

# TEA LEAVES NEWSLETTER



**The Teapot 50+ Centre**

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[www.theteapot.org](http://www.theteapot.org)  
Facebook/instagram: @theteapot50

## Office Hours

**Monday to Friday**

9:30am to 12:00pm

&

1:00pm to 3:30pm

## Centre Staff

**Tamara**, General Director  
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**Kisha**, Assistant General Director  
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**Melissa**, Community Outreach &  
Volunteer Coordinator  
[melissam@theteapot.org](mailto:melissam@theteapot.org)

**Nora**, Bookkeeper

**Peter**, Transport

## Board of Directors

**Jane Cowell-Poitras**, President

**John Pinnell**, Vice-President

**Susan Hanusaik**, Treasurer

**Lina Lebeau**, Secretary

**Margaret Fotiou**, Director

**Marie-Josée Boivin**, Director

**Valerie Clayton**, Director

## CENTRE CLOSURE

Please take note:

The Teapot Centre will  
be closed for the

following days: **April 7,**

**10, 28, May 22, June 23**

**& 30<sup>th</sup>**

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## **Support The Teapot Spring Forward Fundraising Campaign**

The Teapot is entering a new fiscal year full of hope, excitement, and dreams! We want your support as we spring forward into our new strategic plan. Your giving will allow us to continue to increase our staffing, develop new programming, and increase our reach.

Donations can be made in-person by cheque or cash, online through our website, or via Interac e-transfer to [teapot@theteapot.org](mailto:teapot@theteapot.org)

*\*tax receipts are only available upon request*

## **April to June Activities Registration**

The 50+ community is invited to register for our spring session activities! You will be asked to update or complete your contact information when you register.

One day only!

**April 5<sup>th</sup> 9:30am-3:30pm – in person, by phone or online**

To register in person or over the phone, you must reserve an appointment, time. It is mandatory.

**Call us by March 29<sup>th</sup> to reserve your spot.**

## **The Teapot Annual General Meeting (AGM)**

**Friday, June 16<sup>th</sup> at 10:30am**

You are invited to join us to hear about what we have accomplished and the impact we are having on our community! We are also excited to share with you the steps we have taken in our 2022-2023 strategic plan.

Every member is welcome to ask questions and voice their ideas.

**Location: In person in Salon A**

**Capacity: 100 people**

**A free meal will be served after the AGM**

## **Our Board of directors is hiring!**

Are you passionate about the mission of The Teapot Centre?

Do you have time to offer?

Join our board of directors to support The Teapot's budget, fundraising, human relations, marketing and policy development.

We need you!

Contact Tamara for more information on how you can contribute to our mission.

# TEAPOT UPDATES

## A Goodbye

Dear members, volunteers and staff of The Teapot,

I wanted to take the time to express my appreciation for having had the opportunity to share these past five years with you at The Teapot as the Activities Coordinator. I leave here with wonderful memories of special events, trips, workshops and interactions with all of you; I have made friends along the way!

I have been offered a position as a Development Agent for the organization *Loisirs Laurentides* on the North Shore.

Some of you will still see me, as I will be staying on as the evening virtual book club animator.

Once again, it was a pleasure to be part of The Teapot team I wish you all the best!

*Sasha Cardinal*

## Teapot Highlights

<b>Musicians Club</b> We are creating a new partnership with the organization <i>Le Réveil Lachine</i> to offer you the chance to participate in the musicians' club.  You must have your own musical instruments <b>See page 3 for more details.</b>	<b>Seasonal Grab bag sale</b> The Teapot's boutique invites you to its seasonal grab bag sale. <b>May 29<sup>th</sup> and 31<sup>st</sup> 9h30-12h00</b>  You buy 5 items for 5\$  Some restrictions may apply.	<b>Documentary screening</b> We will be viewing the documentary " <i>What we choose to remember</i> ", the subject is the importance of Anglophones and other ethnicities on the creation of Quebec: a province of immigrants. The moment we arrive determines how welcomed or marginalized we feel in the country we have chosen. Following the documentary, the director of the documentary will be with us to talk to members about his process and the reason behind the creation of his documentary. <b>See page 5 for more details.</b>
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## Socio-nutritional programs at The Teapot

### Looking for a way to reconnect with others and meet new friends?

Come do so with a nice homemade meal at The Teapot!

Reintroducing the Soup & Sandwich lunch program on **Tuesdays**.

What's new:

- A volunteer-run program
- It will follow activity programming (10 week duration per session)
- Meals will cost 5\$ **\*NEW COST\***

**Every second Thursday**, join us for our Breakfast Club:

- Enjoy a continental breakfast
- Have the opportunity to chat with members and staff
- Free, registration is required
- See calendar on pages 9-11 for specific dates

**Contact us to find out more!**

*If you are interested in volunteering for these programs, please contact Melissa (514)637-5627 or [melissam@theteapot.org](mailto:melissam@theteapot.org)*

## FUN-RAISING INITIATIVE

Previously started this Fall, The Teapot Centre has a weekly half-half raffle to raise money for the centre.

We are selling raffle tickets for the chance to win half of the money collected during the week.

**Tickets will be on sale as of April 6, 2023.** Tickets will be sold for the following price:

3 tickets - \$2

They will be available for purchase at the reception.

**The lucky winner will be announced each Friday at noon!**

## Fundscrip Fundraiser for The Teapot

The Teapot is still selling gift cards! This is a great initiative to support The Teapot without spending any extra money. Fundraise while you shop!

We can order gift cards for you and have them delivered (Lachine residents only). Contact Kisha at [kishaj@theteapot.org](mailto:kishaj@theteapot.org) to have your cards delivered to you or find out how you can order your own cards online.

