



Club des aînés DDO
DDO Seniors Club

2026 PROGRAM GUIDE

Join us!

Stay active, make new friends,
and learn new skills.



Welcome to the DDO Seniors Club!

Where Active Living Meets Lifelong Friendships

Since 1999, DDO Seniors Club has been the heart of active aging in Dollard-des-Ormeaux. Our mission is to offer dynamic and enjoyable leisure programs which promote the physical, social and intellectual well-being of seniors, 55 and over.



Ready to connect, learn and have fun? We'd love for you to be part of our Club! Whether you're looking to **stay fit**, make **new friends**, explore creative **passions**, or simply **enjoy good company**, you'll find your place here among our welcoming community of members.



HOW TO REACH US

Phone: 514-684-1013
Email: ddoclub55@ddo.qc.ca
Website: ddoclub55.com
Facebook.com/ddoclub55plus

DDO Civic Centre, Entrance 5A
12001 Salaberry Blvd
Dollard-des-Ormeaux (QC) H9B 2A7

Office Hours:
Monday to Thursday, 9 am - 3 pm
Friday, 9 am - 12 pm
Closed everyday 12 - 1 pm

OUR TEAM

Albena Petkova
Managing Director

Subanki Siva
Administrative Coordinator

Caroline St-Jean Lalande
Program Coordinator

Christina Karavolas
Customer Service

REGISTRATION INFORMATION

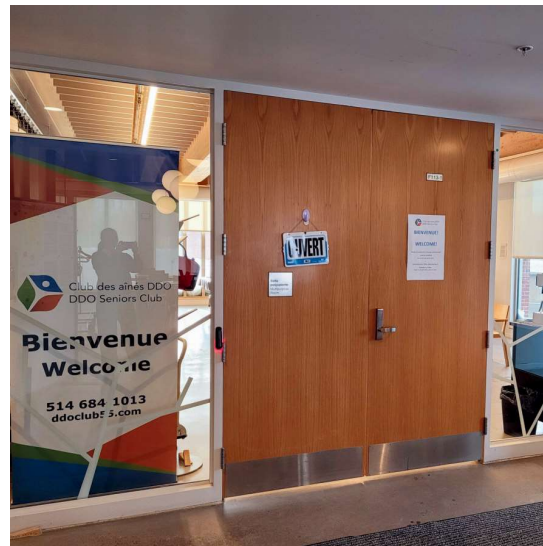
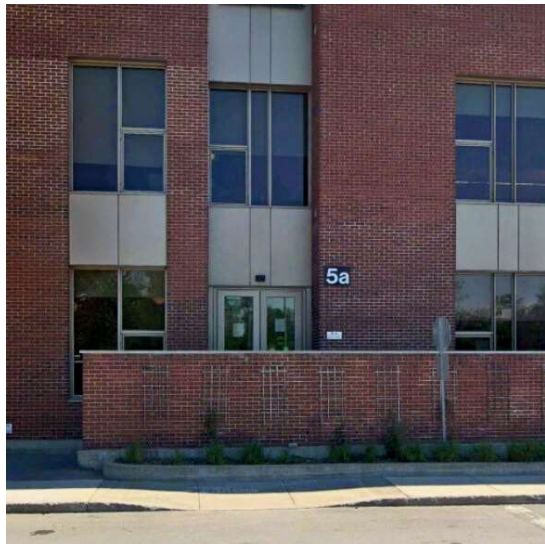
Club Memberships are mandatory in order to register for our various programs. Registrations take place four times per year: **fall, winter, spring and summer**, and can be done online or in person.

Visit our website for full details and important dates to remember. You can also stop by in person or call us.



REGISTRATION OFFICE: DDO CIVIC CENTRE

12001 Salaberry Blvd, DDO (QC) H9B 2A7 – Entrance 5A



Club Membership Fees

Regular member: \$35/year
Associate member: \$55/year

Proxy Registration

During registration periods, an individual may register a family member and/or another member of the same household, who meets the Club membership requirements. Proxy registration does not apply for new members.

