

# **Côte Saint-Luc Ladies' Senior Social Club and Senior Men's Club**

***A home away from home***

Submitted by: Loretta Anisef



## Introduction

- The purpose of this presentation is to discuss the dynamics and impact of the Senior Social Club (women's club) and the Senior Men's Club on the participating members.
- We will demonstrate the uniqueness of the clubs as well as the differences between the two.

## Demographics

- The City of Côte Saint-Luc is comprised of 31,500 people of which 43% are aged 55 years and older.
- The population of seniors is multicultural and varied in terms of class - from low income with high school education to retired heads of major public and private corporations.

## History

- 30 years ago, a citizen approached the Mayor with the request to establish a social club for the many seniors in the community.
- The original club was created for both men and women to gather, socialize and participate in organized activities.
- 20 years later, the male members requested the establishment of a men's only club. At that point the Senior Social Club became the women's club and the Senior Men's Club was established.
- Today, the women's club has 300 members and the men's club has over 500 members.

## Financials

- The City of Côte Saint-Luc pays for space, utilities and equipment.
- The cost of a secretary and attendant are subsidized as well.
- The member's activities are covered by the annual membership fee. Exceptions include trips and special events. Most activities are organized by volunteers, such as the fitness instructor, herself an Octogenarian.

## Senior Social Centre (Women's Club)

- Comprised of women, mostly widowed, seeking a forum to reconnect with other people.
- Health status varies from mobile to requiring canes and walkers.
- Typically become members several years after losing their spouse.
- Tend to require (especially older women) encouragement, support and guidance with fears around being an outsider.

## Senior Social Centre (Women's Club)

- Activities are mostly non-physical such as day trips to the theatre, board games, dinners, choir, speakers and other outings.
- Club is self governing with a President elected every 2 years, an Executive Committee and the support of the Parks and Recreation Section Manager of Senior Services.

# Senior Social Centre (Women's Club)



Fitness class



Bridge

## Senior Men's Club

- The Men's Club are a motivated, dynamic and very active group of semi-retired and retired members.
- Many join prior to retirement as a connection to a social network in the event that they lose a spouse.
- The activities are diverse, with a balance between physical (golf, bowling, fitness classes) and social (bridge, breakfasts, speakers, choir and volunteering).

## Senior Men's Club

- Volunteerism plays a central role with the Men's Club. They visit sick members, serve meals at hospitals as well as the Welcome Hall Mission.
- The club becomes the nucleus upon which their lives are centered - friendships are formed outside of the club and often involving spouses.
- The members are highly active in the direction and governance of the club. Like the women, the President is elected for two years. Their executive has dozens of members and they are all involved in the organization of events. They rely on the Section Manager of Senior Services to assist with major decisions.

## Senior Men's Club



Art class



Guest speaker

## Contrast

- There are unique dynamics within the women's and men's clubs.
  - Women require more encouragement and support to join while the men seek out the connection and integrate more easily.
  - For women, it is often a family member that will reach out to the centre for guidance on getting a loved one reintegrated. My role is to provide a warm and comforting atmosphere when the grieving widow comes to the Center.
  - The men are more active in the organization of events.
  - The men will extend their activities and trips by continuing to socialize following the conclusion of the event, whereas the ladies are content to return home at the conclusion of the activity. Ex. snowbirds

## Impact and Benefits

- For many members, the club is a lifeline to the community, keeping them connected to others and to the world.
- The club is a secure and comfortable place upon which to expand their social lives.
- For members, particularly the men, the club allows them to continue to practice and retain their business skills.

## Summary

- The Senior Social Centre and the Senior Men's Club are critical to members' physical and psychological well-being.
- The chemistry between members, the activities and the social interactions allow these seniors to have a more vibrant and fulfilled life.
- For many members, the centre becomes a source of comfort and indeed a refuge - a true home away from home.

## Côte Saint-Luc Entertainers (combined choir)



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