



Club des aînés DDO  
DDO Seniors Club

# Program Guide

## Winter 2022

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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,

We are pleased to welcome you back to the Club. During the closure, we were able to stay connected with many of you. We are now finally able to offer a hybrid program with both online and onsite activities. It has been wonderful to see our members in person as we move forward and continue to execute the phases of the progressive return.

During the virtual period, the Club took the opportunity to revamp itself. A new logo was created to better represent our program. This Program Guide will reflect the symbols of the logo differentiating the types of activities the club offers.

The 3 leaves of different colours exemplify the Club's vitality.

*Blue represents Physical Well-Being*

*Green represents Learning is Ageless*

*Orange represents Social Well-Being*

Caroline St-Jean Lalonde is now our new Leisure Services Coordinator. Frédérique Lambert joined us in early September and is the new Activity Coordinator. Paola Arsenault is our steady Managing Director.

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.

Whether it be onsite or virtually, we look forward to meeting many of you at our various activities and events. Let us stay connected, happy and healthy!

### **Administrative Staff**

**Managing Director:** Paola Arsenault

**Leisure Services Coordinator :** Caroline St-Jean Lalonde

**Activity Coordinator:** Frédérique Lambert

### **Office Hours**

Monday to Tuesday

9:30 am – 12 pm / 1 pm – 3 pm

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

## GENERAL POLICIES

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 office of the activity coordinator. 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

1. The request for a refund must be made before the start of the second class.
2. A \$ 5 administration fee will be charged per course cancellation.
3. After the second class, a refund will only be approved for **medical reasons**. The refund will be pro-rated to a maximum of 50% of the cost of the course.
4. The refund or credit request must be made in writing. Forms are available at the Club's office.
5. The date the request is remitted will be considered as the date and time of cancellation.
6. Refunds shall be sent by mail and can take from two to four weeks.
7. Credit notes are valid during the program year only, from September 1st to August 31st.

# 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. 1 volunteer (plus a substitution) is assigned to the formal activity to structure the activity time. 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

### **BINGO (Formal Activity)**

Is usually played monthly. Cost is \$6 in advance for refreshments. Members only. Date to be determined.

### **BOOK CLUB (Formal Activity)**

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

### **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.

### **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.

## ACTIVITIES

### **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.

### **FREE GAMES (Informal Activity)**

Play of various board games, card games and puzzles excluding the mini-club and formal activity games. May or may not facilitated by an animator.

### **KNITTING (Formal Activity)**

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

# 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.

## PHYSICAL ACTIVITIES

### 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.

### 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 our gyms.

### 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 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.

## **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**

Cardiovascular endurance, muscular strength and coordination at a moderate level of intensity. 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.

### **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 Asian music.

### **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.

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

### **FUNCTIONAL TRAINING**

Cardiovascular endurance, muscular strength and coordination at a high level of intensity. This course contains multi-joint movement patterns that involve your knees, hips, spine, elbows, wrists, and shoulders, which all build strength and improve your range of motion. It all comes down to being practical. This training prepares you for real-life, daily living movements like bending, twisting, lifting, loading, pushing, pulling, squatting and hauling. Get ready to sweat!

### **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.

## ESSENTRICS

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.

## TAI CHI 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.

## TAI CHI 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 / LEVEL 1**

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

- **LEVEL 2**

Prerequisite: one to two years of knowledge.

## 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.

## SINGING

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

## CONFERENCES, SEMINARS AND WORKSHOPS

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

### AGING-WELL SERIES

While you can't control your age, you can slow down the aging process with smart choices along the way. From the foods you eat and how you exercise to your friendships and retirement goals — it all has an effect on how fast or slow your body ages. We have devised a series of workshops to inform you of simple ways to keep your body tuned up and your mind tuned in. Its never too late to get started!

Join us for the following workshops during the Winter 2022 session

#### 1. **Choosing the right physical activity for you with a Kinesiologist**

Regular physical activity and exercise for seniors helps improve mental and physical health, both of which will help you maintain your independence as you age. Come and learn how to choose the right exercises for your body with a kinesiologist.

#### 2. **Basic First Aid at home with a Certified First Aid Instructor**

Learn how to give basic first aid including how to recognize signs and symptoms of multiple medical emergencies, when to call 911, and how to help in case of choking. Perfect for seniors who babysit their grandchildren, or anyone who would like to feel more prepared in case of an emergency.

**Note:** This workshop is NOT a first aid certification.

#### 3. **Nutrition and diet seminar with Concordia PERFORM Center Dietician**

Healthy eating is a key part of aging well. It is a way for you to stay healthy and strong, which is important to maintain your independence and quality of life. As you age, you face different changes that may make healthy eating seem more challenging or make you not feel as hungry or interested in food. Join us to learn more about healthy eating habits.

#### 4. **LGBTQ2+ Identities**

Why do we hear about so many gay people these days? What does it mean to be transgender? If you are curious about the LGBTQ2+ community, come and learn about changing identities and vocabulary with David from the West Island LGBTQ2+ Center.

Sign up for workshops and get the 4th free, or pay for each workshop individually. Refreshments to be served at each workshop.

## **CONFERENCES, SEMINARS AND WORKSHOPS**

### **SERVICE CANADA INFORMATION SESSION**

Service Canada offers information sessions to ensure that all Canadians receive the benefits to which they are entitled. The content of this presentation is adapted to the needs of senior citizens. Join us for an information session over Zoom on the topics of allowances for seniors aged 60 to 64 for spouse and survivor, compassionate care and family caregiver benefits, fraud prevention and more.

### **PELVIC FLOOR HEALTH WORKSHOP**

This workshop led by physiotherapist Lyse Delorme contains information that every woman needs to stay vital and healthy. This will help you to prevent and treat pelvic floor dysfunction. Strengthening your pelvic floor muscles may be one of the most important things you can do for your body. This workshop is held online over Zoom.

### **TECHNOLOGY AND ME**

Is your smart phone out-smarting you? Through a partnership with Volunteer West Island, John Abbott College students volunteer their time to provide one-on-one sessions helping seniors with basic technology questions related to their personal devices.

### **MONTHLY LUNCH WITH TED**

Watch an informative TED talk and engage in thoughtful discussion with your peers at this lunch-time 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.

### **MONTHLY BAKING**

Do you love to bake? Join us in the Bistro kitchen to socialize, share recipes, bake muffins and prepare refreshments to serve at our workshops and conferences. Your fellow members will thank you for the tasty treats!

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