

# THE TEAPOT 50+ CENTRE

## TEA LEAVES

**SEP-OCT-NOV-DEC 2024**

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



### IN THIS ISSUE

- 02** ORGANIZATION & TEAM
- 04** TEAPOT UPDATES
- 06** VOLUNTEERS
- 07** SERVICES
- 08** SPECIAL EVENTS
- 09** LEISURE ACTIVITIES
- 11** PHYSICAL ACTIVITIES
- 13** WORKSHOPS
- 15** COURSES
- 16** TRIPS
- 17** POLICIES
- 18** FUNDRAISING 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.

# ZERO TOLERANCE

This announcement is to remind everyone of our shared commitment to maintaining a safe, welcoming, and inclusive environment at our center.

Our center operates as a **zero-tolerance** space. This means that any form of aggression, discrimination, or harassment will not be tolerated.

We believe every member, volunteer and employee deserves to feel respected and valued, and we are responsible for upholding these standards.

## What This Means:

- 1. Respect for All:** Every individual at our center should be treated with respect and dignity, regardless of their race, gender, age, sexual orientation, disability, religion, or any other characteristic.
- 2. Zero Tolerance for Aggression:** Any form of verbal, physical, or emotional aggression is strictly prohibited. This includes bullying, threats, or any behaviour that could cause someone to feel unsafe.
- 3. Prohibition of Discrimination and Harassment:** Discrimination or harassment of any kind, whether subtle or overt, will not be tolerated. This includes unwelcome comments, jokes, or actions that demean or harm another person. This includes racial comments, body shaming, and inappropriate sexual advances or remarks.

If this policy is violated, a written warning will be issued. Any further comments or violations will result in immediate suspension or termination of membership.

Thank you for your attention to this critical matter. Let's work together to maintain a positive and respectful place for everyone.



# TEAPOT STAFF

## Board of Directors

### President

Marie-Josée Boivin

Brownlee Thomas

Diane Larouche

Valerie Clayton

Gerlinda Gimber

Celyne Pilon



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COMMUNITY  
LIAISON AGENT



**Amber Eckhardt**

COMMUNITY  
LIAISON AGENT



**Nora Xu**

BOOK KEEPER



**Peter Pardi**

BUS DRIVER





# TEAPOT UPDATES



Join us in September as we kick off our Fall programs! Bring your friends and family to learn more about our activities, services, and volunteer opportunities. On September 4th, we'll also have our fall registration, and our boutique thrift store will be open. We look forward to seeing you!

**SEPTEMBER 4TH-5TH 9:30 A.M. - 3:30 P.M.**



Join us for a fantastic 50+ Community Resource Fair! Discover valuable resources, connect with local organizations, and enjoy a day full of fun and information. Don't miss out!

Thursday, **NOVEMBER 7th**, 11:00 am -4:00 pm  
SALON C

**Cost: FREE**



Share your story and tell us what The Teapot means to you. Reflect on how it has impacted your life and inspire others with your experiences. We want to hear from everyone - whether you're a participant, volunteer, or community partner. This special social media project celebrates our vibrant community and the connections we've built together. Interested in participating? **Contact Kierra at [kierrad@theteapot.org](mailto:kierrad@theteapot.org) for more information.**



**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:**

- All day: September 2nd & October 14th
- September 30th, October 28th, November 25th: 1:00 p.m. - 4:00 p.m.



# ACTIVITIES REGISTRATION

## 1 NEW ACTIVITY REGISTRATION PROCEDURE

At The Teapot, we are committed to inclusivity and accessibility. After carefully evaluating our current activity registration process and the challenge of limited space, we are excited to implement a new procedure designed to serve our diverse participants more equitably.

## 2 NEW 2024 - 2025 Activities Registration

**Registration Schedule Update:** *To ensure a seamless and inclusive experience for all our participants, The Teapot is pleased to announce the following registration details. We look forward to welcoming you and ensuring everyone has a fair and accessible registration opportunity!*

- First Day Registration: **Wednesday, September 4th, 2024**
  - **In-Person Registration Only: Available from 9:30 AM to 3:30 pm on a first-come, first-served basis. SALON C**
  - **Telephone Registration Appointments:** Telephone registration appointments will be available and assessed based on individual needs. If you do not have access to transport or technology, call us at (514) 637-5627 as of Friday, August 30th to book a phone appointment.
  - **Online Qidigo Registration:** Opens online registration at 3:30 pm.  
Qidigo: <https://bit.ly/3ScSJgf>
- Second Day of Registration: **Thursday, September 5th, 2024**
  - In-Person Registration
  - Online Registration via Qidigo
  - Telephone Registration Appointments



# VOLUNTEER

CONNECT WITH YOUR COMMUNITY:  
GET INVOLVED!



