It’s their 2nd century & they’re loving it!

pages 19, 20, 21

Our semi-annual Guide to Residences

MONTREAL’S LEADING BUYER OF RARE COINS SINCE 1928

WE WILL GIVE YOU TOP DOLLAR FOR ALL YOUR OLD COINS & PAPER MONEY

- Canada, USA, World, Ancient and Medieval coins
- Silver, Gold and Platinum wanted in coins, bars or jewellery

1117 Ste. Catherine W, Suite 700, Montreal 514-289-9761 carsleys.com
OPEN HOUSE
APRIL 29
1 p.m. to 4 p.m.

THE SENIOR TIMES
April 2018   theseniortimes.com

EVERYTHING YOU NEED FOR YOUR RETIREMENT STARTS WITH A VISIT TODAY!

selectionretraite.com
1 844 387-1757

WHERE BEAUTIFUL HAPPENS

Michel Forget, Ambassador
Radical rest homes for hippy generation a groovy idea

They are the flower children — they opposed the Viet Nam War, they tried free love, and some followed the sex, drugs, and rock ‘n roll mantra.

Now that the baby boomers, born between 1946 and 1955, are seniors, they are thinking about how they want their “old age” to be different. People are living longer and looking at alternatives when it comes to where they will live the last chapters of their lives. That is why the idea of Radical Resthomes has sprung up across Canada, the U.S. and Europe.

In Montreal, there is at least one proposal that is awaiting news of whether the Canadian Mortgage and Housing Corporation (CMHC) is interested in supporting it. Janet Torge, a former broadcaster, documentary film producer, and all-around organizer, outlined some of the options in a lunch-hour talk last month to members of the Royal Montreal Curling Club, mostly seniors.

At the heart of the rethink is research that confirms what many believe — that loneliness and social isolation are as much a threat to longevity as obesity or excessive tobacco and alcohol use.

“The key to all of it is community — as we get older we need the support of community. Isolation is a big killer, we just get depressed to death,” she told the curlers.

The idea of Radical Resthomes is that the residents look after each other, apart from medical issues that require professional care.

“The resources and care come to you, and are shared by friends, family, and experts. The care and medical help we need are focused on quality of life, not treatment.”

Living in such a cooperative setting is cheaper, for both individuals who end up in private residences and governments that sustain public facilities.

“Shared housing is always cheaper than living alone or in institutions,” and it should become an option for those who may be reluctant to move into a residence, she said.

The devil is in the details, and there are a variety of alternatives. One is co-housing, where members have sufficient equity to buy their unit. In Quebec City there is a multi-generational Cohabitat Québec, with about 40 units where each member or couple buys their own unit, and there are common areas for dining room, social activity room, a bike shed, and a garage with vehicles. In Sooke, B.C., there is Harbourside, a senior co-housing facility.

In a cooperative model, a group of people will pool their resources to buy a place and run it together. Most are government sponsored, but in Quebec most of them are huge, often with some 300 units, which detracts from any sense of community.

Intentional communities are those where people who have shared values get together, such as the Baba Yaga House for aging feminists, a self-managed home for more than 40 residents in the Parisian suburb of Montreuil built with a 1-million euro grant from the French government.

The “Do It Yourself” model includes communes in Mendocino, Calif., and the “Golden Girls” model of shared living among women.

There can be a couple or single living in a big house who do not want to move and have people come

Continued on page 4
Montreal’s Radical Resthome for renters

After some 30 years of thinking and talking about the idea, Janet Torge says she and a group of new friends are “on the verge” of opening Montreal’s first Radical Resthome — for renters.

“There are lots of examples of alternative housing for seniors, but you have to have money. Nobody seems to care about those who are living on government pensions.”

The idea is for six to ten people to live together and in Torge’s case, none of them are old friends but people she has met in talking to some 300 people in the past about these ideas in workshops she organized. Her group is looking at a number of buildings, including a large, older home on St. Hubert that is on the market.

“We are talking with CMHC about financing,” she said. “The idea would be to pay off the mortgage in about ten years. If eight people got involved the rent would be something like $700 a person.”

There is no equity accumulation, so if a participant dies or moves on for any reason, she will be replaced by another renter.

While many issues can arise with those requiring higher degrees of care, including Alzheimer’s or dementia, the idea is “to start with people who are OK, keep in touch with people across Canada as to how they are handling things, and follow the research.”

“Ideally it would be multi-generational, so that the care would be shared. It’s co-living. Radical Resthomes is not for people who need care all the time, but we’ll keep you fit, happier, and living longer than if you went into a residence when you were 75.”

— Irwin Block

Continued from page 3

and stay with them, sharing in a variety of arrangements. Recently three women in Winnipeg purchased a big old house where they live together.

“Living in community is going to help with depression, loneliness, senior poverty, and longevity,” Torge says.

info@radicalresthomes.com
In writing about jazz for the Montreal Gazette the mid 1980s I met a young, energetic, curious, and knowledgeable music journalist named Alain Brunet, who was starting to work at La Presse after a stint with CIBL community radio. These were halcyon days for live music, and musicians were veering off in many directions. Among the most assiduous in covering the remarkable and burgeoning production and performance locally was young Brunet. Avant jazz, electronica, and avant rock were among the niche corners of the musical world that became his specialty, even as he covered pop-rock, including then-emerging pop diva, Céline Dion.

The now veteran Brunet, who has a B.A. in journalism and M.A. in communications from Université du Québec à Montréal, continues to fulfill many roles for La Presse in its current digital-only format. He has even taken over the classical beat from the paper’s former reviewer, the opinionated Claude Gingras, whose claim to fame was bringing along the scores to orchestral concerts. Brunet has big ears and does his homework. He prefers analyzing and describing what he hears, signaling errors, if they occur, or what may sound like unfulfilled intentions. He also previews concerts and over the years has tracked behind-the-scenes developments in the industry, one of the few in conventional media to do so.

Included in that mission was his reporting on how the digital revolution and file sharing have resulted in a disastrous decline in revenue for most of the industry’s artisans, even as a tiny minority, including those who control social media, have become unbelievably rich.

Brunet and I chatted the other day about this decline, the subject of his second book, La misère des niches (XYZ, 270 pages, $25.95), a play on la misère des riches—the troubles of the wealthy— and the title of a popular French-language TV soap opera. Brunet tackled file sharing and its consequences in his first book, Le disque ne tourne pas rond (Coronet Liv, 295 pages, $29.95), the record is stuck.

Extensively and meticulously researched, Brunet has dug deep into the profound shifts in how we consume music, news, and information and its consequences on various content providers, including conventional media, which are convulsing our cultural environment. A broad overview, it is full of well-chosen data about the profound shifts worldwide, and at home.

Even his own blog, as well as others in specialized cultural fields produced by La Presse writers, Continued on page 6
Transitions
Life’s Final Planning for

At Rideau & Lakeview Memorial Gardens, we know this is an emotional topic – and one you may want to avoid. But once you start planning, you will gain peace of mind that comes from knowing your final arrangements are taken care of. And there are great financial benefits when you plan ahead.

Cremation programs starting as low as $25 / month. Call today and receive a FREE Cemetery & Funeral Planning Guide.

Musicians are starving, Brunet writes

Continued from page 5 was cut last spring.

Brunet wrote his first book because he saw some 18 years ago, that with Napster and MP3 players, the music business was the first content industry to suffer collateral damage as a result of the digital revolution. (Napster was an application to share music over the internet without having to buy the CD. After downloading Napster, users could access music recorded on the MP3 format with others who were online at the same time.)

Napster opened the floodgates, and such digital streaming services as Spotify, Apple Music, Deezer, SoundCloud, Bandcamp, Tidal, and Stingray Musique now dominate mass listening habits. As a result revenues to creators have plummeted. Of course it is complex, Brunet notes, since Spotify, for example in 2015 had gross revenue of US $2.12 billion but finished the year with a net loss of $188.7 million!

The pirating, or virtual pirating of recorded music that started at the end of the last century has only accelerated, Brunet notes. By its very nature, it has become technically impossible for most creative artists to police the internet for intellectual property violations.

Before the internet, good and decent musicians could make a basic living, but it is becoming more and more difficult for most. Apart from a tiny minority — the Rihannas, Madonnas, and Jay-Z’s of the world — so-called disruptive innovation is taking its toll on most musicians, composers, singers and other creative artists.

Click bait — the number of people who listen to a cut or CD on a listening site such as Spotify — means pitiful returns to the creators. Bassist Alain Bédard, who produces CDs with local jazz musicians on the Effendi label, told Brunet that his content garnered 550,000 clicks last year, and that resulted in revenue of $1,200.

“If you sold 50,000 copies of a CD, you could hope to make $150,000 or more, and now this is gone — replaced by a tiny amount of revenue for the same consumption,” he notes.

“It is impossible to pay everyone involved under the new system.”

“The only people making money are the people who own huge platforms such as Amazon, Google, and Facebook.”

The irony is that renowned music schools, such as the one at McGill, have excellent staff and programs and are producing superb musicians, but “they’re all going to be poor,” Brunet remarks.

Massive political will and bold leadership are needed, to make sure that a larger share of the huge profits being accumulated on social media be dedicated to the content creators, including traditional media, which are dying. The federal government, could have shown initiative by taxing Netflix, but declined. Quebec’s recent budget did include a PST tax on Netflix — money that could be used to promote content creators.

For example, the European Union antitrust unit last summer hit Google with a record 2.42 billion Euro fine for favouring its own shopping service over those of rivals.

“Only a political-legal decision can change what is happening and force (the internet giants) to share,” he writes.

“Only an historic mobilization with common demands can force government to upgrade international treaties on intellectual property, and compel the new monopolies of the internet to equitably share some of their hallucinatory profits.”

For information and to reserve please contact Danielle McCartney 514 794-7884 or 450 691-5555

TCM: April 6 – 19, 2016

7 Tulip Festival May 16
8 Join us for our exciting day trip to
9 Ottawa. Free time at Dow’s Lake to
10 view over 300,000 tulips. Stop at
11 Byward Market (lunch not included
12 in the price). Step on guide for a
13 guided 2-hour tour. $70
14
15 The Buddy Holly Story
16 Cruise and 1000 Island Playhouse
17 June 27
18 Enjoy a signature 1000 Islands
19 experience combining cruising on
20 the St. Lawrence River with professional
21 live theatre. Ticket for show
22 2-hour lunch cruise
23 $145 per person

Manoir Richelieu, Charlevoix July 9-11
2 nights at Fairmont Hotel, 2 breakfasts, 2 suppers
Free time in Old Quebec City $425 double, $540 single

Iceland, Scotland, Newfoundland 18 days
16 days aboard the Norwegian Jade
Return airfare from Montreal to Heathrow, Miami return. All meals and entertainment on board
Inside Cabin $3299 double, $4599 single
Outside Cabin: $3549 double, $5599 single
Balconies: $4399 double $6999 single

For comments, to change mailing address, phone, or to make a gift, please contact:
Irblock@hotmail.com

The irony is that renowned music schools, such as the one at McGill, have excellent staff and programs and are producing superb musicians, but “they’re all going to be poor,” Brunet remarks.

Massive political will and bold leadership are needed, to make sure that a larger share of the huge profits being accumulated on social media be dedicated to the content creators, including traditional media, which are dying. The federal government, could have shown initiative by taxing Netflix, but declined. Quebec’s recent budget did include a PST tax on Netflix — money that could be used to promote content creators.

For example, the European Union antitrust unit last summer hit Google with a record 2.42 billion Euro fine for favouring its own shopping service over those of rivals.

“Only a political-legal decision can change what is happening and force (the internet giants) to share,” he writes.

“Only an historic mobilization with common demands can force government to upgrade international treaties on intellectual property, and compel the new monopolies of the internet to equitably share some of their hallucinatory profits.”
INSPIRED BY RETIREES

When you retire in a Groupe Maurice residence, you choose to embrace every season based on your whims and passions, because your FREEDOM will always be at the heart of our values.

32 residences in Quebec
Something-for-everyone budget boosts public services

With an obvious eye to the Quebec election scheduled for October, the provincial Liberals have presented a budget that should go a long way toward solidifying their standing among traditional voters and even bolstering support in constituencies where they are weak, among the francophone majority.

Yes, in many cases the Philippe Couillard government is restoring funding that was cut in its so-called austerity budgets, and it must be said that this sort of operation is necessary whenever deficits are judged to be no longer supportable. The bond market, without which our governments cannot function, demands a level of what they see as fiscal responsibility, and the consequences of ignoring these parameters are lower ratings and higher interest rates, resulting in greater long-term debt.

The Quebec economy is growing, unemployment is low, and the timing is right for an expansive budget. The fact that spending on healthcare and social services will increase by 4.6 per cent in the coming year, and 5 per cent in education, is a sign that priorities normally associated with liberal economic policies favouring public services are being restored.

Extending the blue line metro and moving ahead with a light-rail train line to reach Trudeau International Airport combined with the decision of the Valérie Plante administration in Montreal to purchase 300 buses, augurs well for the much needed upgrading of public transit.

More funds to improve hospitals, services for seniors living at home and in senior residences, and hiring more nurses are moves in the right direction. As for the controversy raised by some about wage hikes for medical specialists, this issue neglects the fact that they are merely getting delayed retroactive increases.

Extra years are invested in becoming proficient. For example, doctors train five years after graduating medical school for such specialties as obstetrics and gynecology. The comparisons with Ontario specialists are wrong because they are paid by several sources, while in Quebec it’s all from the government. There are better ways to remunerate physicians than the current one, based on acts performed, rather than fixed salaries. If it turns out that specialists’ remuneration is out of line compared with other provinces, they can always be adjusted when the contracts expire.

Part of the problem with the Couillard government has been the public perception that Health Minister Gaétan Barrette has an arrogant attitude in dealing with journalists and through them the public. He has in past months multiplied public appearances, making good-news announcements, and in that effort has demonstrated that he is learning from his mistakes.

In the countdown to the election, this budget demonstrates that in spite of imperfections, the Liberal team is far preferable to the alternatives. Most readers of this newspaper have no sympathy for the Parti Québécois and its leader Jean-François Lisée. Even if he’s promised not to hold a referendum on sovereignty in the next mandate if he wins power, the return of a PQ government will not boost our economy. It will encourage uncertainty, discouragement to invest, and contribute to a drain among our most productive younger citizens. These probable developments will not allow them to be any more generous in expanding social democratic policies than the Liberals. With support for sovereignty declining, even as it remains the PQ’s raison d’être, its electoral prospects are poor.

