

THE TEAPOT 50+ CENTRE

TEA LEAVES

APRIL-MAY-JUNE 2024

2901 St-Joseph blvd. | Lachine, QC H8S 4B7
514-637-5627 | teapot@theteapot.org
Social Media: @theteapot50



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INITIATIVES

VISION

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

MISSION

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

CORE VALUES

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.

A SPACE FOR ALL!

A MESSAGE FROM OUR BOARD OF DIRECTORS

The Teapot strives to be an inclusive space where individuals from all walks of life are welcome, accepted, and respected without judgment or discrimination based on their age, gender identity, sexual orientation, race, ethnicity, religion, disability, or any other aspect of their identity. The Teapot is committed to creating such a space where everyone is treated with dignity and fairness, and their individuality is celebrated. It's a place where people can share their experiences, and learn from each other, creating a sense of belonging and community. An inclusive space for all is about tolerance, actively embracing diversity, and promoting equity.

Best wishes to you,
Jane Cowell

Welcome on Board

On behalf of the entire team, and thanks to the funding from the Red Cross; COVID-19 Mental Health and Wellbeing Grant, we are thrilled to extend a warm welcome to Carole!

We're excited to have you join us as our newest team member and can't wait to see the positive impact you'll bring to our workplace. Carole is available to support you at the front desk on Monday-Thursday morning.



WHAT SPRING ACTIVITY ARE YOU LOOKING FORWARD TO THE MOST?

Board of Directors

President

Jane Cowell-Poitras

Vice-President

John Pinnell

Treasurer

Brownlee Thomas

Secretary

Diane Larouche

Director

Marie-Josée Boivin

Director

Valerie Clayton

Director

Gerlinda Gimber



Tamara Peel

GENERAL DIRECTOR

Tamarap@theteapot.org

- Power washing my patio then, enjoying sitting outside in the sun!



Kierra Dubeau

COMMUNICATIONS COORDINATOR

Kierrad@theteapot.org

- Biking along the Lachine canal & switching to iced coffee!

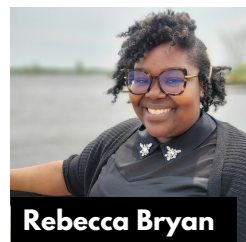


Melissa Maselli

COMMUNITY OUTREACH & VOLUNTEER COORDINATOR

Melissam@theteapot.org

- Sitting on a park bench and listening to the chirping of the birds.



Rebecca Bryan

INTERIM SOCIAL SERVICES COORDINATOR

Rebeccab@theteapot.org

- Enjoying the warmer weather and walks outside.



Michelle Welsford

ACTIVITIES COORDINATOR

Michelllew@theteapot.org

- Renewing my BIXI membership to bike around the city, swapping the bus for exercise!

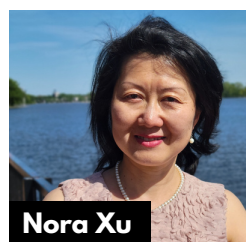


Ashley Hamilton

PROGRAM WORKER

Ashleyh@theteapot.org

- I am most excited about walks by the canal and planning my garden!



Nora Xu

BOOK KEEPER

- I can't wait to smell the spring!



Peter Pardi

BUS DRIVER

- Taking car out of winter storage and going for scenic drives along the water with the top down enjoying the fresh air and blue sky above.



Kisha Joseph

A BITTERSWEET GOODBYE

Our Assistant Director, Kisha, is embarking on a new journey and we want to express our deepest gratitude for her unwavering commitment to excellence. Her tireless efforts and passion for our mission have left a permanent mark on our organization. Beyond her professional achievements, Kisha's warmth, kindness, and leadership have set her apart as a trusted mentor and friend to many within our team. We will miss her dearly, but we extend our heartfelt thanks for her outstanding service and wish her continued success and fulfillment.

POURING FRESH NEWS

1 Join The Teapot

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 AGM: Save the date!

Friday, June 14th at 10 am for our Annual General Meeting in Salon A.

You'll have the opportunity to learn about the Teapot's accomplishments and priorities. After the meeting, stay for a free meal.

Board Recruitment!

