



## THE TEAPOT 50+ CENTRE

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# TEA LEAVES

## NEWSLETTER

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**SEPT-OCT-NOV-DEC 2023**

# POURING FRESH NEWS

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**STAY UP TO DATE WITH WHAT'S  
HAPPENING AT THE TEAPOT.**

## **1** Join us for free

We are excited to share that there is no membership fee for our activities and services, making them open to the 50+ community. We kindly request that everyone provide us with their contact information. While most services are available to everyone, a few are reserved for Lachine residents.

## **2** Open House

Come and join us for our Open House event at The Teapot! It's the perfect opportunity to introduce your friends and family to all the great things we offer. We'll be providing coffee and refreshments for all of our visitors.

**September 11th-13th, 9:30am -3:30pm**

## **3** Fall Activities Registration

**Registration for all platforms will open on Monday, September 11th, at 9:30 am.**

The following are the registration options:

- Online through Qidigo accessed through our website
- In-person at The Teapot in Salon D
- By phone (appointment required)

Please take note that registration for all platforms requires payment. We accept cash, cheque, credit card and debit card.

**Registration for December trips & special events will open on Wednesday, November 29th at 9:30 am.**

## **4** Annual Report 2022-2023

Missed our Annual General Meeting on June 16th, 2023? You can still pick up an Annual Report to learn about our 2022-2023 accomplishments and 2023-2024 plans at the reception desk.

# BUILDING RENOVATIONS

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Due to the flooding caused by heavy rains in July in the basement of the Maison du Brasseur, where our centre is located, we relocated our activities to a different level of the municipal building to ensure your safety.

The basement may contain asbestos, and the borough of Lachine hired specialized contractors to remove any asbestos-containing materials safely. They will also be renovating the floors in the office and the cafeteria. After this work is completed, we will conduct an air quality test as required by law to ensure your safety.

For the time being, our boutique remains closed, and our offices have been temporarily relocated to Salon A. We assure you that all programming for the fall session will continue upstairs. All room changes will be communicated on our website and to the registered participants. Additionally, you can still enjoy the Teapot café, which can be found in Salon B.

Please note that the presence of asbestos is not a recent discovery, and the borough has been monitoring these materials to maintain their safety. No law mandates the systematic removal of asbestos, but we are taking these precautions to ensure your well-being.

Your safety remains our top priority, and we will keep you updated on our progress. Please be sure to sign up for our bi-weekly electronic info letter to receive the most updated information.

If you have questions or need more information, please contact us.

Thank you for your understanding and support.

The Teapot Team



# GET INVOLVED

**JOIN OUR TEAM OF OVER A HUNDRED VOLUNTEERS**



## Drivers

We are currently looking for medical drivers who have access to a car to bring our participants to and from their medical appointments!



## Accompaniment

We are looking for volunteers who would like to accompany our participants to and from their medical appointments. No car necessary.



## Kitchen Helpers

Do you like cooking or baking? We are often looking for volunteers to help in our kitchen, whether at special events, our lunch programs or even baking fresh scones!



## Other Volunteer Needs

Please check out our bi-weekly info-letter or online interest form on our website for up-to-date volunteer needs. We can't wait to meet you!



# THE SUPPORT YOU NEED, WHEN YOU NEED IT.

YOU MUST HAVE AN IN-PERSON MEETING WITH ONE OF OUR SOCIAL SERVICES TEAM MEMBERS TO USE OUR SERVICES.

PLEASE TAKE NOTE WHICH SERVICES REQUIRE PAYMENT AND WHICH ARE ONLY FOR LACHINE RESIDENTS.

## Transportation (\$)

Lachine residents only. We provide volunteer drivers and taxi vouchers, including medical appointments, banking, and errands within Lachine. The cost is \$0.80 per kilometre based on the distance travelled, and we need three business days' notice for transportation requests.

## In-home Visit

Lachine residents only. Our team is available to come to your home to assess your needs and explain the details of our services.

## Shop For

Lachine residents only can order groceries by phone/email & get them delivered by Metro every Friday. There is no delivery fee or minimum order. Multiple payment options are available.

## Alterations (\$)

Perfect fit guaranteed! Trust our volunteer tailor for impeccable alterations that enhance your style. Visit us on Wednesday afternoons for a consultation. Prices range from \$1.00-\$10.00.