**Thank you in advance for your support!**

# THE TEAPOT ACTIVITIES: SPRING 2023

**(Online via ZOOM & in-person)**

**\*Registration: April 5<sup>th</sup> (9:30AM-3:30PM)\***

1. \*Must be a registered member to participate in our weekly activities\*
2. Maximum number of participants may vary per activity. Priority will be given to the first members who register. To be registered, you should receive a confirmation email (Qidigo bill) within 24hrs.
3. **Payments in full are expected via our website (Qidigo), cash or by cheque on the first day of classes for those registered for the paid activities (\$).**

*\*Locations are subject change depending on the Governmental sanitary guidelines \**

Support Services	Information
<b>Foot Clinic (IN HOME &amp; AT THE CENTRE)</b> • Foot care by specialized nurses	<b>By appointment ONLY</b> * see page 7 for more details 514-637-5627
Clubs (Leisure Activities)	Information
<b>Hooks n' Needles Club</b> No max. Meet virtually or in-person with other knitters whether you knit or crochet, you can have great fun!	<b>Mondays, Ongoing</b> <b>1:00-3:00pm</b> , Online via ZOOM <b>*No meeting: April 10 &amp; May 22*</b>
<b>Virtual Photography Club</b> No max. Embrace the art of taking photos	<b>Tuesdays, Start: April 11</b> <b>9:30-11:30am</b> , Online via ZOOM
<b>Art Hive</b> Max.: 25 Crafting Club	<b>Every second Tuesday, Start: April 11</b> <b>10:30am-12:30pm</b> , Cafeteria
<b>500 Cards Club</b> Max.: 25 A trick-taking card game. Played by 2-6 players. It is most commonly played by 4, in partnerships.	<b>Tuesdays, Ongoing</b> <b>1:00-3:30pm</b> , Cafeteria
<b>Bridge</b> Max.: 25 A card game that consists of playing tricks. It is played with 4 players, 2 players playing in partnership.	<b>Tuesdays, Ongoing</b> <b>1:00-3:00pm</b> , Cafeteria
<b>Board game Mornings</b> Max.: 25 Join your friends at The Teapot to spend a good time playing a friendly game of Scrabble, Cribbage, Bridge, Rummoli, etc.	<b>Fridays, Ongoing</b> <b>10:00am-12:00pm</b> , Cafeteria <b>*NO MEETING: April 7, June 23 and June 30*</b>
Classes (Educational Activities)	Information
<b>Musicians' Club</b> Max.: 15 Are you a musician and want to be part of a club? Come and join "Les Vintages" group to practice (singing, instruments, etc.) You must have your own musical instruments <b>A project in partnership with Le Réveil Lachine.</b>	<b>Every second Monday, Start: April 17</b> <b>1:00-3:00pm</b> , Cafeteria
<b>Music Discussion Group (\$)</b> Share your love of music, music history, different genres & composers. No max.	<b>Mondays, Start: April 17</b> <b>7:00-8:00pm</b> , Online via ZOOM 50\$/10 weeks; 30\$/5 weeks; 7\$ for 1 class
<b>Evening Book Club</b> Collectively choose 1-2 books, read them and have guided discussions about the readings No max.	<b>Tuesday evenings, Start: April 11</b> <b>7:00-8:00pm</b> , Online via ZOOM <i>This group meets and discusses English books</i>
<b>Art Discussion Group</b> To all art lovers, come share your love of the fine arts, art history, different mediums & styles. Max.: 25	<b>Wednesdays, Start: April 19</b> <b>2:00-3:00pm</b> , In-person (Cafeteria) <b>*SPECIAL TIME: May 17<sup>th</sup> at 1-2pm*</b>
<b>"Afternoon" Tea</b> No max. <b>Topic: World Travelling</b> Educational discussion on a different country every week (we will explore the culture, food, history and much more!)	<b>Wednesday, Start: April 19</b> <b>11:30am-12:30pm</b> , Online via ZOOM
<b>Tech Talk</b> Max.: 10 To support members to stay connected with friends, learn about their laptops, phones and tablets and improve their digital literacy.	<b>Fridays, Start: April 21</b> <b>1:00-2:00pm</b> , In person (Cafeteria) <b>*No meeting: April 28 &amp; June 23*</b>