The up-and-coming CAQ – Coalition Avenir Québec – has momentum on its side, but the right-of-centre and nationalist outlook advocated by leader François Legault, a former Péquistes, is worrisome. In his statement, A New Agenda for Quebec Nationals, dated Nov. 8, 2015, Legault writes that its “main goal” is to increase Quebec’s autonomy and powers within Canada, with a focus on increased powers over language and immigration. The latter, he writes, means he will seek total control of immigration, rather than the current level of almost 70 per cent (except for refugees). And that total includes family reunification. Yes, Legault has signaled he will play the identity politics card in the hope of attracting so-called soft nationalists. He wants 10,000 fewer immigrants. His plan to compel new immigrants to pass a values and language competency exam would infringe the normal process of acculturation to take effect as they do when children attend French schools. These approaches are far preferable to Legault’s tack, which Couillard has said is akin to “blowing on the flames of intolerance.” We can only hope Legault will stop short of this dangerous path.

It’s shocking that they didn’t know

The ugly yellow-square (carré jaune) demonstration by a handful of Outremont residents to highlight their disapproval of school-bus traffic in densely populated parts of the borough came as a shock. It was targeted at Hasidic families, for whom education is a priority.

In contrast to their neighbours many Hasidic families have eight or nine children, they attend school six days a week, and for safety and security reasons, the younger ones are dropped off near their homes. Many are located in such densely populated streets with row housing.

Instead of contacting community leaders, residents unhappy with the bus traffic chose to wear yellow patches, duplicating the red-squares worn by student protesters in their demonstrations against tuition fee hikes.

The protesters claim they were unaware of its significance to these Jews, many of whom are descended from families murdered during the Holocaust. Jews in occupied Europe were forced to wear the yellow star as part of the Nazi’s campaign to isolate, control, and humiliate Europe’s Jews in preparation for their Final Solution. Such a degree of ignorance is hard to accept.

This poem was published in the 1960 Outremont High yearbook, by 16-year-old Irwin Block.

The yellow patches

The City of Warsaw, ravaged by war, 
Torn to pieces, cheerful no more, 
Moving through its winding streets, 
The yellow patches your eyes do meet, 
Yellow, like the faces of their bearers, 
Worn thin by the knock of terror. 
Hush! The master cometh! 
With proud steps and shoulders high, 
Marching, marching, marching by. 
Drops of liquid on the people’s brow, 
For to the master they must bow. 
The streets begin to rumble, 
The walls begin to shake, 
The people with the patches, 
Just so much can take. 
Like David and Goliath, 
They struck the blow of freedom: 
It lasted a few weeks. 
Thor’s mighty hammer, 
With one great smashing swing, 
Crushed little David, 
Took away his sling. 
Now the streets of Warsaw, 
Ravaged still by war, 
Add a few more pieces, 
Cry a little more.

Editorial:
Don’t panic if bear market returns to prowl

Depending on your age, you may have only experienced the bull market of the past nine years, so you might not know what to expect – or how to respond – whenever the next bear market strikes.

Of course, just recently, you’ve witnessed a market correction – a drop of at least 10 percent in the major stock market indices such as the S&P 500.

This sudden plunge made big news and reminded many investors of how volatile the financial markets can be. But a full-fledged bear market usually isn’t identified until the markets are down 20 percent from their recent highs. Plus, bear markets, unlike corrections, tend to linger for a while.

The last “bear” emerged from hibernation in October 2007 and stayed on the prowl until early March 2009. During that time, the S&P 500 declined by about 50 percent. Clearly, investors were not happy – but the market recovered and moved to new heights.

Financial Fitness
Deborah Leahy

This long and strong run-up may have obliterated your bear market memories, if you ever had them at all. And that’s why you might want to familiarize yourself with some of the bare facts about bear markets:

Bear markets don’t last forever.

No one can predict precisely how long bear markets will run, but they’ve typically been much shorter than bull markets. So, while you might not particularly like looking at your investment statement during a decline, you can take some comfort in knowing such downturns are a normal feature of the investment landscape.

Bear markets don’t affect all investments equally.

If you only own U.S. stocks, your portfolio may well take a sizable hit during a bear market. But other types of investment vehicles may not be as directly affected – and some may even show positive results. Consequently, you could reduce the bear’s “bite” if you also own a variety of other investments, such as international stocks, bonds, GICs and so on. However, while owning this type of diversified portfolio can help reduce the impact of market volatility, it does not guarantee profits or protect against losses.

A bear market can be challenging. But by making the right moves, such as staying patient, looking for buying opportunities and maintaining a diversified portfolio, you may be able to prevent a market decline from becoming unbearable!

Deborah Leahy is an Investment Advisor with Edward Jones, Member CIPF

deborah.leahy@edwardjones.com

Twist Out Cancer

The inaugural brushes with cancer art exhibition and gala will be held May 10 at the Rialto Theatre. Accomplished artists are matched with individuals touched by cancer to create unique pieces of art work reflective of their journey.

The event is at 6pm at 5723 Parc. Info: brusheswithcancermontreal

Does your house have issues?
Do you want to sell it?

If you own a property that has issues such as asbestos, mold, pyrite, water infiltration, or structural and foundation problems, I have pre-qualified clients that are ready to buy these types of properties, without any legal warranty, at fair market price!

We can notarize the sale within two weeks or at your convenience.

Barry Kazandjian
Real estate broker – Re/Max 3000 inc.
514-802-6789 • kazabl@hotmail.com

This advertisement is not a solicitation to put your property on the market.
Bazaars
St. Sacrement Church • April 14–15
Sat. & Sun. 9–4, 800 Provost in Lachine. Resto. Tables to rent. 514-660-0649

St. Vincent Marie de Strambi Church • April 20, 21, 22
Fri. 1–5, Sat. & Sun. 9–4, 10,815 Armand Lavergne. Mt. North Tables to rent. 514-660-0649

Polish Bazaar • Sat. & Sun. April 21–22
Saturday, 9am to 6pm and Sunday, 9am to 5pm at St-Antonin Church, 5361 Snowden, Snowdon Metro. Hot and cold traditional Polish dishes and desserts, display and sale of amber and handmade jewellery, folk art, Peruvian Alpaca, clothing, books, cosmetics. Funds for Committee for Relief of Children and Seniors with Disabilities. 450-433-1321

St. Jean-Beachman’s Church • April 28–29
Sat. 9–5 & Sun. 9–4 at 5945 Cartier in Rosemont. Resto on premises. Tables to rent. 514-804-6973

St. Charles Church • May 4
Fri. 9–5 at 2115 du Centre, Pointe St. Charles. Resto. 514-932-5353

St. Zotique Church • May 5–6
Sat. 9–5 & Sun. 9–4 at 4565 Notre-Dame W. in St. Henri. Resto. Tables to rent. 514-660-0649

Women’s Art Society of Montreal • Tuesdays April 17 & 24

ARTS

CLUBS

Beaconsfield Garden Club • Wed. April 11
Judy and Doug of DJ Harvey Pond World present The Wonderful World of Water Features. Meetings are in English. Herb Linder Annex, 303 Beaconsfield Blvd. Suggested arrival 7:7-15. Session starts at 7:30pm. beaconsfieldgardenclub.ca

Women’s Art Society of Montreal • Tuesdays April 17 & 24

April Event Calendar

ACROSS
1 Goofball
50 Boring device
51 ___ Penh, Cambodia
52 “The Cloister and the
53 Big chip maker
54 He was a terrible tsar
55 Bundled like hay
56 Hurricane victims need it
57 Hopping mad
58 Respected senior member
59 Feathered layer?
60 Egg cells
61 Peter in Peru
62 As a consequence...
63 Bob and Doug McKenzie’s favourite celebration?
(April 7)
64 Japan’s first PM, Prince
65 Bass, or buff suffix
66 “Fatty” dough
67 Versifier’s “before”
68 “Flop”
69 In the vicinity
70 Paddock entrance
71 Honeyed, for one
72 Indigo, e.g.
73 The yoke’s on them
74 triangles? (Apr. 19)
29 Appendix’s area
31 Shortage
32 Triumphant cry
36 Handle some dough
38 “Fuzzy Wuzzy”
39 Something on the
40 Easter island
41 One way to pay
42 Completely arid
43 “The X-Files” agent Scully
44 Boogie-woogie, e.g.
45 “Filibuster”
46 Through a test
47 “Filthy” dough
48 Waffle making gizmo
49 Tiny workers in big colonies
50 Use an old Remington
51 Michigan rep.
52 “The Cloister and the
53 Big chip maker
54 He was a terrible tsar
55 Bundled like hay
56 Hurricane victims need it
57 Hopping mad
58 Respected senior member
59 Feathered layer?
60 Egg cells
61 Peter in Peru
62 As a consequence...
63 Bob and Doug McKenzie’s favourite celebration?
(April 7)
64 Japan’s first PM, Prince
65 Bass, or buff suffix
66 “Fatty” dough
67 Versifier’s “before”
68 “Flop”
69 In the vicinity
70 Paddock entrance
71 Honeyed, for one
72 Indigo, e.g.
73 The yoke’s on them
74 triangles? (Apr. 19)
29 Appendix’s area
31 Shortage
32 Triumphant cry
36 Handle some dough
38 “Fuzzy Wuzzy”
39 Something on the
40 Easter island
41 One way to pay
42 Completely arid
43 “The X-Files” agent Scully
44 Boogie-woogie, e.g.
45 “Filibuster”
46 Through a test
47 “Filthy” dough
48 Waffle making gizmo
49 Tiny workers in big colonies
50 Use an old Remington
**IN APRIL**

**Saint Columbia House** Thurs. April 26
Annual Gala supporting community programming in Pointe-Saint-Charles. Cocktails 6 p.m., dinner 7 p.m., show 8:30 p.m. Théâtre Paradoxe, 3939 Monk featuring Canadian soul diva Sylvie DesGroseilliers. $100 ($80 tax receipt), show only $20 (balcony, general admission).  514-932-6202 info@saintcolumbahouse.org

**Tickets** facebook.com/SaintColumbahouse

**Octet Plus Choir** Fri. April 27
Spring benefit concert at 7:30 p.m. at Summerlea United Church (225-50 Ave, Lachine). Funds support a Syrian refugee family sponsored by three West Island churches. Program of classical, gospel, and folksongs. Freewill offering. Refreshments served. 514-634-2651

**Stewart Hall Singers** Sat. May 5
8pm: Puccini’s Messa di Gloria conducted by Douglas Knight plus a selection of opera and Broadway hits. St-Joachim Church, 2 Ste-Anne, Pointe-Claire. $20. 514-697-2952

**Dorval Strathmore United theatre**
• April & May
*The BeeHive Mystery* written and directed by Steve Gillam is set in 1935 in a rough and tumble city where dreams come to die. When a wealthy young widow meets private detective Archer Stone, he finds himself in the middle of a murder case surrounded by a buzzing beehive of misfits. Performances: April 14, 21, 28, May 5 & 12. Show starts promptly at 6:30 p.m. (Doors open at 6) Tickets: $40 ($35 seniors & students) including a 4-course dinner. Reserved seating only, 310 Brookhaven, Dorval. Info and booking: 514-631-9879 or dorvalstrathmoreunited.weebly.com.

When ordering tickets, mention food allergies.

**Geordie Productions** • April 20-29
Around the World in Eighty Days: 7pm. Sat. and Sun at 2pm. D. B. Claire Theatre, 1455 de Maisonneuve W. $13.50 children; $15 teens; $17.50 students/seniors/19.50 regular. 514-845-9810

**Atwater Library Events**
Wed, April 11, 7:30pm
Book Club led by Mary Soderstrom, on *Colorless Tsukuru Tazaki and His Years of Pilgrimage* by Haruki Murakami, translated by Philip Gabriel.

Thurs, April 12, 12:30-1:30

Thurs, April 12, 7pm
Poetry Project presents readings by Hoa Nguyen and Erin Robinson. Curated by Deanna Radford.

Tues, April 17, 1-3pm
Alzheimer Café: Kate Griffin of St. John Ambulance on making your home safe. Refreshments.

Thurs, April 19, 12:30-1:30

Thurs, April 26, 12:30-1:30

Thurs, May 3, 12:30-1:30
Lunchtime Series: author Plum Johnson discusses her award-winning memoir *They Left Us Everything*, written as she grieved the loss of her parents during the long process of emptying the family home following her mother’s death.

Thurs, May 10, 12:30-1:30pm
Lunchtime Series Judy Rebick, one of Canada’s best-known feminists, discusses her new memoir, *Heroes in My Head*.

Donations requested at all events.

**Atwater Library, 1200 Atwater Ave, corner Ste-Catherine (Atwater Metro). 514-935-7344**

**Cemetery Plot For Sale**
Located at 955 Côte-de-Liesse Rd, Saint-Laurent. Situated in the Garden of The Hour. Can accommodate 2 coffins and 4 urns. Located in section C Lot 685. Valued at $5500. Asking $3400 payable to owner. One time maintenance and registration fee included. Transfer of $300 payable to Urgel Bourgie 514-426-9727

**Dorval Denture Clinic**
denturoexpert.com
Hong An Nguyen d.d.

\[ $\text{Denture starting from$} 695 \]

• Free Consultation • Denture on Implants
• Full denture • Repair in 1 hour
• Whitening tray

**202 Woodside Rd, Beaconsfield**

**Sat. Apr. 7 & Sun. Apr. 8**

Please R.S.V.P. to buscenerslunch@gmail.com or contact the church office at 514-695-0600

**The Senior Times**
theseniortimes.com April 2018
WI Citizen Advocacy seeks volunteers to change lives

A kindhearted English and Italian speaking Ile-Bizard resident in her 60s would like to share time with a woman who could accompany her for shopping and errands. She would love to go out for coffee. She is a good listener and a pleasure to be around!

A lovely Gujarati and Hindi speaking couple in their 80s residing in Pierrefonds would benefit from a volunteer to help with shopping and errands. If you speak either of these languages, you could have a positive impact on their lives.

An easygoing French and Arabic speaking woman in her 70s who resides in D.D.O. would love to share conversation with a woman. She has mobility issues but would like to go on social outings or musical events.

A sociable 80 something Pierre-fonds resident with low vision who is a former teacher would love to share time with woman who can engage her in conversation. She is funny, positive and optimistic.

A compassionate Pointe Claire resident in her 80s would benefit from a female volunteer to visit her or have coffee out. This lovely lady will make you smile!

A woman who resides in the Dorval would benefit from a female volunteer who can offer her accompaniment to shop for groceries. She would be happy to have a coffee or lunch out.