## Friendly Calls & Visits

Lachine residents can connect with new people and combat loneliness through our weekly Calls & Visits. Enjoy friendly conversations, walks, or even card games together!

## Tech Support

Our team of tech volunteers offers personalized training to help you stay connected using your smartphone or computer.

## Shop With (\$)

Lachine residents can ride our minibus to and from the grocery store. Volunteers help carry bags to your door. It happens every Thursday and rotates between Metro, IGA and Maxi.

## Foot Clinic (\$)

Get certified foot care from compassionate nurses. Come to The Teapot for \$35-\$40, or have it at home for \$45. Plus, we offer transportation to The Teapot if needed.

## Assistance with Forms

If you ever face difficulties with reading, understanding, or filling out documents and forms, know we are here to lend a helping hand. In person one on one meetings at the Centre.

# BRINGING OUR COMMUNITY TOGETHER



## Thanksgiving Lunch

Thanksgiving is the time of year to gather with friends and family. Join your fellow Teapot members as we give thanks with a home-cooked meal.

**THURSDAY, OCTOBER 5TH, 11:30 am – 1:30 pm**  
Salon C

Cost: \$15



## Halloween Lunch

Pull out your best costume and join us for a Halloween lunch! There will be a costume contest, games and a delicious lunch.

**TUESDAY, OCTOBER 31ST, 11:30 am – 1:30 pm**  
Cafeteria

Cost: \$10



## Centraide Brunch

Centraide has been funding The Teapot since its beginning in 1976. This brunch is an opportunity for us to raise some money to show our appreciation for the patronage of an organization that has served Montrealers for over 45 years!

**TUESDAY, NOVEMBER 14TH, 11:30 am – 1:30 pm**  
Cafeteria

Cost: \$10



## Holiday Lunch

Celebrate the holidays with fellow Teapot members at our annual luncheon. Enjoy a turkey dinner with all the trimmings and holiday-themed games.

**WEDNESDAY, DECEMBER 13TH, 11:30 am – 1:30 pm**  
Salon C and D

Cost: \$15

**\*Registration for this only opens on Wednesday November 29th.**

# STAY SHARP

JOIN ANY OF THESE **FREE** GROUPS TO DEVELOP YOUR SKILLS FURTHER OR EXPLORE AND LEARN NEW ONES.



## ONLINE HOOKS N' NEEDLES

Meet virtually with other knitters; whether you knit or crochet, you can have great fun!

**MONDAYS**  
1:00–3:00pm  
Online via Zoom

Ongoing



## ONLINE PHOTOGRAPHY

Meet virtually with other photographers to share your photos and develop editing skills.

**TUESDAYS**  
10:00am–12:00pm  
Online via Zoom

**Starts: September 19**



## IN-PERSON CARDS

Join us for a fun-filled afternoon of cards! Play 500 cards and Bridge. All levels are welcome.

**TUESDAYS**  
1:00–3:30pm  
Cafeteria

Ongoing



## IN-PERSON BREAKFAST CLUB

An inviting space to chat with new and old friends while sharing a continental breakfast. Donations for breakfast is welcomed but not mandatory.

Every second **THURSDAY**  
9:30–11:00 AM  
Cafeteria

**Starts: October 5th**



## IN-PERSON ART HIVE

Join fellow crafters to create decorations for The Teapot.

Every second **FRIDAY**  
10:30am–12:30pm  
Cafeteria

**Starts: September 29**



## IN-PERSON BOARD GAMES

Calling all board game enthusiasts! Play Scrabble, Cribbage, Rummoli, and more.

**FRIDAYS**  
10:00am–12:00pm  
Cafeteria

Ongoing

## MEAL PROGRAMMING

# NOURISHING TOGETHER

DELICIOUSLY PLANNED,  
PERFECTLY BALANCED: MEAL  
PROGRAMMING AT ITS FINEST



## SOUP & SANDWICHES

Delight in a classic sandwich and a flavorful vegetarian soup while chatting with friends.