Physical Activities*	Information
<b>Pilates (with Suzanne) (\$)</b> <b>Beginner</b> , low intensity training <b>Max.: 25</b>	<b>Mondays</b> , Start: <b>April 17</b> <b>10:00-11:00am</b> , In-person (Salon C); \$50/10 weeks; 30\$/5 consecutive weeks; 7\$ for 1 class <b>*NO CLASS: May 22*</b>
<b>Tai Chi (with Florence) (\$)</b> <b>Max.:15</b> <b>Beginner-intermediate</b> , gentle movements improving overall health	<b>Tuesdays</b> , Start: <b>April 11</b> <b>10:00-11:00am</b> , In-person (Salon D) \$50/10 weeks; 30\$/5 consecutive weeks ; 7\$ for 1 class
<b>Aerobics (with Annie) (\$)</b> <b>Max.: 25</b> <b>Beginner-intermediate</b> level. Dance fitness with cardio, strength and flexibility	<b>Tuesdays</b> , Start: <b>April 11</b> <b>2:00-3:00pm</b> , In-person (Salon C) \$50/10 weeks; 30\$/5 consecutive weeks ; 7\$ for 1 class
<b>*NEW* Pilates Balance (with Suzanne) (\$)</b> <b>Beginner</b> , a Pilates class with a focus on centering, posture, balance <b>Max.: 25</b>	<b>Wednesday</b> , Start: <b>April 19</b> <b>10:00-11:00am</b> , In-person (Salon D) \$50/10 weeks; 30\$/5 consecutive weeks; 7\$ for 1 class
<b>Chair Yoga (with Suzanne) (\$)</b> <b>Max.: 25</b> <b>Beginner</b> level, yoga can improve your flexibility, concentration and strength	<b>Thursdays</b> , Start: <b>April 13</b> <b>9:00-10:00am</b> , In-person (Salon C) \$50/10 weeks; 30\$/5 consecutive weeks ; 7\$ for 1 class
<b>Yoga-Lates (VIRTUAL) (with Suzanne) (\$)</b> <b>Beginner</b> level, a mix of Yoga and Pilates training (low intensity) to improve your flexibility, concentration and strength. No max.	<b>Thursdays</b> , Start: <b>April 13</b> <b>11:00am-12:00pm</b> , In-person (Salon C) \$50/10 weeks; 30\$/5 consecutive weeks ; 7\$ for 1 class
<b>Aerobics (with Florence) (\$)</b> <b>Max.: 25</b> <b>Beginner-intermediate</b> level. Dance fitness with cardio, strength and flexibility	<b>Thursday</b> , Start: <b>April 13</b> <b>10:30-11:30am</b> , In-person (Salon C) \$50/10 weeks; 30\$/5 consecutive weeks ; 7\$ for 1 class
<b>Aerobic Dance (\$)</b> <b>Max.: 25</b> <i>(with Annie)</i> <b>Beginner-intermediate</b> level, aerobic dance fitness designed for seniors with an accent on muscular-cardio	<b>Fridays</b> , Start: <b>April 14</b> <b>9:30-10:30am</b> , In-person (VB) \$50/10 weeks; 30\$/5 consecutive weeks ; 7\$ for 1 class <b>*NO CLASS: June 23 &amp; 30*</b>
<b>Socio-nutritional Activities</b> <i>Disclaimer: Meat &amp; gluten products will be served.</i>	<b>Information</b>
<b>Soup &amp; Sandwich (\$)</b> <b>A volunteer-run program.</b> <b>Max.: 25</b> Reconnect with one-another with a nice meal, meet new friends and socialize.	<b>Tuesday</b> , Start: <b>April 18</b> <b>12:00-1:00pm</b> , Cafeteria 5\$ per meal <b>*NEW COST*</b> Program duration: 10 weeks
<b>Breakfast Club</b> <b>Max.: 25</b> Have the opportunity to chat with members and staff around a continental breakfast	<b>Every second Thursday</b> , Start: <b>April 27</b> <b>9:30-11:00am</b> , Cafeteria Free

## SPECIAL EVENTS

*\*Locations & maximum are subject change based on the Governmental sanitary guidelines (masks & distancing)*

<b>Wednesday, April 12<sup>th</sup> : COFFEE, TEA &amp; DESSERT – WELCOME TO SPRING</b> We will celebrate Easter and spring with coffee, tea and small desserts! Come and welcome spring among your friends and loved ones. <b>REGISTER FROM APRIL 5<sup>th</sup> to APRIL 11<sup>th</sup></b>	<b>Time:</b> 11:30-1:30pm <b>Cost:</b> \$10 <b>Location*:</b> Cafeteria <b>Min.:</b> 15 ppl <b>Max*:</b> 30 ppl
<b>Tuesday, May 16<sup>th</sup> : MOTHER'S DAY LUNCH</b> To all the special women in our lives, mothers, grandmothers and great-grandmothers, The Teapot welcomes you for a meal for Mother's Day during our Soup and Sandwich Program to recognize your accomplishments over the years. <b>REGISTER FROM APRIL 5<sup>th</sup> to MAY 14<sup>th</sup></b>	<b>Time:</b> 12:00-1:00pm <b>Cost:</b> \$5 <b>Location*:</b> Cafeteria <b>Min.:</b> 15 ppl <b>Max*:</b> 25 ppl
<b>Tuesday, June 20<sup>th</sup> : FATHERS' DAY LUNCH</b> For all the exceptional men in our lives; fathers, grandfathers and great-grandfathers, The Teapot welcomes you for a meal for Father's Day during our Soup and Sandwich Program to recognize your achievements over the years. <b>REGISTER FROM APRIL 5<sup>th</sup> to JUNE 18<sup>th</sup></b>	<b>Time:</b> 12:00-1:00pm <b>Cost:</b> \$5 <b>Location*:</b> Cafeteria <b>Min.:</b> 15 ppl <b>Max*:</b> 25 ppl

