



Club des aînés DDO
DDO Seniors Club



Program Guide 2022 - 2023

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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,

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!

As a member of our dynamic and fun-filled organization, you will join us on our journey to achieving an active and healthy lifestyle. We are fortunate that there are so many activities and courses to partake in at the Club.

The staff is here to assist you, and to find the right activity (or activities) for you. The Coordinators, the Managing Director, the Board of Directors, and the volunteers are all part of a team dedicated to the well-ordered management of the Club.

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.

Have a wonderful year!

The board of Directors

Administrative Staff

Managing Director: Paola Arsenault

Leisure Services Coordinator : Caroline St-Jean Lalande

Recreation Assistant: Laura Litvack

Office Hours

Monday to Thursday

9:30 am – 12 pm / 1 pm – 3 pm

A word of appreciation to Ginette Beaupré for her help with the 2022-2023 Program Guide.

GENERAL POLICIES

The binder of policies and procedures is available in the small kitchen.

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.

Courses: 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.

REFUND / CREDIT POLICY

Membership - No refunds will be issued.

Course Refund Request

- a) The request for a refund must be made before the start of the second class.
- b) A \$5 administration fee will be charged per course cancellation.
- c) Between the 2nd class and the 4th class, refunds will only be issued for medical reasons and a refund of up to 50% will be granted.
- d) No refunds will be issued after the start of the 4th week of courses for any reason.

Refund Procedure:

- A refund or credit request must be made in writing, and submitted to the Office. Course Change or Cancellation Forms are available at the Information Office.
- The date the request is remitted will be considered as the date and time of cancellation.
- Refunds shall be sent by mail and can take from two to four weeks.

Social Activities Refund Request

- a) Mini Club Fees: No refunds will be issued.
- b) Formal Social Activity Fee (Ticket sale): 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.

Course Switch:

Requests made before the third week of courses do not have a switch fee. As of the third week, a \$5 switch fee will be charged.

SOCIAL WELL-BEING

TYPES OF ACTIVITIES

WHAT IS A MINI-CLUB? A mini-club is an organized group that meets at the Club more than once a week. 2 or more volunteers (plus substitutions) are assigned to the mini-club to structure the activities and support the group. There is usually a seasonal fee to pay in order to participate.

WHAT IS A FORMAL ACTIVITY? A formal activity is an organized group that meets once a week or once a month. Formal activities often necessitate volunteer involvement. There can be a fee associated with the activity.

WHAT IS AN INFORMAL ACTIVITY? An informal activity is a drop-in style activity. It may or may not be facilitated by a volunteer or Seniors Club staff member.

ACTIVITIES

Registration required at each session.

BRIDGE (Mini Club)

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.

1 time per week = \$ 10 2 times per week = \$20 Other additional days: free

CANASTA / SAMBA (Mini Club)

A card game of the rummy family of games. Although many variations exist for two, three, five or six players, it is most commonly played by four in two partnerships with two standard decks of cards. Players attempt to make melds of seven cards of the same rank and "go out" by playing all cards in their hand. Samba also allows sequences of three or more cards in the same suit to be melded.

1 time per week = \$ 10 2 times per week = \$20 Other additional days: free

FREE GAMES (Informal Activity) Free

Puzzles, crossword or drawing. This activity can be led by a facilitator or a volunteer.

SOCIAL WELL-BEING

ACTIVITIES

BOARD GAMES (Mini Club)

Backgammon, Scrabble, Mahjong or other board games. One price for all games.

1 time per week = \$ 10 2 times per week = \$20 Other additional days: free

BINGO (Formal Activity)

Is usually played monthly. Ticket purchase required to participate. On sale at the registration desk. Date and price to be determined.

ESCAPADE (Formal Activity)

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.

KNITTING (Formal Activity) Free

A group of knitters and crocheters get together and converse and create various items that are then donated to worthy causes. Beginners are welcome.

PHYSICAL WELL-BEING (55 minute classes)

RECOMMENDATIONS

Participants with general good health or who are in control of their medical conditions may choose to take one of many courses offered. Please look at the different course options to see which meets your personal objectives; such as flexibility, cardiovascular, muscular strength and coordination.

if you have any questions, please see a Coordinator for clarification.

The schedule may vary from one session to another as well as the rooms. Course options may be added throughout the year.

PHYSICAL ACTIVITIES

LINE DANCING (Courses)

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.

- **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.

- **LINE DANCING 1**

In this course you will learn basic choreography at a slow pace with low intensity.

- **LINE DANCING 2**

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

- **LINE DANCING 3**

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

Note: Participants may only sign up for this class upon being invited by the instructor.