**TUESDAYS**, 12:00–1:00 pm, Cafeteria  
\$5/meal to be paid upon arrival

**Starts: September 19**



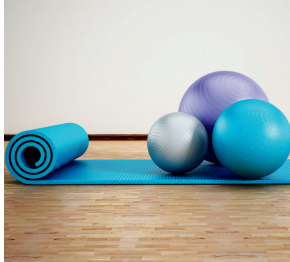
# GET MOVING

**THE FEES FOR CLASSES THAT REQUIRE PAYMENT ARE:**

**\$40 FOR 8 WEEKS;**

**\$24 FOR 4 CONSECUTIVE WEEKS;**

**\$7 FOR 1 CLASS**



IN-PERSON WITH SUZANNE

## **PILATES, beginner (\$)**

Gentle, inspiring yoga, dance, and gymnastics blend. Enhance balance through deep breathing and exercises.

**MONDAYS, 10:00–11:00 am, Salon D**

**Starts: September 18**



IN-PERSON WITH ANNIE

## **AEROBICS, beginner-intermediate (\$)**

Join our fun, low-impact dance class incorporating light weights and stretching for a full-body workout.

**TUESDAYS, 1:30–2:30 pm, Salon C**

**Starts: September 19**



IN-PERSON WITH ANNIE

## **GENTLE YOGA, beginner (\$)**

Discover serenity in our gentle yoga class. Relax, stretch, and find peace within.

**TUESDAYS, 2:30–3:30 pm, Salon C**

**Starts: September 19**



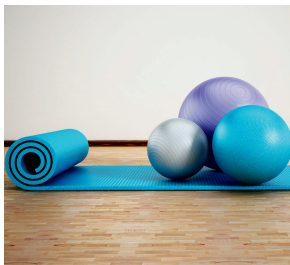
IN-PERSON

## **WALKING GROUP, level 1 (FREE)**

Join our walking group for scenic trails, fitness, and fun. Explore together and embrace the great outdoors!

**WEDNESDAYS, 10:00–10:45 am, Outside**

**Starts: September 20**



IN-PERSON WITH SUZANNE

## **PILATES BALANCE, beginner (\$)**

Improve balance and strength. Find stability and vitality.

**WEDNESDAYS, 10:20–11:20 am, Salon D**

**Starts: September 20**



IN-PERSON

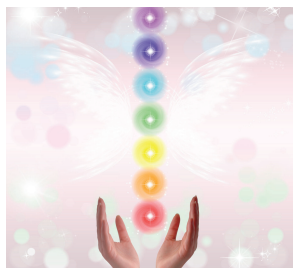
## **WALKING GROUP, level 2 (FREE)**

Join our walking group for scenic trails, fitness, and fun. Explore together and embrace the great outdoors! Experience walking with or without poles. Teapot will provide the poles.

**WEDNESDAYS, 11:00 am–12:15 pm, Outside**

**Starts: September 20**

## PHYSICAL ACTIVITIES



IN-PERSON WITH NICOLA

### **CHAKRADANCE® (\$)**

Whether you are looking to relax and unwind, add a mild exercise routine to your day, or are seeking a deeper spiritual connection, Chakradance® could be right for you.

**WEDNESDAYS**, 1:30–3:00 pm, Salon D

**Starts: September 20**

\*This course is \$45 for 9 weeks.



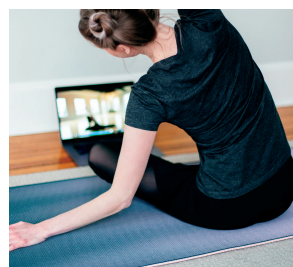
IN-PERSON WITH SUZANNE

### **CHAIR YOGA, beginner (\$)**

Experience tranquility while seated. Gentle stretches and breathing exercises. Embrace relaxation and wellness.

**THURSDAYS**, 9:00–10:00 am, Salon C

**Starts: September 21**



ONLINE WITH SUZANNE

### **YOGA-LATES, beginner (\$)**

Discover harmony in body and mind. Strengthen, stretch, and find inner balance.

**THURSDAYS**, 11:00 am–12:00 pm, via Zoom

**Starts: September 21**



IN-PERSON WITH FLORENCE

### **TAI CHI, beginner-intermediate (\$)**

Embrace tranquility with slow, flowing movements. Improve balance, flexibility, and mindfulness.

**THURSDAYS**, 10:00–11:00 am, Salon C

**Starts: September 21**



IN-PERSON WITH FLORENCE

### **AEROBICS, beginner-intermediate (\$)**

Join our fun, low-impact dance class that incorporates light weights and stretching for a full-body workout.