A former speech pathologist in her 80s who resides in Dorval would appreciate a female volunteer who can offer her accompaniment to shop for groceries and go out for coffee.

If you want to make a difference in the lives of these West Island residents, call 514-694-5850.
Donald Bidd

Susan and Lewis live in the West Island and are in their mid-70s. Their health is in decline. Their 45-year-old son Mark has a significant intellectual disability and daily seizures since childhood. He has been on a waiting list for a group home for over 10 years.

It is likely Mark will only have access to such a home if one of the parents falls gravely ill or dies. Susan and Lewis are profoundly worried about Mark’s future because he does not have any friends, and his only relative is a brother in Calgary. He has his own family and challenges.

Their biggest questions, full of anguish, are these: “What will happen to our child with a life-long disability when we are no longer able to care for or monitor his well-being because of age, illness, or death? Who will be there to keep an eye on his care and well-being, advocate for him, protect his interests?” Many parents mistakenly assume that relatives will be there for their child. But deep, reciprocal relationships known and loved by other people. Dream that their children could be taken care of by other people.

Parents still responsible for their adult children with intellectual disabilities, autism, learning disabilities or mental illnesses face huge challenges. At a stage in life when they should prioritize their own care and enjoy their retirement, they remain heavily involved in their children’s lives even if they would like to let go and take better care of themselves. Government cutbacks often mean that there are not enough facilities, programs, and services available as their middle-aged adult children become seniors themselves.

Are there solutions to this complex problem? My own experience as a father of a 30-year-old son with an intellectual disability, an advocate, and a specialist coach serving these families is that comprehensive “future planning” does make a huge difference.

“Future planning” means planning the future of the child with special needs (whatever the age) by reviewing the full range of 12 Safety and Security Factors I have identified.

By implementing a comprehensive action plan addressing these factors, parents are able to significantly improve the safety and well-being of their children, both now and in the long term. With this plan in place, parents can achieve peace of mind about their child’s future and pay attention to their own health and well-being.

Part II of this series next month will highlight nitty-gritty action items: financial considerations for the parents and child, legal representation, and advocacy for much-needed services, such as group homes. It will explain how to weave together the advice of professionals into a coherent plan.

Part III will discuss the most important safety and security factor: a facilitated loving circle of friends surrounding the person with a disability. Most parents have lost the dream that their children could be known and loved by other people. But deep, reciprocal relationships between their children and friends in the community are possible.

Donald Bidd is a Future Planning Advisor, advocate and coach, serving persons with disabilities and their families.

---

A family plan for a good, safe and secure life for the loved one with a disability

<table>
<thead>
<tr>
<th>Financial and Legal Factors</th>
<th>Community and Relationship factors</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Will, discretionary trust, power of attorney, mandate</td>
<td>Involvement and visibility in the community (e.g. Special Olympics, recreation programs)</td>
<td>A residence where caregivers have competence and compassion</td>
</tr>
<tr>
<td>Legal protection regimes (curatorship, tutorship)</td>
<td>Support groups that cultivate close relationships</td>
<td>Meaningful and affirming day programs or specialized classes</td>
</tr>
<tr>
<td>Financial planning – (RDSP, tax benefits, insurance, trusts)</td>
<td>A facilitated circle of supportive friends</td>
<td>Advocacy for missing or inadequate services</td>
</tr>
</tbody>
</table>

Parent and couple self care / Time for siblings and friendships

Sharing knowledge through documentation on every aspect of the loved one:

- Needs, interests, gifts, strengths, vulnerabilities

---

Women’s sizes: 4-12  widths: S, N, M, W, WW, WWW
Men’s sizes: 6-15  widths: S, N, M, W, WW, WWW

(Not all models and colors are available in all sizes and widths.)

Handcrafted, finest leather comfort footwear.

chaussures TONY shoes since 1937

1346 Greene Ave., Westmount  |  TONYSHOES.COM
514.935.2993

Mon.-Fri.: 8am-6pm, Sat.: 8am-5pm, Sun.: 11am-4pm

$15.00 - SAVE $15.00 ON ALL SAS SHOES & SANDALS
Valid for the month of April 2018. Bring in this coupon to receive 35% off the regular price.

theseniortimes.com  April 2018  THE SENIOR TIMES
Seducer doomed in Mozart’s beloved opera

Don Giovanni, the two-act opera first performed in Prague Oct. 29, 1787 and among Mozart’s most beloved works, is to be performed in a Sunday matinee April 15.

It focuses on the ego and sexual exploits of Don Giovanni, said to have seduced more than 1,000 women, who murders the father of one of his lovers in a street brawl.

One day he finds himself in a churchyard in front of a statue of the victim and jokingly invites it to dinner. To his surprise, the statue accepts his invitation.

When the unwell “guest” arrives, it announces that Don Giovanni is doomed, the earth opens and he’s swallowed up in the flames of hell – the opera’s most dramatic scene, one of Mozart’s greatest.

The opera enjoys continued popularity because of its beautiful arias and ensembles. The McGill Chamber Orchestra, under the baton of musical director Boris Brott, performs the opera Sunday, April 15, 4 pm, with staging by Oriol Tomas, and with the singers of the opera studio of Jeunesses Musicales Canada, at the lovely Monument National.

Baritone Geoffroy Salvas is Don Giovanni, baritone Scott Brooks is commander Massetto, soprano Cécile Muhire is Zerlina, tenor Sebastian Haboczi is Don Ottavio, soprano Odéi Bilodeau is Donna Elvira, soprano Susan Elizabeth is Donna Anna, and baritone Dominic Veilleux is Leporello.

Regular tickets cost $44. Box-office info: 514-871-2224

Azrieli prize goes to Kelly-Marie Murphy

The 2018 Azrieli Commission for Jewish Music has been awarded to Canadian composer Kelly-Marie Murphy. The biennial award, first granted in 2015, includes a $50,000 prize, described as the largest of its kind in Canada.

It is based on a new work that expresses an aspect of the Jewish experience and displays creativity, artistry, and musical excellence.

Murphy’s winning submission, a double concerto for cello and harp, is described as an exploration of Sephardic music and how it has influenced other cultures as migrating Jews settled in North Africa and Europe.

Murphy has earned a PhD in composition from the University of Leeds and now teaches as an adjunct professor in the School of Music at the University of Ottawa. Along with other Azrieli prize-winning works, Murphy’s concerto is to be performed October 15 by the McGill Chamber Orchestra, conducted for the occasion by Yoav Talmi, at the Azrieli Music Gala Concert, Maison symphonique de Montréal.

The foundation, established 25 years ago by the late Canadian-Israeli real-estate developer David Azrieli, supports music and the arts, scientific and medical research, higher education, youth empowerment and school perseverance, architecture, Holocaust education and quality of life initiatives for people with developmental disabilities.

Submissions for the 2018 prize for Jewish Music are being received until November 5.
Dining Out

HANDS DOWN BEST FALAFEL IN TOWN!

Vegetarian Shish Taouk & Shawarma
Our Authentic Sabich
(Eggplant & Tahini Sandwich)
Tunisian Harissa Lemon Baladi Sandwich
Pita, Bourekas, Challah &
Many More Baked Goods

OPEN 10AM TO 10PM DAILY
345 ST. JACQUES
VILLE ST. PIERRE
falafelsj@gmail.com

BEST SPECIALS IN TOWN
6752 St. Jacques W.  514-481-8114

EARLY BIRD SPECIAL UNTIL 9AM
(MON. TO FRI) STARTING FROM $3.50

WOW! ONLY 79¢
Our famous Schneider’s
All Beef Hot Dog Special

SPAGHETTI MEAT SAUCE
$5.99

STEAK OR PEPPERONI
OR VEGETARIAN
$6.99

SUBMARINE 11”

BEST SPECIALS IN TOWN

Hands Down Best Falafel In Town!

Vegetarian Shish Taouk & Shawarma
Our Authentic Sabich
(Eggplant & Tahini Sandwich)
Tunisian Harissa Lemon Baladi Sandwich
Pita, Bourekas, Challah &
Many More Baked Goods

Open 10am to 10pm daily
345 St. Jacques
Ville St. Pierre
falafelsj@gmail.com

Best Specials in Town
6752 St. Jacques W. 514-481-8114

Early Bird Special until 9am
(Mon. to Fri) starting from $3.50

WOW! Only 79¢
Our famous Schneider’s
All Beef Hot Dog Special

Spaghetti Meat Sauce
$5.99

Steak or Pepperoni
or Vegetarian
$6.99

Submarine 11”

Hands Down Best Falafel In Town!

Vegetarian Shish Taouk & Shawarma
Our Authentic Sabich
(Eggplant & Tahini Sandwich)
Tunisian Harissa Lemon Baladi Sandwich
Pita, Bourekas, Challah &
Many More Baked Goods

Open 10am to 10pm daily
345 St. Jacques
Ville St. Pierre
falafelsj@gmail.com

Best Specials in Town
6752 St. Jacques W. 514-481-8114

Early Bird Special until 9am
(Mon. to Fri) starting from $3.50

WOW! Only 79¢
Our famous Schneider’s
All Beef Hot Dog Special

Spaghetti Meat Sauce
$5.99

Steak or Pepperoni
or Vegetarian
$6.99

Submarine 11”
**Mom contributes time, skills to football team**

As part of the National Volunteer Week from April 15 to 21, we are featuring a volunteer who’s been playing a major role in our football program for nine years.

Proud mother of two, Sophie Roy is one of the many volunteers who make the Sun Youth Hornets football program possible for nearly 150 youngsters every year. Her involvement with the organization started when her youngest son Marc-Antoine joined the Atom team when he was eight. Wanting to be more than just a “football mom” she offered to help the team manager. Her first duty was to ensure kids would get nutritious snacks when training or playing. With the departure of the manager at the end of the season, she took on more responsibilities. She first created a document for parents explaining the course of the season and everything else they needed to know.

“All the parents have the same questions,” she says. She made sure to include the coaches’ names and pictures so children would not only know them as “coach.” Along with fellow volunteer Louise Blizzard, she is also responsible for taking care of the contracts that players have to sign to take part in football. “It’s a lot of coordination but I like doing that”, she says.

As her son climbed the ladders of the program, Sophie took on the responsibilities of every new level, now working on the paperwork and the administration for the Atom, Mosquito, Pee-Wee and Bantam levels. She takes care of communications with the coaches, the parents and the players including Facebook. As a mother figure to all, she will often remind players to dress warm for a cold weather game or practice, especially during playoff time.

While it is already very demanding to be the parent of an athlete (“athletes” in her case as her oldest son is involved in swimming), Sophie and her boyfriend, also a coach with the Hornets, were never ordinary parents. Even out on vacation camping, they would come back to town just for their son to attend practice sessions. “Our philosophy is, when you commit to something, you do it ‘till the end!”

She is happy to explain what volunteering at Sun Youth brings her. “It makes me feel good to help others. It makes me happy to be there, to know that the kids know they can count on me. I like seeing them evolve.”

She is grateful that, through the program, her son is exposed to a diversity of cultural differences and family backgrounds.

It shows him that “there are other things in life than comfort.”
FREEDOM

Free yourself of the constraints of housekeeping. We take care of everything!

A multitude of activities and specialized services conceived for you. People like you, who share the same interests. Even more time to do what you really feel like doing.

Life in a residence, freedom at last.
The Quebec Seniors’ Housing Group (QSHG) is a guarantee of quality, safety and freedom of choice for seniors. Member residences of the QSHG offer you a welcoming lifestyle that suits all budgets.

qshg.qc.ca
Yiddish musical comes to Segal Centre

A Yiddish version of the Israeli musical hit, Once There was a Melody, is being presented by the Dora Wasserman Theatre from April 15 to 19 at the Segal Centre, 5170 Côte St. Catherine.

It is a montage of songs and stories exploring the emotional side of the spiritual journey that is part of life for those who follow the path of Hasidism.

It posits the idea that you don’t have to be a great scholar to get to heaven, as long as your motives are pure and you put your heart into your observance. And that includes tasty food and song.

Dan Almagor wrote the original and the late Montreal Yiddish scholar Shimson Dunsky translated it from the Hebrew. First performed here in 1971, it became a huge success and played later at several locations in Canada and the US.

The current production is a staged reading in Yiddish, with English subtitles and songs in Yiddish and Hebrew. It stars younger theatre members, and such veterans as Abe Fuks, Fishel Goldig, Edit Kuper, and Betty Kis-Marer.

It is on for five performances, with a 2 pm matinee Sunday April 15 and a show later that day at 7 pm. It continues April 16,18, and 19 at 8 pm.

Tickets cost $36. They may be purchased by calling 514-739-7944 or online at tickets.segalcentre.org.

Celebrating Edith Piaf and Marlene Dietrich

They are among the greatest musical personalities and voices of the 20th century and they were friends.

How Edith Piaf and Marlene Dietrich met and interacted are elements to discover when The Angel and the Sparrow plays at the Segal Centre April 15 to May 6. Louise Pitre plays Piaf and Carly Street is Dietrich.

The show features 20 of their greatest songs, including “La vie en Rose”, “Milord”, and “Where Have All the Flowers Gone”.

Written by Daniel Boymann and Thomas Kahny, it’s been adapted by Erin Shields from the translation into English by Sam Madwar, based on a concept by David Winterberg. Gordon Greenberg directs, Jonathan Monro is the musical director, and Martin Ferland is the set designer.

Regular tickets cost $52, with reductions for seniors and groups.

They may be purchased online at tickets.segalcentre.org or by calling 514-739-7944.
In our family, and among our friends, Ruth’s many qualities are well-known and admired. Her positive outlook, eagerness to participate, and commitment to Jewish values have never wavered. Let me tell you about aspects of her life that have contributed to her well-being:

Ruth and her beloved Harry welcomed three children to the world while living on the third floor of a walk-up apartment building on Quebec between Lajoie and Van Horne. From 1940 until 1957, that meant walking up one flight of stairs to get to the lobby and two more to get to our flat. It was a good 10-minute walk to the Steinberg’s supermarket on Bernard, then back. We never had a car.

Even with three children, Ruth needed more stimulation. She became an active participant in what was then called Pioneer Women, later Na’amat. With her friends, she stood on Park Ave in winter selling tags to raise funds for social needs in Israel, visited manufacturers for donations of clothing for its annual Bazaar, and helped run the nearly-new sale.

In 1957 we moved to a duplex on Barclay, near de Viny, and once again to get to Steinberg’s meant a 15-minute walk to Wilderton and then up the hill to Van Horne. Walking up hills was part of her life.