## TRIPS

\*The feet (👣) represent the amount of walking during each of the trips

<p><b>Friday, April 28<sup>th</sup>: SHOPPING SPREE</b>            *👣👣👣 Join us on the Teapot bus; we will be heading to Carrefour Laval for a day of shopping. You are bound to find something for yourself, a friend or loved one. We will be going to eat lunch at a nearby restaurant (\$) during our shopping spree.  <b>REGISTER FROM APRIL 5<sup>th</sup> to APRIL 27<sup>th</sup></b></p>	<p><b>Time:</b> 9:00am-2:00pm  <b>Cost:</b> \$10 (Transportation Fee)  <b>Min.:</b> 10 ppl <b>Max:</b> 20 ppl  <b>Location:</b> Laval</p>
<p><b>Friday, May 19<sup>th</sup> : OTTAWA TULIP FESTIVAL</b>            *👣👣👣 Come soak in the largest annual tulip festival in Canada, in Ottawa's Commissioners Park. Stroll through the park and dive into the multitude of tulips, admiring the beauty. Then join us for lunch at one of the local restaurants.  <b>REGISTER FROM APRIL 5<sup>th</sup> to MAY 18<sup>th</sup></b></p>	<p><b>Time:</b> 8:30am-6:00pm  <b>Cost:</b> \$15 (Transportation Fee)  <b>Min.:</b> 10 ppl  <b>Max:</b> 20 ppl  <b>Location:</b> Ontario</p>
<p><b>Friday, June 9<sup>th</sup>: MINI GOLF</b>            *👣👣 Treat yourself to one of Canada's most unique mini golf courses. An 18 hole mini golf course of pure fun with beautiful scenery. Feeling exhausted from the heat? Have a seat at one of the benches and enjoy some local ice cream (\$). <b>It is important to bring cash with you.</b>  <b>REGISTER FROM APRIL 5<sup>th</sup> to JUNE 8<sup>th</sup></b></p>	<p><b>Time:</b> 10:00am-3:00pm  <b>Cost:</b> \$23 (\$13+ Transportation Fee)  <b>Min.:</b> 10 ppl <b>Max:</b> 20 ppl  <b>Location:</b> La Prairie</p>
<p><b>Wednesday, June 28<sup>th</sup> : VISIT TO MAISON LAVANDE</b>            *👣👣👣 Come stroll through the many different lavender fields here on the North Shore of Quebec. Indulge in the beauty and smells that the Maison Lavande has to offer! Following our visit, we will go eat lunch at a nearby restaurant (\$).  <b>REGISTER FROM APRIL 5<sup>th</sup> to JUNE 29<sup>th</sup></b></p>	<p><b>Time:</b> 9:30am-2:30pm  <b>Cost:</b> \$24 (\$14+ Transportation Fee)  <b>Min.:</b> 10 ppl <b>Max:</b> 20 ppl  <b>Location:</b> Saint-Eustache</p>

## WORKSHOPS

\*Workshops begin at indicated time\*

<p><b>Thursday, April 13<sup>th</sup> : SENIOR WELLNESS WORKSHOP (TOPIC: "GRAYCEFUL" GRANDPARENTS) (CHSSN)</b>  <i>Presenter: Kasia Malec, Fitness specialist and member of CANSTAT, A.N.N. and R.E.S.</i>            Discover your body's innate ability to move with ease, just as your children and grandchildren do. In this workshop, we will explore balance, movement and posture, with a focus on the aging adult body.            Using the Body and Posture Alignment Method, you will gain strength, flexibility and confidence in your daily activities, such as sitting, standing and walking. So join us in rediscovering the secrets to a strong, balanced and joyful body!  <i>This workshop is made possible through funding from the Secrétariat aux relations avec les Québécois d'expression anglaise and CHSSN.</i></p>	<p><b>Time:</b> 1:30-3:00pm  <b>Cost:</b> Free  <b>Language:</b> English  <b>Max.:</b> 25 ppl  <b>Location:</b> In person (Cafeteria)</p>
<p><b>Friday, April 14<sup>th</sup> : SENIOR WELLNESS WORKSHOP (TOPIC: FIGHTING AGEISM) (CHSSN)</b>  <i>Presenter : Ryan Backer, Age Activist &amp; co-creator of www.OldSchool.info</i>            Throughout life people are discriminated against simply because of the amount of time they have been alive. Ageism (discrimination on the basis of age) is compounded by other forms of prejudice. It can be easy to overlook and difficult to untangle. Let's (re)imagine the ways we can engage a pro-aging response to the barrage of anti-aging messages we are faced with every day. Everyone has an age and we are all age travelers, somewhere on the spectrum between older &amp; younger.  <i>This workshop is made possible through funding from the Secrétariat aux relations avec les Québécois d'expression anglaise and CHSSN.</i></p>	<p><b>Time:</b> 1:30-2:30pm  <b>Cost:</b> Free  <b>Language:</b> English  <b>Max.:</b> 25 ppl  <b>Location:</b> In person (Cafeteria)</p>
<p><b>Wednesday, April 19<sup>th</sup> : SENIOR WELLNESS WORKSHOP (TOPIC: ADVANCED CARE PLANNING) (CHSSN-CHEP *LIVE*)</b>  <i>Presenter : Jennifer Hobbs, M.ScA, BCN, CNEd, Conseillère principale – JHCP</i>            If you love your loved ones, you will leave them a list of your wishes. Come and discover practical tips for advanced care planning.</p>	<p><b>Time:</b> 10:00-11:30am  <b>Cost:</b> Free  <b>Language:</b> English  <b>Max.:</b> 25 ppl  <b>Location:</b> In person</p>

