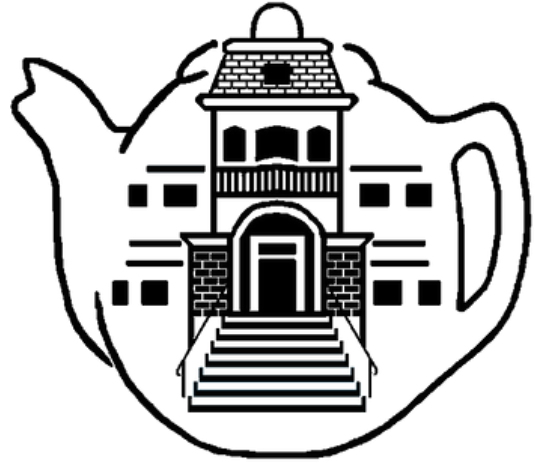


# THE TEAPOT 50+ CENTRE

## TEA LEAVES

**JAN - FEB - MAR 2025**

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



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# 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.

# ZERO TOLERANCE

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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

### Marie-Josée Boivin

- President

### Valerie Clayton

- Vice President

### Brownlee Thomas

- Treasurer

### Diane Larouche

- Secretary

### Gerlinda Gimber

- Administrator

### Célyne Pilon

- Administrator

### Anita Stern

- Administrator



**Tamara Peel**

EXECUTIVE DIRECTOR  
Tamarap@theteapot.org



**Kierra Dubeau**

COMMUNICATIONS  
COORDINATOR  
Kierrad@theteapot.org



**Melissa Maselli**

COMMUNITY OUTREACH  
& VOLUNTEER  
COORDINATOR  
Melissam@theteapot.org



**Jackie Casey**

SOCIAL SERVICES  
COORDINATOR  
Jackiec@theteapot.org



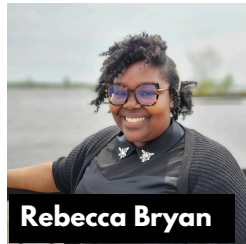
**Michelle Welsford**

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Michellw@theteapot.org



**Ashley Hamilton**

PROGRAM WORKER  
Ashleyh@theteapot.org



**Rebecca Bryan**

SOCIAL DEVELOPMENT  
COORDINATOR  
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**Theresa Guihan**

INTERVENTION  
WORKER  
Theresag@theteapot.org



**Carole Coulombe**

COMMUNITY  
LIAISON AGENT



**Amber Eckhardt**

COMMUNITY  
LIAISON AGENT



**Nora Xu**

BOOK KEEPER



**Peter Pardi**

BUS DRIVER



# TEAPOT UPDATES



Are you curious to learn more about the NEW Activity Registration procedure and policy? This is your chance to ask, get clarification, and create the F.A.Q. to help others.

 Date: **Thursday December 19th**

 Time: **10am to 11:30am**

 Location: **Teapot Cafeteria (basement main room)**

Our team will be there to answer your questions.

Call Carole or Amber at the front desk to reserve your place.



The Teapot team will be taking a much-needed holiday break! 🎄 ✨

We will be closed starting **December 20th** and will **return on January 6th, 2025**. We will respond to all messages upon our return in the new year.

From all of us at The Teapot, we wish you a fantastic holiday season, and we look forward to seeing you in the new year! ❄️



This spring, The Teapot will be offering free income tax assistance for the 50+ community. To be eligible for this service, your annual income must be under \$35,000 for individuals living alone and \$45,000 for couples. **Appointments are available in-person at our centre on the following dates: March 12, 19, 26, & April 9, 16, 23**

**Please call the centre as of February 3rd, 2024 to schedule an appointment. 514-637-5627**



**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.



# **NEW ACTIVITY REGISTRATION PROCEDURE**

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## **Phase #1 - REGISTERED PARTICIPANTS RESIDING IN LACHINE**

**Wednesday, January 8th, 2025 & Thursday, January 9th, 2025**

**from 9:30 am to 3:30 pm**

Registration is in-person and by telephone.