Refund Policy

Membership fees: No refunds

Mini club fees: No refunds

Social activities (ticket sales): Full refund if the Club must cancel the event. No refund if the member cannot attend. However, a member can transfer their ticket to another member. Please notify the office.

Courses: A cancellation fee of 10% will be charged on the remaining classes after the office has been notified in writing.



Word from the Mayor

Dear friends,

On behalf of the Dollard-des-Ormeaux City Council, it is my pleasure to extend a warm welcome to all of you. The Dollard-des-Ormeaux Seniors Club is a vibrant space where friendships are formed, interests are pursued, and new skills are discovered. Whether you are participating in fitness classes, attending educational workshops, or simply enjoying the company of friends, there is something for everyone.

Council and I are committed to supporting initiatives that enhance the quality of life for our senior residents through physical activity, and social and intellectual stimulation.

I would like to express my gratitude to the personnel for their hard work in ensuring that Dollard-des-Ormeaux seniors receive exceptional services enhancing their day-to-day lives.

Thank you to our seniors for being an essential part of our community. I look forward to seeing you at the various events and activities throughout the year!

Alex Bottausci, Mayor

Our Board of Directors



Left to right, seated: Misty Thompson-MacLaren, Céline Doray (President), Debby Litvack (Secretary)

Standing: Carol Klein, Nattashalina Rivard, Kathleen Malcius, Gilbert Lai (Treasurer)

Volunteers

Our active volunteers are essential to the success of the Club and its programs. We are deeply grateful for their commitment, which includes planning and delivering projects, sharing leadership and expertise, supporting specialized activities, and ensuring the success of our events. Their contributions create a vibrant, welcoming environment that enriches the experience of all our members.

DDO SENIORS CLUB POLICIES

To ensure a safe, welcoming, and well-functioning environment for everyone, we ask all members to respect the following policies and guidelines. The complete Policies and Procedures Manual is available for consultation at the registration office.

General Policies

- Members are expected to respect Club property, keep activity areas clean, and respect the personal belongings of others.
- Registration is required to participate in all courses; no makeup classes are permitted.
- Members are expected to maintain good personal hygiene, clean clothing and avoiding strong perfumes or colognes.
- Classes are not cancelled due to bad weather unless the instructor is absent; please use your judgment and stay home if conditions are unsafe.
- Members may not solicit funds, sell products, or promote charitable causes within the Club.
- For safety and program quality, staff may recommend a transfer to a different class if a member's abilities do not align with the course level.

Health Recommendations

- Members with medical conditions are strongly encouraged to consult their doctor before participating in activities.
- Please inform the Club of any relevant health concerns to assist in case of emergency. Confidential medical forms are available at the Registration Desk.
- Members are encouraged to carry an up-to-date list of medications.
- If you feel unwell or have flu-like symptoms, please stay home.

Code of Conduct & Harassment

All members are expected to treat fellow members, staff, volunteers, and Club property with respect, dignity, and courtesy at all times. Disrespectful, disruptive, intimidating, or harassing behaviour, whether verbal, physical, or emotional, will not be tolerated. **Any behaviour that undermines a safe and inclusive environment may result in disciplinary action, up to and including suspension or expulsion from the Club.**



Photos and videos may be taken by an employee during Club activities. If this is a concern for you, please speak with a member of our team.

SOCIAL WELL-BEING

Discover a mix of new experiences and familiar favourites that spark joy and curiosity. Whether you're exploring something new or reconnecting with old passions, our Club is the perfect place for you!

Mini-Clubs are smaller groups that meet several times a week. **All activities require registration** and most include a participation fee.

Samba / Canasta

Samba/Canasta is a partnership card game played by four players using six decks of cards. The goal is to form sets of seven cards and be the first team to get rid of all their cards.

American Mah Jongg

American Mah Jongg is a tile-based game usually played by four players. It combines strategy, skill, and a bit of luck. Knowledge of American Mah Jongg is required.

