

# PROGRAM GUIDE

2025

TEL. 514 684-1013

DDOCLUB55@DDO.QC.CA | DDOCLUB55.COM



Club des aînés DDO  
DDO Seniors Club

Physical

Social

Learning



# Dear Members,

For 25 years, the DDO Seniors Club has become much more than just a meeting place. It is a harbor where you can live this magnificent period of your life with enthusiasm and curiosity.

We are excited to offer you a new season filled with stimulating activities, interesting events and a social life rich in friendships and memories.

Our dedicated team is here to support you and help you discover the activities that best suit your needs. The board of directors, members of the various committees, volunteers and the administrative team work closely together to ensure effective management of the club and make your experience as rewarding as possible.

We look forward to welcoming you and meeting you during our many activities and events. As a non-profit organization, each activity we organize contributes to the collective well-being of our community.

We sincerely hope that you enjoy the new program guide specially conceived for you. May this year be filled with discoveries, joy and enriching encounters!

*Your DDO Seniors Club team*

**OUR MISSION IS TO OFFER A DYNAMIC AND  
ENJOYABLE LEISURE PROGRAM WHICH  
PROMOTES THE PHYSICAL, SOCIAL AND  
INTELLECTUAL WELL-BEING OF SENIORS  
AGED 55 AND OVER.**

☎ 514-684-1013  
✉ [ddoclub55@ddo.qc.ca](mailto:ddoclub55@ddo.qc.ca)  
🌐 [ddoclub55.com](http://ddoclub55.com)  
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## Board of Directors



### President

Francine Lamotte

### Secretary

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### Treasurer

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Nattashalina Rivard, Misty Thompson-MacLaren

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### Managing Director

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### Program Coordinator

Caroline St-Jean Lalande

### Administrative Coordinator

Subanki Siva

### Community and Client Care Coordinator

Christina Karavolas



# Inscriptions

Club registrations take place four times a year: fall, winter, spring, and summer.

To find out the exact registration dates, please visit our website.

Registrations can be completed in person or online.

## FOR MORE INFORMATION:



**TELÉPHONE:** 514-684-1013



**EMAIL:** ddoclub55@ddo.qc.ca



**WEBSITE:** ddoclub55.com



**IN PERSON :** DDO Civic Centre, Entrance 5A;  
Monday to Friday from 9 AM to 12 PM and from  
1 PM to 3 PM.

## PROXY REGISTRATION

During registration periods, an individual may register for themselves, a family member and/or a single other household member, who meets the Club membership requirements, at the exception of new members.

# Club Membership

## INSCRIPTIONS

**Regular member:** \$35 / year

**Associate member:** \$55 / year

**For more information and to register:**  
514-684-1013 or ddoclub55@ddo.qc.ca

Stay tuned for special events organized on the occasion of **National Seniors Day** on **October 1, 2025**.



## Word from the Mayor

Dear friends,

On behalf of the Dollard-des-Ormeaux City Council, it is my pleasure to extend a warm welcome as we launch this year's DDO Seniors Club Guide.

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, Maire**

**We would like to express our sincere gratitude to the City of Dollard-des-Ormeaux for its continued support. This invaluable assistance enables the DDO Seniors Club to offer quality programs and services to all our members and the community.**



# Volunteers

The commitment of our active volunteers\* is essential to the success of the Club and our programs, and we express our deepest gratitude for their continued support. Their dedication is manifested through different actions: committing their time to planning and implementing various projects and initiatives, providing leadership and expertise, supporting specialized activities for our members, ensuring the success of our events, etc. Through these multiple contributions, our volunteers create a vibrant atmosphere within our organization, thus enriching the experience of all our members.

\*Active volunteers are individuals who regularly contribute their time, skills and expertise throughout the year, completing a set number of volunteer hours. They can be Club members, students or anyone who share our goals.

## REGISTRATION OFFICE OPENING HOURS

Civic Centre, entrance 5A

**Monday to Friday 9 AM to 12 PM / 1 PM to 3 PM**

## DOLLARD-DES-ORMEAUX CIVIC CENTRE

12001 Salaberry Blvd.

Dollard-des-Ormeaux (Québec) H9B 2A7



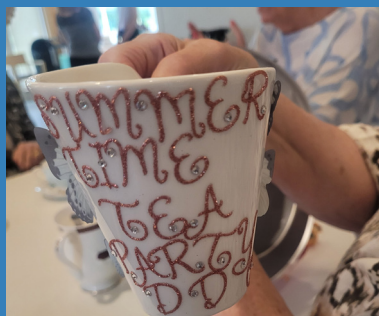
## Recommendations

We ask you to take into account the following recommendations and policies, which are essential to the proper functioning of our Club. The complete file of policies and procedures is available at the Volunteer Office for consultation.

