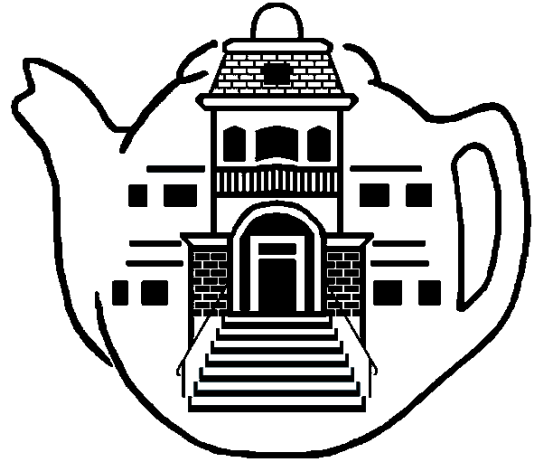


THE TEAPOT 50+ CENTRE

TEA LEAVES

JULY-AUGUST 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!

At The Teapot, respect and inclusion are our top priorities. We are committed to providing a safe and welcoming environment for everyone in our community. **Our centre operates as a zero harassment space, meaning that any form of aggression, discrimination, or harassment will not be tolerated.**

At the Teapot 50 Plus Centre, we believe in fostering an atmosphere where all individuals, regardless of background, are respected and valued. Whether you're here for activities, services, or simply to have a coffee and chat, you can be assured that you are in a space that prioritizes your well-being and comfort.

We invite you to join us in creating a community where everyone feels welcomed and respected. Let's work together to ensure that the Teapot 50 Plus Centre remains a place where diversity is celebrated and where kindness and understanding prevail. Together, we can build a space that truly embodies the spirit of inclusivity and mutual respect.



TEAPOT STAFF

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



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VOLUNTEER COORDINATOR
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ACTIVITIES COORDINATOR
Michelllew@theteapot.org



Ashley Hamilton

PROGRAM WORKER
Ashleyh@theteapot.org



Nora Xu

BOOK KEEPER



Peter Pardi

BUS DRIVER

NEW STAFF ON BOARD



Carole Coulombe

COMMUNITY
LIAISON AGENT



Amber Eckhardt

COMMUNITY
LIAISON AGENT



Theresa Guihan

INTERVENTION
WORKER
theresag@theteapot.org



Micael Mathews

RECREATIONAL
THERAPY INTERN



TEAPOT UPDATES

1 Teapot Open House September 4th-6th 9:30 a.m. - 3:30 p.m.

In September, we kick-off our programs! Bring your friends and family to find out more about our activities, services, and volunteer opportunities. We'll be also having our Fall registration. We look forward to seeing you then!

2 Newsletter Mailing

For those who would like to **receive the newsletter by mail for the year (September 2024-August 2025), we ask that you pay your \$10 before August 5th, to receive your September copy!** Please pay in-person with our receptionists. And if you are not receiving our bi-weekly electronic info-letter, please let the receptionist know as well!

3 Summer 2024 Activities Registration

Registration for all platforms will open on Wednesday, July 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 **June 26**, to book a phone appointment for July 3rd.

**** Please note that leaving voicemails for phone registration DOES NOT ensure that you are on the list!****

Registration for all platforms requires payment. We accept cash, cheques, credit cards, and debit cards.

4 Boutique

The Boutique is open on Mondays and Wednesdays from 9:30-12:00.

We are currently accepting donations of fall/winter clothing and fashion accessories.

IMPORTANT Due to a lack of demand and space, **we no longer accept BOOKS, SHOES, AND KITCHEN ITEMS. Please consider donating these goods elsewhere.** Please speak with Melissa at 514-637-5627 or melissam@theteapot.org for more information.

5 Office Hours & Centre Closures

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

Friday 9:00 a.m. 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.

Centre Closures:

July 1st (Canada Day)

July 19th (as of 12:00 p.m)

6 Alterations

Perfect fit guaranteed! Trust our volunteer seamstress Azara for impeccable alterations that enhance your style. **Visit us on Wednesday afternoons from 1:30-3:00 p.m. First-come, first-served basis and cash only.** Prices range from \$1.00-\$10.00.