**THURSDAYS**, 11:15 am –12:15 pm, Salon C

**Starts: September 21**



IN-PERSON WITH ANNIE

### **DANCE AEROBICS, beginner-intermediate (\$)**

Partake in a dynamic, rhythmic workout combining dance moves with aerobic exercises, enhancing cardiovascular fitness, coordination, and endurance.

**FRIDAYS**, 9:30–10:30 am, Salon C

**Starts: September 22**

# LIFELONG LEARNING

**ALL WORKSHOPS  
ARE FREE**



IN-PERSON WITH LISA HANASH, ARTIST

## PAINTING WORKSHOP 1

Unleash your inner artist with Lisa Hanash. Create art with her guidance, exploring it as a medium for self-discovery and expression.

Language: English

**THURSDAY, SEPTEMBER 21ST, 2:10–4:30 pm, VIEILLE BRASSERIE**

*This workshop is made possible through funding from the Secrétariat aux relations avec les Québécois d'expression anglaise and CHSSN.*



A LIVE RECORDING WITH CLAIRE WEBSTER, MCGILL DEMENTIA EDUCATION PROGRAM

## COMMUNITY RESOURCES FOR PEOPLE LIVING WITH DEMENTIA AND THEIR CAREGIVERS (SHARP)

Navigating the journey of caring for someone with dementia requires education and access to healthcare services. Claire's team has developed free resources to support the caregiver and the person with dementia.

Language: English

**WEDNESDAY, SEPTEMBER 20TH, 10:00–11:30 am, Salon A**

*This workshop is made possible through funding from the Secrétariat aux relations avec les Québécois d'expression anglaise and CHSSN.*



IN-PERSON WITH HOPE, COMMUNITY OUTREACH AGENT AT FRIENDS FOR MENTAL HEALTH & JESSICA SCHIFF, SOCIAL WORKER

## CAREGIVER SUPPORT FOR THOSE WITH MENTAL HEALTH

Join us for an insightful presentation on mental health. We'll explore factors that contribute to good mental health, the caregiver's role in supporting loved ones with mental health issues, and the importance of self-care. We'll also share resources in your area.

Language: Bilingual

**THURSDAY, OCTOBER 12, 2:10–4:00 pm, VIEILLE BRASSERIE**



IN-PERSON WITH VERONICA, SPVM SOCIO-COMMUNITY AGENT

## ROAD SAFETY FOR OLDER ADULTS

Join our SPVM workshop to learn about road safety, including health and driving, assessment of driving ability, and sharing the road safely.

Language: French

**THURSDAY, OCTOBER 19, 2:10–3:30 pm, VIEILLE BRASSERIE**



A LIVE RECORDING WITH CRYSTAL HARRISON, EDUCATION FOR PREVENTION COORDINATORS AIDS COMMUNITY CARE MONTREAL

## SAFE SEX FOR OLDER ADULTS (SHARP)

Explore essential knowledge for fostering healthy relationships and maintaining sexual well-being in later life. Empower yourself to lead a vibrant and fulfilling lifestyle with our informative workshop.

Language: English

**WEDNESDAY, OCTOBER 18, 10:00–11:30 am, SALON A**

*This workshop is made possible through funding from the Secrétariat aux relations avec les Québécois d'expression anglaise and CHSSN.*





**IN-PERSON WITH KASIA MALEC, CANSTAT CERTIFIED ALEXANDER TECHNIQUE TEACHER & FITNESS SPECIALIST**  
**GRAYCEFUL GRANDPARENTS 2**

This workshop specializes in using the Alexander Technique to help you enjoy your favorite activities, such as playing with your grandchildren, gardening, bowling, and dancing, without experiencing back or body pain.

Language: Bilingual

**THURSDAY, OCTOBER 26, 2:10–4:30 pm, VIEILLE BRASSERIE**

*This workshop is made possible through funding from the Secrétariat aux relations avec les Québécois d'expression anglaise and CHSSN.*



**IN-PERSON WITH KASIA MALEC, CANSTAT CERTIFIED ALEXANDER TECHNIQUE TEACHER & FITNESS SPECIALIST**  
**GRAYCEFUL GRANDPARENTS REVISITED**

Join us for a hands-on session with Kasia where she will review previous topics and reintroduce the Alexander Technique for continued practice.

