, breath work, and meditation. Recognizing the uniqueness of each individual's journey, we provide personalized support with modifications and variations, ensuring that everyone feels both supported and appropriately challenged based on their abilities.

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Subanki	*Thursday	April 4 – June 13	4:30pm – 5:25pm	11	F-003	\$53

** No Classes on May 30*

HATHA AND FLOW FUSION - Discover Harmony and Strength

Discover the perfect blend of strength, fluidity, and mindfulness in our Hatha and Flow Fusion class. In this class, you will enjoy the precision and alignment of Hatha yoga, combined with the rhythm of a Vinyasa flow which together will help build strength, flexibility, and endurance, while promoting a sense of grace and inner calm.

The first 15 minutes of the class will be dedicated to meditation.

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Subanki	Wednesday	April 3 – June 12	8:45am – 9:55am	11	F-019	\$63

INTRODUCTION TO HATHA YOGA

Embark on a journey of self-discovery and rejuvenation with our Introduction to Hatha Yoga class. Designed for beginners, this class provides a welcoming and supportive environment for you to explore the foundational aspects of Hatha yoga.

Our experienced instructor will guide you through each pose, offering modifications and adjustments to ensure proper alignment and safety. You will gradually develop strength, flexibility, and body awareness as you explore a variety of standing, seated, and reclined postures.

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Subanki	Friday	April 5 – June 14	9am – 9:55am	11	F-019	\$58

LEARNING IS AGELESS

FRENCH

These conversation and grammar-based courses will get you on the road to speaking a new language.

- LEVEL 2

Prerequisite: Basic knowledge in French.

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Johanne	Thursday	April 4 – June 6	10:00am – 11:25am	10	F-006	\$78

SPANISH (HOLA!)

These conversation and grammar-based courses will get you on the road to speaking a new language. We offer a variety of levels based on your skills and knowledge.

Note: The purchase of a workbook is required.

- LEVEL 1

This course is intended for beginners who have no previous knowledge.

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Isabel	*Monday	March 25 – June 17	2:30pm – 3:55pm	10	F-005	\$90

** No Classes on May 6, 13 & 20. Monday April 1 class will be on Friday, April 5, same time*

- LEVEL 2

Prerequisite: one year of knowledge.

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Isabel	*Tuesday	April 2 – June 18	9am – 10:25am	10	F-006	\$90

** No Classes on May 7, 14*

- LEVEL 3

Prerequisite: two years or more of knowledge.

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Isabel	*Tuesday	April 2 – June 11	10:30am – 11:55pm	10	F-006	\$90

** No Classes on May 7, 14*

- LEVEL 4

This course is intended for those who have several years of experience and who have a strong level of conversation.

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Isabel	*Monday	March 25 – June 17	1pm – 2:25pm	10	F-005	\$90

** No Classes on May 6, 13 & 20. Monday April 1 class will be on Friday, April 5, same time*

LEARN TO PLAY BRIDGE

This beginner course is taught by a volunteer who will walk you through the very basics of Bridge. It will be a combination of theory and practice. The only requirement is that you have a general knowledge of card games such as the game of Hearts. Please note that this course is learned over 3 sessions, and it is important that you attend all (or most) of them, so you don't fall behind. It will not be long that you will become addicted and enjoy this challenging card game which is played by many around the world. Part 3 (session starts in fall) .

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Phil	Tuesday	April 9 – May 28	10am – 12pm	8	Cactus	\$30

INTERMEDIATE BRIDGE

This intermediate course is taught by a volunteer who will help players fine-tune their Bridge skills through some theory and supervised play. This course is intended for players who already know how to play.

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Phil	Monday	April 8 – May 27	10:30am – 12pm	8	Cactus	\$30

LEARN TO PLAY MAH JONGG

Learn to play American Mah Jongg as a way of staying mentally fit, fostering social connections, and keeping family traditions alive! Mah Jongg is a tile game of Chinese origin that incorporates skill, intelligence, strategy and luck and is best played with four people. Be brave enough to learn something new!

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Shafrit	*Thursday	April 4 – May 16	10am – 12pm	6	Cactus	\$50

** No Class on May 9*

PAINTING

In this oil painting workshop you will have the opportunity to work on your individual projects while getting personalized attention. All levels of painters are welcome.

Note: Supplies and storage not included.

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Jacinta	*Thursday	April 4 – June 13	9:30am – 12pm	10	Artisan	\$200
Jacinta	*Thursday	April 4 – June 13	12:30pm – 3pm	10	Artisan	\$200

** No Classes on May 30*

SINGING

In this singing workshop, you will have the opportunity to learn new songs with the help of a singing teacher. No prior singing experience is required; however, some harmonies will be taught.

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Suzanna	Wednesday	April 3 – June 5	10:30am – 12pm	10	Park view	\$89

CONFERENCES, SEMINARS AND WORKSHOPS

A variety of conferences, seminars and workshops are scheduled during the year. We are never too old to learn!

INTERNATIONAL YOGA DAY

Yoga is the time tested ancient Indian system for maintaining perfect mind & body co-ordination. Ideal for participants of ALL BACKGROUNDS & ALL LEVELS.

INSTRUCTOR	DAY	DATES	TIME	#WEEKS	ROOM	FEE
Subanki	Friday	June 21	9am – 11:30am	1	Park view	\$10

Door 5



Door 5A



SPONSORS

Thank you to the City of Dollard-des-Ormeaux who provides an annual grant and the facilities so that we can provide a place where seniors can connect and be active.

Thank you to our sponsors who have purchased ads so we could produce this extensive Program Guide.

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A message from Brigitte B. Garceau

MNA for Robert-Baldwin

On the occasion of your 24th anniversary, I would like to highlight the strong sense of belonging you have created with over 700 members by offering vibrant recreational programs that promote the physical, social, and intellectual well-being of our 55+ community.

From the bottom of my heart, I wish many more years of success and growth to the DDO Seniors Club.



 514-684-9000

 Brigitte.Garceau.ROBA@assnat.qc.ca



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Tuesday

**Buy One Cone,
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Wednesday

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