VOLUNTEER

JOIN OUR TEAM OF DEDICATED
VOLUNTEERS!

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



Or access it online at:

<https://bit.ly/Onlineinterestform>



Drivers

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



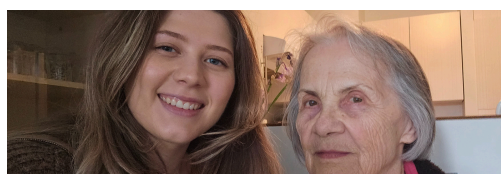
Accompaniment

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!



Les P'tits Marchés de Lachine

The little food markets are back providing locally grown organic and affordable food for the Lachine community.

Come get some fresh produce outside of **The Teapot** on **Fridays from 10:00am to 1:00pm.**

Tuesdays: CHSLD Bussey from 12:00pm-2:00pm and Ivan-Franko from 3:00pm-5:30pm

Thursdays: COVIQ from 2:00pm-5:30pm

THE SUPPORT YOU NEED,
WHEN YOU NEED IT.

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

OUR SERVICES

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, for 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.

NEW: Memory Clinic

Our memory clinic offers a preventative screening clinic (by appointment) for members who have noticed changes in their memory. This is a private, one-on-one pre-testing to help you decide if you need to be seen for memory care.

THE TEAPOT, SUMMER 2024

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.

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!

Alzheimer Society

The Alzheimer Society is collaborating with The Teapot to offer individual, confidential, and free consultations for caregivers. Jessica Cecchini, a counsellor, will be at The Teapot every Tuesday. Feel free to approach her with your questions!

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.



SPECIAL EVENTS

VISIT OUR WEBSITE:

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

OR PICK ONE UP

AT OUR RECEPTION DESK!



Summer Party 2024

Join us for a sizzling summer soirée at the Teapot Summer Party! Get ready to bask in the sun, sip on refreshing drinks, and groove to live music under the open sky. With delicious bites, cool cocktails, and lively company, it's the perfect recipe for a memorable summer bash. Mark your calendars and let the good times flow at our Teapot extravaganza!

WEDNESDAY, JULY 10, 4:00 pm – 6:00 pm
Outside the Vieille Brasserie (2801 boul St Joseph)

Cost: \$10



Brunch with us!

Join us for a brunch at The Teapot! Enjoy a variety of brunch delights. Whether you're catching up with old friends or making new connections, our brunch is the perfect opportunity to nourish both body and soul.

FRIDAY, AUGUST 16 11:30–1:00 pm
SALON C

Cost: \$10

TEAPOT PICNICS

ENJOY OUR SUMMER PICNICS TOGETHER!



Do you miss having lunch with friends? Join us outside The Teapot for a picnic!

Bring your own lunch and we'll enjoy each other's company.

Call the Teapot, 514 637 5627, to reserve your spot!

In case of rain-picnics can be held indoors!

TUESDAYS, WEEKLY, 11:30–12:30 pm, Outside the Teapot
FREE

July 9- August 27

LEISURE ACTIVITIES

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 BOARD GAMES

We are calling all board game enthusiasts!

Play:

- Scrabble, Cribbage, Rummoli, and more.

FRIDAYS
10:00 am–12:00 pm
Cafeteria

Ongoing

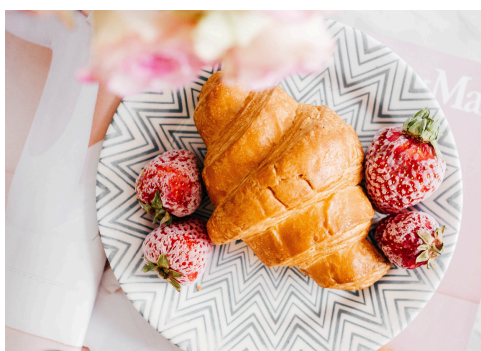


IN-PERSON ART HIVE

Join fellow crafters to create decorations for The Teapot.