We spent summers in a cottage in modest Préfontaine, south of Sainte-Agathe. Cooking on a wood-burning stove and heating pots of water on it for baths was Ruth’s summer routine. Harry came on weekends, by bus, bearing bags of fruit. Apart from reading and relaxing in the sun, Ruth took long walks.

When Ruth and Harry moved to 3350 Macdonald in 1974 and he retired as a barber, they enjoyed daily walks together. Residents of Hampstead got to know this little woman, arms swinging back and forth, fast walking through its leafy streets.

When Harry died in 1980, and Ruth began spending winters in Deerfield Beach, Fla. Ruth continued her walking routine.

As a volunteer in Israel she helped clear debris from forests. For her 80th birthday in Israel, she walked the streets vigorously with her daughter Rona in Rehovot and with Barbara and me in the Old City of Jerusalem.

Ironically, it was while weighing herself at home that she fell for the first time. Ruth never allowed her weight to exceed 118 pounds. An extra pound was a call for action. It was after a third fall, when she broke part of her left elbow, that the family realized she needed a higher degree of care.

In her new home at the Westhill Residence, Ruth is respected for her wit, intelligence, and humour. She remains careful about what she eats – Harry used to call her ‘my dietician.’ Even when a delicious chocolate cake was prepared for her official birthday March 12, Ruth only ate half her portion.

“Fattening,” was her response when asked why she didn’t finish it. Her wish after blowing out the candles: That everyone should be as happy and well-treated as she is.

She continues to walk the halls of her residence with as much vigour as she can, with her good friend Tina Xenakis, Westhill manager.

We wish Ruth a wonderful 101st year – happy she is safe, secure, and treated with kindness and love. Mazel tov!

Ruth Block with daughter Rona Goren and son-in-law Hagai Goren (Israel)
On a quiet Sunday in March, major media turned out en masse to a quiet senior residence in Côte-Saint-Luc for an unusual event. They joined residents, family members, caregivers, and politicians at Le Waldorf to celebrate the birthdays of 20 centenarians—13 women and seven men—who have turned or will turn 100 or more this year, with one woman set to celebrate her 105th the next day, and two others celebrating that milestone later this year.

A few weeks later at the Reconstructionist Synagogue in Montreal, family, friends, and caregivers celebrated the 100th birthday of my own mother, Ruth Block, with testimonials and a special luncheon in her honour. It’s all part of a trend across the globe—people are living longer, the result of better health care and lifestyles, and that includes, social interaction. Quebec demographics reflect that trend: the Institut de la statistique de Québec estimated in December that some 1,700 Quebecers were 100 or older. By 2031, one in four Quebecers will be a senior.

The 2016 census counted 8,230 centenarians in Canada, a 41.3 per cent increase over 2011, making this the fastest growing age group in the country! The trend is mirrored in the birthday stats at Le Waldorf where last year candles were lit and cake served for 11 centenarians, said director general Michael Goldwax. Le Waldorf has 214 apartments, and residents cover a range of categories, from independent to assisted living and full care. Operated by Réseau Sélection, it is the only licensed long-term care and kosher facility in the province. The centenarians received certificates and roses and shared in a big birthday cake as photographers snapped away, and we chatted with some of them:

Doris Tucker Schwartz, who turned 102 in January, has been living at Le Waldorf for 13 years, enjoys talking to fellow residents and says she looks forward to her 103rd birthday when she expects a visit from her son who lives in Boston. Her brother, who lives in Montreal, is 98. “I have worked with older people all my life, I loved being part of that society,” she says, proud of her having arranged parties for seniors.

Sadie Wohl, who turned 103 in February, moved to Le Waldorf almost nine years ago from her home on Montclair in NDG. She worked into her 90s. She has two sons, four grandchildren, and two great grandchildren. Her advice:
“Just act natural and stay active.”

Leon Huberman, who turns 100 in November, is a retired salesperson for a wholesale woolen wear manufacturer, who lived in Hampstead.

“When I was younger I was very interested in downhill skiing, tennis, and golf. I tried to stay active until I was 85 or 90.”

Mike Levine, who turned 100 in June, was getting treatment for a damaged kneecap at the Montreal General Hospital, and scheduled to return permanently. He had been living in apartment across the street from Le Waldorf for some 35 years.

“I worked on a dairy farm for some 25 years in Huntington. We used to milk the cows by hand before we got machines. I used to have between 15 and 18 head.”

He spent the next 25 years running a linen-supply service. He has three children, five grandchildren, and two great grandchildren. He played hockey until he was 35, did some bowling, and hopes to continue bowling, once his knee is improved, with the Côte Saint-Luc Men’s Club.

His advice, picked up from a cousin who lived until 100: “Eat properly and don’t overeat – one spoonful less is better than one spoonful more.”

Jennie Monk Berson, who turns 100 in November, spent her early years on Drolet, then moved to Clark near Duluth. She spent most of her adult life on Royal near Monkland.

“After high school, I worked at Lina’s dairy store, then several years as a cashier at the first Steinberg’s self-serve.”

After her marriage she worked part-time at the Dominion Stores head office in Côte-des-Neiges. She has a son, daughter, three grandchildren and was living at Le Waldorf for almost a year. “I’m a newcomer here,” she said laughing. She cooks her own breakfast and lunch in the kitchenette of her unit, and has dinner in the communal dining room.

“I’m stubborn. I was always active and never had a car – did a lot of walking. Sunday afternoon I used to walk on Mount Royal. At Steinberg’s as a cashier I used to stand on my feet all day, then walked home.”

Any advice, we asked: “My father lived until his late 90s. I have my health challenges. Stay lucky!”

Emily Christine Klyke, a former social worker and sister of Viola Desmond, the Halifax civil rights activist whose photo now graces the $10 bill, is looking forward to her 105th birthday in June. She has been living at Le Waldorf for more than four years.

Her advice: “Do what you want to do in life, but prepare yourself for it!”
**APARTMENT LIVING**

**Toulon Sur Mer - Apartments**
7777 & 7779 LaSalle Blvd, LaSalle
Phone: 514-595-8723
E-mail: toulonsurmer@gmail.com
Website: montrealapts.ca
Contact: Carol Cadieux
Apartments: 3 ½, 4 ½
Included: fridge & stove provided, hot water, balconies, wood floors, carpeting or floating floor
Services: gym, laundry room, parking, library/ recreation room, outdoor pool, sauna, wheelchair access, & private lockers
Nearby: hospital, shopping, public parks, bike path, buses,
beautiful grounds and breathtaking views of Lac St-Louis
Pets: cats, & small quiet dogs
Price: starting from $750

**Chez soi**
3825 Cavendish Blvd, #100
Contact: Anne-Marie McLaughlin
Phone: 514-488-6985
E-mail: admin@chezsoindg.com
Care: autonomous
Apartments: 1-1/2, 3-1/2, 4-1/2
Security: cameras
Nearby: all amenities
Services: indoor parking, laundry room
on each floor
Including: heating, electricity, basic cable, meals
Pets: permitted

**Le Russell sur le parc**
30 Brittany Ave, Town of Mount Royal
Phone: 514-340-9777 • E-mail: info@lerussell.ca
Website: lerussell.ca
Contact: Kathleen Murphy
Capacity: 81 apartments
Level: Autonomous
Security: 24h cameras, security alarms
Nearby: train station, buses, grocery, park, library,
Rockland Shopping Centre, pharmacy, banks,
highways 40 and 15
Onsite: Garden, swings, patio, community lounge,
indoor and outdoor parking
Included: Hot water, fridge and stove, balcony
Price: 1 bedroom from $700,
2 bedroom from $900

**CHEZ SOI NDG**
APARTMENTS for AUTONOMOUS SENIORS
75 years or 65 years
with loss of autonomy
Non-profit, affordable, secure, adapted
located at Cavendish & Sherbrooke W
1½  3½  4½
Includes: heat, hot water, electricity, basic cable, 12 meals/month
For information, an application, or viewing appointment please call
514-488-6985 or admin@chezsoindg.com

**Le Russell sur le parc**
30 Brittany Ave, Town of Mount Royal
Phone: 514-340-9777 • E-mail: info@lerussell.ca
Website: lerussell.ca
Contact: Kathleen Murphy
Capacity: 81 apartments
Level: Autonomous
Security: 24h cameras, security alarms
Nearby: train station, buses, grocery, park, library,
Rockland Shopping Centre, pharmacy, banks,
highways 40 and 15
Onsite: Garden, swings, patio, community lounge,
indoor and outdoor parking
Included: Hot water, fridge and stove, balcony
Price: 1 bedroom from $700,
2 bedroom from $900

**LaSalle**
3 ½, 4 ½
Waterfront
Clean, quiet building
Fridge • Stove
Hot water
Outdoor pool
Sauna • Gym
Wheelchair access
Price: starting from $750

**Knowlton - Breathe Fresh Air.** Move into this light-filled condo; the decor is beautifully refreshed and there is a lovely view. Secure front entry, elevator from the garage, a large locker. Walk to everything in the village, or to the beach on a pretty riverside foot path. $249,000

Lois Hardacker Chart. R.E. Bkr 450-242-2000
Royal LePage Acton Real Estate Agency
loishardacker.com

Arnold Bennett
Housing Hotline
514-488-0412
Tenants’ advisory clinic

Régie du Logement (rental board)
514-873-2245
Info on lease laws, sublet, lease assignment
rdl.gouv.qc.ca

**A New Life in the Town of Mount Royal**
For Autonomous Seniors 60 and Over

- 81 apartments 3 ½ and 4 ½ on 4 floors
- Renovated community room
- Reasonably priced apartments
- Neighboring a magnificent park
- Security cameras
- Close to Rockland Shopping Centre
- Indoor and outdoor parking
- Buses and commuter trains nearby
- Private balconies
- 5 minutes from highways 15 and 40

Tenants benefit from all the services offered by the Town of Mount Royal and the activity programs organized for seniors

Open House
Sunday June 3rd
1:00 to 4:00 PM
Visits by Appointment
514-340-9777

30 Brittany Avenue
Town of Mount Royal, QC
Tel: 514-340-9777
info@lerussell.ca
lerussell.ca

**SERVING MONTREAL & SURROUNDING REGIONS**
Le Trianon, Condominiums du Nouveau Saint-Laurent
4744 Vittorio Fiorucci St., Ville St-Laurent
Phone: 514-832-0494
Email: info@rodimax.com
Web: rodimax.com
Contact: Ginette Parizeau
Sizes: 725 square feet to 2094 square feet
Included: hardwood floors, indoor parking, interior pool, exercise room, & roof terrace
Price: starting from $275,000
Garage space & taxes incl.

Adamus
205 Alton Drive, Beaconsfield
Phone: 514-505-6554
Email: info@adamus.ca
Website: adamus.com
Contact: Sales Office
Condos: 2 ½, 3 ½, 4 ½, 5 ½, 6 ½
Included: highly durable flooring, quartz kitchen countertops, walk-in closets, quality windows and superior sound proofing, handicapped parking, some units equipped for mobility-impaired living
Nearby: shopping mall, banks, pharmacy

ReLive
We move seniors
Placing, Downsizing, Moving
Decorating, House Staging

Rodica Liveanu, M.Sc.
514.242.3420

info@servicesrelive.com
www.servicesrelive.com

Condos: 2 ½, 3 ½, 4 ½, 5 ½, 6 ½
Included: hardwood floors, indoor parking, interior pool, exercise room, & roof terrace
Price: starting from $275,000
Garage space & taxes incl.

Country bliss, urban conveniences
NOUVEAU SAINTE-LAURENT

ADAMUS
BEACONSFIELD
A REMARKABLE CONDO PROJECT

Adamus Sales Office
205 Alton Drive (corner Elm), Beaconsfield
T 514.505.6554 | info@adamus.ca | adamus.ca
Fun, flexible fitness at Cummings

Manager Annette Vézina leads fitness class

The activities at the Cummings Centre are called Fitness that’s Fun & Flexible and the title says it all: If you’re over 50, you need physical exercise and mental challenges that suit your fitness levels and needs.

“Exercise is the key to staying strong, energetic, independent, and healthy as you age,” says Annette Vézina, who manages the programs at Cummings’ Wellness Centre.

“These programs are tailored to the 50-plus population, and it’s a nice, welcoming, non-threatening environment to come into, especially if it’s a first time someone signs up for an exercise class,” she adds.

Before you join a class, there is a mandatory fitness assessment costing $20, to ensure that the program you choose is right for your fitness level.

Highlights this spring

Groove! – Early evening dance workout with simple steps, ten sessions, 5:15 to 6:15 pm, April 9 to July 10, $86, with Maryse Loiselle.

Dance Fitness – Afternoon classes to exercise by exploring various dance genres, 12 sessions, 2-3 pm, April 10 to July 10, $86, with Maryse Loiselle.

Yoga – Get started in the yoga craze with beginner classes, 12 sessions, 9:20 am to 10:20 am, April 11-June 27, $78. Summer sessions start July 4. Eight sessions $52.

Move to Music for Mobility – Learn basic dance steps and move about freely to relaxing music after lunch, 20 sessions, 1-2 pm, April 13-Aug 24, $115, with Maryse Loiselle.

Aiki-Form – Practice this soft internal martial art with relaxed, centered, defensive movements with a partner. The idea is to get out of the way of an attack, based on breathing, balance, intention, and harmony of movement, self-defense, 12 sessions, 9:30 am-10:30 am, April 13-June 29, $36. More advanced Level 1 sessions run simultane-ously, 10:30 am-11:30 am, $36.

Pickleball – This paddle sport, combining elements of badminton, tennis, and table tennis, is played by two or four people, using solid paddles to hit a perforated polymer ball over a net. No partner or experience is necessary. Ten sessions, 11 am.-12 pm, April 11-June 13, $65.

Train your Brain – Brain-teaser exercises that challenge processing speed, logical reasoning, memory, and other cognitive skills, Five sessions, 1:30 pm-3 pm, April 24-May 22, $50, with Annette Vézina.

Back on Track: How to Keep Your Back Healthy – Lower-back exercises to strengthen your back, increase flexibility and mobility, three sessions, 2pm-3:30 pm, April 26-May 10, $38. With Annette Vézina and Maria Fragapane. Visit cummingscentre.org for complete listings. 514-342-1234

CARLINE

514-694-1123

Tire storage in a secure area available

We provide timely service for changing of your tires and oil, regular maintenance and check-ups. A/C servicing as well as full diagnostics and repairs for brakes, exhaust, suspension & electrical problems.