Or access it online at:

<https://bit.ly/Onlineinterestform>

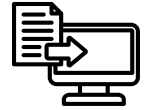


"Volunteering at The Teapot Center has been such an outstanding experience for me. I've met some amazing people, and it's helped me to improve my social skills. As a newcomer, it's given me the chance to chat with the seniors and practice my language skills. There are all sorts of ways you can get involved, so there's something for everyone. Helping your local community is something that I'd suggest anyone try!" -Angelo

**KIOSK HELPER**



**DATA ENTRY CLERK**



**GROCERY SHOPPER**



**FRIENDLY CALLER**



**FRIENDLY VISITOR**



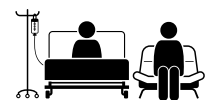
**BOUTIQUE ASSISTANT**



**KITCHEN HELPER**



**MEDICAL ACCOMPANIMENT**



**MEDICAL DRIVER**



**SPECIAL EVENTS HELPER**



**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.

FOR SERVICE INQUIRIES, PLEASE CONTACT REBECCA,  
OUR SOCIAL SERVICES COORDINATOR.  
(514) 637-5627 | [Rebeccabetheteapot.org](http://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.\*

## 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. Jessika 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.

## 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.



# SPECIAL EVENTS

VISIT OUR WEBSITE:

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

OR PICK ONE UP

AT OUR RECEPTION DESK!



## Thanksgiving Party

Gather 'round for a feast of gratitude and flavors! Join us this Thanksgiving for a delightful lunch filled with warmth, laughter, and delicious dishes that celebrate the season's bounty. Let's savor the moments of togetherness and give thanks for all that brings joy to our lives! Enjoy a turkey roll and all the trimmings!

**THURSDAY, OCTOBER 10, 11:30 am -1:00 pm**

SALON C

**Cost: \$15**

**Transport is available upon request at registration. First come first served.**



## 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!

**THURSDAY, NOVEMBER 14, 11:30-1:00 pm**

Cafeteria

**Cost: \$10**

## Halloween Party!

Step into a world where shadows dance and pumpkins grin! This Halloween, join us for a spine-chilling lunch filled with eerie delights and spooky surprises. From costumes that bewitch to treats that enchant, prepare for fun that will send shivers down your spine. Gather 'round for a hauntingly good time as we celebrate the magic and mystery of All Hallows' Eve. Dare to join us, if you dare...

**THURSDAY, OCTOBER 31, 11:30 am-1:00 pm**

Cafeteria

**Cost: \$10**

## Holiday Party

Celebrate the holidays with fellow Teapot members at our annual luncheon. Enjoy a holiday ham with potatoes and tourtière and holiday-themed games.

**THURSDAY, DECEMBER 12, 11:30 am-1:30 pm**

SALON C &amp; D

**Cost: \$15**

**Transport is available upon request at registration. First come first served.**



# 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**



ONLINE WITH JOHN  
**PHOTOGRAPHY**

Meet virtually with other photographers; to share and develop your photo and editing skills!

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

**September 10- November 12**



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

September 12,26,  
October 24, Nov 7,21, Dec 4.

**No club on October 10th**

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



IN-PERSON  
**ART HIVE**

Join fellow crafters to create decorations for The Teapot.

**Every second FRIDAY**  
10:30 am-12:30 pm  
Salon A  
September 13, 27,  
October 11, 25,  
November 8, 22, and  
December 6.

November 8, Dec 6 are  
in the **Cafeteria**



IN-PERSON  
**BOARD GAMES**

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

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

**Ongoing**

# SOUP & SANDWICHES

**DELICIOUSLY PLANNED,  
PERFECTLY BALANCED: MEAL  
PROGRAMMING AT ITS FINEST**

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**

Call to reserve YOUR spot BEGINNING ON Wednesday.

Participants can only register for ONE OTHER PERSON.