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

July 5, August 2, August 16 and August 30.
No meeting on July 19



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

July 11, July 25, August 8, August 22

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



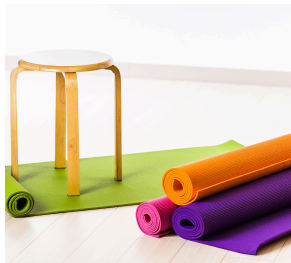
VISIT THE TEAPOT CAFÉ!

Experience our cozy atmosphere while enjoying a drink and a treat during our operating hours (Monday to Friday from 9:30 a.m. to 3:30 p.m.). Enjoy our unbeatable café prices:

\$1 for coffee/tea, \$0.50 for scones (while supplies last), and other snacks starting at \$0.50. Grab a seat, indulge in a treat, and socialize with fellow participants!

PHYSICAL ACTIVITIES

**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

OUTDOOR CHAIR YOGA, beginner (\$)

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

**WEDNESDAYS, 9:00-10:00 am, Outside the Teapot
JULY 10-AUGUST 28**



IN-PERSON WITH MICAEL

FREE SWIM,

Join our Swim Squad for outdoor pool adventures during free swim! Dive in, make friends, and soak up the sun with us. Members must know swimming basics. See you at the pool! Transport is available from the Teapot (meet at Teapot at 11:45) upon request, or meet us there!

**Lachine Ouest Pool
TUESDAYS, 12:00-1:30 pm
July 9-August 27
\$25.00 for the whole summer (TRANSPORT IS INCLUDED!)**



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 accordingly as we will be outside.

**THURSDAYS, 10:00 am-11:00 pm, Outside
July 11-August 29
No class on August 8**



Summer activities & Staying safe in the heat!

Make the most of summer by engaging in outdoor activities:

- Take morning walks
- Try water aerobics at a local pool
- Enjoy gardening

Don't forget to stay hydrated, avoid the hottest hours of the day, and prioritize your safety and well-being.



Suggestions for future activities!

The Teapot wants your suggestions to know what you want to see for future activities, trips, special events and workshops! There are 3 ways you can reach us:

- Via email (Teapot@theteapot.org)
- Contact a team member
- Leave a message at the reception in the suggestion box.

We look forward to hearing your suggestions!

EDUCATIONAL WORKSHOPS

**ALL
WORKSHOPS
ARE FREE!**



IN-PERSON WITH ASHLEY
NATURE SERIES PART 1

Join us for a unique nature program where we will forage for natural materials and create beautiful anthytypes, a photographic process using plant-based dyes. This experience blends art and relaxation, offering a tranquil way to connect with nature and unleash your creativity.

THURSDAY, JULY 4, 1:30-3:30 pm, CAFETERIA



IN-PERSON WITH LAURA, BELLY DANCING TEACHER & TEAPOT VOLUNTEER
BELLY DANCING

Step into a world of rhythmic delight and unleash your inner shimmy with our lively belly dancing classes! Dive into the vibrant beats, learn new moves, and let loose in a supportive and fun environment. Come join the dance party and shimmy your way to confidence and joy!

Language: English

THURSDAY, JULY 18, 11:30-1:00 pm, Cafeteria

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

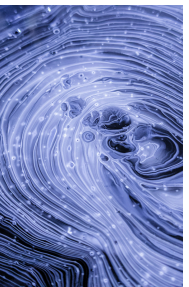


IN-PERSON WITH FLORENCE SAY, TEAPOT TAI CHI & AEROBICS ANIMATOR
MEDITATION

Did you know that July 24th marks International Self-Care Day? Why not practice this day through a meditation workshop dedicated to self-care. Take a break, breathe, and recharge with guided mindfulness practices. Whether you're new to meditation or a seasoned practitioner, this workshop is for you. Reserve your spot now for a day of relaxation and rejuvenation.