301 Donegani, Pointe-Claire

In front of Pointe-Claire train station

Irwin Block

The Senior Times

April 2018   theseniortimes.com

THE SENIOR TIMES
In the art of punning, “Shakespeare was great shakes, without peer”

English literature can boast of some prolific literary punsters such as Lewis Carroll, Oscar Wilde and James Joyce but one name stands far above these illustrious writers – William Shakespeare.

Not everyone, however, appreciated the bard’s puns. Lexicographer Samuel Johnson said that “a quibble was to Shakespeare his fatal Cleopatra for which he lost the world and was content to do so.” In his A Dictionary of the English Language (1755), Johnson describes a punster as a “low wit who endeavours at reputation by double meaning.” Samuel Coleridge, on the other hand, was much more understanding of Shakespeare’s penchant to pun and stated that “a pun, if congruous with the feeling of a scene is not only allowable...but oftentimes the most effective intensive of passions.”

One study uncovered 3000 puns in the Bard’s works, with an average of 78 puns per play. Many of these occur at climactic moments. In Macbeth, after Macbeth has offed the King, Lady Macbeth displays a lucid dispasion when she avers, “I’ll gild the faces of the grooms withal. For it must seem their guilt.” At the beginning of Julius Caesar, the cobbler says he is a “saver of lost soles,” and if they are in danger, he re-covers them. In Romeo and Juliet, the dying Mercutio exits stage left with this vaudevillian pun: “Ask for me tomorrow and you shall find me a grave man.” Even noble Hamlet can’t forgo expiring without the pun “the rest is silence,” proving the maxim that “Dying is easy, comedy is hard.”

Most of the witty wordplay in Shakespeare is wanton and somewhat aggressive. The liveliest exchanges are between lovers who fight their way to the altar where the wordplay is usually both seductive and initially hostile. Shakespeare’s puns can also be quite lewd. Some of the bawdiness occurs in seemingly innocuous phrases like “too much of a good thing,” spoken by Rosalind to Orlando in As You Like It. In Shakespeare’s day, “thing” was a common euphemism for genitalia.

Some scholars see sexual allusions everywhere. Franklin Rubinstein in Dictionary of Shakespeare’s Sexual Puns and their Significance claims that the following words all have sexual connotations: “abhor,” “abominable,” “abuse,” “access,” “accommodate,” “acorn,” “acquaint,” and we’re not even one-quarter through the letter A! Rubinstein tells us that in Elizabethan vernacular, the word “surgeon” refers to the treatment of venereal disease, and thus it was not shoes that were being mended, but the bottoms of whores. In Hamlet, the Prince refers to Polonius as a “fishmonger” and is angry because the Prince refers to Polonius as a “fishmonger” and is angry because he believes Polonius is responsible for Ophelia rejecting him. The term “fish” was used in the sixteenth century as an off-colour allusion to a woman. Hence, Hamlet is essentially calling Polonius a pimp.

Many of Shakespeare’s puns would nowadays be considered groaners. On the other hand, the fact that so many people enjoy bad puns shows that they serve a purpose and even contribute to a sense of community, for they transcend class distinctions. One should remember that Shakespeare is also employing them as a device to release tension in an audience.

Puns also serve an important psychological function as a denial of anxiety. Shakespearean characters use puns in this manner, none more so than Hamlet. In Shakespeare’s Wordplay, Molly Mahood writes that at times “Hamlet’s wordplay does double duty by both masking his hostility towards Claudius and affording him a safety-valve for his bitterness at his mother’s guilt.” Prince Hamlet is forced to quibble and speak in ambiguous language lest he utter something overtly treasonous. The first encounter of Hamlet and Claudius highlights Hamlet’s clever use of words. Claudius tries to placate Hamlet by addressing him as “my Cosin Hamlet, and my sonne.” Hamlet then quips, “A little more than kin, and lesse than kind.” Here, “kind” possesses at least three meaning. It could be implying that Claudius is less than a direct blood relation or referring to his ancestral stock. “Kind” also meant “natural” and Hamlet could be alluding to Claudius’s unnatural lust. And of course, “kind” in Shakespeare’s era also had the modern sense of “considerate.” In addition, since Hamlet is in many ways an elaborate detective story, many of the utterances by other characters are deliberately ambiguous, making it difficult for an audience to detect their intent. Hence, in the ghost scene Horatio says that he fears that the apparition “bodes some strange eruptions to our state.” The “eruptions” can refer to a possible invasion to the “state” of Denmark by Norway or how regicide has disrupted the natural “state” of life.

Prof Victor Margolin expressed the immortal Bard’s dominance in punning thus: “Tis said that in the art of punning, Shakespeare was great shakes and without peer.”
Enjoy Segal musical with Generations

It was the incomparable Geraldine Doucet who introduced Generations Foundation to live theatre.

It was a perfect combination—a willing entertainer who offered her delightful talent and the Generations Foundation that needed help to feed children. Years ago, Adrian and I saw this charming and talented star at Le Biblèque on Decarie Blvd, a restaurant and dinner theatre, where Geraldine appeared in Nunsense.

In 2002, she appeared in Damn Those Wedding Bells, our successful first-play event at the Saidye Bronfman Centre.

There was no renouncing this success as every year since we reserve an evening for Generations Foundation theatre devotees. You can reserve seats by calling Adrian at 514-933-8585. You will be thrilled by everything the Segal theatre has to offer and will undeniably enjoy The Angel and The Sparrow. This English world premiere is a musical drama with an entertaining portrait of a fascinating friendship between show business legends Marlene Dietrich and Edith Piaf. Theatregoers can meet the cast, enjoy the after-theatre reception and have chances to win a door prize as well as receive a tax receipt. Funds will go to nourishing children and sending some of them to summer camp. Reserve Wednesday evening, May 2 at 8pm.

Visit generationsfoundation.com or call 514-933-8585 to make a difference.
Why I can’t afford a really good cup of coffee

My coffee tastes good. Everyone says so. The kind I often buy comes already ground. A half-pound package lasts 10 days and sells for about $4 and sometimes I find it on special at 2 for $5. This coffee is perfect for my old-fashioned mocha style stove top espresso maker, which I bought 10 years ago and still sells for less than $40.

My coffee is good. Now, I grant you that it might not be as good as a shot with a perusso and still sells for less than $40. This coffee maker, which I bought on special at 2 for $5. This coffee is perfect for the coffee barista who trained for weeks to get the maximum amount of coffee, from precisely 20 grams of recently roasted, just ground beans tamped into a multi-thousand dollar commercial quality machine, but it is good. Everyone says so.

But it’s not really good. I know that. For really good coffee, I need to up my coffee game. For really good coffee, I’ll need at least a home style espresso maker. A good one costs several hundred dollars and a really good one several times that. One website that assesses cutting edge gadgetry recommends “The best espresso machine, grinder and accessories for beginners” under $1000. This may be fine for beginners but I have been drinking coffee for years. For really good coffee, this just won’t do.

Actually, I can’t assume that a really good espresso machine will make me a really good cup of coffee. In every step I enter that sells really good espresso machines I am told that I won’t get a really good cup of coffee unless I have an equally good coffee grinder. As one website puts it “You’re journey from coffee novice ... begins with freshly ground java.” Sure, I could wipe the leftover curry powder from my electric spice grinder and put in the beans, but that’s not what real java pros use. The Mazzer Robur Electric Low RPM Commercial Burr Grinder looks pretty good at $2995.

Then there are the beans: the fresher the better, right? So why not put in that little extra effort and roast them myself? Or, as another on-line coffee maven put it, when you want espresso, “go big or go out.” A top-quality home style roaster lists for about $700. It comes with what is known in the trade as “minimal smoke suppression.” This means that I should either roast the beans outside or put in a kitchen vent (about $40 plus installation).

Of course, I’ll need unroasted, green beans. I see that Nicaraguan FTO Kata de jinotega beans “certified up the wazoo and as tasty as can be” (why didn’t I think of describing them this way?) are available for about $20 a pound including shipping. A 12 month supply should be about $400. This strikes me as a remarkably good buy.

So I’ve got the beans, the roaster and the grinder. Now, to make a really good cup of coffee, I need a machine. I know that a good coffee machine can be expensive. For example, the Javobot Roasting Plant is $1,000,000 (I think that’s in US dollars, but does it really matter?) and it does roast, grind and brew “then and there.” However, I’m leaning toward the Swiss made Jura GIGA W5 Automatic dubbed “the Rolex of Coffee Makers” at about $7,000.

The reviews are informative: “I could not imagine my mornings without this machine” and it has a decidedly cool factor as it is featured in Stieg Larson’s novel — The Girl With the Dragon Tattoo. I should probably add the $195 Jura cup warmer.

So a really good cup of coffee is going to cost $11,290 give or take a stove vent. At an espresso a day, 365 days a year, the cost for the first year, will cost $30.93. With a one year limited product warranty, I should be fine.

Biscotti means twice baked. This recipe is based on one from allrecipes.com. You could add a half-cup of sliced almonds or dried fruit. We like chocolate chips. Preheat the oven to 375F. Mix 3 eggs with a 1/2 cup of vegetable oil, a cup of sugar, and a tablespoon of flavouring (anise is traditional, brandy or vanilla are also good). Add 1 tablespoon of baking powder to 3 1/4 cups of flour and stir this into the egg mixture. Mix well and form two logs on a greased cookie sheet or parchment paper. Press each log down to a half inch. Bake for 25-30 minutes or until they are golden brown. Remove and let them cool slightly on a rack. Slice each log across into half-inch slices. Keep the oven at 375F. Return the biscotti to the baking sheet and bake them until they are toasted (about 10-12 minutes). These get much harder the next day. Dipping them in a cup of coffee is recommended.
GUIDE TO LES RESIDENCES SOLEIL

Les Residences Soleil
Manoir Plaza
505 Sherbrooke East, Montreal
Phone: 514-508-0708 • Fax: 514-507-9508
Email: info@residencessoleil.ca
Contact: Michel Tremblay • Capacity: 417
Care: autonomous, assisted, light care, respite, convalescence
Security: alarms, monitors, call bells, receptionist on site 24/7 • Medical: doctor visit, attendant or auxiliary 24/7, medical clinic, care and services "à la carte"
Nearby: private access Metrotremblay, grocery, CLSC, banks, mall, shuttle, downtown, park
Indoor: hairdresser & beauty salon, coffee-bistro, convenience store
Activities: animation, outings, pool, spa, bingo, library, movie theatre, mini-golf, bowling alley, craft, golf simulator
Food: meal packages, 3-2-1 meals a day
Housekeeping: bimonthly, weekly laundry
Chapel: place of worship on site

Les Residences Soleil
Manoir Brossard (Phase I & II)
8080 St-Laurent Boulevard, Brossard
Phone: 450-672-3377 • Fax: 450-671-1681
Email: info@residencessoleil.ca
Contact: Serge Landry • Capacity: 470+36
Care: autonomous, assisted, light care, respite, convalescence
Security: alarms, monitors, call bells, receptionist on site 24/7 • Medical: doctor visit, attendant or auxiliary 24/7, medical clinic, care and services "à la carte"
Nearby: on the St-Laurent, grocery, CLSC, banks, mall, shuttle, blvd de Rome, park
Indoor: hairdresser & beauty salon, coffee-bistro, convenience store, restaurant
Activities: animation, outings, pool, spa, bingo, library, movie theater, mini-golf, bowling alley, craft, golf simulator, hamartum, darts, ping-pong, carpentry, poker
Food: meal packages, 3-2-1 meals a day
Housekeeping: bimonthly, weekly laundry
Chapel: place of worship on site

Les Residences Soleil
Manoir Dollard-des-Ormeaux
53 Hastings, D.D.O., Mtl
Phone: 514-620-4522 • Fax: 514-620-4114
Email: info@residencessoleil.ca
Contact: Sylvie Fortin • Capacity: 178
Care: autonomous, assisted, light care, respite, convalescence
Security: alarms, monitors, call bells, receptionist on site 24/7 • Medical: doctor visit, attendant or auxiliary 24/7, medical clinic, care and services "à la carte"
Nearby: grocery, CLSC, banks, mall, shuttle, blvd Saint-Jean
Indoor: hairdresser & beauty salon, convenience store
Activities: animation, outings, pool, spa, spa, bingo, library, exercise, billiards, craft, petanque, piano
Food: meal packages, 3-2-1 meals a day
Housekeeping: bimonthly, weekly laundry
Chapel: place of worship on site

Les Residences Soleil
Poiteau-aux-Trembles
13900 Notre-Dame East, P.A.T., Mtl
Phone: 514-642-2234 • Fax: 514-642-5115
Email: info@residencessoleil.ca
Contact: Pierre Fortin
Capacity: 475
Care: autonomous, assisted, light care, respite, convalescence
Security: alarms, monitors, call bells, receptionist on site 24/7 • Medical: doctor visit, attendant or auxiliary 24/7, medical clinic, care and services "à la carte"
Nearby: grocery, CLSC, banks, mall, shuttle, on the St. Laurent, park
Services: hairdresser & beauty salon, convenience store
Activities: animation, outings, pool, bingo, library, exercise, billiards, cinema, petanque, piano
Food: meal packages, 3-2-1 meals a day
Housekeeping: bimonthly, weekly laundry
Chapel: place of worship on site

Les Residences Soleil
Manoir Sainte-Julie
7157 du Fer-a-cheval, Sainte-Julie
Phone: 450-922-9000 • Fax: 450-922-9010
Email: info@residencessoleil.ca
Contact: Alain Creener • Capacity: 500
Care: autonomous, assisted, light care, respite, convalescence
Security: alarms, monitors, call bells, receptionist on site 24/7 • Medical: doctor visit, attendant or auxiliary 24/7, medical clinic, care and services "à la carte" • Nearby: grocery, CLSC, banks, mall, shuttle, park
Indoor: hairdresser & beauty salon, coffee-bistro, convenience store
Activities: animation, outings, pool, spa, spa, bingo, library, movie theatre, mini-golf, bowling alley, craft, golf simulator
Food: meal packages, 3-2-1 meals a day
Housekeeping: bimonthly, weekly laundry
Chapel: place of worship on site

Les Residences Soleil
Manoir Sorel
71 George-Frere-Tracy
Phone: 450-742-3303 • Fax: 450-742-1668
Email: info@residencessoleil.ca
Contact: Michelle Grandin
Capacity: 296
Care: autonomous, assisted, light care, respite, convalescence
Security: alarms, monitors, call bells, receptionist on site 24/7 • Medical: doctor visit, attendant or auxiliary 24/7, medical clinic, care and services "à la carte" • Nearby: grocery, CLSC, banks, mall, shuttle, park,
Indoor: hairdresser & beauty salon
Activities: animation, outings, pool, spa, spa, bingo, library, exercise, billiards, movie theatre, craft, shuffleboard
Food: meal packages, 3-2-1 meals a day
Housekeeping: bimonthly, weekly laundry
Chapel: place of worship on site