No online registration is available.

## **Phase #2 - REGISTERED PARTICIPANTS RESIDING OUTSIDE LACHINE**

**Friday, January 10th, 2025 from 9:30 am to 3:30 pm**

Registration is in-person and by telephone.

Online registration is available.

### **Telephone callback procedure:**

#### **Phase # 1 and # 2 telephone callback appointments:**

As of December 16th, phone appointments for both phases start at 9:30 am. Depending on where you reside, you will be placed on a callback list.

### **Payment of Activities:**

You must make a full payment at the time of registration. We accept personal cheques, cash, credit cards, and debit cards. Personal cheques must be dated on the day of purchase.

### **Activity Waiting List:**

When an activity reaches full capacity, interested participants can request to be placed on a waitlist. Lachine residents who were waitlisted during "Phase 1 of the registration period will receive priority on the waiting list. Waitlisted individuals will be notified based on their position as spaces become available. Participants will be contacted via phone or email and must confirm their spot immediately.

### **Trip registration:**

- 1. Stand-by procedure:** Participants interested in filling a last-minute vacancy should arrive in person 30 minutes before the trip's departure. If someone is absent, they can take the available spot and must pay for the trip immediately at the reception desk with a staff member.
- 2. Second bus trips:** To address a trip waitlist, the Centre reserves the right to schedule a second trip. This aims to ensure that additional demand can be met and more participants have the opportunity to join.

**REMINDER \*\*\*New Activity Registration Q&A Session on Thursday, December 19th at 10:00am \*\*\***

# VOLUNTEER

**CONNECT WITH YOUR COMMUNITY:  
GET INVOLVED!**

➔ **SCAN OUR QR CODE TO  
VISIT OUR ONLINE INTEREST FORM:**



Or access it online at:

<https://bit.ly/Onlineinterestform>



**KIOSK HELPER**



**GROCERY SHOPPER**



**FRIENDLY VISITOR**



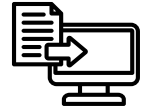
**KITCHEN HELPER**



**MEDICAL DRIVER**



**DATA ENTRY CLERK**



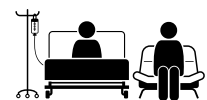
**FRIENDLY CALLER**



**BOUTIQUE ASSISTANT**



**MEDICAL  
ACCOMPANIMENT**



**SPECIAL EVENTS  
HELPER**



It's been a few months since I joined The Teapot as a volunteer, and I am really enjoying my experience.

The Teapot offered me a position in the kitchen to bake scones. I was thrilled that they thought of me, given that I enjoy baking for others. It's great to get out of the house every two Fridays and be with others.

Thank You, Teapot!

Lydia Sylvestre

**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.

# OUR SERVICES

YOU MUST MEET WITH ONE OF OUR SOCIAL SERVICES TEAM MEMBERS BEFORE BENEFITING FROM OUR SERVICES.

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

**Contact us at (514) 637-5627  
or by email at [jackiec@theteapot.org](mailto:jackiec@theteapot.org)**



## Transportation (\$)

**Lachine residents only.** We provide volunteer drivers and taxi vouchers, for medical appointments, banking, and errands within Lachine. We need three-five business days' notice for transportation requests. For pricing, please consult our new pricing chart which can be found on page 6.



## Foot Clinic (\$)

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



## Case Management

- Needs assessments
- Referrals
- Advocacy
- Assistance with forms
- Crisis intervention
- Follow-ups
- Housing



## 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!



## 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.



## 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.



## Income Tax Clinic

This spring, The Teapot will be offering free income tax assistance for the 50+ community. To be eligible for this service, your annual income must be under \$35,000 for individuals living alone and \$45,000 for couples. Appointments are available in-person at our centre on the following dates: March 12, 19, 26, & April 9, 16, 23

Please call the centre as of February 3rd, 2024 to schedule an appointment. [514-637-5627](tel:514-637-5627)



## Tech Support

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



## 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!

THE SUPPORT YOU NEED,  
WHEN YOU NEED IT.