<p><i>This workshop is made possible through funding from the Secrétariat aux relations avec les Québécois d'expression anglaise and CHSSN.</i></p>	<p>(Cafeteria) &amp; virtual (via ZOOM)</p>
<p><b>Thursday, April 20<sup>th</sup> : SENIOR WELLNESS WORKSHOP (TOPIC: CHAKRADANCE® – CREATIVE SELF-CARE PROGRAM) (CHSSN)</b>  <i>Presenter : Nicola Goddard, NIC-ELLE</i>  Come and discover a creative way of self-care. Chakradance® is a combination of specially created music and sounds, guided imagery, movement and artwork. It is a fun and creative way to reduce stress and express yourself! An introductory Chakradance® experience lasting 15 minutes will be offered during the workshop. No experience in any of the above areas is required.  <i>This workshop is made possible through funding from the Secrétariat aux relations avec les Québécois d'expression anglaise and CHSSN.</i></p>	<p><b>Time:</b> 1:30-2:30pm  <b>Cost:</b> Free  <b>Language:</b> English  <b>Max.:</b> 25 ppl  <b>Location:</b> In person (Cafeteria)</p>
<p><b>Thursday, April 27<sup>th</sup>: INFORMATION SESSION- RUTA MONTREAL &amp; ADAPTED TRANSPORT)</b>  <i>Presenters: Xavier &amp; Salima, Liason agent and RUTA Montreal mobilization agent</i>  Come and join us to learn about adapted transportation as public transportation, types of admission, the types of accompaniments available, the rights and obligations of the driver and the users, as well as the complaints process in relation to this type of public transportation.  <i>This workshop is made possible through funding from the Secrétariat aux relations avec les Québécois d'expression anglaise and CHSSN.</i></p>	<p><b>Time:</b> 1:30-2:30pm  <b>Cost:</b> Free  <b>Language:</b> French  <b>Max.:</b> 25 ppl  <b>Location:</b> In person (Salon A)</p>
<p><b>Monday, May 1<sup>st</sup> : INFORMATION SESSION – YVES LÉGARÉ</b>  <i>Presenters : Andrei Roman, Notary and Danielle Beaudoin, Funeral Planning Consultant</i>  Get peace of mind knowing that your funeral will be according to your wishes. Learn how funeral pre-arrangements work by meeting with a notary and funeral planning consultant.</p>	<p><b>Time:</b> 1:30-2:30pm  <b>Cost:</b> Free  <b>Language:</b> Bilingual  <b>Max.:</b> 25 ppl  <b>Location:</b> In person (Cafeteria)</p>
<p><b>Thursday, May 4<sup>th</sup> : MEETING ABOUT THE LACHINE BOROUGH</b>  <i>Presenter : Maja Vodanovic, Mayor of the Borough of Lachine</i>  Come to a meeting hosted by our mayor, Maja and another member of the cabinet; they will be there to answer your questions and take requests from citizens.  The meeting will include an introduction and explanation of the role of a municipality, followed by a short presentation on empowerment and a period of exchange with the participants.</p>	<p><b>Time:</b> 1:30-3:00pm  <b>Cost:</b> Free  <b>Language:</b> Bilingual  <b>Max.:</b> 25 ppl  <b>Location:</b> In person (Salon A)</p>
<p><b>Thursday, May 11<sup>th</sup>: INFORMATION SESSION – SERVICE CANADA</b>  <i>Presenter : Ioana Pricop, Acting Citizen Service Specialist, Government of Canada / Service Canada</i>  Come and learn about potential benefits available to low-income seniors aged 60 to 64; an overview of the Canada Pension Plan, Old Age Security (Guaranteed Income Supplement, Allowance), how to search for benefits, and an explanation of procedures to protect yourself from fraud, protect your Social Insurance Number and much more.</p>	<p><b>Time:</b> 1:30-2:30pm  <b>Cost:</b> Free  <b>Language:</b> English  <b>Max.:</b> 25 ppl  <b>Location:</b> In person (Salon A)</p>
<p><b>Wednesday, May 17<sup>th</sup> : I HAVE A PROJECT/SMALL REVENUE</b>  <i>Presenter: Isabelle Thibeault, personal finance advisor, ACEF du Sud-Ouest de L'Isle</i>  This introductory workshop to the budgeting process allows participants of all ages to reflect on their consumption choices and to learn about some budgeting tools. A budgeting exercise for the realization of a fictitious project will be developed during the workshop. Information on local resources and money saving tips will also be shared with the members.</p>	<p><b>Time:</b> 2:00-4:00pm  <b>Cost:</b> Free  <b>Language:</b> French  <b>Max.:</b> 25 ppl  <b>Location:</b> In person (Cafeteria)</p>
<p><b>Thursday, May 25<sup>th</sup> : SENIOR WELLNESS WORKSHOP (TOPIC: WHAT WE CHOOSE TO REMEMBER) (CHSSN)</b>  <i>Presenter: Guy Rodgers, Graduate of the National Theatre School of Canada and director of the feature documentary</i>  We will be listening to the English-language documentary (1:30-3:00 pm) "What We Choose to Remember", a documentary about the importance of English speakers and other ethnicities on the creation of Quebec: a province of immigrants. The moment we arrive determines how welcome or marginalized we feel in the home we have chosen.</p>	<p><b>Time:</b> 1:30-4:00pm  <b>Cost:</b> Free  <b>Language:</b> English  <b>Max.:</b> 25 ppl  <b>Location:</b> In person (Cafeteria)</p>

<p>Following the documentary (at 3:30pm), the director of the documentary will be with us to talk to members about his process and the reason behind the creation of his documentary.  <i>This workshop is made possible through funding from the Secrétariat aux relations avec les Québécois d'expression anglaise and CHSSN.</i></p>	
<p><b>Thursday, June 1<sup>st</sup> : SENIOR WELLNESS WORKSHOP (TOPIC: BRAIN HEALTH - LIVE &amp; LEARN)</b>  <i>Presenter: Kirstin Bennett, ElderCARE planner and aging well advocate</i>          To live is to grow and to grow is to live.          When we activate and strengthen our capacity for intellectual wellness, we can create, innovate, and grow in ways we never imagined! Intellectual well-being can help keep our brains healthy and improve our well-being as we age.  <i>This workshop is made possible through funding from the Secrétariat aux relations avec les Québécois d'expression anglaise and CHSSN.</i></p>	<p><b>Time:</b> 1:30-2:30pm  <b>Cost:</b> Free  <b>Language:</b> English  <b>Max.:</b> 25 ppl  <b>Location:</b> In person (Cafeteria)</p>

## TEAPOT DEPARTMENTS: NOTICE BOARD

### Social Services (Intervention) Department

*\$ Additional fees apply*

#### **Friendly Calls and Visits**

Are you feeling isolated and looking to meet someone new? Then our Friendly Calls and Visits might be right for you! ***Please call Michelle***

#### **Assistance with Forms**

If you are having difficulty reading, understanding, or filling out documents and forms, we are here to help!  
***Please call Rebecca***

#### **Transportation Program (\$)**

Our *Transportation* is available to Lachine residents for medical appointments, banking and errands; with the help of volunteer drivers and taxi coupons. **Please note 3 business days notice is required.** Price is determined by distance. **Starting April 1<sup>st</sup>, 2023, new cost: 0.80\$/km.**  
***Please call Rebecca***