Language: Bilingual

**THURSDAY NOV 2ND, 2:10–4:30 pm, VIEILLE BRASSERIE**

*This workshop is made possible through funding from the Secrétariat aux relations avec les Québécois d'expression anglaise and CHSSN.*



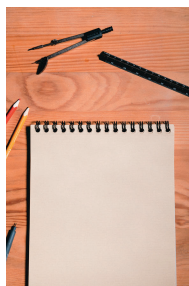
**IN-PERSON WITH LISA, ARTIST**  
**PAINTING WORKSHOP 2**

Unleash your inner artist with Lisa Hanash again and discover your painting skills.

Language: English

**THURSDAY, NOVEMBER 16, 2:10–4:30 pm, VIEILLE BRASSERIE**

*This workshop is made possible through funding from the Secrétariat aux relations avec les Québécois d'expression anglaise and CHSSN.*



**IN-PERSON WITH MONIQUE CHOQUETTE, ART ANIMATOR**  
**ART EXPRESSION**

A workshop for exploring emotions through colouring; no artistic skills required. Materials are readily available for continued practice at home.

Language: French

**THURSDAY, NOVEMBER 23, 2:15–4:30 pm, VIEILLE BRASSERIE**



**IN-PERSON WITH LAURIE, GROOVE MASTER TEACHER & FACILITATOR**  
**GROOVE!**

Groove is an interactive dance experience that focuses on body awareness, mobility, and creativity. Participants dance in their own unique way to a variety of music styles from slow and meditative to heart-thumping cardio beats, all while nurturing their body, mind, heart, and soul.

Language: Bilingual

**THURSDAY, DECEMBER 7, 2:10–3:30 pm, VIEILLE BRASSERIE**

*This workshop is made possible through funding from the Secrétariat aux relations avec les Québécois d'expression anglaise and CHSSN.*

# UNLOCK KNOWLEDGE

EXPAND YOUR HORIZONS,  
LEARN, AND GROW IN OUR  
ENGAGING COURSES



IN-PERSON WITH RYAN  
**AGING TOGETHER**

Join Ryan Backer as we explore ageism and its impact on society. Let's create awareness and celebrate the joys of aging in a safe space.

**MONDAYS**, 2:30–4:00 pm  
Vieille Brasserie

**Starts: September 25**



ONLINE WITH SASHA  
**BOOK CLUB**

Join us for book club meetings, where we collectively select and discuss English literature. Connect with like-minded individuals and broaden your knowledge.

**TUESDAYS**, 7:00–8:00 pm  
Online via Zoom

**Starts: September 19**



ONLINE WITH THOMAS  
**WORLD TRAVELLERS**

Join our armchair travel group and embark on virtual journeys worldwide, exploring different cultures, history, food and hotspots. All from the comfort of your home.

**WEDNESDAYS**, 2:00–3:00 pm  
Online via Zoom

**Starts: September 20**



IN-PERSON WITH MARLEE  
**NUTRITION CLUB**

Unlock the secrets to vibrant aging with our nutritionist-led group. Embrace wellness and vitality tailored to your life stage.

**WEDNESDAYS**, 11:30 am –12:30 pm  
Vieille Brasserie

**Starts: September 20**  
**\$30/8 weeks**



IN-PERSON  
**THOMAS MORE**

Volunteers from the Thomas More Institute lead engaging discussion sessions, fostering intellectual reflection.

**Topic: From Potter to Potter and Grimm to Disney: Exploring the Relationship Between Children's Literature and Childhood**

**THURSDAYS**, 10:00–11:30 am  
Salon D

**Starts: October 12**  
**\$30/8 weeks**

# EMBARK ON ADVENTURE

THE FEET REPRESENT THE  
AMOUNT OF WALKING  
DURING EACH OF THE TRIPS.

1 foot = MINIMUM  
2 feet = MODERATE  
3 feet = HEAVY



**Apple Picking** 2 feet

Let's celebrate fall at the Apple Orchard. The day will start off with a tractor ride to the orchard, exploration of the grounds, apple picking (3 Pound Bag), a visit of their mini-farm and finish with a light homemade meal (soup, apple cake and doughnut) and access to their boutique.

## FRIDAY SEPTEMBER 15TH

11:30 am - 5:30 pm  
Cost: \$33



**Wine Vineyard** 2 feet

Enjoy a guided tour around the vineyard, the facilities, and learn about its history. And of course, taste some of their wines. You will receive 5 glasses to try!