Les Residences Soleil
Manoir Sherbrooke
1150 Quartes Saisons, Sherbrooke
Phone: 819-822-1038 • Fax: 819-822-1681
Email: info@residencessoleil.ca
Contact: Gilles Lavoie • Capacity: 456
Care: autonomous, assisted, light care, respite, convalescence
Security: alarms, monitors, call bells, receptionist on site 24/7 • Medical: doctor visit, attendant or auxiliary 24/7, medical clinic, care and services "à la carte"
Nearby: grocery, CLSC, banks, mall, shuttle, park
Indoor: hairdresser & beauty salon, convenience store
Activities: animation, outings, pool, spa, spa, bingo, library, exercise, billiards, craft, petanque, piano
Food: meal packages, 3-2-1 meals a day
Housekeeping: bimonthly, weekly laundry
Chapel: place of worship on site

Les Residences Soleil
Manoir Laval
1455 de l’Avenir, Laval
Phone: 450-629-0019 • Fax: 450-629-0119
Email: info@residencessoleil.ca
Contact: Nathalie Bolduc • Capacity: 729
Care: autonomous, assisted, light care, respite, convalescence • Security: alarms, monitors, call bells, receptionist on site 24/7 • Medical: doctor visit, attendant or auxiliary 24/7, medical clinic, care and services "à la carte" • Nearby: grocery, CLSC, banks, mall, shuttle, Montmorency
Indoor: hairdresser & beauty salon, convenience store, restaurant
Activities: animation, outings, pool, spa, spa, bingo, library, exercise, billiards, craft, petanque, piano
Food: meal packages, 3-2-1 meals a day
Housekeeping: bimonthly, weekly laundry
Chapel: place of worship on site

Les Residences Soleil
Manoir Boucherville
549 de Verrazano, Boucherville
Phone: 450-449-1136 • Fax: 450-449-1978
Email: info@residencessoleil.ca
Contact: Isabelle Robidoux
Capacity: 194 • Care: autonomous, assisted, light care, respite, convalescence • Security: alarms, monitors, call bells, receptionist on site 24/7 • Medical: doctor visit, attendant or auxiliary 24/7, medical clinic, care and services "à la carte" • Nearby: grocery, CLSC, banks, mall, shuttle, park
Indoor: hairdresser & beauty salon, convenience store
Activities: animation, outings, pool, spa, spa, bingo, library, exercise, billiards, craft, petanque, cards
Food: meal packages, 3-2-1 meals a day
Housekeeping: bimonthly, weekly laundry
Chapel: place of worship on site
**Résidence LaSalle**
1070 Shevchenko Blvd, LaSalle  
**Contact:** Michael Pollard  
**Capacity:** 106  
**Level or care:** autonomous, semi-autonomous  
**Medical:** auxiliary nurse available, doctor visits, medication administration ($)  
**Security:** 24h monitoring, emergency call system  
**Services:** hairdresser ($) and housekeeping ($) weekly housekeeping included  
Activities: organized recreation and leisure programs  
**Food:** daily meals & snacks included  
**Religious services:** Tuesday mass  
**Nearby:** CLSC, hospital, grocery store  
**Price:** Contact us for prices

---

**Tours Angrignon**
1500 Angrignon Blvd, LaSalle  
**Contact:** Michelle Sauvay  
**Capacity:** 449  
**Level or care:** autonomous, semi-autonomous  
**Medical:** registered nurse available 24h, medication administration, doctor visits, care units  
**Security:** 24h monitoring, emergency call system  
**Nearby:** Carrefour Angrignon, Parc Angrignon, Métro Angrignon  
**Paid services:** dépanneur, hairdresser and housekeeping  
Activities: pool, fitness centre, organized recreation and leisure programs  
**Food:** dining room with table service  
**Religious services:** chapel and Wednesday mass  
**Nearby:** CLSC, hospital, grocery store  
**Price:** Contact us for prices

---

**Sellection Retraite**
More than 40 residences

---

**Waldorf**
7400 Côte Saint-Luc Rd, Côte St. Luc  
**Contact:** Michael Goldwax  
**Capacity:** 214  
**Level or care:** autonomous, assisted and CHSLD  
**Medical:** nurses and PABs 24h, weekly doctor visit, medication administration, palliative care  
**Security:** 24h monitoring, emergency call system  
**Paid services:** hair salon  
Activities: daily exercise, aqua fitness, swimming pool, lecture series, quiet garden  
**Nearby:** shopping centre, pharmacies  
**Food:** 3 delicious kosher meals a day  
**Religious services:** on-site synagogue  
**Nearby:** CLSC, hospital, grocery store  
**Price:** Contact us for prices

---

**Le Cambridge**
340 Hymus Blvd, Pointe-Claire  
**Contact:** Jacques or Belinda  
**Capacity:** 533  
**Level or care:** autonomous and semi-autonomous  
**Medical:** registered nurse 5 days/week, LPN 7 days a week, health centre, care floor; offering assisted living for convalescence and permanent accommodations  
**Security:** emergency call bell system, 24 hr surveillance  
**Paid services:** meals, housekeeping, hairdresser, convenience store, pharmacy, bistro  
Activities: indoor/outdoor pool, cinema, mini golf, billiard room, exercise room & classes, shuttle service, outings & more  
**Food:** lunch and dinner with table service  
**Religious services:** Catholic and Protestant mass  
**Nearby:** shopping centre, pharmacies, CLSC  
**Price:** Contact us for prices

---

**Vista**
5300 Côte St-Luc Rd, Montreal  
**Contact:** Carlos Solomon  
**Capacity:** 215  
**Level or care:** independent, assisted living, memory care  
**Medical:** 24/7 licensed practical nurses and caregivers, medication administration  
**Security:** alarms, call bells, monitors, cameras, emergency call system  
**Services:** housekeeping, laundry, care & assistance  
**Nearby:** cinema, fitness and art rooms, indoor pool, dépanneur, pharmacy, library  
**Activities:** daily exercise class, aqua fitness, outings, conferences, arts & crafts, movies, billiards  
**Nearby:** shopping centre, pharmacies, CLSC  
**Food:** dining room with table service, 2 meals a day  
**Price:** Contact us for prices

---

**Sellection Dengram**
1935 Graham Blvd, Town of Mount Royal  
**Contact:** Daniel Sigier  
**Capacity:** 144 apartments  
**Level or care:** autonomous, semi-autonomous  
**Medical:** 24h medical staff, monthly doctor visit  
**Security:** call bells, security alarms, 24h cameras  
**Nearby:** train station, park, S4Q, banks, library, restaurants  
**Services:** hairdresser, pedicure, manicure  
Activities: classes, concerts, outings, games, fitness, conferences  
**Food:** gourmet restaurant, 2 meals per day  
**Housekeeping:** not included  
**Nearby:** CLSC, hospital, grocery store  
**Price:** Contact us for prices

---

**Vice Versa Châteauguay**
110 de Gapé W, Châteauguay  
**Contact:** Marie-Claude Daoust  
**Capacity:** 296  
**Level or care:** autonomous, semi-autonomous  
**Medical:** registered nurse available 24h, medication administration  
**Security:** 24h monitoring, emergency call system  
**Paid services:** housekeeping, laundry, hairdresser  
**Nearby:** cinema, fitness and art rooms, indoor pool, library, indoor courtyard  
**Activities:** animator, outings, exercise, swimming, music, games, speakers, movies  
**Food:** Dining room with table service, flexible meal options  
**Nearby:** CLSC, hospital, grocery store  
**Price:** Contact us for prices

---

**Vaudreuil**
3041 Boul de la Gare, Vaudreuil-Dorion  
**Contact:** Stéphanie Gay  
**Capacity:** 199  
**Level or care:** autonomous  
**Medical:** nursing staff 8am to 4pm, bi-monthly doctor visit  
**Security:** 24h monitoring, emergency call system  
**Paid services:** hair salon, housekeeping, laundry  
Activities: recreation, aqua fitness, pool, outings, conferences, arts & crafts, movies, billiards  
**Nearby:** shopping centre, pharmacies, nursing homes  
**Price:** Contact us for prices

---

**Manoir Ste-Genèveviève**
16375 Gouin Blvd W, Ste-Genève  
**Contact:** Ginette Fortin  
**Capacity:** 99  
**Level or care:** autonomous, light care  
**Medical:** nursing staff 24/7, doctor visits, medication administration  
**Security:** 24h monitoring, emergency call system  
**Paid services:** hair salon  
Activities: library, garden, multi-purpose room, billiards room, terrace facing the river  
**Food:** dining room with table service, 3 meals a day  
**Price:** Contact us for prices

---

**Sellection Deux-Montagnes**
10, 8e Ave, Deux-Montagnes  
**Contact:** Geneviève  
**Capacity:** 235  
**Level or care:** Autonomous and semi-autonomous  
**Medical:** nursing staff 24/7  
**Security:** 24h monitoring, emergency call system  
**Paid services:** hair salon, esthetician, pharmacy, housekeeping, laundry, care & assistance  
**Activities:** recreation, aqua fitness, pool, outings, conferences, arts & crafts, movies, exercise, concerts, virtual golf, billiards, library  
**Nearby:** Restaurants, grocery stores, pharmacies, CLSC  
**Food:** Dining room with table service, 3 meals a day  
**Price:** Contact us for prices

---

**Jardins D’Italie**
5650 rue du Hautbois, St-Léonard  
**Contact:** Angela Menicucci  
**Capacity:** 197 apartments  
**Level or care:** autonomous, semi-autonomous  
**Medical:** nurse 7 days a week, doctor visit once a week  
**Security:** 24/7, emergency cards in every apt. (bathroom and bedroom)  
**Nearby:** Galeries d’Anjou, CLSC, hospital, pharmacy, library, park, Catholic Church  
**Paid services:** hairdresser, manicure, pedicure, podiatrist  
**Activities:** animator, games, speakers, dancing, watercolour painting, creative arts, billiards, yoga & fitness classes  
**Food:** dining room with table service – 2 meals a day (lunch & dinner)  
**Nearby:** CLSC, hospital, grocery store  
**Price:** Contact us for prices

---

**Sellection West Island**
15 Place de la Triade, Pointe-Claire  
**Contact:** Lucie Lapeniere  
**Capacity:** 307  
**Level or care:** autonomous and semi-autonomous, memory care floor for Alzheimer’s and Dementia, respite  
**Medical:** 24/7 auxiliary nurses, weekly doctor visit, medication administration  
**Security:** alarms, call bells, monitors, cameras, 24 hr concierge  
**Paid services:** housekeeping, laundry facilities, hairdresser, luxury spa, indoor parking  
**Nearby:** cinema, fitness and art rooms, indoor pool, family room, library, bar/party room, shuttle  
**Activities:** animator, outings, exercise, swimming, music, games, speakers, movies  
**Food:** dining room with table service, 3 meals/day, afternoon snack, flexible meal options  
**Chapel:** non-denominational  
**A/C included**  
**Pets:** not allowed  
**Nearby:** CLSC, hospital, grocery store  
**Price:** Contact us for prices

---

**Selektion Iles-des-Sœurs**
325 chemin de la Pointe-Sud, Nun’s Island  
**Contact:** André Giguere  
**Capacity:** 325  
**Level or care:** independent living, assisted living, respite  
**Medical:** 24/7 nursing care, registered nurse on-site five days a week, weekly doctor visit, medication administration  
**Security:** alarms, call bells, monitors, cameras, 24h concierge  
**Paid services:** on-site pharmacy with pharmacist, housekeeping, laundry facilities, hairdresser, personal trainer, spa, indoor parking, pedicure  
**Nearby:** cinema, fitness and art rooms, indoor pool, bowling alley, dépanneur, Pharmacy, 3d golf simulator, family room, library, bar/party rooms, bus/shuttle  
**Activities:** animator, outings, exercise, swimming, concerts, bowling, games, movies, golf  
**Food:** dining room with full service dining with liquor permit, 3 meals/day, snacks, flexible meal options  
**Chapel:** church service once a week  
**A/C included**  
**Pets:** not allowed  
**Nearby:** CLSC, hospital, grocery store  
**Price:** Contact us for prices

---

**Sellection Deux-Montagnes**
10, 8e Ave, Deux-Montagnes  
**Contact:** Geneviève  
**Capacity:** 235  
**Level or care:** Autonomous and semi-autonomous  
**Medical:** nursing staff 24/7  
**Security:** 24h monitoring, emergency call system  
**Paid services:** hair salon, esthetician, pharmacy, housekeeping, laundry, care & assistance  
**Activities:** recreation, aqua fitness, pool, outings, conferences, arts & crafts, movies, exercise, concerts, virtual golf, billiards, library  
**Nearby:** Restaurants, grocery stores, pharmacies, CLSC  
**Food:** Dining room with table service, 3 meals a day  
**Price:** Contact us for prices

---

**Sellection Retraite**
1844 387-1757

---

**Selectionretraite.com**

---

Please contact us for prices
GUIDE TO LE GROUPE MAURICE

32 RESIDENCES IN QUEBEC
INSPIRED BY RETIREES

Les Jardins Millen
10,800 Millen Ave, Montreal
Phone: 514-334-3757 • Fax: 514-334-6767
Email: rileljardinsmillen.com
Website: lesjardinsmillen.com
Capacity: 309 service apts, 27 care studios
Care: autonomous with à la carte services, short & long-term stays, convalescence, loss of autonomy
Security: secure access with electronic key system, camera surveillance, emergency call system
Medical: nursing personnel 24/7
Activities: daily program, outings, recreation specialist
Food: full dining room service available à la carte
Housekeeping: à la carte, included in care studios
Pets: small pets allowed, certain conditions apply

Les Verrières du Golf
2400 des Nations, Saint-Laurent
Phone: 514-331-2003 • Fax: 514-331-2266
Email: rilelesverrieredugolf.com
Website: lesverrieredugolf.com
Capacity: 235 service apts, 8 care studios
Care: autonomous with à la carte services, short & long-term stays, convalescence, loss of autonomy
Security: secure access with electronic key system, camera surveillance, emergency call system
Medical: nursing personnel 24/7
Activities: daily program, outings, recreation specialist
Food: full dining room service available à la carte
Housekeeping: à la carte, included in care studios
Pets: small pets allowed, certain conditions apply