## SEPTEMBER



**September 10:**  
Roasted Red pepper Sandwich  
Apple Turnover

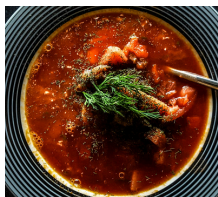


**September 17:**  
Broccoli cheddar Sandwich  
Brownies



**September 24:**  
Lentil soup Sandwich  
Carrot Cake

## OCTOBER



**October 1:**  
Minestrone Sandwich  
Berry Crumble



**October 8:**  
Sweet Potato Sandwich  
Pumpkin Pie with Coolwhip



**October 15:**  
Pea Soup Sandwich  
Lemon Pound Cake



**October 22:**  
Cauliflower Leek Sandwich  
Cheese Cake



**October 29:**  
Black Bean Chili Sandwich  
Pecan Pie with Coolwhip

## NOVEMBER



**November 5:**  
Butternut Squash Sandwich  
Powdered Doughnuts

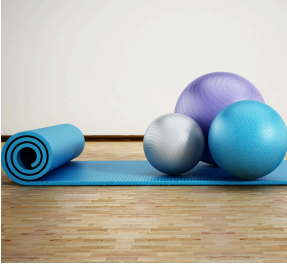


**November 12:**  
Potato Corn Chowder Sandwich  
Frozen Mini Chocolate Eclairs



# PHYSICAL ACTIVITIES

**THE FEES FOR CLASSES THAT  
REQUIRE PAYMENT ARE:  
\$50 FOR 10 WEEKS;  
\$30 FOR 5 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**  
**September 9-November 18**  
**No class October 14**



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**  
**September 10-November 12**

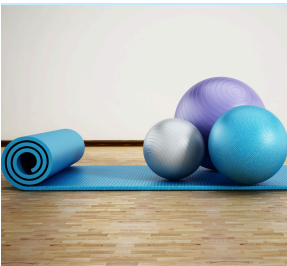


IN-PERSON WITH ANNIE

## **YOGA & STRETCH FUSION, beginner-intermediate (\$)**

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

**TUESDAYS, 2:30-3:30 pm, Salon C**  
**September 10-November 12**



IN-PERSON WITH SUZANNE

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

Improve balance and strength. Find stability and vitality.

**WEDNESDAYS, 10:10 am-11:10 am, Salon C**  
**September 11- November 13**



IN-PERSON WITH CAROLE

## **WALKING FOR WELLNESS (FREE)**

Join our walking group! Come for a walk and chat with others! Dress accordingly as we will be outside.

**WEDNESDAYS, 10:00 am-11:00 pm, Outside**  
**September 11- November 27**

# PHYSICAL ACTIVITIES

**THE FEES FOR CLASSES THAT  
REQUIRE PAYMENT ARE:  
\$50 FOR 10 WEEKS;  
\$30 FOR 5 CONSECUTIVE WEEKS;  
\$7 FOR 1 CLASS**

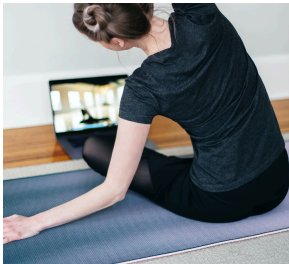


IN-PERSON WITH SUZANNE

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

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

**THURSDAY**, 9:00-10:00 am, Salon C  
**September 12- November 28**  
**No class October 10 and November 7**

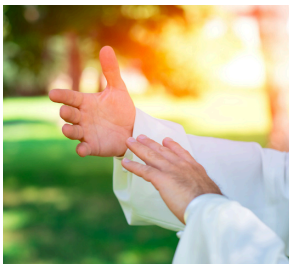


ONLINE WITH SUZANNE

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

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

**THURSDAYS**, 11:00 am-12:00 pm, Outside the Teapot  
**September 12-November 21**  
**No class November 7**

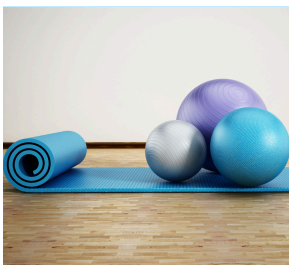


IN-PERSON WITH FLORENCE

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

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

**THURSDAYS**, 10:00 am-11:00 pm, Salon C  
**September 12- November 28**  
**No class October 10 and November 7**



IN-PERSON WITH FLORENCE

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

Join our fun, low-impact dance class with stretching for a full-body workout.