## FRIDAY SEPTEMBER 22ND

1:30 - 4:00 pm  
Cost: \$30



**Food Truck Friday** 2 feet

Join us for *First Fridays* food truck event at the Olympic Stadium. The event offers over 60 kiosks of bars, food trucks tastes! This event's theme is Oktoberfest! Come enjoy walking around different vendors and enjoying various type of live music and food (\$).

## FRIDAY OCTOBER 6TH

3:30 - 7:00 pm  
Cost: \$10 + dinner at your expense



**Alpaca Farm** 2 feet

Come join us for an alpaca farm tour! Get up close with the fuzzy creatures while feeding them carrots and grains. Don't forget to say hello to Kiki the llama. Shop for wool items at the gift store. After the visit, enjoy lunch together in St Anne De Bellevue at Cunninghams Pub or bring your own picnic (\$).

## FRIDAY OCTOBER 13TH

10:00 am - 3:00 pm  
Cost \$20 + lunch at your expense



**Mont Tremblant** 2 feet

Autumn is the perfect time to take a stroll through the streets of Mont-Tremblant village. We will be driving up for the day to enjoy the scenery, and browse the local village shops. Enjoy lunch with fellow members at one of local restaurants (\$) or bring your own food for a picnic lunch.

## FRIDAY OCTOBER 27TH

9:00 am - 5:00 pm  
Cost: \$15



**El Meson** 1 foot

Come dine at Lachine's local Mexican Restaurant. Dive deep into a variety of dishes at affordable pricing. Walk as a group or meet us at this fine establishment!

## FRIDAY NOVEMBER 10TH

11:30 am - 1:30 pm  
Cost: \$ at your own expense



**Shopping Spree** 2 feet

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, especially before the holidays!

## FRIDAY NOVEMBER 24TH

1:00 - 4:00 pm  
Cost: \$10



**Illumi** 1 foot

Illumi Laval provides over 25 million lights to admire during the holiday season. Join us as we drive through the exhibits and allow ourselves to be dazzled.

## FRIDAY DECEMBER 8TH

5:30 - 8:30 pm  
Cost 32\$

**\*Registration for this only opens on Wednesday November 29th**



# GUIDING WITH CLARITY & CONSISTENCY

## 1

### Communication

Our newsletter contains a comprehensive list of all the activities and services available. We provide four newsletters a year: in the fall (Sept.–Dec.), winter (Jan.–March), spring (April–June) and summer (July & Aug.). They will be available by the last week of August, December, March, and June.

We share any changes or additions through various channels such as our website, bi-weekly electronic info-letter, and posters in the cafeteria. To receive our electronic info-letter, please send an email to [teapot@theteapot.org](mailto:teapot@theteapot.org)

## 2

### Refund Policy

The Teapot will only issue refunds in specific situations. You may receive a refund if the event or trip is cancelled, if you cannot attend due to unforeseen circumstances or if you only attended the first session of the class. Additionally, a refund may be issued if someone on the waiting list can take your spot. It's important to remember that you cannot transfer your place to a friend, as it must be given to someone on the waiting list.

## 3

### Waitlist Policy

If a trip, special event, or workshop has a waitlist, registered participants on that list will be contacted 48 hours before the activity to confirm their attendance. This will ensure fair notice for the waitlist. Additionally, we may organize a second trip if our schedule allows it to accommodate the waitlist. So please, do not hesitate to put yourself on the waitlist when an activity is full.

**4****Trip Policy**

During trips, members must follow the itinerary given by the Prevention Team. Any participant needing extra support must advise The Teapot at registration. Arrival and departure times are non-negotiable. If a member does not respect the itinerary, they will receive a verbal warning from the Activity Coordinator and General Director. If the behaviour continues, the individual will be barred from participating in trips for six months. Additionally, any trips already paid for will be refunded.

**5****Teapot Bus Policy**

- Participants must remain seated and wear seatbelts while the bus is in motion.
- Participants must wait for staff to allow them to board the bus. Everyone is encouraged to stay inside the centre before boarding.
- Before disembarking, please pick up trash and double-check for forgotten personal items. Please bring any found objects to a staff member, who will contact the group to return the missing item.
- For trips, participants must mention if they need priority seating at registration.
- After water activities, participants must sit on their towels to avoid wetting the seats.
- Half-and-half ticket(s) must be purchased before boarding the bus.