# SERVICES

# UPDATES

YOU MUST MEET WITH ONE OF OUR SOCIAL SERVICES TEAM MEMBERS BEFORE BENEFITING FROM OUR SERVICES.

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

**Contact us at (514) 637-5627**

**or by email at [jackiec@theteapot.org](mailto:jackiec@theteapot.org)**



## New Transportation Price Chart:

To maintain affordable transportation amid rising costs, we are standardizing our pricing structure, effective November 1, 2024, for Lachine members only. Volunteer-driven fees will support the Transport program.

### Round Trip Rates:

- o Lachine: \$5
- o Dorval: \$10
- o Lakeshore/Brunswick: \$25
- o Lasalle (up to Dollard): \$10
- o Lasalle (after Dollard): \$15
- o Verdun/South West: \$20
- o GLEN: \$25
- o Decarie/Cotes-des-Neiges/Jewish General/St. Mary's: \$30
- o Montreal General: \$30
- o CHUM: \$35
- o Jean Talon Hospital: \$50

Prices may change in the future. Thank you for your understanding!



## Alterations Update:

Our alterations schedule with Azaratou Boukari: Mondays and Wednesdays from 10:00-noon.

Please consult the new price list below:

- Button Replacement --> \$1.00
- Hem (with sewing machine) --> MINIMUM \$5.00
- Hem (by hand) --> MINIMUM \$5.00
- Seam Repairs --> MINIMUM \$5.00
- Elastic Replacement --> \$5.00 + material
- Change Zipper --> COAT \$12.00 + material
- Change Zipper: Pants / Skirts \$8.00 + material
- Neckline adjustment --> MINIMUM \$5.00
- Other services --> To be discussed

Please speak with Melissa at 514-637-5627 or [melissam@theteapot.org](mailto:melissam@theteapot.org) for more information.





LOOKING FOR OUR MONTHLY CALENDAR?  
SCAN THE QR CODE WITH YOUR PHONE:



VISIT OUR WEBSITE:

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

OR PICK ONE UP

AT OUR RECEPTION DESK!

# SPECIAL EVENTS



## New Years Party

Kick off the year with good vibes and great company! Enjoy a spread of snacks and sip on refreshing sparkling beverages as we toast to new beginnings. Whether you're catching up with friends or making new ones, this is the perfect way to start 2025 on a high note. Don't miss out on the fun—let's make unforgettable memories together!

**THURSDAY, JANUARY 23, 2:00-4:00 pm**  
SALON C

**Cost: Lachine resident: \$5**  
**Non-Lachine residents: \$10**



## Teapot Concert

Join us for a staycation at the Teapot! Vocalist Barbara Lewis's show, "Imagine This!" Songs & Stories that Celebrate Our Creative Souls, has been getting great reviews, leaving people uplifted and joyful about their own creative possibilities. Enjoy a show, some coffee and snacks with us!

**FRIDAY, FEBRUARY 28, 1:30-3:00 PM**  
SALON A

**Cost:**  
**Lachine residents: \$7**  
**Non-Lachine residents: \$12**



## St Patrick's Day

Join us for fun, music, and good cheer! Indulge in a tasty meal together, exciting activities, and create lasting memories. Wear your green and come ready for a shamrockin' good time!

**THURSDAY, MARCH 20, 11:30 am-1:30 pm**  
Cafeteria

**Cost:**  
**Lachine residents: \$10**  
**Non-Lachine residents: \$15**



## Belated Birthday Bash

Hey Party People! We're bringing back the Birthday Bash for an epic reboot to celebrate all the belated birthdays of 2024!

Join us for an event packed with some treats, music and loads of laughter!

Don't miss out on the chance to relive the magic of birthdays past!