L’Image D’Outremont
1040 Rockland Ave, Outremont
Phone: 514-948-1040 • Fax: 514-948-5563
Email: rilelimagedoutremont.com
Website: imagedoutremont.com
Capacity: 119 service apts, 33 signature care studios, 21 signature apts.
Care: autonomous with à la carte services, short & long-term stays, convalescence, loss of autonomy
Security: secure access with electronic key system, camera surveillance, emergency call system
Medical: nursing personnel 24/7
Activities: daily program, outings, recreation specialist
Food: full dining room service available à la carte
Housekeeping: à la carte, included in care studios
Pets: small pets allowed, certain conditions apply

Le Felix Vaudreuil-Dorion
3223 De la Gare Blvd, Vaudreuil-Dorion
Phone: 450-455-7889 • Fax: 450-455-7813
Email: rileflelexfelixvaudreuil.com
Website: lefelixvaudreuil.com
Capacity: 208 service apts, 27 signature care studios, 21 signature apts.
Care: autonomous with à la carte services, short & long-term stays, convalescence, loss of autonomy
Security: secure access with electronic key system, camera surveillance, emergency call system
Medical: nursing personnel 24/7
Activities: daily program, outings, recreation specialist
Food: full dining room service available à la carte
Housekeeping: à la carte, included in care studios
Pets: small pets allowed, certain conditions apply

Le 22
4400 Jean-Talon E
Phone: 514-372-8383 • Fax: 514-373-9797
Email: rilele22.com
Website: residencele22.com
Capacity: 317 services apts, 20 signature care studios, 4 signature care apt
Care: autonomous with à la carte services, short & long-term stays, convalescence, loss of autonomy
Security: secure access with electronic key system, camera surveillance, emergency call system
Medical: nursing personnel 24/7
Activities: daily program, outings, recreation specialist
Food: full dining room service available à la carte
Housekeeping: à la carte, included in care studios
Pets: small pets allowed, certain conditions apply

Le Savignon
3111 Victoria Street, Lachine
Phone: 514-634-4660 • Fax: 514-634-4242
Email: rilelesavignon.com
Website: lesavignon.com
Capacity: 324 units (248 apts, 59 condos, 17 care units)
Care: autonomous with à la carte services, short & long-term stays, convalescence, loss of autonomy
Security: secure access with electronic key system, camera surveillance, emergency call system
Medical: nursing personnel 24/7
Activities: daily program, outings, recreation specialist
Food: full dining room service available à la carte
Housekeeping: à la carte, included in care studios
Pets: small pets allowed, certain conditions apply

Le Cavalier
800 Gagné, LaSalle
Phone: 514-364-0004 • Fax: 514-364-1110
Email: rilelecaivalierlasalle.com
Website: lecaivalierlasalle.com
Capacity: 269 service apts
Care: autonomous with à la carte services
Security: secure access with electronic key system, camera surveillance, emergency call system
Medical: nursing personnel 24/7
Activities: daily program, outings, recreation specialist
Food: full dining room service available à la carte
Housekeeping: à la carte
Pets: small pets allowed, certain conditions apply

Vent de L’Ouest
4500 Jacques-Bizard Blvd, Sainte-Geneviève
Phone: 514-620-4666 • Fax: 514-620-8666
Email: rileventdelouest.com
Website: ventdelouest.com
Capacity: 206 service apts, 38 signature care studios
Care: autonomous with à la carte services, short & long-term stays, convalescence, loss of autonomy
Security: secure access with electronic key system, camera surveillance, emergency call system
Medical: nursing personnel 24/7
Activities: daily program, outings, recreation specialist
Food: full dining room service available à la carte
Housekeeping: à la carte, included in care studios
Pets: small pets allowed, certain conditions apply

Lilo
105 Boul Don Quichotte, Île-Perrot
Phone: 514-646-8008 • Fax: 514-646-8009
Email: rl@ambianceilesdessoeurs.com
Website: ambianceilesdessoeurs.com
Capacity: 204 service apts, 48 signature care studios
Care: autonomous with à la carte services, short & long-term stays, convalescence, loss of autonomy
Security: secure access with electronic key system, camera surveillance, emergency call system
Medical: nursing personnel 24/7
Activities: daily program, outings, recreation specialist
Food: full dining room service available à la carte
Housekeeping: à la carte, included in care studios
Pets: small pets allowed, certain conditions apply

Les Verrières du Golf
2400 des Nations, Saint-Laurent
Phone: 514-331-2003 • Fax: 514-331-2266
Email: rilelesverrieredugolf.com
Website: lesverrieredugolf.com
Capacity: 235 service apts, 8 care studios
Care: autonomous with à la carte services, short & long-term stays, convalescence, loss of autonomy
Security: secure access with electronic key system, camera surveillance, emergency call system
Medical: nursing personnel 24/7
Activities: daily program, outings, recreation specialist
Food: full dining room service available à la carte
Housekeeping: à la carte, included in care studios
Pets: small pets allowed, certain conditions apply
Les Résidences Soleil wins prestigious award

For a 15th consecutive year, Groupe Savoie—Les Résidences Soleil has been selected as one of the laureates in a competition for Canada’s best Canadian owned and managed companies.

The annual award, the results of which have been published in Maclean’s Magazine, is based on business performance, including leadership, strategy, and care competency.

The jury includes representatives of the accounting and management firm Deloitte, CIBC, Canadian Business, the Smith School of Business at Queen’s University, TMX Group and Mackay CEO Forums.

A family and privately run firm, Groupe Savoie has overall responsibility for the design, development, construction, operation, and management of its residences.

The company thanked its residents and their families, employees and suppliers, for their “trust and support” that has helped the company achieve national recognition.

It owns and operates 14 residences, offering a broad range of services, mainly in Montreal and nearby suburbs and exurbs, as well as Sorel, Sherbrooke, and Granby.

WEST ISLAND RESIDENCES

Chartwell Le Wellesley
230 Hymus, Pointe Claire
Phone: 514-697-7331  •  Cell: 514-209-3465
Contact: Viviane Meslage
(Reirement Living Consultant)
Email: vmeslage@chartwell.com
Capacity: 157 apartments
Price: $1,400-$3,000
Pets: cats allowed
Religious services: daily, laundry included
Housekeeping: weekly, 7 days weekly
Food: 3 meals a day
Activities: animator, games, pet therapy, dog on site
Services: banking, manicure/pedicure, on-site doctor available, 24hr nurse’s aide
Nearby: bus, CLSC, pharmacy, library, tuck shop, gym, library, conference centre
Website: www.chartwell.com
Email: info@chartwell.com
Contact: Andre Stanica
Capacity: 186 apartments
Price: starting at $1400
Château Pierrefonds
18465 Gouin West, Montreal
Phone: 514-626-6651
Email: ariana@chartwell.com
Contact: Andre Stanica
Capacity: 186
Price: starting at $1400
Château Dollard
1055 Tecumseh, D.D.O.
Phone: 514-685-4444
Fax: 514-685-2956
Contact: Gina Luco or Teresa Poci
Price: $1,400-$3,000
Price: starting at $1400

Chartwell Manoir Kirkland
2 Canvín St., Kirkland
Phone: 514-697-1253  •  Cell: 458-831-1164
Contact: Heidi Wiese (Retirement Living Consultant)
Email: hwiese@chartwell.com
Capacity: 182 apartments
Price: $1,484 (additional charge for 2nd person)
Pets: small pets allowed
Religious services: 7 / week
Housekeeping: daily, laundry included
Chapel: Catholic, Presbyterian
Website: www.chartwell.com
Email: info@chartwell.com
Contact: Andre Stanica
Capacity: 186
Price: starting at $1400

Manoir Pierrefonds
15928 Gouin W, Ste-Genève
Phone: 514-626-2500  Fax: 514-696-8910
Email: info@chartwell.com
Contact: Andre Stanica
Capacity: 118
Price: starting at $1400

Les Résidences Persaud Inc.
93 St-Louis, Beaconsfield
Phone: 514-697-3458, 514-299-8164
Email:(cpersaud_99@hotmail.com
Contact: Cindy Persaud
Capacity: 9
Price: from $2600

Villa Beaurepaire
23 Fieldfare, Beaconsfield
Phone: 514-697-0123  Fax: 514-697-0947
Email: bureau@villa.beaurepaire.com
Website: www.villa.beaurepaire.com
Contact person: Mary Stuart
Capacity: 40 aptts (studios 3½, 4½)
Price: starting at $1400

Charteau Pierrefonds
15928 Gouin W, Ste-Genève
Phone: 514-626-6651
Email: ariana@chartwell.com
Contact: Andre Stanica
Capacity: 186
Price: starting at $1400

Residence CHSLD Herron
2400 Herron Road, Dorrav
Phone: 514-700-6885
Contact: Tina Pettinichi
Email: info@chsldherron.com
Website: residencechsldherron.com
Price: $1,400-$3,000
Price: starting at $1400

Friendly calls in DDO

The LaSalle D&D 50+ Centre, located at 7771 Bouvier, corner of Shevchenko, provides friendly phone calls to seniors or their loved ones who would like a volunteer to call for a friendly chat once or twice a week. Volunteers are well known to the centre and receive in depth training.

For information, call Dorothy, the Centre Coordinator at 438-882-7771.

theseniortimes.com  April 2018  THE SENIOR TIMES  31
## GUIDE TO MONTREAL RESIDENCES

### DOWNTOWN

**Fulford Residence**  
1221 Guy, Montreal  
Phone: 514-935-7975  
Fax: 514-934-3773  
Email: fulford@fulfordresidence.com  
Website: www.fulfordresidence.com  
Contact: Marie-France Lacoste  
Capacity: 38  
Security: alarms, call bells, camera  
Care: independent, assisted living  
Medical: doctor 2 days/wk & on call, nurse 7 days/wk  
Nearby: Guy-Concordia metro, CLSC, pharmacy  
Services: hairdresser, manicure, foot care  
Activities: bingo, outings, music, exercise, speakers, painting, games, crafts  
Food: 3 meals a day, plus tea and snacks  
Housekeeping: daily, laundry included  
Chapel: Catholic and Anglican on site  
Price: $2,500 - $3,585

**Westhill Residence**  
6332 Sherbrooke W, Montreal  
Phone: 514-485-3030  
Cell: 514-726-1181  
Fax: 514-485-2932  
Contact: Mario Poliziani  
Capacity: 18-24  
Care: autonomous, semi-autonomous, assisted living, care, convalescence, respite  
Security: monitors, fire alarms, call bells, alarms  
Medical: doctor monthly, nurse’s aide 24/7  
Nearby: metro, bus, CLSC, pharmacy, pool, library, mall, hospital  
Services: physiotherapist, podiatrist, hairdresser, manicure/pedicure  
Activities: exercise, music, games  
Food: 3 meals a day  
Housekeeping: daily, personal laundry service available, laundry included for bedding/towels only  
A/C included  
Price: $2,550-$3,900

### NDG

**Caldwell Residences**  
5750 Lemieux #116, Montreal  
Phone: 514-737-7774  
Email: sheryl@caldwellresidences.com  
Wilma@caldwellresidences.com  
Contact: Sheryl Besner/Wilma Magonet  
Capacity: 650  
Care: autonomous  
Security: cameras/monitors  
Medical: CLSC services available  
Amenities nearby: metro, CLSC, mall  
Activities: animator, exercise, choir, library, discussions, outings  
Food: no meals  
Housekeeping: upon request  
Price: according to income

**Montclair Residence**  
4413 Montclair  
Phone: 514-481-5638  
Fax: 514-481-2973  
Email: vicky_stewart@can.salvationarmy.org  
Contact: Vicky Stewart  
Capacity: 50  
Care: assisted living  
Security: alarms, call bells, monitors, staff 24/7  
Medical: doctor weekly, nurses 7 days  
Nearby: metro, CLSC, library, shops  
Services: foot care clinic, hairdresser, pharmacist, manicure, pedicure  
Activities: outings, exercise, speakers  
Food: 3 meals a day  
Housekeeping: weekly, laundry included  
Chapel: Catholic & Protestant on site  
Price: $2,200-$2,900

**Ville St. Laurent**

**Foyer Vaiquette**  
1534 Valiquette, Verdun  
Phone: 514-768-0739  
Contact: Dian Boodram  
Capacity: 120  
Care: autonomous, semi-autonomous  
Security: call bells, 24th supervision  
Medical: doctor visits  
Nearby: CLSC, pharmacy, Verdun hospital, bus  
Services: cable  
Activities: exercise, music, games, monthly concert with singer  
Food: 3 meals a day plus 2 snacks  
Housekeeping: daily, laundry, included weekly  
Religious services: churches nearby  
Pets: yes  
Price: starting from $1,000

**Grace Village**  
1515 Pleasant View St, Sherbrooke  
Phone: 819-569-0546  
Email: info@masscom.ca  
Fax: 514-768-0739  
Contact: Anna Mylonas  
Capacity: 120  
Care: independent, individualized care, assisted living, short/long stay – convalescence or respite  
Security: reception desk with monitor, surveillance cameras, emergency call bells  
Medical: doctor weekly, infirmary on site, nurses have direct line to doctor Mon.-Fri., RNAs & care aides.  
Nearby: CLSC, pharmacy, shopping, library, banks  
Services: numerous amenities, incl. hairdresser, podiatrist, massage and physio-therapist  
Activities: fitness, social events, daily programs and activities, lectures, movies, bridge, gardening, weekly live musical events.  
Food: 3 meals a day, afternoon tea daily, focused on nutrition, special dietary requirements, MK certified  
Housekeeping: Daily, laundry included  
Chapel: Synagogue and services on site  
Price: $3,400-$5,400

### Westmount

**Place Kensington**  
4430 Ste Catherine W, Montreal  
Phone: 514-935-1212  
Fax: 514-989-1009  
Email: info@placekensington.com  
Contact: Pamela Hendy or Sylvia Zagury  
Capacity: 180 units  
Medical: doctor on call, nurse 24/7  
Care: autonomous, light care, assisted living  
Security: alarms, call bells, monitors, sprinklers, doorman  
Nearby: metro, CLSC, pool, plaza, hospitals, stores, churches, synagogues  
Services: physiotherapist, pharmacist, manicure, hairdresser, podiatrist  
Activities: concerts, aquafit, games, fitness, movies, lectures, outings  
Food: 3 meals a day  
Chapel: all denominations  
Housekeeping: weekly, laundry facilities  
Price: $3,400-$5,400