**6****Winter Storm Watch**

During extreme weather, please follow these steps:

- 1) Check if multiple schools are closed; the centre may also be closed.
- 2) Call the centre to verify if the voicemail message states a closure.
- 3) Subscribed members will receive an email about the centre's closure.
- 4) Listen to CJAD 800AM and RADIO CANADA 95.1 FM for announcements.
- 5) Stay home if the weather is dangerous.

Participants will receive make-up days or refunds for physical activity classes cancelled due to winter storms. Contact the Activities Coordinator for refunds.

# GIVE THE GIFT OF A HOT MEAL THIS HOLIDAY SEASON



The Teapot is on a mission to ensure that not one of our participants is forgotten this holiday season. Help us spread holiday cheer by providing a warm meal to one of our social services participants. Here are some ways you can support this initiative:

- **Make a Donation:** You can contribute **\$25.00** to provide a warm meal to an older adult. You can do this through cash, cheque, debit/credit card at The Teapot center, or online through our website or by sending an e-transfer to [teapot@theteapot.org](mailto:teapot@theteapot.org). Remember to specify that your donation is for the "Give a Meal" campaign. Additionally, consider including a holiday message for the recipient of your donation.
- **Spread the Word:** Share this initiative with friends, family, and colleagues who may be interested in donating or volunteering—the more people who know about it, the greater the impact.
- **Volunteer for Deliveries:** If you have the time and willingness to volunteer, contact Melissa, the Volunteer Coordinator, and express your interest in helping with meal deliveries on December 20th. Volunteering is a great way to contribute to the cause directly.
- **Encourage Others to Volunteer:** You can still encourage others if you can't volunteer. Mention the opportunity to friends or social groups interested in helping out.
- **Deadline:** Don't forget that donations are accepted until **Wednesday, December 13th**. If you plan to donate or volunteer, do so before this date.

By supporting The Teapot's "Give a Meal" campaign, you'll positively impact the lives of older adults in your community, ensuring they have a warm meal and feel the holiday spirit.



# MAKE A DIFFERENCE

**YOUR FINANCIAL SUPPORT WILL HELP  
MAKE A DIFFERENCE IN SOMEONE'S LIFE.**

**1**

## **Donations**

As a non-profit dedicated to transforming lives, we rely on your kindness to continue our impactful work. Every contribution, big or small, helps us create positive change in our community. Together, let's build a brighter future. Donate today and be a catalyst for hope, compassion, and progress.

We accept donations in-person by cash, cheque, debit or credit. You can also make a donation through our website or by sending an e-transfer to [teapot@theteapot.org](mailto:teapot@theteapot.org)

**2**

## **Fundscrip**

Join our Gift Card fundraiser to easily help raise funds for The Teapot. With Fundscrip, you can use gift cards to purchase everyday items and participating companies will contribute a percentage to us. We have gift cards for all major grocery store chains, gas companies, and most franchise restaurants. Contact Kisha to order your cards.

**3**

## **Raffle**

The Teapot has a weekly half-and-half raffle to raise money. Buy tickets for a chance to win half of the money collected. Tickets are \$2 for 3 and available at the reception. Winner announced Fridays at noon.

**4**

## **Merchandise**

Get your Teapot-inspired merchandise available for purchase.

- Teapot pens \$2
- Market Tote Bag \$5
- Re-usable Teapot cup (20 oz) \$6
- Re-usable Teapot Face Mask \$7
- Teapot water bottle \$7
- Teapot umbrella \$10
- Teapot T-Shirts (s-xl) \$15
- Urban Poles (pair) \$20

## **5 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.

IMPORTANT: If you are interested in donating items, please make an appointment with Melissa. Please note that we accept the following items: Clothing (all seasons, no undergarments); Shoes & boots (in good condition); Books (in English and French); and Jewellery & small accessories

# VISION

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A society where we age with dignity and no one is forgotten.

# MISSION

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The Teapot supports 50+ adults in being a valued and connected part of their community.

# CORE VALUES

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## ADAPTABILITY

To adjust and be flexible to the ever-evolving needs of the community.