Make a meaningful impact, shape policies, and guide our strategic direction. Your expertise is vital in achieving our goals. Contact Tamarap@theteapot.org to nominate yourself

3 Boutique Re-opening

The Boutique will be re-opening on Monday, April 15th. We will be open from 9:30 a.m. to noon every Monday and Wednesday. Come and browse new-to-you clothing, jewellery, accessories, shoes, kitchen items and much, much more! We are accepting clothing and small item donations. Thank you!

4 Spring 2024 Activities Registration

Registration for all platforms will open on Wednesday, April 3rd at 9:30 am.

The following are the registration options:

- Online through Qidigo: <https://bit.ly/3ScSJgf>
- In-person at The Teapot in Salon A
- By phone (appointment required): call us at (514) 637-5627 as of March 27th, to book a phone appointment for April 3rd.

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

5 Office Hours

Monday-Thursday: 9:30 am to 3:30 p.m.

Friday 9:00 to 12:00 p.m.

Friday afternoons, the office is closed.

Want to meet a member of our team?

Give us a call to make an appointment.

6 On-Site Foot Care is back at the Teapot!

Our on-site foot care service at The Teapot will recommence on April 1st, with prices ranging from \$35 to \$40. To schedule an appointment from April 1st onwards, please dial (514) 637-5627. Your foot health is a priority, and we are here to assist you!

VOLUNTEERS

GET INVOLVED

→ SCAN OUR QR CODE TO
VISIT OUR ONLINE INTEREST FORM:



Or access it online at:

<https://bit.ly/Onlineinterestform>

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



Drivers

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



Accompaniment

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



Kitchen Helpers

Do you like cooking or baking? We often seek volunteers to help in our kitchen, whether at special events, our lunch programs, or even to bake 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.

FOR SERVICE INQUIRIES, PLEASE CONTACT REBECCA,
OUR SOCIAL SERVICES COORDINATOR.
(514) 637-5627 | Rebeccab@theteapot.org

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 can order groceries by phone/email and get them delivered by Metro every Friday, with no delivery fee or minimum order. Multiple payment options available.

Alterations (\$)

Perfect fit guaranteed! Trust our volunteer seamstress 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

→ LOOKING FOR OUR MONTHLY CALENDAR?



Visit our website:

<https://bit.ly/Teapot-Activities>

OR PICK ONE UP

AT OUR RECEPTION DESK!



Welcome to Spring Lunch

Celebrate the blossoming beauty of spring with us! We will play Spring-themed games and enjoy a beautiful lunch! Let's spring forward together! Don't forget to wear your spring pastels coloured clothing!

THURSDAY, APRIL 18, 11:30 am – 1:00 pm
Cafeteria

Cost: \$10



Mother's Day Lunch

Join our Mother's Day celebration! A day of love and laughter awaits with activities, treats, and a chance to honour the fabulous moms in our community.

THURSDAY, MAY 9 11:30–1:00 pm
Cafeteria

Cost: \$10

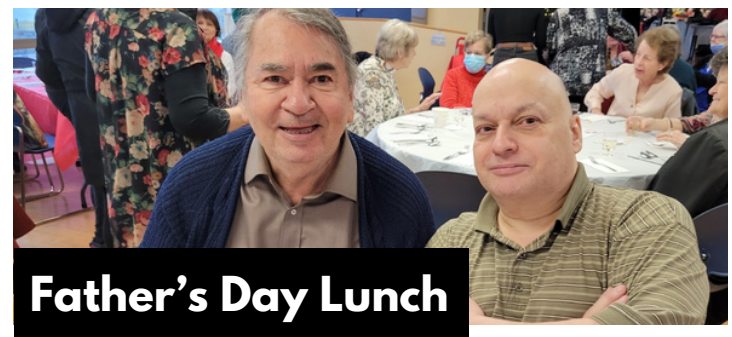


Annual General Meeting

Annual General Meeting 2023–2024
Reflect on achievements, discuss future plans, and shape our community's future.
RSVP by June 10th, 2024.

FRIDAY, JUNE 14, 10:00 am – 1:30 pm
SALON A

Cost: FREE



Father's Day Lunch

Join us for a Father's Day Lunch as hearty as Dad's laughter! Let's share a meal and some laughs together as we honor the wonderful dads in our community!