**WEDNESDAY, MARCH 26, 1:00-3:00 PM**  
SALON C  
**Cost: FREE!**

# LEISURE ACTIVITIES

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



IN PERSON

## HOOKS N' NEEDLES

Join us in person and meet with other knitters, quilters and crochet-masters!

### MONDAYS

1:00-3:00 pm  
Cafeteria

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

January 14-March 18



IN PERSON

**\*\*NEW\*\***

## LANGUAGE CAFÉ

Join us to converse in English, French or Spanish with friendly volunteers and other participants.

You must have conversational abilities in the language(s) you want to practice.

Sign up with reception on Fridays!

### TUESDAYS

1:30-3:00 pm  
Cafeteria

January 21- March 11



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

January 16, Jan 30, February 13,  
February 27, March 13, March 27

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



IN PERSON WITH THERESA

## ART HIVE

Join fellow crafters to create decorations for The Teapot.

### Every second FRIDAY

10:30 am-12:30 pm  
Salon A

January 24, Feb 21,  
March 7, March 21

No course on February 7



IN PERSON

## TABLETOP GAMES

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

### 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.

## JANUARY



**January 14:**  
Broccoli Cheddar  
Soup  
Sandwich  
Mini muffins



**January 21:**  
Potato Leek  
Soup  
Sandwich  
Fruit Pie



**January 28:**  
Rice & Veggie Soup  
Sandwich  
Lemon cake

## FEBRUARY



**February 4:**  
Cream of Celery  
Soup  
Sandwich  
Mini Brownies



**February 11:**  
Minestrone  
Soup  
Sandwich  
Marble Cake



**February 18:**  
Roasted red  
pepper Soup  
Sandwich  
Glazed doughnut



**February 25:**  
Cauliflower  
Soup  
Sandwich  
Oatmeal Raisin  
Cookies

## MARCH



**March 4:**  
Creamy  
Carrot,  
Tomato, and  
Ginger Soup  
Sandwich  
Danish Pastry



**March 11:**  
Pea Soup  
Sandwich  
Apple turnover



**March 18:**  
White Bean Soup  
Sandwich  
Berry Pie

GET MOVING

# PHYSICAL ACTIVITIES

**THE FEES FOR LACHINE RESIDENTS**  
**\$60 FOR 10 WEEKS;**  
**\$8 FOR 1 CLASS**

**THE FEES FOR NON-LACHINE  
RESIDENTS**  
**\$65 FOR 10 WEEKS;**  
**\$13 FOR 1 CLASS**



IN-PERSON WITH SUZANNE

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

Combines seated and standing mobility exercises to improve posture, joint mobility, and functional strength.

**MONDAYS, 10:10-11:10 am, Salon C**  
**January 13-March 17**



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**  
**January 14- March 18**



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**  
**January 14- March 18**



IN-PERSON WITH SUZANNE

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

Improve balance and strength. Find stability and vitality.