Social Bridge

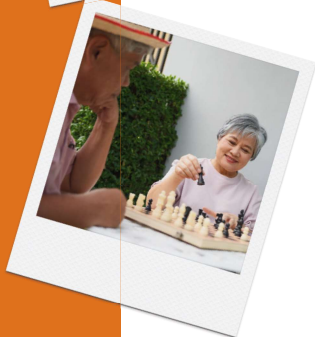
Social Bridge is a trick-taking card game played with a standard 52-card deck. It is played by four players in two competing partnerships.

Billards

Come and enjoy our billard table.

Games

Backgammon, Scrabble, Chess, Carrom, and so much more.



Formal Activities are larger group activities held once a week or once a month. **All activities require registration** and most include a participation fee.

Bingo

Enjoy a fun game of Bingo and great company. Space is limited, so please purchase tickets in advance. No tickets sold on site.

Military Whist

A fun, easy-to-learn team card game similar to bridge. Enjoy an afternoon of friendly competition and good company. Limited spaces. No tickets sold on site.

Social Lunch

Enjoy a delicious meal and friendly conversation with fellow members. Meals are lovingly prepared by our dedicated volunteers.

Book Club

A welcoming group of book lovers meets regularly to discuss pre-selected books. No fee.



Crochet and Knitting

A friendly group of knitters and crocheters gathers to create items donated to a good cause. Basic knitting or crochet skills required. No fee.

Escapade

Join fellow members for social outings organized by volunteers to local destinations. Costs vary and are paid individually.

PHYSICAL WELL-BEING

To support your physical well-being, we offer a variety of classes and activities for all fitness levels. Choose the option that best matches your goals, whether it's flexibility, cardio, strength, or coordination.

The club provides most exercise equipment, including free weights, mats, resistance bands, and balls. For hygiene reasons, yoga mats are not supplied.

Remember to bring indoor **sports shoes**, comfortable **workout clothing**, a **water bottle**, and a **towel**.



Mini-Clubs are smaller groups that meet several times a week. **All activities require registration** and most include a participation fee.

Initiation to pickleball

For those interested in learning how to play pickleball, this fun sport is played on a modified court using paddles and a wiffle ball.

Modified Pickleball

We offer modified pickleball on a smaller in-door field, no running backwards, no smashing, all in a fun, non-competitive environment.

Ping Pong

The goal of the Ping Pong mini-club is to have fun, improve skills and make friends. Remember to bring your own racket.

Line Dancing builds memory and coordination as you follow choreographed steps set to lively music. Several levels are available. **All activities require registration** and include a participation fee.

Line Dancing (One wall)

Learn the basic dance steps while facing one wall. For beginners.

Line Dancing 1

Learn a basic choreography at a slow pace and low intensity.

Line Dancing 2

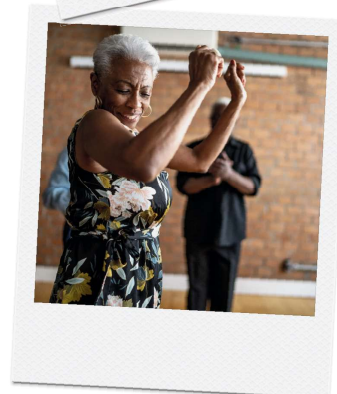
Moderate choreography with moderate level of intensity. Prerequisite: completion of Line dancing 1.

Line Dancing 3

Intermediate choreography with moderate intensity. Prerequisite: completion of Line dancing 1 and 2.

Line Dancing 4

Intermediate choreography with high level of intensity. By invitation only from the teacher.



NEW World Dances

An introductory class exploring dance styles from around the world, including Flamenco, Bollywood, and more. No experience or partner required. Join us for some fun, easy-to-follow movements in a welcoming atmosphere.

Modified fitness classes promote better balance, coordination and cardiovascular capacity, while helping reduce the risk of injuries. **All activities require registration** and include a participation fee.

Ease into Exercise

Ideal for those returning to exercise after illness or a break; gradual approach with slow to moderate-paced activities help safely rebuild strength, mobility, and confidence.