#### **Foot Care Clinic (\$)**

*Foot Care* is available at the centre by appointment with our nurses (*Nancy & Sonia*), Transportation to the centre is available upon request. In-home services are also available for those with reduced mobility. ***Please call Rebecca***

**Centre: \$35-40; In-home: \$45**

#### **Grocery Shopping**

- ***Shop With:*** The minibus is up and running! Shopping trips alternate between *Metro, IGA* and *Maxi* every Thursday. ***Please call Rebecca***
- ***Shop For:*** For those who cannot join us on the bus, we are offering grocery delivery through *Metro Lachine* ***Please call Michelle***

#### **Tech Support (\$)**

Having a hard time joining your Zoom meeting? Does your phone keep frustrating you? With the help of our tech volunteers, you can get the training you need! ***Please call Michelle***

#### **Free Income Tax Clinic**

If you need help filing your tax return, we are here to help!  
 This year, appointments will be done in-person at The Teapot.  
 To be eligible for the service, your annual income must be under:  
 35, 000\$ for **Persons living alone**  
 45, 000\$ for **couples**  
***As of February 1<sup>st</sup>, you can call Rebecca to schedule an appointment.***

**Teapot phone number: (514) 637-5627**

### Volunteer Department

*At The Teapot, we believe that education is a lifelong activity.*

Do you like to lend a hand and make an impact in your community? The Teapot is always looking for volunteers to do a variety of important tasks that ensure the smooth running of the centre. Volunteer opportunities are frequently updated on our website and in our weekly infoletter.

**Please feel free to contact Melissa for our volunteer opportunities and for any additional questions at [melissam@theteapot.org](mailto:melissam@theteapot.org).**

## Bulletin Board

### The Teapot Alteration Service

**Please note:** Alterations take about 2 weeks to complete.

Price List:

- Hemming- 5.00\$
- Button Repairs- 0.50\$
- Zipper Repairs- 1.00\$
- Zipper replacement- 5.00\$ (+price of new zipper)
- Seam Repairs – 1.00\$
- Alternation- 3.00 to 10.00\$

**Please contact Rebecca for pricing and coordination of drop-off/pick-up.**

### Teapot Merchandise!

Get your Teapot inspired merchandise available for purchase (Due to COVID-19, merchandise can be ordered by telephone or by e-mail and delivered to you by a volunteer (for those living in the Lachine-LaSalle-Dorval area).

All funding by merchandise goes back towards providing members with our Teapot programs and activities.

- Teapot pens 5.00\$
- Market Tote Bag 5.00\$
- Re-usable Teapot cup (20Oz) 6.00\$
- Re-usable Teapot Face Mask (limited quantity) 7.00\$
- Teapot water bottle 7.00\$
- Teapot umbrella 10.00\$
- Teapot T-Shirts (Men & Women sizes) 15.00\$
- Urban Poles (pair) 60.00\$

Thank you for your support!

### Come check out The Boutique!

Come check out The Boutique on *Mondays & Wednesdays from 9:30 a.m.-12:00 p.m.* Bring your spare change and enjoy browsing new-to-you clothing, accessories, jewellery, household items, decor, and much more! Open to the general public. **Cash only and FINAL SALE.**

**Help us spread the word by telling your neighbours, friends, and family!**

**IMPORTANT:** If you are interested in donating items, please make an appointment with Melissa at 514-637-5627 or at [melissam@theteapot.org](mailto:melissam@theteapot.org).

Please note that **we accept** the following items:

- **Clothing** (all seasons, no undergarments)
- **Shoes & boots** (in good condition)
- **Kitchen items** such as plates, glasses, napkin rings, cutlery, salt+pepper shakers, decorative bowls, other kitchen knick knacks...
- **Small home décor items**
- **Jewellery & small accessories**

### Let's stay together while being apart

Keep up to date with the latest Teapot news by receiving our weekly email announcements (e-Newsletter/infoletter). Make sure to send us an email and you will be placed on our weekly emailing list. Simply e-mail us at: [teapot@theteapot.org](mailto:teapot@theteapot.org)

**And don't forget to visit our Facebook Page:** "La Théière-The Teapot" **or our website:** <https://theteapot.org/> **or Instagram:** theteapot50

**You can join us for the latest Teapot news on our activities and services, partnership programs, tips and volunteer opportunities!**