**WEDNESDAYS, 10:10 am-11:10 am, Salon C**  
**January 15-March 19**



IN-PERSON WITH ANNIE

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

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

**WEDNESDAYS, 11:00 am-12:00 pm, Outside**  
**January 15-March 19**

# PHYSICAL ACTIVITIES

## THE FEES FOR LACHINE RESIDENTS

**\$60 FOR 10 WEEKS;  
\$8 FOR 1 CLASS**

## THE FEES FOR NON-LACHINE RESIDENTS

**\$65 FOR 10 WEEKS;  
\$13 FOR 1 CLASS**

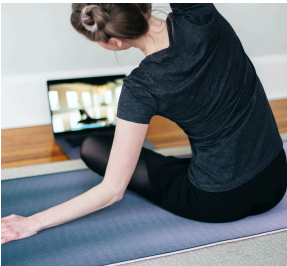


IN-PERSON WITH SUZANNE

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

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

**THURSDAY**, 9:00–10:00 am, Salon C  
**January 16–March 20**

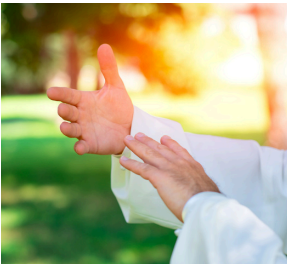


ONLINE WITH SUZANNE

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

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

**THURSDAYS**, 3:00 pm–4:00 pm, Virtual  
**January 16–March 20**



IN-PERSON WITH FLORENCE

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

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

**THURSDAYS**, 10:00 am–11:00 am, Salon C  
**January 16–March 20**

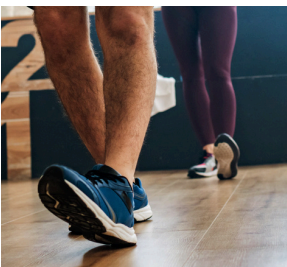


IN-PERSON WITH FLORENCE

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

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

**THURSDAYS**, 11:00 am–12:00 pm, Salon C  
**January 16–March 20**



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  
**January 17–March 21**



# EDUCATIONAL WORKSHOPS

**ALL  
WORKSHOPS  
ARE FREE!**



IN-PERSON WITH TAMARA, DIRECTOR AT THE TEAPOT 50+ CENTRE

## **STM TRANSPORTATION IN AND AROUND LACHINE**

Are you impacted by the recent cancellations or route changes of the STM in Lachine? Join us in a community discussion to share your thoughts, experiences, and concerns. Your input is valuable in helping us address these changes and their impact on our community.

Language: Bilingual

**THURSDAY, JANUARY 30**, 1:30-3:00 pm, 2801 BOUL ST JOSEPH (VIEILLE BRASSERIE)

IN-PERSON WITH CHANTAL

## **ESSETRICS: AGING BACKWARDS®, INTERMEDIATE LEVEL**

Rebalance your body, unlock tight joints, improve posture, and tone your physique with this low-impact, equipment-free workout. Simultaneously stretch while strengthening your body!

**Participants must be able to transition easily between standing and floor exercises.**

**A mat, a strap, and a small cushion or towel are recommended.**

**8 participants maximum.**

Language: Bilingual

**FRIDAY, JANUARY 31**, 11:00 AM-12:00 PM, SALON C

**FRIDAY, FEBRUARY 28**, 11:00 AM-12:00, SALON C

**FRIDAY, MARCH 7**, 11:00 AM-12:00, SALON C

**FRIDAY, MARCH 14**, 11:00 AM-12:00, SALON C



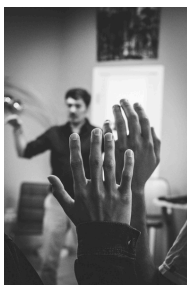
IN-PERSON WITH SIMEON POMPEY, TEACHER & DIRECTOR AT DAWSON COLLEGE CRLT & COMITÉ JEUNESSE NDG

## **BLACK HISTORY MONTH**

Join us this Black History Month as we delve into the history of Canadian slavery. Explore the past through engaging discussions and hands-on experiences with authentic artifacts that illuminate the lives and struggles of those who endured this dark chapter in our history. Together, we'll reflect on the legacy of slavery in Canada and its impact on our society today. Don't miss this opportunity to learn, engage, and honour the history and resilience of Black Canadians.

Language: English

**FRIDAY, FEBRUARY 7**, 10:30 AM-12:00 PM, SALON A



IN-PERSON WITH CHRISTINE BALDRY, NAVIGAIANTS, MSW - HEALTHCARE NAVIGATION, CARE PLANNING & CAREGIVER SUPPORT; CIVIL LAW NOTARY - NADA CHALABY

## **NAVIGAIANTS- QUESTIONS AND ANSWERS!**

With over 20 years of experience, Christine specializes in healthcare navigation and caregiver support, addressing your questions about public health, curatorships, and psychosocial evaluations. Nada brings her expertise in wills, protection mandates, and tutorships to help you navigate essential legal processes.

