



## FROM YESTERDAY TO TODAY

Twenty-six members of the Abercorn Golden Age Club were present at its founding on May 17, 1972. At the outset, there was an equal number of English- and French-speaking members. This reflection of diversity is also evident in the meeting minutes, which were recorded in both English and French. The recommended annual membership fee was three dollars, making the club accessible while ensuring its proper operation. Initially composed of Abercorn residents, the club gradually welcomed members from Sutton.

In July 1972, after joining the Fédération de l'Âge d'Or du Québec, the club unanimously adopted the name *Club d'Âge d'Or d'Abercorn*. The following month, the municipal council assigned it a room on the ground floor of Town Hall, called the "seniors' room". It also received a federal grant of \$4,000 from the *New Horizons* program to purchase tables, chairs, and other equipment. In 1978–1979, **its support contributed greatly to the planning of the play areas in Shepard Park (tennis and pétanque courts).**

In 1996, the club adopted a new charter and took the name *Club d'âge d'or Les Deux Monts*, in tribute to the surrounding mountains, Sutton and Pinnacle, as well as the mixed origins of its members (Abercorn and Sutton). It later became the **Club FADOQ Les Deux Monts**, with its head office in Abercorn in accordance with municipal agreements regarding the premises and services.

As for the activities offered, the main ones include card games, organized outings, shared meals, and representation of the club at the regional level. The creation of the walking club, promoting physical well-being, also encourages social interaction and the discovery of new places. Over the years, the club has diversified its offerings through a variety of outings and strategic partnerships, such as the one established with Mont Sutton, allowing members to benefit from significant discounts on two ski days per week. At that time, the club had as many as 1,200 members.

Since its beginnings, the club has carried on several traditions, including card games, osteoporosis prevention exercises (EPO), snacks, and shared meals. The annual picnic also remains a highlight, offering an opportunity to renew membership cards in a friendly atmosphere. In 2014, the club supported and promoted FADOQ's *Silver Button* campaign, an awareness initiative aimed at promoting a good quality of life for seniors in Québec. Its four holes symbolize health, well-being, safety, and belonging.

Today, FADOQ Richelieu-Yamaska (the regional club) is made up of seven sectors, and with its 700 members, the **Club FADOQ Les Deux Monts stands out as one of the most dynamic clubs in its sector**. The club offers a range of cultural, social, and sports activities, as well as lectures and workshops delivered by professionals such as notaries, pharmacists, and health specialists, covering various topics related to aging or specific expressed needs, particularly in the area of safety.

Communication and the sharing of information with members take several forms: in-person interactions during activities, by telephone, distribution of an annual calendar, a monthly newsletter, occasional emails (infoFADOQ), and management of a dedicated website (<https://club.fadoq.ca/M069>).

In addition, the club works closely and develops partnerships with the towns of Abercorn and Sutton, as well as with various community organizations, government bodies, and institutional partners.

Over the years, **volunteer administrators, supported by other volunteers** from the communities of Abercorn, Sutton, and elsewhere, have distinguished themselves through their commitment and involvement.

When Patricia Harvey, a long-time former administrator who remains active within the club, was asked the following question about the club's history: "What would be the club's greatest achievement?"

She answered: **"To still exist today."**

### BEING A MEMBER OF *CLUB FADOQ Les Deux Monts* MEANS:

- **GAIN access to a wide range of ACTIVITIES offered free of charge or at reduced rates, while also benefiting from DISCOUNTS from local, regional, and provincial merchants.**
- **BENEFIT from the representation of the FADOQ network before the relevant authorities on any issue related to quality of life, safety, and the well-being of people aged 50 and over.**