Balance Fit

Moderate intensity strength and coordination class. Great to improve balance, mobility, and stay strong & stable.

Exercise for Arthritis

Low-intensity class supporting joint health, improving flexibility and muscle strength through gentle yoga-style movements and some floor work.

Fit for Life 1

In the series of Fit for Life, this is a modified, slower-paced class with low-intensity cardio and gentle strengthening. This class is on chair and no floor work.



Modified Yoga

Chair Yoga

A low-intensity yoga class focused on balance, flexibility, and strength, all done with the support of a chair and no floor work.

Fit Chair Yoga

An energizing chair-based yoga class that builds strength, flexibility, and balance, with no floor work.



Regular Fitness classes focus on promoting overall physical well-being. **All activities require registration** and include a participation fee.

Fit for Life 2

A moderate-intensity, class combining cardio, coordination, and muscle strengthening. Full-body workout.

Fit for Life 3

An intense class combining cardio, coordination, and muscle strengthening for a full-body, energizing workout.

Zumba Gold Light

A gentle, low-impact class with easy-to-follow movements to help you stay active and energized, to improve balance, flexibility, and coordination in a supportive setting.

Zumba Gold Moderate

A moderate-intensity class building on basic steps with added rhythm and challenge to enhance cardiovascular health, balance, flexibility, and coordination.

NEW Fit & Strong

A high-intensity, full-body class combining strength, core, floor work, and cardio. Builds endurance, tones muscles, and boosts overall fitness for active participants.

NEW Zumba Fit Plus

A fun, energetic cardio class set to lively music. Builds endurance, coordination, and overall fitness while enjoying a full-body workout.



Not sure which level is right for you?

Start easy! It's always best to begin at a lower level. You can move up as your strength and confidence grow.

Circuit Training *for All* & Circuit Training *for Men*

Two circuit training classes, one open to all and one reserved for men, are adaptable to individual fitness levels and focus on improving overall muscle strength, coordination, and flexibility.

Flexibility fitness classes help participants improve and maintain muscle flexibility, strength and overall mobility. **All activities require registration** and include a participation fee.

* Yoga mats are NOT provided. Remember to bring your own.

Gentle Yoga

A low to moderate-intensity class using slow, flowing movements to improve flexibility, balance, posture, and breathing.

Essentrics

A medium-paced full-body workout using only body weight to improve balance, flexibility, and strength with dynamic stretching movements.

Stretch & Strength

Option Standing & Chair

A moderate-intensity class focusing on balance, strength, and light flexibility, set to gentle music. No floor work.

Option Standing & Floor

A moderate-intensity class focusing on balance, strength, and light flexibility, set to gentle music. Yoga mat required.

Stretchalates

Moderate intensity pilates-inspired class focusing on balance and flexibility, with low-intensity strength to improve joints and flexibility.

Tai chi kung

Slow and harmonious movements to Chinese music, promoting balance, flexibility, and inner calm.

Hatha & Flow Fusion

A dynamic blend of Hatha and Flow yoga combining alignment, movement, and breath to build strength, flexibility, and endurance.





KINE-ACTION

A program guided by our certified kinesiologist

Join us!

Visit our website
to see the full
schedule

Three Levels of Difficulty

- 1 **KineAction 1** (seated, no floor)
- 2 **KineAction 2** (seated, standing)
- 3 **KineAction 3** (standing, floor)

Presented by Maya Baroudi
Certified Kinesiologist (FKQ, CKA, PNCE)

Learning courses offer opportunities to explore new skills, from languages to card and board games. **All activities require registration** and include a participation fee.

Spanish Language Courses

Beginner

For individuals with little to no experience. You will learn the essentials through clear explanation and practical exercise.

Advanced

For those with advanced level of conversation. Focuses on perfecting oral and written expression, and refining comprehension through discussions, text analysis and interactive exercises.

Intermediate

Prerequisite: 2+ years of Spanish.

Learning focused on enriching vocabulary, improving comprehension and expression to gain fluency and confidence.