## RESPECT

To value our differences with dignity, compassion, and empathy, creating an inclusive environment for all.

## CONNECTION

To create unity by building trust, which fosters genuine relationships that will have a lasting impact.

## EMPOWERMENT

To promote a culture of personal growth and development, by encouraging confidence, autonomy, and self-determination.

# STRATEGIC PLAN

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## THE TEAPOT IS ADAPTING TO THE EVER-EVOLVING COMMUNITY AND CREATES AN INCLUSIVE SPACE.

- Create new programming for diverse groups.
- Modernizing our image and increasing visibility.
- Collaborate with partners for new programming and satellite centers.

## THE TEAPOT IS A TRUSTED AND SAFE COMMUNITY WHERE PEOPLE ACQUIRE THE SKILLS AND TOOLS TO SUPPORT THEIR OWN MENTAL WELL-BEING.

- Develop a team that has the capacity to support the mental well-being of participants.
- Create new services and resources.
- Invest in partnerships and collaborate with specialized institutions and organizations.

## THE TEAPOT PRIORITIZES STAFF'S SENSE OF PURPOSE AND VALUE, WHICH CONTRIBUTES TO A HEALTHY COMMUNITY.

- Enrich the culture of learning and recognition
- Invest in the well-being and work-life balance of our employees

# WHAT'S ONE THING YOU CAN'T LIVE WITHOUT?

## Board of Directors

Jane Cowell-Poitras

John Pinnell

Susan Hanusaik

Diane Larouche

Marie-Josée Boivin

Valerie Clayton

Gerlinda Gimber

Brownlee Thomas



**Tamara Peel**

### GENERAL DIRECTOR

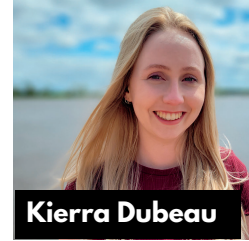
I absolutely can not live without my relationships. Especially, My family and friends They fill my heart with joy, love and happiness. ❤️



**Kisha Joseph**

### ASSISTANT GENERAL DIRECTOR

I could never live without McDonald's. When I come back from travelling, it's the first thing I eat. A Big Mac keeps me grounded.



**Kierra Dubeau**

### COMMUNICATIONS COORDINATOR

The one thing I can't live without is being outside in nature! I grew up camping and spending lots of time outdoors playing in the forest with my family and friends. It rejuvenates me and brings me a sense of peace I can't quite explain.



**Melissa Maselli**

### COMMUNITY OUTREACH & VOLUNTEER COORDINATOR

I could never, ever live without a good cup of coffee first thing in the morning. I started my career as a barista at the tender age of 16 and have been obsessed ever since. The warmth and aroma of coffee coupled with the beautiful clarity it gives me is just a great way to start the day!



**Rebecca Bryan**

### INTERIM SOCIAL SERVICES COORDINATOR

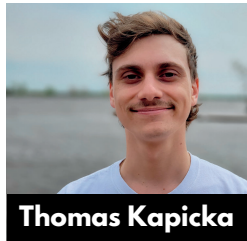
Something I can't live without is shopping! I love fashion, and a new outfit always makes me feel good!



**Michelle Welsford**

### ACTIVITIES COORDINATOR

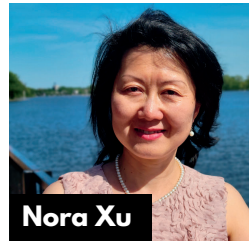
I couldn't live without my fantastic family! I always know they're there for me and I think it would be really hard navigating my life without them.



**Thomas Kapicka**

### ACTIVITIES PROGRAM WORKER

One thing I can't live without would be cycling. I love to bike around the city and explore new areas.



**Nora Xu**

### BOOK KEEPER

I can't ever live without moving around my body, whether it is biking, walking, or just stretching my neck, you will see me standing while working in front of the computer, and my legs are in the chair, or if there is nobody around, my legs are probably stretching on the office desk. Otherwise, I will feel my body is so stiff. I believe moving is the key to longevity in life.



**Peter Pardi**

### BUS DRIVER

Aside from basic necessities like air, water, and food, I need a comfortable bed for proper sleep. And of course, my family and great circle of friends are important to me. Last but not least is Rebecca humming or singing along to music while riding shotgun on the Teapot bus. Oh, and ya, the Teapot.





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