**THURSDAYS**, 11:15 am-12:15 pm, Salon C  
**September 12- November 28**  
**No class October 10 and November 7**



IN-PERSON WITH ANNIE

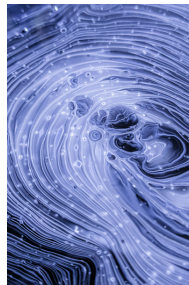
## **DANCE AEROBICS**, beginner-intermediate (\$)

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

**FRIDAYS**, 9:30 am-10:30 pm, Salon C  
**September 13- November 22**  
**No class November 8**

# EDUCATIONAL WORKSHOPS

**ALL  
WORKSHOPS  
ARE FREE!**



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: English ONLY (French was in SUMMER 2024)

**THURSDAY, SEPTEMBER 12, 1:30-3:00 PM, 2801 BOUL ST JOSEPH (VIELLE BRASSERIE)**



IN-PERSON WITH MICHELLE, ACTIVITY COORDINATOR AT THE TEAPOT

## **FUTURE ADVENTURES WORKSHOP**

Join us for the Future Adventures Workshop! Share your activity ideas and collaborate with our activity coordinator to shape exciting new events. At the end, participate in a Q&A about our prevention department's programs. Let's create and explore together!

Language: Bilingual

**THURSDAY, SEPTEMBER 26, 1:30- 3:00 pm, 2801 BOUL ST JOSEPH (VIELLE BRASSERIE)**



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!

This workshop is offered in **French**

**THURSDAY, OCTOBER 10, 1:30- 3:00 pm, SALON A**



IN-PERSON WITH VALERIE FILLION, RESIDENTIAL AND COMMERCIAL REAL ESTATE BROKER

## **PREPPING TO MOVE**

Ready to sell your house? Join our workshop to learn all the essentials! Discover how to prep your home for a standout sale—think cleaning, decluttering, and painting. We'll guide you through the process of ordering a new certificate of location and share tips on selecting the perfect real estate agent with key questions to ask. Plus, get the scoop on Lachine's real estate market, including median prices and days on the market. Don't miss out on these valuable insights to make your selling journey smooth and successful!

Language: Bilingual

**THURSDAY, OCTOBER 24 , 1:30-3:30 pm, 2801 BOUL ST JOSEPH (VIELLE BRASSERIE)**



# EDUCATIONAL WORKSHOPS

**ALL  
WORKSHOPS  
ARE FREE!**



IN-PERSON WITH KAREN LE KHANH VAN DIEP, F. PL., WEALTH ADVISOR AT RBC DOMINION SECURITIES INC.

## **FRAUD & DEBT**

Are you worried about bank fraud? Do you have trouble paying down debt? Learn to protect yourself from bank fraud and how small changes can help pay down debts.

Language: **English**

*This workshop is a collaboration with Literacy Unlimited.*

**THURSDAY, NOVEMBER 7 2024**, 1:30–3:00 pm, 2801 BOUL ST JOSEPH (VIELLE BRASSERIE)



IN-PERSON WITH MONIQUE, ANIMATOR

## **ARTISTIC EXPRESSION**

Would you like to experience a workshop in creativity through drawing and writing, while having the opportunity to discover yourself in a relaxing and fun space? This activity requires no artistic skills, and materials are provided.

Language: **French**

**THURSDAY, NOVEMBER 21**, 1:30–3:00 pm, 2801 BOUL ST JOSEPH (VIELLE BRASSERIE)



IN-PERSON WITH ANN LAMBERT, CANADIAN PLAYWRIGHT, AUTHOR AND PRODUCER OF THE FILM

## **MONTREAL COUNCIL OF WOMEN**

The Montreal Council of Women cordially invites you to the 17-minute film viewing of *Okay Boomer*. Ann Lambert, Canadian playwright and author and producer of the film will be with us for a hearty discussion, together with a question and answer period. The film sheds light upon ageism, equality, knowledge and pride in a changing world.

Coffee and cookies will be served.

This workshop has been made possible through collaboration with the Montreal Council of Women.

Language: English

**THURSDAY, NOVEMBER 28**, 1:30–3:00 pm, 2801 BOUL ST JOSEPH (VIELLE BRASSERIE)



IN-PERSON WITH CATHERINE NOTLEY AND JD PAYZA, LITERACY UNLIMITED VOLUNTEERS WITH A PASSION FOR CREATIVITY IN CRAFTS

## **HOLIDAY CARD MAKING**

Join us for a fun and creative workshop to get into the holiday spirit! Play with water colours and masking markers to make cards for your loved ones. No art experience required.