Language: Bilingual

Come ready with your questions for this amazing opportunity!

**THURSDAY, FEBRUARY 13**, 1:30- 3:00 pm, 2801 BOUL ST JOSEPH (VIEILLE BRASSERIE)

# EDUCATIONAL WORKSHOPS

**ALL  
WORKSHOPS  
ARE FREE!**



IN-PERSON WITH CARING PAWS ANIMAL THERAPY (CPAT)

## CARING PAWS

The unconditional love that animals provide helps alleviate depression and feelings of isolation. Caring Paws Animal Therapy provides supportive pet therapy visits to West Island and Montreal institutions. Sign up and appreciate some animal love while learning about the benefits of pet therapy and experiencing them for yourself!

Max: 20 people due to pets' comfort with individuals

Language: Bilingual

**THURSDAY, FEBRUARY 27, 1:30-2:30 pm, 2801 BOUL ST JOSEPH (VIEILLE BRASSERIE)**



IN-PERSON WITH CLAIRE WEBSTER, FOUNDER AND AMBASSADOR OF THE MCGILL DEMENTIA EDUCATION PROGRAM AND MCGILL CARES

## MCGILL DEMENTIA EDUCATION PROGRAM

During this presentation, Mrs. Claire Webster, former caregiver and Certified Dementia Care Consultant, will share practical advice on how to care for a person living with dementia. She will discuss important considerations to ensure the safety and wellbeing of both the individual as well as the care partner to help families understand and access the resources needed to navigate this disease. A question-and-answer period will follow.

Language: English presentation with the opportunity to ask questions in French (French presentation to follow in 2025)

**MONDAY, MARCH 24, 1:30-3:00 pm, 2801 BOUL ST JOSEPH (VIEILLE BRASSERIE)**



VIRTUAL RECORDING WITH RICHARD GOLDMAN, EDUCALOI

## RENT INCREASES, LEASE RENEWALS AND REPOSSESSION

This workshop is designed to help renters understand key issues that can arise during their tenancy, including rent increases, lease renewals, and potential repossession. Whether you're facing changes to your rental agreement or just want to know your rights, this session will provide you with important information and practical advice on how to navigate these situations with confidence. Learn about your options, your rights, and the steps you can take to ensure you're prepared for any challenges ahead. **\* This presentation is virtual, but will be presented live \***

Language: English

**WEDNESDAY, MARCH 19, 10:00-12:00 pm, SALON A**

*This initiative was made possible through a financial contribution from Health Canada and CHSSN.*



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

## PREPPING TO MOVE

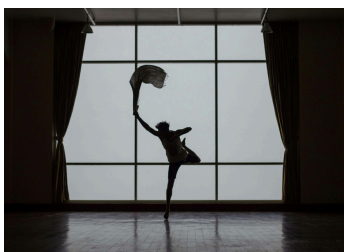
Ready to sell your house? Join our workshop to learn all the essentials! Discover how to prep your home for a standout sale—think cleaning, decluttering, and painting. We'll guide you through the process of ordering a new certificate of location and share tips on selecting the perfect real estate agent 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: English only (French offered in Spring 2025)

**THURSDAY, MARCH 27, 1:30-3:00 p.m., 2801 BOUL ST JOSEPH (VIEILLE 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,**  
10:30-11:30 a.m.  
Salon D  
**January 13- March 17**

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



**IN-PERSON WITH ASHLEY**  
**PAINTING**

Join us for an engaging journey into the world of painting! This course explores techniques, styles and concepts of painting while meeting new people!