THURSDAY, JUNE 20, 11:30 am – 1:00 pm
Cafeteria

Cost: \$10

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
1:00-3:00 pm
Online via Zoom

Ongoing



IN-PERSON
CARDS

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

TUESDAYS
1:00-3:30 pm
Cafeteria

Ongoing

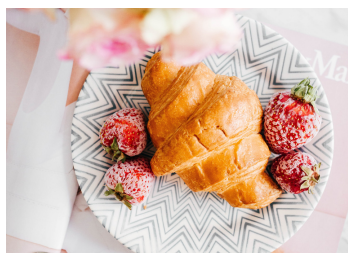


ONLINE
PHOTOGRAPHY

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

TUESDAYS
9:30-11:30 am
Online via Zoom

April 9- June 25



IN-PERSON
BREAKFAST CLUB

An inviting space to chat with new and old friends while sharing a continental breakfast.

Every second THURSDAY
9:30-11:00 am
Cafeteria

**April 11, April 25,
May 9, May 23, June 6**

***Sign up required - call to reserve! * Maximum: 30 people**



IN-PERSON
BOARD GAMES

We are calling all board game enthusiasts! Play Scrabble, Cribbage, Rummoli, and more.

FRIDAYS
10:00 am-12:00 pm
Cafeteria

Ongoing



IN-PERSON
ART HIVE

Join fellow crafters to create decorations for The Teapot.

Every second FRIDAY
10:30 am-12:30 pm
Cafeteria

April 5- TBD

NOURISHING TOGETHER

DELICIOUSLY PLANNED,
PERFECTLY BALANCED: MEAL
PROGRAMMING AT ITS FINEST

SOUP & SANDWICHES

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

TUESDAYS, 12:00-1:00 pm, Cafeteria

\$5/meal to be paid upon arrival

8-week program

Call to reserve YOUR spot BEGINNING ON Wednesday.

Participants can only register for ONE OTHER PERSON.

Starts: April 9

APRIL



April 9:
Mediterranean
White Bean
Soup
Sandwich
Berry Pie



April 16:
Pea Soup
Sandwich
Chocolate chip
cookies



April 23:
Cream of Mushroom
Soup
Sandwich
Vanilla Cake



April 30:
Shredded Vegi
Miso Soup
Sandwich
Brownies

MAY



May 7:
Tortilla Soup
Sandwich
Lemon squares



May 14:
Broccoli Soup
Sandwich
Mini strawberry
cake with
whipped cream



May 21:
Lentil Soup
Sandwich
Sorbet with fruit



May 28:
Corn Chowder
Sandwich
Date Squares

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, 10:10-11:10 am, Salon C

April 8- June 3

- **No course on May 20**



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

April 9-May 28



IN-PERSON WITH ANNIE

YOGA & STRETCH FUSION

Join us for personalized stretches and light movements that converge to enhance flexibility and well-being.

TUESDAYS, 2:30-3:30 pm, Salon C

April 9-May 28



IN-PERSON WITH SUZANNE

PILATES BALANCE, beginner (\$)

Improve balance and strength. Find stability and vitality.

WEDNESDAYS, 10:10-11:10 am, Salon C

April 10-May 29



IN-PERSON WITH JASMINA

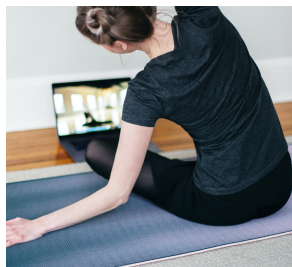
WALKING FOR WELLNESS (FREE)

Join our Nordic walking group! Bring your poles, learn about the exercise and interact with others! Dress warmly as we will be outside.