Language: **English**

*This workshop is in collaboration with Literacy Unlimited.*

**THURSDAY, DECEMBER 5 2024**, 1:30–3:30, 2801 BOUL ST JOSEPH (VIELLE BRASSERIE)

# EDUCATIONAL ACTIVITIES

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



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 am-11:30 am

Salon D

September 9-November 18

NO class October 14



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.

**Language:** English

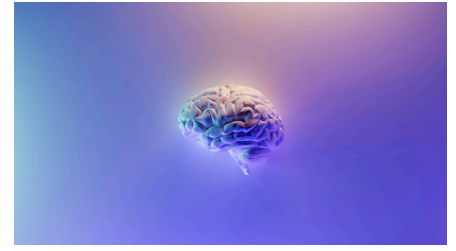
**TUESDAYS,**

7:00-8:00 pm

Virtual

September 10-November 12

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



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

VIELLE BRASSERIE (2801 BOUL ST JOSEPH)

September 11-November 13

Sept 18th in salon A



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:**

September 18-December 11



IN-PERSON WITH JENNIFER

## **THOMAS MORE**

"Stories from the Seven Continents: Around the World in Twenty Days": Stories pass on knowledge and traditions across generations, offering insights into our origins, societies, and diverse cultures. Explore creation stories, modern tales, and more in this course to uncover what enduring stories reveal about our predecessors.

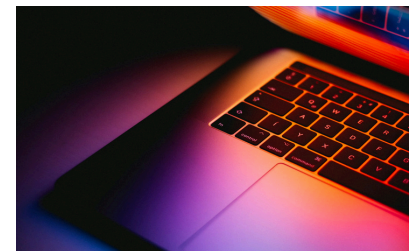
**THURSDAYS,** 10:00-11:30 am

SALON D,

October 3- December 5

Nov 7 VIELLE BRASSERIE

\$30/10 weeks



IN-PERSON

## **TECH TALK**

This group aims to help members stay connected with their friends, learn more about their laptops, phones and tablets, and improve their general digital literacy.

**FRIDAYS,**

1:30-3:00 pm

In the Cafeteria

September 6-November 8

# FALL TRIPS

## SEPTEMBER

PLEASE NOTE THAT THE TIME INDICATED IN THE TEALEAVES IS THE TIME **YOU WILL BE AT THE TEAPOT.** THE DEPARTURE TIME IS ALWAYS 30 MINUTES AFTER THIS TO GIVE A GRACE PERIOD TIME TO THE PARTICIPANTS ARRIVING.

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

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

## OCTOBER



**Apple Picking**



Let's have a blast celebrating fall at the Apple Orchard! This year, you can pick 5 lbs of juicy apples, hop on a tractor ride, enjoy a delicious cider tasting, and indulge in their amazing homemade doughnuts paired with a pick-me-up coffee!

Bring your own lunch for a lovely picnic!

**FRIDAY SEPTEMBER 13TH**  
 11:00 am - 4:30 pm  
 Cost: \$32  
**Location: Petch Orchards, Hemmingford**



**Alpaca Farm**



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 Annie's.

**FRIDAY SEPTEMBER 27**  
 10:00 am - 3:15 pm  
 Cost \$20 + lunch at your expense  
**Location: Les Alpagas de la Petite Cote**



**Pointe Claire Village**



Wander through the streets, explore unique boutiques, cafes, and enjoy scenic views of Lake Saint-Louis. Come for a stroll to the picturesque Pointe-Claire Lighthouse. Wrap up your visit with a relaxing lunch (or bring your own!). A perfect day for a taste of history, shopping, and fun!

**FRIDAY OCTOBER 11**  
 Time: 10:00 am - 4 pm  
 Cost: \$8 + Lunch at your own cost  
**Location: Pointe Claire Village**

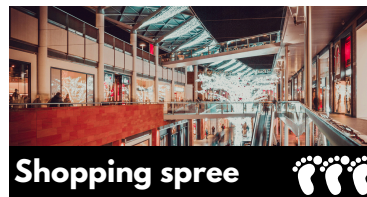
## NOVEMBER



**Orange Julep Sightseeing**

Get ready for a taste of nostalgia and fun! Join us for a delightful trip to the iconic Orange Julep, where you can savor their famous orange drinks and enjoy a charming, retro atmosphere. Afterwards, we'll do a bus tour to the Oratory and Mount Royal!