## APRIL 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b> <b>**ACTIVITY REGISTRATION DAY &amp; MEMBERSHIP**</b> <b>IN-PERSON, BY PHONE OR ONLINE</b> <b>(9:30AM-3:30PM)</b>	<b>6</b>	<b>7</b>  <b>CENTRE CLOSED</b>  <i>Good Friday</i>
<b>10</b>  <b>CENTRE CLOSED</b>  <i>Easter Monday</i>	<b>11</b> <b><u>FIRST WEEK SPRING SESSION</u></b> 9:30am-VIRTUAL Photography 10:00am-Tai Chi (in-person) 10:30am – Art Hive 1:00pm – 500 Cards Club 2:00pm-Aerobics (in-person) 7:00pm-VIRTUAL Book Club	<b>12</b>  <b><u>INCOME TAX CLINIC DAY</u></b>  <b>9:30AM- Teapot Boutique</b> <b>11:30am-SPECIAL EVENT: Coffee, Tea &amp; Dessert (Spring) (Caf.)</b>	<b>13</b> 9:00am-Chair Yoga (in-person) 10:30am-Aerobics(in-person) 11:00am-Yoga-Lates (webinar) <b>1:30pm – WORKSHOP:</b> <b>“Grayceful” Grandparents</b>	<b>14</b> 9:30am– Aerobic Dance (in-person) 10:00am- Board game mornings <b>1:30pm – WORKSHOP:</b> <b>Fighting Ageism</b>
<b>17</b> <b>9:30AM- Teapot Boutique</b> 10:00am-Pilates (in-person) 1:00pm- VIRTUAL Hooks n’ Needles 1:00pm-Musicians’ club 7:00pm- VIRTUAL Music Discussion	<b>18</b> 9:30am-VIRTUAL Photography 10:00am-Tai Chi (in-person) <b>12:00pm- Soup &amp; Sandwich</b> 1:00pm – 500 Cards Club 2:00pm-Aerobics (in-person) 7:00pm-VIRTUAL Book Club	<b>19</b> <b>9:30AM- Teapot Boutique</b> 10:00am-Pilates Balance (in-person) <b>10:00am-WORKSHOP: Advanced care planning</b> 11:30am- VIRTUAL Afternoon Tea 2:00pm – Art Discussion Group	<b>20</b> 9:00am-Chair Yoga (in-person) 10:30am-Aerobics(in-person) 11:00am-Yoga-Lates (webinar) <b>1:30pm – WORKSHOP:</b> <b>Chakradance</b>	<b>21</b> 9:30am– Aerobic Dance (in-person) 10:00am- Board game mornings 1:00pm – Tech Talk <b>1:00pm – TRIP: Shopping Spree</b>
<b>24</b> <b>9:30AM- Teapot Boutique</b> 10:00am-Pilates (in-person) 1:00pm- VIRTUAL Hooks n’ Needles 7:00pm- VIRTUAL Music Discussion	<b>25</b> 9:30am-VIRTUAL Photography 10:00am-Tai Chi (in-person) 10:30am – Art Hive <b>12:00pm- Soup &amp; Sandwich</b> 1:00pm – 500 Cards Club 2:00pm-Aerobics (in-person) 7:00pm-VIRTUAL Book Club	<b>26</b> <b>9:30AM- Teapot Boutique</b> 10:00am-Pilates Balance (in-person) 11:30am- VIRTUAL Afternoon Tea 2:00pm – Art Discussion Group	<b>27</b> 9:00am-Chair Yoga (in-person) 9:30am- Breakfast Club 10:30am-Aerobics(in-person) 11:00am-Yoga-Lates (webinar) <b>1:30pm – WORKSHOP: Info Session– Adapted Transport</b>	<b>28</b>  <b>CENTRE CLOSED</b>  <i>Staff Training Day</i>  9:30am– Aerobic Dance (in-person) 10:00am- Board game mornings 1:00pm – Tech Talk <b>CANCELLED</b>

# MAY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 9:30AM- Teapot Boutique</b> 10:00am-Pilates (in-person) 1:00pm- VIRTUAL Hooks n' Needles <b>1:30pm- WORKSHOP: Info Session – Yves Légaré</b> 7:00pm- VIRTUAL Music Discussion	<b>2 9:30am-VIRTUAL Photography</b> 10:00am-Tai Chi (in-person) <b>12:00pm- Soup &amp; Sandwich</b> 1:00pm – 500 Cards Club 2:00pm-Aerobics (in-person) 7:00pm-VIRTUAL Book Club	<b>3 9:30AM- Teapot Boutique</b> 10:00am-Pilates Balance (in-person) 11:30am- VIRTUAL Afternoon Tea 2:00pm – Art Discussion Group	<b>4 9:00am-Chair Yoga (in-person)</b> 10:30am-Aerobics(in-person) 11:00am-Yoga-Lates (webinar) <b>1:30pm –WORKSHOP: Meeting with the borough</b>	<b>5</b> 9:30am– Aerobic Dance (in-person) 10:00am- Board game mornings 1:00pm – Tech Talk
<b>8 9:30AM- Teapot Boutique</b> 10:00am-Pilates (in-person) 1:00pm- VIRTUAL Hooks n' Needles 7:00pm- VIRTUAL Music Discussion	<b>9 9:30am- VIRTUAL Photography</b> 10:00am-Tai Chi (in-person) 10:30am – Art Hive <b>12:00pm- Soup &amp; Sandwich</b> 1:00pm – 500 Cards Club 2:00pm-Aerobics (in-person) 7:00pm-VIRTUAL Book Club	<b>10 9:30AM- Teapot Boutique</b> 10:00am-Pilates Balance (in-person) 11:30am- VIRTUAL Afternoon Tea 2:00pm – Art Discussion Group	<b>11 9:00am-Chair Yoga (in-person)</b> 9:30am- Breakfast Club 10:30am-Aerobics(in-person) 11:00am-Yoga-Lates (webinar) <b>1:30pm –WORKSHOP: Info Session – Service Canada</b>	<b>12</b> 9:30am– Aerobic Dance (in-person) 10:00am- Board game mornings 1:00pm – Tech Talk
<b>15 9:30AM- Teapot Boutique</b> 10:00am-Pilates (in-person) 1:00pm- VIRTUAL Hooks n' Needles 1:00pm-Musicians' club 7:00pm- VIRTUAL Music Discussion	<b>16 9:30am- VIRTUAL Photography</b> 10:00am-Tai Chi (in-person) <b>12:00pm- Soup &amp; Sandwich: Mother's Day</b> 1:00pm – 500 Cards Club 2:00pm-Aerobics (in-person) 7:00pm-VIRTUAL Book Club	<b>17 9:30AM- Teapot Boutique</b> 10:00am-Pilates Balance (in-person) 11:30am- VIRTUAL Afternoon Tea 1:00pm – Art Discussion Group <b>*SPECIAL TIME*</b> <b>2:00pm- WORKSHOP: I have a project</b>	<b>18 9:00am-Chair Yoga (in-person)</b> 10:30am-Aerobics(in-person) 11:00am-Yoga-Lates (webinar)	<b>19 8:30am: TRIP: Tulip Festival</b> 9:30am– Aerobic Dance (in-person) 10:00am- Board game mornings 1:00pm – Tech Talk
<b>22</b>  <b>CENTRE CLOSED</b>  <i>Victoria Day</i>	<b>23 9:30am- VIRTUAL Photography</b> 10:00am-Tai Chi (in-person) 10:30am – Art Hive <b>12:00pm- Soup &amp; Sandwich</b> 1:00pm – 500 Cards Club 2:00pm-Aerobics (in-person) 7:00pm-VIRTUAL Book Club	<b>24 9:30AM- Teapot Boutique</b> 10:00am-Pilates Balance (in-person) 11:30am- VIRTUAL Afternoon Tea 2:00pm – Art Discussion Group	<b>25 9:00am-Chair Yoga (in-person)</b> 9:30am- Breakfast Club 10:30am-Aerobics(in-person) 11:00am-Yoga-Lates (webinar) <b>1:30pm –WORKSHOP: What we choose to remember</b>	<b>26</b> 9:30am– Aerobic Dance (in-person) 10:00am- Board game mornings 1:00pm – Tech Talk
<b>29 9:30AM- Teapot Boutique *SALE*</b> 10:00am-Pilates (in-person) 1:00pm- VIRTUAL Hooks n' Needles 1:00pm-Musicians' club 7:00pm- VIRTUAL Music Discussion	<b>30 9:30am- VIRTUAL Photography</b> 10:00am-Tai Chi (in-person) <b>12:00pm- Soup &amp; Sandwich</b> 1:00pm – 500 Cards Club 2:00pm-Aerobics (in-person) 7:00pm-VIRTUAL Book Club	<b>31 9:30AM- Teapot Boutique *SALE*</b> 10:00am-Pilates Balance (in-person) 11:30am- VIRTUAL Afternoon Tea 2:00pm – Art Discussion Group		