Bridge Intermediate

Introduction to the basics of Bridge. Prerequisite: Suitable for players who already have basic knowledge of bridge. Regular attendance required.

Learn Through Conversations

English Conversation

Practice and improve your English through friendly conversations with volunteers and members in a supportive environment. Basic knowledge of English required. For non-native English speakers.

French Conversation

Beginner: A volunteer-led group for practicing basic French in a relaxed setting. Ideal for those starting to build confidence in everyday conversation.

Intermediate: A volunteer-led group designed to strengthen conversational French skills and improve fluency in a supportive, social environment.

Arts & Music – All activities require registration and include a participation fee.



Oil Painting

Open to all levels, beginners welcome! Work on your individual projects while getting personalized attention.

Singing

In this class, you will have the opportunity to learn new songs with the help of a singing teacher. No prior singing experience is required. Harmonies will be taught.





Our Founding Partner

The DDO Seniors Club extends our heartfelt appreciation to the **City of Dollard-des-Ormeaux** for their unwavering partnership and generous support. We are truly grateful for the City's commitment to supporting seniors!



We're committed to helping you get ahead financially.

Our financial specialists are here for you.



Gabriella Uriani, F.PI
Financial Planner, Scotia Financial Planning™
Scotia Securities Inc.
514.241.0390
gabriella.uriani@scotiabank.com

I am committed to helping individuals feel more confident in their financial future. Drawing on my investment expertise and financial planning experience, I'll work with you to build a comprehensive financial plan that reflects your unique goals and evolves with you as your priorities and circumstances change. Through trusted advice and tailored solutions, I can help you meet your financial goals so you feel in complete control of your future. I can work with your schedule to make a plan that fits your life.

Contact me to meet with you at any time, in the convenience of your home, office or virtually.



Anika Williams
Branch Manager
514.624.2304 Ext: 7000
anika.williams@scotiabank.com

I am proud to be leading a knowledgeable and experienced team of Scotiabank financial advisors at the Dollard-des-Ormeaux, Quebec branch. My extensive education, training, and experience allows me to provide valuable insight, relevant advice and appropriate solutions tailored to your individual needs.

Together, we are committed to providing you with practical advice and solutions tailored to your financial priorities that are supported by continued service excellence.

Scotiabank®

Les Résidences Soleil Manoir Dollard-des-Ormeaux : Abordable • Sécuritaire • Évolutive • Épanouissante • Familiale
Affordable • Safe • Evolving • Fulfilling • Familial



Mr. et Mme Savoie, fondateurs des Résidences Soleil / Mr. and Mrs. Savoie, founders of Les Résidences Soleil



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Visites 7 / 7

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Visit us 7 / 7

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* Consultez les détails sur notre site web / See details on our website

Soutenir les familles tout au long du processus de vieillissement Supporting Families Throughout the Aging Process



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*Psychosocial assessments for the homologation
of protection mandates and private tutorship*
- ▶ Planification des soins aux aînés, soutien aux
proches aidants et accompagnement
*Elder care planning, caregiver
support and counselling*

UN SERVICE GRATUIT*
A FREE SERVICE

* Nos honoraires sont payés par les résidences pour aînés
Our fees are paid by the senior living communities

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A scientific and whole-person approach to aging at home:

Demandez votre consultation privée:

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Bougez plus

Bougez à votre rythme, en toute sécurité.

Move More

Stay active in ways that feel good and match your abilities



Se nourrir et s'hydrater

Mangez des aliments nutritifs et assurez-vous de rester bien hydratés.

Nourish and Hydrate

Eat nutritious foods and stay properly hydrated



Stimulez votre esprit

Continuez d'apprendre, de réfléchir et de participer à des activités mentales.

Flex Your Mind

Keep learning, thinking, and engaging in mental activities



Brisez l'isolement, créez des liens

Créez et entretenez des relations significatives.

Connect with Others

Build and maintain meaningful relationships that bring joy



Vivez avec joie et enrichissement

Consacrez votre temps aux activités qui vous tiennent à cœur.

