

A Message From Pierre

I was born and raised in Sudbury, Ontario and ventured off at age 17 to explore the world and come out of the closet in the safety of the big city. After a year at an alternative school for creatives in Ottawa, I followed a boy to Toronto, where I attended the Ontario College of Art. In Toronto I was exposed to the exciting activist movements like Queer Nation, the Committee on Homophobia and was a key organizer of the Homo Hops at U of T. Fun fact: I was a cofounder of the Ontario LGBT Youth Line, which started in my living room with three housemates and is still operating today, helping queer youth across the province.

The design world eventually brought me to Halifax at Dalhousie University where I studied architecture. That first career allowed me to live in some great cities around the world like Berlin, Dubai, and pre-911 New York, but eventually, I got tired of sitting at a desk all day and returned home to Toronto to explore work as a set designer and art director for film and television. My first contract was on the groundbreaking Queer As Folk, and that experience hooked me. I spent fifteen years working in various creative roles on films and tv shows in Toronto and loved the buzz and variety of that work.

Years later, I was happy to return to my hometown on the heels of the burgeoning regional film industry. I was a founding partner of the Northern Ontario Film Studios and worked hard for a few years to get that off the ground. But once again, my body told me to make and change, so I packed up and went travelling in Nepal, where I was introduced to yoga and mindfulness while staying at Buddhist monastery outside of Kathmandu. Making a complete career switch at age fifty, I decided to become a yoga instructor and came home to start a small business teaching private clients about yoga and meditation, and hosting weekend retreats in the woods for

corporate and private clients. With a focus on older men, I found a new passion introducing a holistic wellness approach to their lives through innovative events and programming and this expanded to teaching boxers, elite athletes and first responders.

Just as this business was expanding, the pandemic forced me to put everything on hold. I took a temporary position with St Joseph's Villa to set up a residence and food services in a Sudbury hotel for the duration of the pandemic. This position was life-changing in many ways, as I was privileged to work with older adults who were alone and isolated for most of two years. I was able to listen to their stories, attend to their needs and learn as much as I could about the aging process and began to take specialized training on aging and longevity, which was a good fit for this new position.

I view longevity and wellness in old age as being built on a complex foundation of health, social life, fitness, connection and ultimately, love! I am now very excited to bring all these experiences to my new position which will allow me to design all kinds of events and activities for the diverse communities of older adults in Sudbury. From birdwatching and bowling to budgeting or estate planning, we can offer whatever our members dream up. I will be listening to our members to understand their needs and interests so I can build an infrastructure for them as we all grow older and bolder, together. I am always open for a phonemail, coffee date, email or text.