# JUNE 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Notes:</b>			<b>1</b> 9:00am-Chair Yoga (in-person) 10:30am-Aerobics(in-person) 11:00am-Yoga-Lates (webinar) <b>1:30-WORKSHOP: Live &amp; Learn</b>	<b>2</b> 9:30am- Aerobic Dance (in-person) 10:00am- Board game mornings 1:00pm – Tech Talk
<b>5 9:30AM- Teapot Boutique</b> 10:00am-Pilates (in-person) 1:00pm- VIRTUAL Hooks n' Needles 7:00pm- VIRTUAL Music Discussion	<b>6</b> 9:30am- VIRTUAL Photography 10:00am-Tai Chi (in-person) 10:30am – Art Hive <b>12:00pm- Soup &amp; Sandwich</b> 1:00pm – 500 Cards Club 2:00pm-Aerobics (in-person) 7:00pm-VIRTUAL Book Club	<b>7</b> <b>9:30AM- Teapot Boutique</b> 10:00am-Pilates Balanace (in-person) 11:30am- VIRTUAL Afternoon Tea 2:00pm – Art Discussion Group	<b>8</b> 9:00am-Chair Yoga (in-person) 9:30am- Breakfast Club 10:30am-Aerobics(in-person) 11:00am-Yoga-Lates (webinar)	<b>9</b> 9:30am- Aerobic Dance (in-person) 10:00am- Board game mornings <b>10:00am: TRIP: Mini Golf</b> 1:00pm – Tech Talk
<b>12</b> <b>9:30AM- Teapot Boutique</b> 10:00am-Pilates (in-person) 1:00pm- VIRTUAL Hooks n' Needles 1:00pm-Musicians' club 7:00pm- VIRTUAL : Music Discussion	<b>13</b> 9:30am- VIRTUAL Photography 10:00am-Tai Chi (in-person) <b>12:00pm- Soup &amp; Sandwich</b> 1:00pm – 500 Cards Club 2:00pm-Aerobics (in-person) 7:00pm-VIRTUAL Book Club	<b>14</b> <b>9:30AM- Teapot Boutique</b> 10:00am-Pilates Balance (in-person) 11:30am- VIRTUAL Afternoon Tea 2:00pm – Art Discussion Group	<b>15</b> 9:00am-Chair Yoga (in-person) 10:30am-Aerobics(in-person) 11:00am-Yoga-Lates (webinar)	<b>16</b> 9:30am- Aerobic Dance (in-person) <b>10:00am- ANNUAL GENERAL MEETING (AGM) (Salon A)</b> 10:00am- Board game mornings CANCELLED 1:00pm – Tech Talk CANCELLED
<b>19 9:30AM- Teapot Boutique</b> 10:00am-Pilates (in-person) 1:00pm- VIRTUAL Hooks n' Needle 7:00pm- VIRTUAL : Music Discussion s	<b>20</b> 9:30am- VIRTUAL Photography 10:00am-Tai Chi (in-person) 10:30am – Art Hive <b>12:00pm- Soup &amp; Sandwich: Father's Day</b> 1:00pm – 500 Cards Club	<b>21</b> <b><u>Income Tax Clinic Day</u></b>  <b>9:30AM- Teapot Boutique</b> 10:00am-Pilates Balance (in-person)	<b>22</b> 9:30am- Breakfast Club	<b>23</b>  <b>CENTRE CLOSED</b>
<b>26</b> <b>9:30AM- Teapot Boutique</b> 10:00am-Pilates (in-person) 1:00pm- VIRTUAL Hooks n' Needles 1:00pm-Musicians' club 7:00pm- VIRTUAL : Music Discussion	<b>27</b> 1:00pm – 500 Cards Club	<b>28</b> <b>9:30AM- Teapot Boutique</b> <b>9:30am: TRIP: Maison Lavande</b>	<b>29</b>	<b>30</b>  <b>CENTRE CLOSED</b>