### Snowdon

**Sherbrooke Residence**

**VERDUN**

**Le King David**  
5555 Trent, Côte St Luc  
Phone: 514-486-1157  
Fax: 514-486-1837  
Email: anna@lekingdavid.com  
Contact: Anna Mylonas  
Capacity: 120  
Care: autonomous, individualized care, assisted living, short/long stay – convalescence or respite  
Security: reception desk with monitor, surveillance cameras, emergency call bells  
Medical: doctor weekly, infirmary on site, nurses have direct line to doctor Mon.-Fri., RNAs & care aides.  
Nearby: CLSC, pharmacy, shopping, library, banks  
Services: numerous amenities, incl. hairdresser, podiatrist, massage and physio-therapist  
Activities: fitness, social events, daily programs and activities, lectures, movies, bridge, gardening, weekly live musical events.  
Food: 3 meals a day, afternoon tea daily, focused on nutrition, special dietary requirements, MK certified  
Housekeeping: Daily, laundry included  
Chapel: Synagogue and services on site  
Price: $3,400-$5,400

**Montreal Residences**

**Manoir de Casson**  
775 Muir Street, St. Laurent  
Phone: 514-748-1396  
Fax: 514-748-0869  
Web: retirementconcepts.com/home/manoir-de-casson/  
Contact: Gerard Dufresne and Chantal Mathieu  
Capacity: 183 units, 1 & 2 bdrm apt  
Care: independent and assisted living  
Included: wood floors, full kitchens, large bathrooms, easy access with higher toilets, electricity, hot water, 2 meals/day  
Security: emergency call bells  
Amenities: heated pool, whirlpool, outdoor terrace  
Services: 24-hour reception, 24/7 nurse  
Medical: 24 on-duty nurse, weekly doctor visits  
Price: According to size apt and plan of services

**FOYER VAIQUETTE**

- **24 hour Supervised Care**  
- **Doctor Visits**  
- **Well-balanced Meals**  
- **Social Activities**  
- **Spacious Rooms**  
- **Outdoor Garden Activities**

**Dian**  
514-768-0739
St. Patrick’s Art Group, formerly St. Richard’s Art Group, will exhibit and sell their work Sunday, April 22 from 1pm to 4:30pm at St. Patrick’s Square at 6767 Côte St. Luc Rd.

A bit of artistic history: In 1987 Jack McDonough invited Tony Shorgan, Gilbert Prévost, and Erhard Weisenberger to join him for watercolour classes.

They met every Tuesday morning at St. Patrick’s Square under the tutelage of a qualified artist. The membership soon grew, sometimes to 18, but is now limited to 15 members.

In 1988 and 1991 grants were received from New Horizons, the federal government agency that helps seniors in various activities.

The art group is funded by annual membership fees, contributions by the City of Côte St-Luc, and a percentage from the sale of paintings at an annual art show held in McCormick Hall at St. Patrick’s Square.
GERDY’S PET PARADE brought to you by Gerdy’s Rescues & Adoptions
People can be wonderful…truly wonderful!

Sandy Lg

Last month, at Gerdy’s Rescue, we were tremendously worried about the fate of a number of petrified cats who had been suddenly abandoned. Thanks to public response, all of the cats are in temporary foster homes and four have been permanently adopted.

The tragedy of the neglected and abandoned cats brought out the best in people; the response was immediate. Homes with extra bedrooms were offered and although those who offered were not sure how to help, they knew that they wanted to. It was incredibly heartwarming and has given us renewed faith and hope.

Before describing the remaining cats who are still hoping for permanent homes, (Mama Bear, Fatima, Tux, Chief and Fiddler and Twix), I must first give kudos to the wonderful people who opened their homes and hearts to save them.

Those who are fostering are caring and patient above all else because these cats are fearful of any sudden noise or movement. Pat, who is caring for Chief and Tux, at first, could only enter the room to leave food and water.

Now, after a few weeks, Tux is actually coming out from under the bed to watch her fill the food bowls and he also sits on the window sill to watch the birds.

Unfortunately, Chief is still petrified and although she can pet him, he remains in ‘frozen’ mode. He needs a lot more time and a permanent home where he can slowly come out of himself, learn to trust, and not be moved again.

Fatima and Mama Bear are being cared for by another terrific woman, Sirel, who has had the most luck. Fatima warmed up to Sirel by the third day and is now sleeping on her bed and laying on her back asking for tummy rubs. She is affectionate, entertaining, and all around adorable!

Mama Bear is more hesitant but still investigating her surroundings at night, eating in front of people, and sleeping on the foster’s bed when she is out of the room. There is a lot of potential for Mama Bear to become just as affectionate as Fatima!

Fiddler, who is being cared for by Jenn, another very patient foster, is exhibiting the same fearful behavior as Chief. It is sad to watch and yet everyday we have hope that today may be the day that she takes a step toward, us instead of away.

Emma is looking after Twix, who is also ready for her forever home. She is playful and so sweet; she enjoys her food and is not afraid to sit on Emma’s lap waiting for some love, although she does get spooked by loud noises from time to time.

Although at Gerdy’s we have dealt with diverse animal emergencies, until now we have not had to deal with so many all at once. We only have you to thank that we were able to save all these little cats; you made it possible for us to do that. At the risk of sounding over-sentimental, it is with joyful hearts that we voice our sincerest gratitude to anyone who adopted, fostered, or who wanted to help but was not in the position to do so at this time.

If anyone is interested in adopting and turning these stories into even happier tales please contact us at info@gerdysrescue.org

To adopt: info@gerdy.org and include your phone number.
April 11 to May 6, 2018

Chic and romantic, Doo-Wop will whisk you away to the 50s, when this musical genre was at its peak.

On stage, four vocalists, accompanied by a musical ensemble featuring a piano, guitar, bass, drum and brass, will perform unforgettable classics. Enjoy some of the greatest hits by The Platters (Only You, Smoke Gets in Your Eyes, My Prayer, Twilight Time and The Great Pretender), The Drifters (Save the Last Dance for Me), Frankie Valli and The Four Seasons (Can’t Take My Eyes off of You).

So put on your best outfit and come take a trip down memory lane.

May 9 to June 7, 2018

Accompanied by experienced musicians, the Crooners will take you on a trip to movie land with the most memorable songs in cinema.

Song, music and cinema are the perfect mix. Les Crooners au cinéma features Rita Tabbakh, Jean Paray and Yanick Lanthier. Come hear them interpret songs specially written for movies (including Speak Softly Love from The Godfather, I Will Always Love You from The Bodyguard, Smile for Modern Times and As Time Goes By from Casablanca), and others inextricably linked to movies (including It Had to Be You from When Harry met Sally, Girl, You’ll Be a Woman Soon from Pulp Fiction and Unchained Melody from Ghost).

2 incredible offers for groups of 12 or more persons only.

- Matinée show on Wednesday and Thursday
- Show and all-you-can-eat buffet at Pavillon 67 OR Show and trio at L’Instant

Starting from $49.95* $43*

With the purchase of 12 tickets, the 13th is free!

To purchase tickets for groups of 12 or more persons
1-800-665-2274 or 514-499-5180

*The $49.95 promotion is valid on Wednesdays and Thursdays only, until December 20, 2018. This promotion includes the day-time buffet at Pavillon 67. Taxes, tips and fees are included. The $43 promotion is valid Wednesdays and Thursdays only, until December 20, 2018. This promotion includes a trio meal with soft drink at L’Instant restaurant. The offers are valid for lunch meals only. The program and dates are subject to change without notice. For group reservations for 11 persons or fewer, contact the Admission Network at 514-790-1245 or 1-855-790-1245.
My artists in Salinas, Ecuador paint India

If you were wondering what’s happening with our Salinas art group of moms and teens, they are continuing to develop as artists both when I am in Ecuador and when I am home.

While I was away for four months, the group of six set up designated areas in their small homes and painted together. The results brought me to tears! They had painted with acrylic and drew with oil pastels, inspired by Oswaldo Guayasamin, Ecuador’s most famous artist. They also drew and painted the natural settings around them or as they told me “from the internet.”

Once I arrived and provided photos of our trip to India, we began to tackle a completely different style and the results were extraordinary. These children, 13 to 16 and two moms took up the challenge. It seems elephants are quite popular in Ecuador. Because the children were on vacation from school in February, we painted every day for three to four hours in my small rented condo facing the beach. At about 7pm we would all prepare dinner, always vegetarian.

As you can imagine, we bonded during the five weeks I was in Salinas, from Feb. 6 to March 15. We have an ongoing exhibition and sale at Jimmy’s restaurant in Salinas and I have brought back several canvases, some to sell, others to cherish. All proceeds from these paintings go directly to the artists. If you like any of them, please call our office and we can arrange to have them available for viewing. Our address at The Senior Times is 5890 Monkland, #202. Call 514-484-5033, 9am to 2pm, Monday through Friday.

The artists
Joselyne Panchana, 16, wants to study medicine and is passionate about her art.
Ruben Panchana, 13, has taken to Indian street scenes. He loves to paint animals, among them cats, and the goats and cows of India.
Betty Lindao, 37, mom to Joselyne and Ruben, is a passionate and dedicated artist, always ready to learn new techniques. She is proud to exhibit her art and happy to have the extra income, some of which she used to replace the bamboo roof in her house.

Maria Panimboza, 15, prefers pastel crayons to painting and works in large sweeping strokes. She loves to interpret Guayasamin’s faces and hands.
Eduardo Panimboza, 13, also is a Guayasamin fan but has recently added India to his artistic domain. He is fast at drawing and painting and now learning how to create texture with a palette knife.

Geoconda Reyes, 38, mom to Maria and Eduardo, had never realized she had a lot of artistic talent until the day I invited her to join our first art class at Puerto Net school. I wondered where Eduardo’s talent came from. Geoconda has the skills, the determination, and the talent to live her life as an artist. She loves to paint India scenes, flowers, and interpret Guayasamin.

More paintings are available at our office at various prices.

— Barbara Moser
Big elephant by Eduardo Panimboza $50

Jocelyne painting a cat

Betty painting Salinas Beach

Geoconda painting Indian elephant

Indian street scene by Ruben Panchana $25

Small elephant by Eduardo Panimboza $25

Two working elephants by Geoconda Reyes $180

Ornate elephant by Geoconda Reyes, $160

Ornate elephant by Geoconda Reyes, $160
Getting to know Goa: in Goa, do as the Goans do

We took the train from Mumbai to Goa, our only train trip and with good reason. It was very difficult even though it was 2nd class, with A.C. reserved, which is pretty high up on the train class scale for India.

We shared a small space with four cots on two sides, uppers and lowers for the more than 12-hour trip. The Turkish toilet at one end of the car with the open train door was daunting, but I got used to it… somewhat.

While we liked the family who were on vacation including their 11-year-old son, we felt cramped. The children, especially the 2-year-old, seemed to have a nasty cough. They had ordered their food in advance and ate with their right hand, an event I watched with interest.

I caught that little boy’s cough and held on to it for the duration of my India trip. Air pollution didn’t help and I was busy with cough syrups, cold pills, and lots and lots of Kleenex for the next week or two.

After that train trip, we took only planes, one way from each city to the next and the experience was excellent. Yes, the security from the first time you try to enter the airport was just what we needed before setting out to explore the town. We walked to the Our Lady of the Resurrection Church in the centre, and from there, took a Tuk Tuk, a motorized taxi to Old Goa and the Christian sites, built by the Portuguese colonizers, nine kilometers away.

The family in the photos wanted to take lots of selfies with us. We were, I suppose, another site for them on their tour. The sacred cows need a bit of fattening up. There was lots of open park space with picnickers enjoying the beautiful sunny weather.

We returned to the centre of Panjim and had lunch at a simple seafood restaurant we found in the Lonely Planet guidebook. We asked for hot sauce until we had a taste of the calamar and kingfish with their rich Indian spices. No sauce needed here.

It took us a while to find our way back to our hotel with all the winding streets that are difficult to cross.

The next evening, we were walking around the block and entered a jewelry shop where the owner had a nice talk with Irwin that included which beaches we should visit from Panjim. The day had been disappointing; two nondescript, rather unkempt beaches nearby by tuk-tuk (a motorized Rickshaw) but not worth the effort.

He suggested Candolim Beach and told us we could take the ferry across the Mandovi River. So the third morning we set out by tuk-tuk to the ferry dock and boarded along with about 50 motorcyclists and pedestrians. No one pushes but they do come close so you have to watch your step while boarding. We then took another tuk-tuk for 300 rupees or $6 to Candolim Beach.

It’s full of Brits and Russians and loaded with colourful deck chairs and beds. We headed for the beach and the nearest “shack” where we ordered prawns in curry sauce and cauliflower in cheese sauce along with tea.

Irwin braved the waves, not swimming much, while I relaxed and surveyed the crowds on the beach. We were told by an Indian man and his wife, who live in the UK now, that the average tourist drinks all day and by the look of the beer bellies, he’s right.

After an hour we walked back to the ferry with shops lining both sides of the street. The highlight for me was the cow at the beachside entrance and the prawns!

That evening we decided on an hour-long cruise along the Mandovi River that seemed inexpensive enough and was advertised everywhere in the town. We bought our tickets early and lined up with many local families. Little did we know how untouristy the event would be. Crowded into a tiny space with an MC speaking in Hindi with some English for our benefit (Irwin and I being the only tourists in the room) we watched families dancing with their children on a small stage, and finally escaped to the upper deck for a drink and a little peace and quiet. A fun time was had by the locals and we… well it was an experience but not one we wished to repeat. Live and learn.

From the airport near Panjim, we flew to Kerala, where we would spend the next several days getting to know Jew Town, in Kochi, the site of a 400-year-old synagogue that is a mecca for tourists. The street is lined with shops that cater to tourists. Buyer Beware!
The ferry we took across the Mandovi River

Watermelon, anyone?

Inside Old Goa Church

Giving “beach bum” a new spin

Yes, they have some bananas in Old Goa
By April 30th 2018, get a chance to win 1 year’s rent!

By simply visiting us!

In addition, we offer to every visitor:
✓ A chance to win 1 month for two
✓ A $1010 bill applicable to a rent
✓ And one surprise gift!

All across Quebec: Boucherville • Sainte-Julie • Brossard (phase I and II) • Sorel • Mont St-Hilaire • Granby • Sherbrooke • Musee • Pointe-aux-Tremble • St-Leonard • Dollard-des-Ormeaux • Plaza (downtown Montreal) • St-Laurent • Laval

*Valid in the Residences Soleil of your choice, depending on availability. Some conditions apply. Please present this page during your visit.