WEDNESDAYS, 11:00 am-12:00 pm, Outside

April 10-May 29

PHYSICAL ACTIVITIES



ONLINE WITH SUZANNE

YOGA-LATES, beginner (\$)

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

WEDNESDAYS, 3:00-4:00 pm, via Zoom
April 10- May 29



IN-PERSON WITH SUZANNE

CHAIR YOGA, beginner (\$)

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

THURSDAYS, 9:00-10:00 am, Salon C
April 11 - June 6
• **No class April 18**

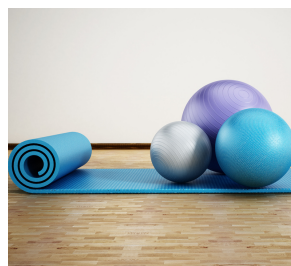


IN-PERSON WITH FLORENCE

TAI CHI, beginner-intermediate (\$)

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

THURSDAYS, 10:00-11:00 am, Salon C
April 11-June 6
• **No class April 18**



IN-PERSON WITH FLORENCE

AEROBICS, beginner-intermediate (\$)

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

THURSDAYS, 11:15 am -12:15 pm, Salon C
April 11-June 6
• **No class April 18**



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
April 12 - June 7
• **No class April 19**

LIFELONG LEARNING

**ALL
WORKSHOPS
ARE FREE!**



IN-PERSON WITH THE SPVM

SPEED MEETING THE SPVM

Engage in a rapid-paced session with law enforcement, fostering community connections and mutual understanding in speed-meeting the police event.

Language: Bilingual

TUESDAY, APRIL 9, 11:30–1:00 pm, SALON D



IN-PERSON INDEED VOLUNTEERS

INDEED CV WORKSHOP

Are you looking for a full or part-time job? Join us to learn about updating your CV & new hiring trends. Indeed, the #1 job site in Canada, will be onsite to provide information and encouragement. Please bring your own laptop or tablet.

Language: Bilingual

MONDAY APRIL 15, 1:00–3:00 pm, Saul Bellow Public Library, 3100 Rue Saint-Antoine, Montréal, QC H8S 4B8

This workshop is made possible through collaboration with Indeed Canada.



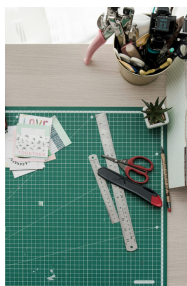
IN-PERSON WITH HEIDI, SPECIAL CARE COUNSELING STAGIAIRE,
SUPPORTED BY KIERRA AND TAMARA (TEAPOT STAFF)

HARVESTING ACCESSIBILITY

Join us for an interactive discussion session on user experience and accessibility. Share your experiences and help shape an inclusive and accessible readership. Connect with peers, discover how our digital marketing materials measure up in terms of accessibility, and make your voice heard. Don't miss out on this opportunity to actively shape the way we communicate!

Language: Bilingual

TUESDAY, APRIL 16, 10:00–11:30 AM, SALON A



IN-PERSON WITH KATE STRICKLAND, CREATIVITY WORKSHOP FACILITATOR

CREATIVE CARD-MAKING

Join us for a delightful watercolor adventure as we craft unique collage materials for special greeting cards. No prior art experience required! Immerse yourself in a relaxing and enjoyable creative experience!

THURSDAY, MAY 2, 1:30–3:30 pm, SALON A

This workshop is made possible through collaboration with Literacy Unlimited.



IN-PERSON WITH IOANA, CITIZEN SERVICES SPECIALIST AT SERVICE CANADA

NAVIGATING THE CANADIAN DENTAL PLAN

Come learn about The Canadian Dental Care Plan (CDCP). This plan will help ease financial barriers to accessing oral health care for eligible Canadian residents. Learn about how to apply with a specialist from Service Canada. Applications will open in phases, starting with seniors, so get all the information you need!

Language: English **only**

Please note that this workshop is only in ENGLISH, but French will be offered on June 13

THURSDAY, MAY 23, 1:30–3:00 pm, SALON A



IN-PERSON WITH JEAN-FRANÇOIS LEFEBVRE, LECTURER IN URBAN STUDIES AT UQAM, EXPERT IN SUSTAINABLE MOBILITY FOR GRAME AND IMAGINE LACHINE-EST, MARIE HUET, PROJECT MANAGER, GRAME MOBILISATION CAMPAIGN

SUSTAINABLE MOBILITY FOR ALL IN LACHINE IN THE ERA OF ENERGY TRANSITION

With the rise in living costs, we often focus on housing and food prices. Yet, the second-largest household expense is our travel. Ever wondered about the financial impact of travelling? Learn how vehicle sharing can lead to financial success, and Explore how the future tramway will transform Lachine. Understand how parking standards can affect housing costs. The fight against climate change prompts a rethink of our transport habits, presenting new opportunities for different and cost-effective travel.