THURSDAY, AUGUST 1, 1:00-2:00 pm, Cafeteria

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

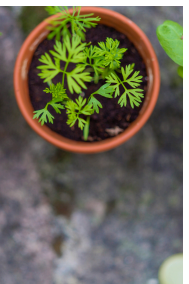


IN-PERSON WITH JESSIKA CECCHINI, COUNSELLOR FOR CAREGIVERS WEST ISLAND, SOCIÉTÉ ALZHEIMER DE MONTRÉAL
FORGET ME NOT : ALZHEIMER'S DISEASE AND AVAILABLE RESOURCES

Join us for an insightful workshop on neurocognitive disorders, caregiving, and our services. Get answers to your questions, grab valuable resources, and connect with others—whether you're a caregiver, living with a disorder, or just curious.

Language: French ONLY (English presentation for Fall 2024)

THURSDAY, AUGUST 15, 11:30-1:00 PM, CAFETERIA



IN-PERSON WITH ASHLEY
NATURE SERIES PART 2

Unleash your inner artist and green thumb in our enchanting nature program, where we'll transform plain plant pots into colorful masterpieces and sow wildflower seeds to beckon pollinators. Immerse yourself in a magical blend of creativity and eco-conscious gardening, nurturing a vibrant haven for bees and butterflies.

THURSDAY, AUGUST 29, 1:30-3:30 pm, CAFETERIA

SUMMER TRIPS

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

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

JULY



Botanical Gardens 2 feet

Immerse yourself in a botanical paradise during our upcoming gardens trip. Wander through enchanting displays of colorful blossoms and verdant foliage, soaking in the serenity of nature's embrace. Join us for a day of discovery and delight as we explore the botanical wonders that await around every corner. Bring your own snacks or bagged lunch.

FRIDAY JULY 12

9:30-3:30 pm

Cost: \$30

Location: Montreal Botanical Garden, 4101 Sherbrooke St E, Montreal, Quebec H1X 2B2



Oka Beach 2 feet

Get ready to make a splash at Oka Beach! Let's gather for a day of sun, sand, and laughter as we soak up the sunshine and stroll along the shores. Don't forget to pack your favorite lunch for a delightful picnic by the water. It's the perfect recipe for a fun-filled day!

FRIDAY JULY 26

Time: 10- 5pm

Cost: \$12

Location: Oka Beach

AUGUST



1000 Islands Cruise 3 feet

All aboard! Come cruise along the sparkling waters of the St. Lawrence River, dotted with lush emerald islands adorned with charming cottages and historic landmarks.

We will also be visiting Rib Fest for a delicious meal beforehand or bring a bagged lunch.

FRIDAY AUGUST 9

8:30 am- 7pm

Cost: \$35

Location: 1000 Islands & Seaway Cruises : 30 Block House Island Pkwy. Brockville, Ontario.



Venise-en-Québec 1 foot

Come for a scenic drive around Venise-en-Québec! We'll enjoy a beautiful day taking in the local sceneries in a place that offers perfect retreat for group adventure and relaxation. Come enjoy a delightful group lunch with us as well!

FRIDAY AUGUST 23

9:30 am- 5:00 pm

Cost: \$12 + lunch at your own cost

Location: Venise-en-Québec, Lunch at Le Sandbar

EDUCATIONAL ACTIVITIES

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

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



IN-PERSON WITH LISA

STROKES OF SERENI-TEA

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

MONDAYS,

1:00–3:00 pm

Outside the Teapot

July 8–August 26

This project is funded by The Red Cross.



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.

MONDAYS,

10:30–11:30 am

Outside the Teapot

July 8–August 26

This project is funded by The Red Cross.



IN-PERSON WITH
CYNTHIA THIBAUT

WEAVING LIVES: A COLLECTIVE STORY

Join a community project to share your stories and create art together. Transform fabric strips with screen-printing and embroidery, then see them come together in an outdoor installation. Let's weave our individual tales into a collective history.