For everyone's well-being, we strongly recommend that you obtain authorization from your doctor if you suffer from an illness. In order to better assist you in the event of an emergency, please inform us of your state of health. Confidential medical forms are available at the registration desk. We also encourage you to maintain an up-to-date list of medications you are currently taking in your portfolio.

If you feel unwell or have flu-like symptoms, it is best to stay home.

Please note that the DDO Seniors Club is not responsible for your personal belongings. Please help keep all activity areas clean and tidy, while respecting the personal property of other members.





## 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.

**NOTE:** The information provided is current at the time of printing.

For the most recent information, please visit our website at [ddoclub55.com](http://ddoclub55.com) or visit our office located at the Civic Center, 12001, Salaberry Blvd.

## Refund and 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 include sales taxes.

Payment methods: Cash, Cheque, Visa and MasterCard.

# SOCIAL WELL-BEING

2025



Explore a world of new and familiar activities that will awaken your passions and interests. Whether it's discovering new passions or rediscovering beloved classics, our Club is the ideal place for you to flourish.

Join us to create unforgettable moments together and enrich our community with new discoveries and shared pleasures.

## MINI-CLUBS

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. **Please communicate with us for the details.**

### Samba/Canasta

Samba/Canasta is a game for four players in partnership with six decks of cards. Players try to form combinations of seven cards to empty their hand.

### 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.

### 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. Knowledge of American Mahjong required.

### Billards

Come and enjoy our billiard table.

### Games

Backgammon, Scrabble, Chess game, Carrom, etc.



Mah jongg



## FORMAL ACTIVITIES

A formal activity which occurs 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 during office hours.

### Bingo

Join us for a fun-filled game of Bingo, full of laughter and great company! Spaces are limited, so be sure to get your tickets in advance! Tickets are \$6 for members and \$8 for non-members. No ticket sales on-site.

### Military whist

A simple card game played in teams of four, based on bridge, but more accessible and just as fun!

Join us for a fun-filled afternoon, full of laughter and great company! Spaces are limited, so be sure to get your tickets in advance! Tickets are \$6 for members and \$8 for non-members. Limited seats available. No ticket sales on-site.

### Knitters

A group of knitters and crocheters gather to create items that are donated for a good cause. No fee. Basic knowledge of knitting and crochet required.

### Escapade

The Escapade Club offers members opportunities to socialize outside of regular hours, with outings organized by volunteers to local destinations. Cost varies, individual payment required.

### Social Lunch

Our Social Lunch is an opportunity to share a delicious meal with members. The meal is prepared by our wonderful volunteers.



### Book club

Free activity, registration required.

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.



### Café français

Free activity, registration required.

Come chat and practice your French.  
A practical knowledge of French is required.

### English tea

Free activity, registration required.

Come chat and practice your English.  
A practical knowledge of English is required.

# PHYSICAL WELL-BEING

2025



## RECOMMENDATIONS

To cultivate your physical well-being, we offer a diverse range of classes and activities suitable for all fitness levels.

Check out our selection of classes to find the one that best suits your personal goals, whether it's improving your flexibility, strengthening your cardiovascular system, developing your muscles or perfecting your coordination.

The club provides a wide variety of exercise equipment, such as free weights, fitness mats, resistance bands and balls. However, please note that for hygiene reasons yoga mats are not provided.

It is recommended that all participants come equipped with indoor sports shoes, a t-shirt with shorts or sports pants, as well as a bottle of water and a towel for all participants. exercise classes, ping-pong or pickleball. For ping pong or pickleball activities, don't forget to bring your own racket; the club will provide the rest. However, some rackets can be borrowed for pickleball.

## MINI-CLUBS

Mini-clubs are organized groups that meet at the Club more than once a week. Seasonal fees per session are required to participate. Please consult our website or contact us for the schedule of these 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.

### Pickleball

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

### Ping Pong

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







Chair



Floor



Energetic

## LINE DANCING

Line dancing combines memory and coordination. Participants perform synchronized steps in a line, following choreography set to fun music. Choose a course to suit your experience and needs.