Language: English

THURSDAY, MAY 30, 1:30– 3:00 pm, SALON A



IN-PERSON WITH SUSAN BAIN, PROFESSIONAL ACTRESS AND A TEACHER

IMPROVISATIONAL GAMES

Get ready for a workshop about letting loose and having a blast! We'll dive into improvisational games where we can be as silly, expressive, and joyful as possible. Unleash your inner performer and join the fun!

Language: English

THURSDAY, JUNE 6, 1:30– 3:00 pm, SALON D

This workshop is made possible through collaboration with Literacy Unlimited.



IN PERSON WITH IN-PERSON WITH IOANA, CITIZEN SERVICES SPECIALIST AT SERVICE CANADA

NAVIGATING THE CANADIAN DENTAL PLAN

Learn about The Canadian Dental Care Plan (CDCP). This plan will help ease financial barriers to accessing oral health care for eligible Canadian residents. Learn about how to apply with a specialist from Service Canada. Applications will open in phases, starting with seniors, so get all the information you need!

Language: **French only**

THURSDAY, JUNE 13, 1:30–3:00 pm, SALON A

UNLOCK KNOWLEDGE

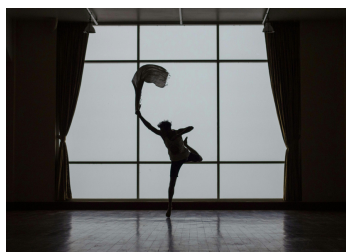


ONLINE WITH KAREN MUSIC DISCUSSION GROUP

If you enjoy music and want to learn more about YOUR favourite artists and genres, this is the place for you! Let's cover topics chosen BY YOU, watch performances, and music trivia activities every week.

MONDAYS, 5:30 pm–6:30 pm
Online via Zoom

April 8– June 17
No class on April 29, May 20, May 27 or June 3



IN-PERSON WITH LAURIE BOOGIE FOR THE BRAINS

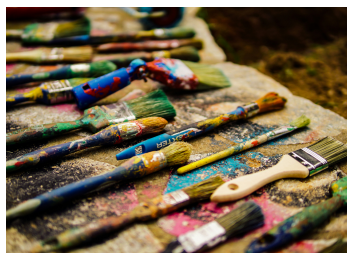
Experience the transformative power of dance, uplift your mental well-being, and embrace your individuality through movement and music.

WEDNESDAYS, 1:30–2:30 pm
Salon D

April 17– June 5

This project is funded by The Red Cross.

THE TEAPOT, SPRING 2024



IN-PERSON WITH LISA STROKES OF SERENITY-TEA

Join our painting basics workshop—unlock creativity, connect with others, and embrace the joy of art together!

MONDAYS, 1:00–3:00 pm
Cafeteria

April 8–May 27

This project is funded by The Red Cross.



ONLINE WITH ASHLEY 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
• **EVERY TWO WEEKS:**

April 17– June 26

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

THIS SESSION, ALL OF OUR COURSES ARE FREE TO JOIN.



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

April 9– June 11

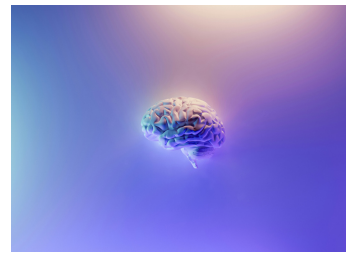


IN-PERSON WITH SHELLIE TECH TALK

This program aims to support members in staying connected with friends, learning about their laptops, phones, and tablets, and improving their digital literacy.

FRIDAYS, 1:30–3:00 pm
Cafeteria

April 5– TBD



IN-PERSON WITH ASHLEY WELL: WELLNESS EXPEDITION & LIFELONG LEARNING

Join us to unlock post-pandemic joy! Immerse in our program with expert-led sessions. Explore emotions, self-love, and communication for resilience, laughter, and mindfulness. Embrace vibrant well-being! **Must be bilingual due to content!**

WEDNESDAYS, 10:30–11:30 am
SALON A

April 10– May 29
April 24 salon D

This project is funded by The Red Cross.