**FRIDAY OCTOBER 25TH**  
 11:00 - 3:30 pm  
 Cost: \$8 + lunch at your expense  
**Location: 7700 Boulevard Decarie**



**Shopping spree**



Join us on the Teapot bus for a day of shopping! You are bound to find something for yourself, a friend or loved one, especially before the holidays!

**FRIDAY NOVEMBER 22**  
 10:00 - 3:00 pm  
 Cost: \$12  
**Location: Carrefour Laval**



**Holiday Market**



Step into a winter wonderland at the Holiday Market! You'll be dazzled by 1 of the 40 chalets of local or regional artisans, by the musical and theatrical programming or by the sweet smell of mulled wine, among other holiday treats.

**FRIDAY NOVEMBER 29**  
 2:00 pm - 7:00 pm  
 Cost: \$8  
**Location: Quartier des spectacles**



# 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.

### **ACCESSIBLE BY MAIL -**

**Payments to receive the newsletter by mail for winter, spring, and summer 2025:**

**Please see Carole at reception and pay \$10 by November 1st, 2024.**

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](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

## 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 Executive 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.

# JOYFUL CONNECTIONS: FUNDRAISING CAMPAIGN

**EVERY DONATION HELPS US COMBAT ISOLATION AND FOSTER WELL-BEING.**

As the year draws to a close, we're excited to launch our end-of-year fundraising campaign, "Delivering Joy," which is essential to well-being and mental health during the holiday season.

Your generous donations will enable us to maintain and expand our programs, ensuring that our 50+ community members receive the care and support they need. Social isolation can be particularly challenging this time of year. With your support, we can alleviate the cycle of loneliness and ensure that older adults in our community do not feel alone.

## **How to Donate:**

- Donate through our website
- Send an e-transfer to [teapot@theteapot.org](mailto:teapot@theteapot.org)
- Or donate by cheque or cash

Every contribution, no matter the size, makes a significant difference. By spreading the word about our campaign, you can help us reach even more people who might be willing to support our cause.

Please donate today and share our campaign with your friends, family, and networks. Your support means the world to us and to those we serve. Thank you for being a part of our community and for your commitment to enhancing mental health and well-being at The Teapot 50+ Centre.




## **FUN-RAISING PUTTING THE "FUN" BACK INTO FUNDRAISING**

### **RAFFLE**


#### **Chance to Win Big!**

We're excited to announce a special raffle where you can win one of 20 amazing prizes!

#### **Here's how it works:**

 Make a donation towards the "Joyful connections, Delivering Joy" Campaign

**How to win:** The top donors will automatically be entered into the raffle.

 **Prizes:** 20 fantastic prizes are up for grabs! Certificates from local merchants and companies

 **Raffle Date:** Monday December 16th, @ 1:30pm

 Thank you for your generosity and good luck!

## **EVERY COIN COUNTS!**

We're collecting loose change at the front desk to support our "Joyful Connections, delivering joy" campaign!

Drop in and share your spare loose change —it's a small gesture that can make a big difference.



# JOYFUL CONNECTIONS; DELIVERING JOY - ONE PACKAGE AT A TIME

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The Teapot is on a mission to ensure that not one of our social service participants is forgotten this holiday season. Help us spread holiday cheer by providing a sweet care package 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 an older adult with a care package. This donation includes the packages, scone products, additional goodies, gift cards and volunteer mileage.
- **How to Donate:** You can donate cash, cheque, or debit/credit card at The Teapot Centre, 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 "Joyful Connections, delivering joy" 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 Assembly & Deliveries:** If you have the time and willingness to volunteer, contact Melissa, the Volunteer Coordinator, and express your interest in helping with platter assembly & deliveries on December 18th. Volunteering is a great way to contribute directly to the cause. *A car is required; mileage is reimbursed.*
- **Encourage Others to Volunteer:** Even if you can't volunteer, you can still encourage others to do so. Mention the opportunity to friends or social groups interested in helping out.
- **Deadline:** Donations are accepted until **Wednesday, December 13th**. If you plan to donate or volunteer, do so before this date.

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By supporting The Teapot's "Joyful Connections, Delivering Joy" Campaign, you'll positively impact the lives of older adults in your community, ensuring they have a warm meal and feel the holiday spirit.



# THANK YOU TO OUR SUPPORTERS!



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

Québec 



FONDATION  
*Lindsay Memorial*  
FOUNDATION



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