Please consult our website or contact us for the schedule of these activities.

### 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

This class presents basic choreography at a slow tempo and low intensity.

### Line dancing 2

In this course you will learn moderate choreography while maintaining a moderate level of intensity. Prerequisite: completion of Line Dance Level 1.

### Line dancing 3 ⚡

This class features intermediate choreography, with a moderate to high level of intensity. Note: You must have participated in levels 1 and 2 to register.

### 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 the teacher.

### Dance fusion

Introductory course in music, movement and choreography. Work on posture, strength, balance and coordination, all within the framework of dance.



# PHYSICAL WELL-BEING

2025

## 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 improve overall health. **Please consult our website or contact us for the schedule of these activities.**

### Ease into exercise

If regular exercise classes are too intense due to a chronic illness or injury, this slow-to-moderate-paced class with music, weight training, light aerobics, stretching and relaxation may be right for you.

### Balance fit

Moderate-intensity strength and coordination class. Improve your balance, mobility and responsiveness with dynamic movements to stay strong and stable on your feet.

### Yoga chair

Focusing on balance, flexibility and muscular strength at low intensity, this class offers the relaxing benefits of yoga without floor work, suitable for people who have difficulty bending down.

### Exercise for arthritis

Focusing on balance, flexibility and muscular strength at low intensity, this class offers the relaxing benefits of yoga without floor work, suitable for people who have difficulty bending down.

### Balance and mobility

A low-intensity course focusing on muscular strength and coordination. Strengthen your balance and reaction time to prevent falls, ideal for Montreal's harsh winters.

### Fit for life

A class focusing on low-intensity cardiovascular endurance and moderate-intensity muscular strength. With music, this slower class promotes daily fitness and independence.

### Fit for life chair

A class focusing on low-intensity cardiovascular endurance and moderate-intensity muscular strength. With music, this slower class promotes daily fitness and independence.







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## REGULAR FITNESS

The focus of these courses is to promote overall physical well-being. Please consult our website or contact us for the schedule of these activities.



Fit for life 2

### Fit for life 2 ⚡ (no floor work)

Moderate-intensity cardio and coordination class with intense muscle strength. Tone your muscles, improve balance and coordination to music, for a complete workout including cardio and flexibility.

### Fit for life 2 ⬇ ⚡

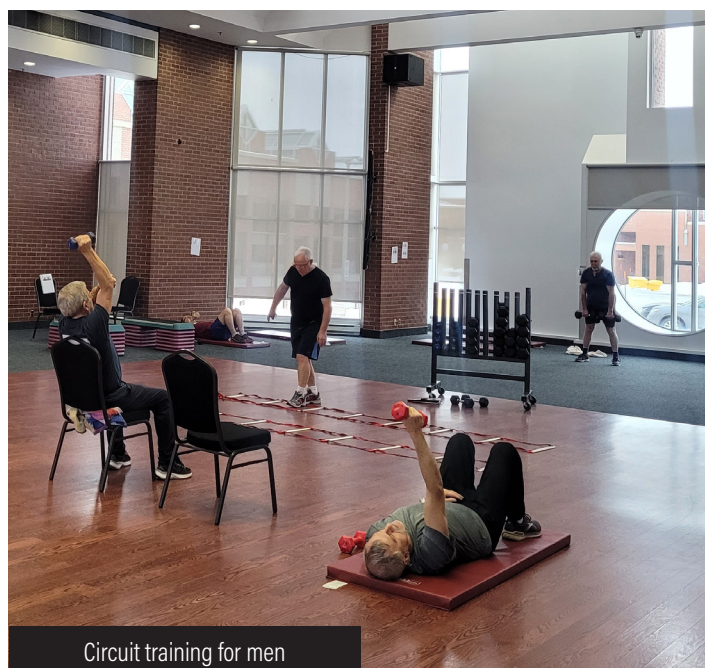
Moderate-intensity cardio and coordination classes with intense muscular strength, all set to music. Tone your muscles, improve balance and coordination, for a complete and fun workout.

### Zumba gold

Improve your cardiovascular health, balance, flexibility and coordination, at moderate intensity. A fun experience to build muscular endurance.

### Fit for life 3 ⬇ ⚡

Moderate-intensity cardio and coordination classes with intense muscular strength, all set to music. Tone your muscles, improve balance and coordination, for a complete and fun workout.