EMBARK ON ADVENTURE

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

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

APRIL



Winery



Indulge in serene vineyard beauty, savouring fine wines and scenic landscapes on a delightful retreat in April bliss.

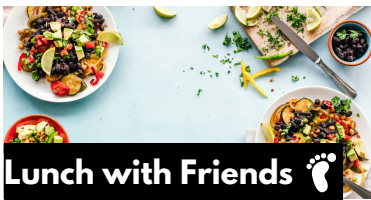
FRIDAY APRIL 19

Time: 12:15–4:15

Cost: \$35

Location: Coteau Rougemont - Vignoble & Cidrie, 1110 La Petite-Caroline, Rougemont, Quebec J0L 1M0

MAY



Lunch with Friends



Join us on a delightful journey of flavors and laughter as friends gather for a memorable lunch, savoring moments that linger.

FRIDAY MAY 3RD

12:30–3:00 pm

Cost: \$8 + lunch at your own cost

Location: Milestones, 6801 Trans-Canada Hwy, Pointe-Claire



Tulip Festival



Blossom into joy on our tulip festival trip! Vibrant blooms, laughter, and a kaleidoscope of colours await. Join us! Bring your own bagged lunch or come enjoy a bite to eat with some friends!

FRIDAY MAY 10TH

8:30 am– 6:15 pm

Cost: \$12 + lunch at your own cost

Location: Commissioners Park, Preston Street and, Queen Elizabeth Driveway, Ottawa, ON K1S 4N7



Marché 440



Marché 440 awaits! Bring smiles and reusable bags for a shopping spree in this market, which features fresh culinary delights and treasures.

FRIDAY MAY 31ST

10 am– 2 pm

Cost: \$8 transport + shopping at your own cost

Location: 3535 Autoroute Jean-Noël-Lavoie ouest, Laval, QC H7P 5G9

JUNE



Zoo Ecomuseum



Discover nature's history at the Ecomuseum! Walk through the habitats, encounter wildlife, and engage in an immersive, educational, and fun experience. Bring your lunch for a picnic afterwards!

FRIDAY JUNE 21

11:00 am– 3:00 pm

Cost: \$28

Location: Ecomuseum, 21125 Sainte Marie Rd, Sainte-Anne-de-Bellevue

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.

Payments to receive the newsletter by post, can only be made during the months of August and September for the calendar year.

We share any changes or additions through various channels such as our website, social media pages (@theteapot50), bi-weekly electronic info-letter, and posters in the cafeteria. To receive our electronic info-letter, please send an email to 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.

SPRING FORWARD

FUNDRAISING CAMPAIGN



Last year, our community rallied with unparalleled generosity, propelling us beyond our fundraising goal to raise over \$13,000. This incredible support allowed us to elevate our transportation services, ensuring that our cherished 50+ population had greater access to the vital resources they needed.

This year, buoyed by the success and spirit of our past achievements, we set our sights even higher. With unwavering determination, we aspire to surpass last year's remarkable feat, embarking on a journey to fortify our mission and extend our impact.

As we eagerly step into the brighter days of spring, let us also embrace a renewed sense of purpose and hope. Your support is the cornerstone of our endeavours as we strive to ensure that no individual aged 50 and beyond is left behind or forgotten.

Join us in our steadfast mission to cultivate resilience and well-being within our community. Together, let us forge a future where aging is revered with dignity, and every individual is unequivocally valued. With your contribution, we can transform this vision into reality and ignite a positive ripple effect that resonates far beyond our borders.

Your generosity knows no bounds, and there are multiple avenues through which you can make a difference today. Whether through a visit to our website, an e-transfer to teapot@theteapot.org, or the traditional route of cheque or cash, every donation brings us one step closer to our shared goal of creating a brighter tomorrow.

Together, let us seize this opportunity to make a meaningful impact and inspire positive change. Thank you for your unwavering support and belief in our mission.



**DONATE
HERE!**

MAKE A DIFFERENCE

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

1 Fundscrip

Join our Gift Card fundraiser to 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. Contact Tamara to order your cards.

2 Raffle

The Teapot has a monthly 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. The winner will be announced on the first Friday of the month at noon.

3 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

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