PICKLEBALL (Mini Club)

A combination of tennis and ping pong played on a modified badminton court using paddles and a ball with holes. This game is played indoors, in one of our gyms.

1 time per week = \$ 20

2 times per week = \$40

Other additional days: \$10

PHYSICAL WELL-BEING (55 minute classes)

PHYSICAL ACTIVITIES

PING PONG (Mini Club)

Also known as Table tennis, ping pong is an activity in which two or four players hit a lightweight ball back and forth across a table using small rackets. The game takes place on a hard table divided by a net.

This game is played indoors, in one of the community center (or Club's) gyms.

1 time per week = \$ 20 2 times per week = \$40 Other additional days: \$10

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 & MOBILITY

Muscular strength 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.

BALANCE FIT

Muscular strength and coordination at a moderate level of intensity.

Stay mobile, strong and steady on your feet! This course features dynamic balance and mobility movements. It is designed for members who want to conserve or improve their balance, mobility and reaction time.

Note: There is no floor work in this course.

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.

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.

TAI CHI CHAIR

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

If you find it difficult to stand for long periods, chair Tai Chi might be a better match. You will develop body awareness, as well as improved flexibility, as you're guided through slow, deliberate movements set to meditative Chinese music.

TAI CHI KONG 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.

YOGA CHAIR

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.

ZUMBA GOLD LEVEL 1

Come and dance your way to improve your cardio, balance and coordination as you follow the catchy music at a slow to medium pace always facing one wall

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!

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.

It is strongly recommended that you have taken Fit for Life 2 before registering for Fit for Life 3.

ZUMBA GOLD

Cardiovascular endurance, muscular strength and coordination at a high level of intensity. This course combines body-sculpting exercises and high-energy cardio work infused with Zumba moves to create a strength-training fitness party.

FLEXIBILITY FITNESS

The goal of these courses is to help participants improve or maintain muscle flexibility and strength.

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.

ESSETRICS

Balance, flexibility and muscular strength at a high level of intensity. Based on eccentric strengthening, this medium-paced class will give you a full body workout. Using only your body weight, you'll flow through a series of movements that combine dynamic stretching and strengthening. Your balance will improve as you develop muscle tone and unlock tight joints. Choreographed to music, this class leaves you feeling supple and energized.

Note: A yoga mat is required.

STRETCHING 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.

TAI CHI KONG 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.

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: A yoga mat is required.

HATHA YOGA (ALL-LEVELS)

Balance, flexibility and coordination at a moderate to high level of intensity. This all-levels yoga class aims to improve the physical, mental, and emotional body. Participants practice at a level that is appropriate for them, and are gently encouraged to challenge their limitations. The aim of this practice is to strengthen and lengthen connective tissue, tone and strengthen muscles, improve balance, and increase mindfulness.

Note: Some familiarity with yoga basics is helpful. A yoga mat is required.

LEARNING IS AGELESS

COIN FRANÇAIS

During this social activity, you will have the chance to practice your French in a friendly, inclusive environment. Various board and card games will be provided. You must have a working knowledge of French in order to participate. (No cost).

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.

- **BEGINNER**

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

- **LEVEL 1**

This course is intended for those who have little previous knowledge.

- **LEVEL 2**

Prerequisite: one to two years of knowledge.

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 it is important that you attend all (or most of) the classes in a session, so you do not 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.

FINE TUNING YOUR BRIDGE SKILLS

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.

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.

LEARNING IS AGELESS

SINGING (TO BE DETERMINED)

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.

BOOK CLUB (FREE)

A group of book lovers get together on a regular basis to discuss books that they have previously selected and read.

DISCUSSION GROUP (FREE)

Watch an informative video segment and engage in a discussion with your peers during this lunchtime activity. Don't forget to bring your packed lunch! Coffee available.

MONTHLY 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.

CONFERENCES, SEMINARS AND WORKSHOPS

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

TECHNOLOGY

Is your cell phone, tablet or laptop smarter than you are? Students volunteer their time to provide one-on-one sessions helping seniors with basic technology questions related to their personal devices. By appointment only.

CRAFT

Join Laura's crafting group on Wednesday afternoons. Have fun creating beautiful items to take home with or to offer as a gift.

Be on the lookout for more conferences, seminars and workshops to come!

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

Door 5



Door 5A





SAMEER ZUBERI
Député | MP Pierrefonds-Dollard

Nous sommes ici pour vous !
Contactez-moi et mon équipe.

My team and I are here
to help you!
Contact us.

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