Circuit training for men

### Circuit training for men ⬇ ⚡

After a group warm-up to improve coordination and range of motion, muscle work is done in a circuit, adaptable to each individual. Supervised by a kinesiologist, this course is designed to build overall muscle strength.

### Circuit training for all ⬇ ⚡

This course aims to improve muscular endurance, coordination and flexibility. Circuit work is adaptable for all abilities (variety of movements or weights), supervised by a kinesiologist and open to all.

# PHYSICAL WELL-BEING

2025

## 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. **Please consult our website or contact us for the schedule of these activities.**

### Essentrics ⬇

This intensive course combines balance, flexibility and muscular strength with the essentrics method. Medium-paced, it uses only body weight for movements that combine stretching and dynamic strengthening. Yoga mat required.

### Stretch & strenght ⬇ for vitality

This class, with moderate intensity for balance and muscular strength, offers light flexibility. Set to gentle music, it promotes joint amplitude, flexibility, balance and coordination. Yoga mat required.

### Gentle yoga ⬇

This class offers balance, flexibility and coordination at low to moderate intensity. From slow rhythm to endurance, it tones the body to soothing music, teaching proper breathing and posture.

### Hatha et flow fusion ⬇ ⚡

Experience the perfect fusion of Hatha and Flow. Combining the precision and alignment of Hatha with the rhythm of Vinyasa, develop strength, flexibility and endurance, with an introductory 15-minute meditation.



Hatha and flow fusion





Chair



Floor



Energetic

## Tai chi kung level 1

Practice Tai Chi to meditative Chinese music for moderate balance, flexibility and coordination. This practice strengthens body awareness and improves life skills.

## Tai chi kung combined 1 & 2

Tai Chi, set to meditative Chinese music, offers moderate balance, flexibility and coordination. Slow movements promote body awareness and provide increased energy.

## Tai chi kung level 2

This class improves balance, flexibility and coordination at a moderate intensity. Based on Level 1, it promotes general well-being, tones muscles and increases energy, with greater attention to breathing.



Tai Chi Kung

## Stretchalates

This Pilates-inspired class focuses on balance and flexibility at moderate intensity, with low-intensity muscle strength. Progressive stretching improves joints and develops flexibility.

# LEARNING

## 2025

### FRENCH

These conversation and grammar-based courses will get you on the road to speaking a new language. Please consult our website or contact us for the schedule of these activities.

### Beginner level

This course is aimed at individuals with little to no experience. It provides the essential basics through clear explanations and practical exercises, helping you progress with confidence.

### Intermediate level 1 and 2

**Prerequisite:** Two or more years of basic knowledge. This course is aimed at individuals who have already acquired the basics and wish to deepen their knowledge. It focuses on enriching vocabulary, improving comprehension and expression, as well as practical exercises to gain fluency and confidence.

### Advance level

**Prerequisite:** This course is aimed at those who have several years of experience in Spanish and an advanced level of conversation. It focuses on perfecting oral and written expression, enriching vocabulary, and refining comprehension through discussions, text analyses, and interactive exercises.

### Beginner level

This course is aimed at individuals with little to no experience. It provides the essential basics through clear explanations and practical exercises, helping you progress with confidence.

### Intermediate level

**Prerequisite:** Basic knowledge of French. This course is aimed at individuals who have already acquired the basics and wish to deepen their knowledge. It focuses on enriching vocabulary, improving comprehension and expression, as well as practical exercises to gain fluency and confidence.

### 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*



Please consult our website or contact us for the schedule of these activities.

## Games

### Learn to play american mah jongg

Learn American Mah Jongg to stimulate your mind, build social bonds and perpetuate family traditions! This Chinese tile game, played by four players, combines skill, intelligence, strategy and luck.

### Learn to play bridge

This beginners' course, run by a volunteer, will introduce you to the basics of Bridge over three sessions starting in autumn. Prerequisites: general knowledge of card games such as Hearts. Regular attendance required for rapid progress.

### Intermediate bridge

This volunteer-led Bridge course combines theory and game play to improve the skills of intermediate players. Aimed at those who have already mastered the game.



## WORKSHOPS

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



## Arts & Music

### Painting

During this course, you will have the opportunity to work on your individual projects while getting personalized attention. Open to all levels of painters - beginners welcome.

