

## 31. Seniors & MADA

- **50+ Club. (October, 2023, Informer)**



### **ARE YOU 50+?? IF SO, READ ON ....**

It may be one of the best-kept secrets in Montreal West, but our Recreation Department organizes an incredible number of activities for our pre-senior and senior population through the 50+ Club. You may have seen these events listed in *The Informer* on a monthly basis and wondered what this group was all about, so allow me to "spill the beans."

#### **What is the club about?**

The 50+ club aims to bring people together for both informal events and excursions. The informal events include bridge, speaker events, luncheons and dinners in Town. The mid-December Christmas dinner, which includes turkey with all the fixings, is served by the Mayor and members of Council. The excursions can be art exhibits, theatre productions or other events both in Town and out. In fact, our Recreation department is very flexible and open to exploring any option presented by the members. Marian Scully, our Coordinator of Cultural and Special Events has been organizing events for the 50+ group for the past 20 years and welcomes your input.

#### **What's in it for you?**

Fun, new friends, new skills and an opportunity to explore activities you may not think of doing on your own. Numerous studies have shown the importance of social interaction as we age, so here is an opportunity to expand your social network, participate in new experiences, and have someone else do all the planning for you. What's not to like?

#### **How do you join?**

The 50+ club is open to all Montreal West and neighbouring residents who are 50 years old or more. The current members are 65+, but we are looking to expand, so if you or your group of friends are 50+, we welcome you. You

can either join as a member (\$20 for Montreal West, Côte Saint-Luc and Hampstead residents or \$30 for all others) or participate in the activities on an ad hoc basis. Members get discounts on the events. To join, or for more information, please call the Community Centre at 484-6186.

Check out the Club's upcoming activities in this month's *Informer* (page 17) or online at <https://montreal-west.ca/en/recreation/community-life/50-club/>.

Hope to see you soon at one of the many planned events.

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- **MADA consultation and 90 action items. (December, 2023, Informer)**

# October 21: a lively seniors' consultation

October 21, the Seniors' Advisory Committee hosted a consultation for seniors.

The afternoon started with a very enlightening talk from resident, Dr. **Natalie Phillips**, a professor in the Department of Psychology at Concordia University. Dr. Phillips' area of expertise is the study of sensory-cognitive health in aging and dementia. She pointed to the importance of hearing and sight in particular, and encouraged all present to get their sight and hearing tested, and to do what they can to mitigate this loss, for example with glasses and/or hearing aids. It was interesting to hear that although there is a natural memory loss or slowdown as we age, the majority of seniors do not experience dementia.

We were also encouraged to exercise and, in fact, we did just that during the break. **Megan Feeney** led the group in ten minutes of *Essentric*s stretching to pump the participants up and get those brain waves stimulated for the discussions which followed.

Before moving to future priorities, the meeting reviewed the objectives set out in the *Municipalité amie des aînés (MADA)* Age-Friendly Plan. The plan was a particularly ambitious one, with 21 specific objectives and 90 associated action items! We are now half-way through

the 2020-2025 plan, and, happily, have completed or initiated 47 of those actions.

Some of the goals completed include:

- adding more street furniture and greenery on Westminster
- obtaining a grant and moving forward with a new fully accessible recreation centre
- developing a seniors' webpage with information pertaining to seniors
- instigating a plan of action to reach seniors in times of

Essentric stretching during the break



emergency, which was put into place during the early phase of Covid

- encouraging new housing opportunities
- organizing social events targeted to seniors
- creating several inter-generational activities
- setting up consultations with seniors

Next, we moved to round table discussions to help set priorities for future years. The seniors present were extremely engaged and provided insightful and valuable commentary and input. These will be reviewed by the Committee and submit-

ted to Council for action.

The afternoon was a great success, and was appreciated by all participants. Many thanks to our keynote speaker, Dr. Natalie Phillips, to the members of our Seniors' Advisory Committee and to the 50 residents who participated. Although we have moved many goals forward, we recognize we have more work to do. We will continue to strive to make our community more age-friendly, not just for seniors but for all residents.

*Colleen Feeney  
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