Find Joy and Purpose

Do activities that matter to you and bring meaning



Dormez bien

Profitez d'un sommeil de qualité et réparateur, chaque nuit.

Sleep Well

Get quality, restorative rest every night



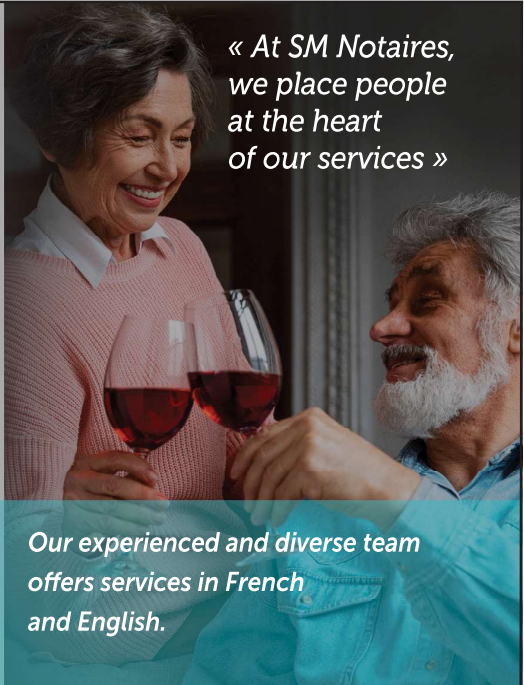
Me Stéphanie Moreau
L.L.B. D.D.N. Notary

We provide you with personalized support, taking account of your reality and your specific needs. You don't need to travel, we can go to to meet you, in your own home.

We specialize in several areas of law to offer you professional and accessible expertise for your legal needs:

- Residential and commercial real estate law (purchase, financing)
- Personal protection (assistant to a person of full age, probate of mandate of protection, guardianship of a person of full age, etc.)
- Wills and estates
- Mandate of protection

181, boul. Hymus, #102, Pointe-Claire, Quebec, H9R 5P4
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Me Stéphanie Moreau
L.L.B. D.D.N. Notaire

Nous vous accompagnons de manière personnalisée, en tenant compte de votre réalité et de vos besoins spécifiques. Vous n'avez pas besoin de vous déplacer, nous pouvons aller à votre rencontre, chez vous.

Nous sommes spécialisés dans plusieurs domaines du droit afin de vous offrir une expertise professionnelle et accessible pour vos besoins juridiques :

- Droit immobilier résidentiel et commercial (achat, financement)
- Protection des personnes (assistant au majeur, homologation de mandat de protection, tutelle au majeur, etc.)
- Testament & succession
- Mandat de protection

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VOTRE PHARMACIEN DE FAMILLE, COMPLICE DE VOTRE SANTÉ!

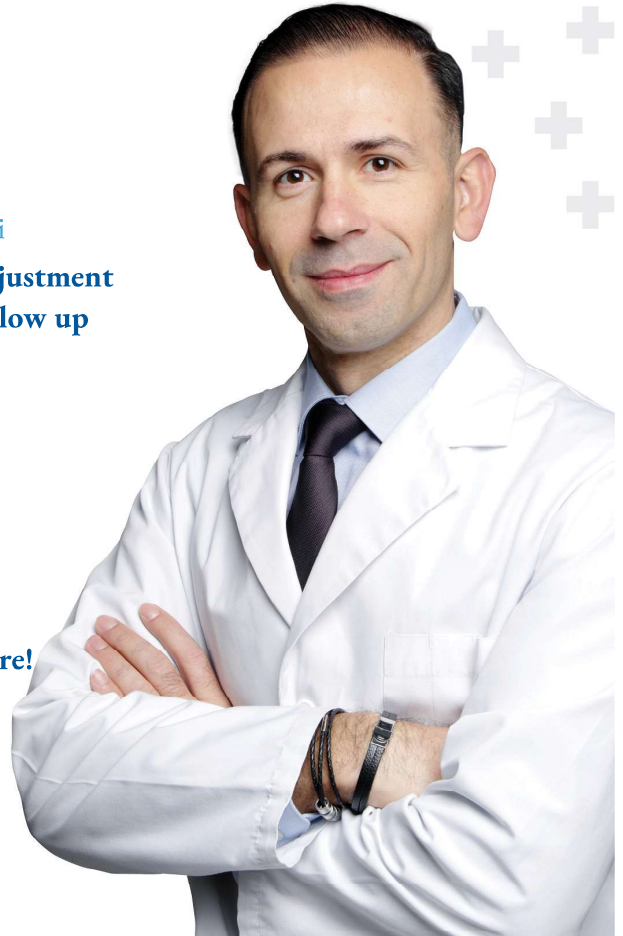
Services offerts :