*Note: Supplies and storage not included.*

### 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; however, some harmonies will be taught.





Club des aînés DDO  
DDO Seniors Club

# Félicitations Congratulations

25e anniversaire | 25th anniversary



**MERCI POUR VOTRE SERVICE ENVERS NOS ÂÎNÉS**  
THANK YOU FOR YOUR SERVICE TO OUR SENIORS

*Brigitte B. Garceau*

Députée/MNA - Robert-Baldwin



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# Joyeux 25<sup>ième</sup> anniversaire !

## Happy 25<sup>th</sup> Anniversary!



### **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 engaged.



4275, Boulevard des Sources  
Dollard-des-Ormeaux (Qc) H9B 2A6

[rideaumemorial.com](http://rideaumemorial.com)  
514-685-3344

## 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




514-693-1616 | 514-620-4556

[SunriseQuebec.ca](http://SunriseQuebec.ca)

  
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### DOLLARD DES ORMEAUX





# Le KONA 2024

Le VUS pour la ville.



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28 670 \$\*

\*Contactez Hyundai Gabriel Ouest pour tous les détails.

## Hyundai Gabriel Ouest

4850, boul. Saint-Jean, Pierrefonds, QC H9H 4B2  
514 624-7777, hyundaigabrielouest.com



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À PARTIR DE  
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## Genesis West Island

4850, boul. Saint-Jean, Pierrefonds, QC H9H 4B2  
1 855 889-9155, genesiswestisland.ca

\*CONTACTEZ GENESIS WEST ISLAND POUR TOUS LES DÉTAILS.



GENESIS  
WEST ISLAND





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## Victor Marques

Conseiller en  
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*Funeral pre-planner*

Conselheiro em  
planificação funerária



## Lili Phengrasmy

Conseillère en  
planification funéraire  
*Funeral pre-planner*

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<p><b>Lundi</b> <b>Coupe glacée</b> <b>2e GRATUIT</b> <small>de valeur égale ou moindre</small></p> <div style="text-align: center;">  </div> <p><small>Limite d'un coupon par client, par visite. Ne peut être combiné à aucune autre offre, promotion ou rabais. Valable uniquement pour les deux magasins ci-dessus.</small></p>	<p><b>Mardi</b> <b>Cornet</b> <b>2e GRATUIT</b> <small>de valeur égale ou moindre</small></p> <div style="text-align: center;">  </div> <p><small>Limite d'un coupon par client, par visite. Ne peut être combiné à aucune autre offre, promotion ou rabais. Valable uniquement pour les deux magasins ci-dessus.</small></p>	<p><b>Mercredi</b> <b>Slush</b> <b>2e GRATUIT</b> <small>de valeur égale ou moindre</small></p> <div style="text-align: center;">  </div> <p><small>Limite d'un coupon par client, par visite. Ne peut être combiné à aucune autre offre, promotion ou rabais. Valable uniquement pour les deux magasins ci-dessus.</small></p>	<p><b>5\$ de rabais</b> <b>sur un Gâteau 10" ou plus grand</b></p> <div style="text-align: center;">  </div> <p><small>Limite d'un coupon par client, par visite. Ne peut être combiné à aucune autre offre, promotion ou rabais. Valable uniquement pour les deux magasins ci-dessus.</small></p>
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# SAMEER ZUBERI

Député / MP Pierrefonds–Dollard



*Félicitations au Club des aînés DDO pour votre encouragement des aînés à vivre une vie active! Vos programmes, activités, groupes et ateliers favorisent des relations, et gardent nos aînés en santé, impliqués et informés. Un sincère merci pour votre travail et votre dédication.*

*Congratulations to the DDO Seniors Club for encouraging seniors to live an active life! Your programs, activities, groups and workshops foster relationships, keep our seniors healthy, involved and informed. A sincere thank you for your work and dedication.*

3883, boul. St-Jean, Bureau 501  
Dollard-des-Ormeaux, QC H9G 3B9  
(514) 624-5725  
sameer.zuberi@parl.gc.ca



## Soins d'Or Chez Vous

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**When living at home is no longer  
possible, a properly chosen residence  
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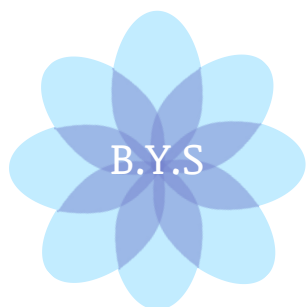
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