**MONDAYS, 1:00-3:00 p.m**  
January 20- March 10  
Cafeteria  
January 20-March 10  
Lachine residents: \$40/ 8 weeks  
Non-Lachine residents: \$45/ 8 weeks



**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 p.m.**  
Online via Zoom  
**January 14-March 18**

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



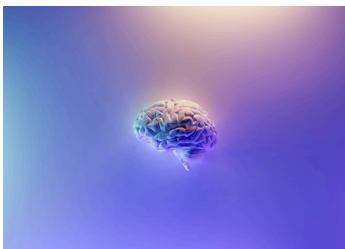
**ONLINE WITH KAREN**  
**MUSIC DISCUSSION  
GROUP**

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.

Language: English

**WEDNESDAYS,**  
4:30 p.m. -5:30 p.m.  
**January 15-March 19**

*This course 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**

Explore emotions, self-love, and communication for resilience, laughter, and mindfulness. Embrace vibrant well-being! Must be bilingual due to content.

**WEDNESDAYS,**  
10:00-11:30 a.m.  
VIEILLE BRASSERIE (2801  
BOUL ST JOSEPH)  
**January 15-March 26**

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



**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.

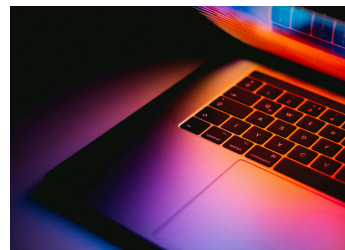
**WEDNESDAYS,**  
1:30-3:00 pm  
**Online via Zoom**  
• EVERY TWO WEEKS:  
**January 15, January 29,  
February 12, February  
26, March 12**



**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. In this course, explore creation stories, modern tales, and more to uncover what enduring stories reveal about our predecessors.

**THURSDAYS,**  
10:00-11:30 am  
SALON D  
Lachine residents: \$30/10 weeks  
Non-Lachine residents: \$35/ 10 weeks  
**January 23-March 27**



**IN-PERSON**  
**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  
SALON A  
**January 24-March 28  
February 28- in the  
cafeteria**



# WINTER TRIPS

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.**



**Bowling together!** 

Join us for a fun-filled bowling party! Whether you're a pro or just looking to have a good time, it's the perfect chance to roll some strikes and enjoy great company.

**FRIDAY JANUARY 17**

11:00 am - 4:00 pm  
 Cost:  
 Lachine residents: \$25  
 Non-Lachine residents: \$30

**Location: G Plus Bowling, Lasalle**

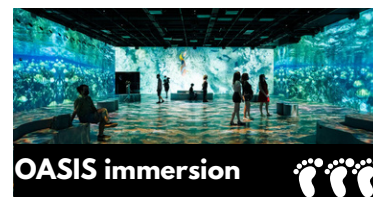


**Eaton Excursion** 

Get ready for a fantastic day of shopping and culinary exploration! We'll kick off our trip at the iconic Eaton Center, where you can browse a wide array of shops and enjoy the vibrant atmosphere. After a day of retail therapy, we'll head over to Time Out Market for a delicious culinary experience. Indulge in a variety of mouthwatering dishes from local chefs and food vendors, all under one roof!

**FRIDAY JANUARY 31**

9:30 am - 3:30 pm  
 Cost:  
 Lachine residents: \$10  
 Non-Lachine residents: \$15  
**Location: Eaton Center & Time Out Market**



**OASIS immersion** 

Wander through the amazing walkable light show of OASIS immersion! Experience captivating, all-immersive exhibitions that celebrate the people, places, and trends that shape our world. Explore a stunning gallery filled with dazzling light installations, and unwind in the lounge area. Don't miss this unique opportunity to immerse yourself in art and inspiration!

**FRIDAY FEBRUARY 14**

Time: 12:00 pm - 4:00 pm  
 Cost:  
 Lachine residents: \$35  
 Non-Lachine residents: \$40  
**Location: Palais des Congrès**




**Lunch with friends** 

Join us for a delightful lunch trip to Carlos and Pepe's! Treat yourself to a midday escape filled with vibrant flavors and authentic Mexican cuisine. With a lively atmosphere and friendly service, it's the perfect spot to recharge and connect with friends.