Offered Services :

- Prescription de médicaments pour certains problèmes de santé
 - **Prescription medications for certain health conditions**
- Prescription d'analyses de laboratoire
 - **Prescription for lab tests**
- Ajustement d'une ordonnance
 - **Adjustment of prescribed medications**
- Anticoagulothérapie : test RNI, ajustement des doses et suivi
 - **Anticoagulation therapy: INR test, dose adjustment and follow up**
- Soins infirmiers offerts sur place
 - **On-site nursing care**
- Vaccins
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- Consultations bien-être: grossesse et maternité, sevrage tabagique et bien plus encore!
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* Certaines conditions et restrictions s'appliquent. Des frais peuvent s'appliquer. Certains d'entre eux peuvent être couverts par les assurances. ** Certaines restrictions s'appliquent.

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Mar.: 09h00 à 18h00
Mer.: 09h00 à 18h00
Jeu.: 09h00 à 18h00
Ven.: 09h00 à 18h00
Sam.: 10h00 à 16h00
Dim.: 11h00 à 16h00

Les pharmaciens sont les seuls
responsables de l'exercice de la pharmacie.



Club des aînés DDO
DDO Seniors Club



Félicitations pour votre travail !
Congratulations for your great work

**À vos côtés, aujourd'hui et
toujours, pour une communauté
d'aînés forte et épanouie.**

By your side today and always, supporting
a strong and thriving seniors community.

Brigitte B. Garceau

Députée / MNA – Robert-Baldwin



brigitte.garceau.roba@assnat.qc.ca

Vivre avec Passion à Sunrise

Chez Sunrise, nous sommes fiers de proposer des programmes personnalisés dédiés à la vie assistée et aux soins de la mémoire. Communiquer avec notre équipe chez Sunrise de Beaconsfield et Dollard des Ormeaux afin de planifier une visite dès aujourd'hui.

Live with Purpose at Sunrise

Here at Sunrise, we are proud to offer personalized programs dedicated to assisted living and memory care. To learn more about our Sunrise of Beaconsfield and Dollard des Ormeaux communities, contact our team to schedule a visit today.




BEACONSFIELD

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SunriseQuebec.ca


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DOLLARD DES ORMEAUX

Comment souhaitez-vous
qu'on se souvienne de vous ?

How do you want to be remembered?



Vous faites la différence !

Nous sommes fiers de soutenir le programme de loisirs du Club des aînés de D.D.O., qui permet aux aînés actifs de rester engagés.

Making a Difference!

We are proud to support the leisure program of The D.D.O. Seniors' Club, keeping active seniors stay engaged.



Rideau

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- Compagnonnage
- Préparation des repas
- Soins à Domicile
- ...et plus



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- Dementia Care
- Companionship
- Meal Preparation
- Home Support
- ...and more

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Free service



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Thank you to the DDO Seniors Club for all you do to bring people together. The dedication, joy and community spirit of your members truly brighten our neighbourhood. Wishing you continued health, happiness and many wonderful moments ahead.

Merci au Club des aînés de DDO pour tout ce que vous faites afin de rassembler nos gens. Le dévouement, la joie et l'esprit communautaire de vos membres illuminent véritablement notre quartier. Je vous souhaite santé, bonheur et de nombreux beaux moments à venir.

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