WEDNESDAYS, 1:00–2:00 pm

Cafeteria

July 31st, August 7th, August 14,
August 21

*This project is in collaboration with
la P'tite Maison Saint-Pierre and
Cynthia Thibault*



ONLINE WITH ASHLEY

WORLD TRAVELLERS

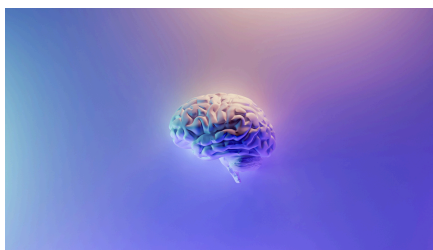
Join our armchair travel group and embark on virtual journeys worldwide, exploring different cultures, history, food and hotspots. All from the comfort of your home.

WEDNESDAYS, 1:30–2:30 pm

Online via Zoom

EVERY TWO WEEKS:

July 17, July 31, August 7,
August 14, August 28.



IN-PERSON WITH ASHLEY

WELL: WELLNESS EXPEDITION & LIFELONG LEARNING

Join us to unlock post-pandemic joy! 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

July 10–August 28

This project is funded by The Red Cross.



IN-PERSON WITH ASHLEY

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

July 12–August 30

No class on July 19

TEAPOT POLICIES

1 Stay Connected!

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 mail for the year (September 2024–August 2025): we ask that you pay your \$10 before August 5th to receive your September copy!

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.

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

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.

FUNDRAISING INITIATIVES

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

1 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.

2 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

3 Make A Donation

We are a non-profit organization focused on changing lives. Your donation, whether small or large, makes a positive impact in our community. Support us through cash, cheque, or credit card donations in person, or online via e-transfer to teapot@theteapot.org. Thank you for bringing hope and progress.



THANK YOU TO THESE LOCAL BUSINESSES FOR THEIR COMMITMENT TO OUR COMMUNITY

**Assembly,
Fixation,
Installation**

Call Dovix
438-860-7814

dovix.ca

f @Dovix

**Centre Visuel
Victoria**

Danielle Hardy, O.D., M.Sc.
Annie Doré, O.D.
Daniel Wilkenfeld, O.D.

Centre visuel 2055 Victoria inc.
2055, rue Victoria
Lachine (Québec) H8S 0A8
Tél.: 514 634-7111
Télec.: 514 634-7414
www.centrevisuelvictoria.com

BOYER
centre de denturologie

Prothèses dentaires complètes, partielles et sur implants

Amélie T. Boyer
denturologue

1045, rue Provost, Lachine, H8S 1N4
T. 514 637.0971

Advertisement Disclaimer: Tea Leaves ads are paid promotions from local businesses. Teapot 50+ Centre doesn't guarantee them. Transactions are at your own risk. We're not liable for any claims, damages, or disputes arising from them. Use your judgment while engaging with the ads.

THINKING OF SELLING?

Here are **6 reasons** to do business with Team Lauzon!

- 1** Set the price and expertly lead negotiations
- 2** Represent and safeguard your interests as a seller
- 3** Showcase your property through effective marketing techniques
- 4** Prioritize and prepare visits
- 5** Flawlessly manage documents, deadlines, and conditions
- 6** Save time, preserve your energy, and safeguard your money

Contact us, we look forward to meeting you!

VALÉRIE FILLION

Residential and Commercial Real Estate Broker

T 514 212 1655

PHILIP LAUZON

Certified Real Estate Broker

T 514 212 4457

equipelauzon.ca

* If you have already listed your property with a broker, please disregard this letter.



LAUZON TEAM

THANK YOU TO OUR SUPPORTERS!



Centre intégré
universitaire de santé
et de services sociaux
du Centre-Ouest-
de-l'Île-de-Montréal

Québec



Centraide
du Grand Montréal

Lachine
Montréal

Loto
Québec

Bingo Lachine
St-Amand
Cor. Avenue



CHSSN

FONDATION
Lindsay Memorial
FOUNDATION



THE TEAPOT 50+ CENTRE

2901 ST-JOSEPH BLVD.

LACHINE, QC H8S 4B7

514-637-5627

TEAPOT@THETEAPOT.ORG

SOCIAL MEDIA: @THETEAPOT50

898362595RR0001