**FRIDAY FEBRUARY 21**

11:50 AM - 3:30 PM  
 Cost:  
 Lachine residents: \$10 + lunch at your own cost  
 Non-Lachine residents: \$15 + lunch at your own cost  
**Location: Carlos & Pepe's - Vaudreuil**



**Montreal Museum of Fine Arts Workshop** 

Get creative at our museum workshop! Slow down, engage with selected artworks dealing with themes of nature, and let your imagination soar. After discussing what the pieces evoke, you'll create your own to take home. This workshop, part of MBAM's Community program, which is open to those who want to connect with art in a personal, creative way. Come get inspired!

**FRIDAY MARCH 14**

12:10 pm - 5:00 pm  
 Cost:  
 Lachine residents: \$10  
 Non-Lachine residents: \$15  
**Location: Montreal Museum of Fine Arts**



**Sugar Shack** 

Join us for a delicious Sugar Shack Trip! Savor a traditional meal featuring maple-infused dishes, visit adorable farm animals, and explore the charming shop filled with local goodies. Don't miss the fun of enjoying maple syrup poured on fresh snow!

**FRIDAY MARCH 28**

11:00 am - 4:00 pm  
 Cost:  
 Lachine residents: \$36  
 Non-Lachine residents: \$41  
**Location: Cabane à sucre Lalonde**

# 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 spring, and summer 2025:**

**Please see Carole at reception and pay March 15 2025.**

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 Activity Cancellation and Refund Policy

The Teapot will only issue refunds in specific situations. You will receive a refund if the event or trip is cancelled. In the event of an unforeseen circumstance, you may be eligible for a refund, or if you only attended the first session of a class. Additionally, a refund may be issued for special events, trips and education courses if someone on the waiting list can replace you. It's important to remember that you cannot transfer your spot to another participant, as it must be given to someone on the waiting list. An administrative cost may apply.

## 3 Activity Waitlist Policy

When an activity reaches full capacity, interested participants can request to be placed on a waitlist. Lachine residents who were waitlisted during "Phase 1 of the registration period" will receive priority on the waiting list. Waitlisted individuals will be notified based on their position as spaces become available. Participants will be contacted via phone or email and must confirm their spot immediately.

## 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 behaviours continues, the individual will be suspended from participating in trips for six months. Additionally, any subsequent trips already paid for will be refunded.

# WAYS TO SUPPORT US

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

## 1 Donations

We are a non-profit dedicated to transforming lives. Your donations, big or small, drive positive change in the community. You can contribute in person or online at our website, or via e-transfer to [teapot@theteapot.org](mailto:teapot@theteapot.org). Thank you for supporting hope and progress.

## 3 Raffle

The Teapot holds a monthly half-and-half raffle to raise funds. Tickets are \$2 for 3 tickets and can be purchased at reception. The winner, who receives half the money collected, is announced on the first Friday of the month at noon.

## 4 Merchandise

Get your Teapot-inspired merchandise available for purchase.

- Teapot pens \$2
- Re-usable Teapot cup (20 oz) \$6
- Re-usable Teapot Face Mask \$1
- Teapot water bottle \$7
- Teapot T-Shirts (s-xl) \$15
- Urban Poles (pair) \$20

## 2 Thrift Store - Boutique

Discover our collection of jewelry, clothing, accessories, and bags—all just \$2, with specialty items at \$5. Our friendly volunteers are ready to assist you every Monday and Wednesday from 9:30 AM to 12:00 PM. Plus, we gladly accept clothing donations to support our cause. Shop with us and make a difference today!

*ATTENTION: The Boutique will be closed as of Wednesday, December 18, 2024 and will reopen on Monday, January 13th, 2025.*



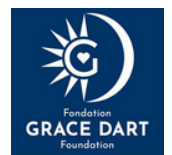


# THANK YOU TO OUR SUPPORTERS!



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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