

THE TEAPOT 50+ CENTRE

TEA LEAVES

APRIL - MAY - JUNE 2025



2901 St-Joseph Blvd. | Lachine, QC H8S 4B7

514-637-5627 | teapot@theteapot.org

Social Media: @theteapot50

Monday-Friday: 9:00 am - 3:30 pm | Friday pm: Office closed as of 12:00 pm.



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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.

MEET THE TEAM

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COMMUNITY
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Peter Pardi

BUS DRIVER

Board of Directors

Marie-Josée Boivin

- President

Valerie Clayton

- Vice President

Brownlee Thomas

- Treasurer

Diane Larouche

- Secretary

Gerlinda Gimber

- Administrator

Anita Stern

- Administrator

Célyne Pilon

- Administrator



OUTREACH SATELITES CENTRE

We are proud to highlight our partnership with the **Office Municipal d'Habitation de Montréal (OMHM)** in Lachine. We began in September, enabling us to offer various outreach interventions at five senior residences.

From September to November, a **Door-to-Door initiative** provided one-on-one contact with over 300 individuals at each residence, fostering direct engagement. We then organized gatherings to share our mission and goals, collaborating closely with resident committee members to strengthen community involvement.

The residents have been open to allowing us to offer ongoing **weekly services** and have created direct connections with residents, offering a platform to listen, understand, and learn about their aspirations for improving their living conditions.

Through this collaboration, our services have significantly impacted some of our community's most vulnerable members. Supporting seniors directly in their residences has allowed us to offer **essential advocacy and resources** that greatly enhance their quality of life. Additionally, our interventions encourage connection among residents, fostering stronger, more supportive communities.

These efforts are crucial in combating isolation among seniors, ensuring they can access the services and support needed to thrive. Our advocacy helps empower residents, helping them overcome challenges and ensuring their voices are heard and respected. We are grateful for the funding of **Centraide and CHSSN**, who support our outreach mission.



COMMUNITY DEVELOPMENT

Advocacy for STM Bus Line Changes -

We listened closely to our participants regarding the impact of the STM changes implemented in September. Based on the feedback we gathered, we partnered with Action Citoyen St. Pierre (Ron Finnigan), QIR, and Concert'Action Lachine to advocate for our participants' needs. Together, we worked to ensure their voices were heard, pushing for adjustments to improve the bus lines, provide adequate accessibility, and serve the community better.

Volunteer Mutualisation -

Last year, our Executive Director joined the board of Concert'Action Lachine. Through various community projects, it became clear that we needed to reflect on volunteerism. With growing projects and citizen involvement, we sought ways to better utilize our resources and adopt best practices.

At The Teapot, we aim to be a blueprint for community development, sharing our tools to help the community thrive. With support from Concert'Action and the Quartier Inclusif et Résilient project, we organized a gathering of agencies working with volunteers.

The meeting focused on how each agency manages volunteers and how we can pool resources for better efficiency.

By optimizing volunteer management and fostering collaboration, we hope to enhance our collective impact and better serve our communities. More to come!



TEAPOT UPDATES



New Activity Registration: Q&A!

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: **Tuesday, March 25th, 2025**

 Time: **2:00 pm - 3:00 pm**

 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.
[\(514\) 637-5627](tel:(514)637-5627)



Vernissage for a Cause: Fundraising event

Celebrate art, community, and impact at our Vernissage for a Cause, supporting The Teapot's Flourish This Spring fundraising campaign! Enjoy a stunning showcase in memory of Francine Ouellette Lemaire, live art by Lynn Kerr, and a silent auction—all fostering connection and advocacy for aging with dignity.

 **Saturday, May 3rd, 2025** |  **1:30 pm - 3:30 pm**

 **Saul Bellow - Lachine Library**

RSVP by May 1st, 4:00 pm.






New Participants Discovery Café

Are you new to The Teapot? We're excited to welcome all participants who have **joined between January 2023 and April 2025** to a special afternoon just for you!

 **Thursday, April 10** |  **1:30 pm - 3:00 pm** |

 **Salon A | Max: 60**

Join us to:

-  Learn more about The Teapot and what we offer
-  Discover valuable resources and opportunities
-  Connect with fellow participants

Light refreshments will be served! We can't wait to meet you!



Boutique Thrift Store

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!

NEW ACTIVITY REGISTRATION PROCEDURE

Phase #1 - REGISTERED PARTICIPANTS RESIDING IN LACHINE

Wednesday, April 2nd, 2025 & Thursday, April 3rd, 2025

from 9:30 am - 3:30 pm in SALON A

Registration is in-person and by telephone.

No online registration is available.

Phase #2 - REGISTERED PARTICIPANTS RESIDING OUTSIDE LACHINE

Friday, April 4th, 2025, from 9:30 am - 3:30 pm in THE CAFETERIA

Registration is in-person and by telephone.

Online registration is available.

Telephone callback procedure:

Phase # 1 and # 2 telephone callback appointments:

As of Tuesday, March 25th, 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.

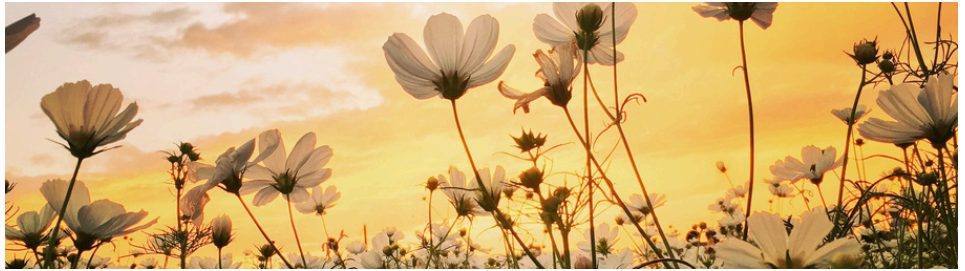
Trip registration:

- 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, March 27th from 10am to 11:30am Location: Teapot Cafeteria (basement main room)**

FLOURISH THIS SPRING

FUNDRAISING CAMPAIGN



As the season changes, The Teapot is launching our Flourish This Spring campaign to support programs that enhance the emotional and social well-being of older adults. Through engaging activities, we help individuals stay active, healthy, and connected in their community.

How You Can Support

- Make a donation (cash, cheque, or e-transfer)
- Shop at our Boutique-Thrift store
- Participate in our half-and-half raffles (tickets at Reception)
- Visit The Teapot Café and buy a coffee or snack

Why Your Support Matters

Every donation and purchase helps us offer free, essential programs that combat isolation, promote well-being, and enrich the lives of our 50+ community. Your generosity makes these initiatives possible.

Help us reach our goal by donating before June 12, 2025.

Together, we can empower our 50+ community to flourish this spring!



VERNISSAGE FOR A CAUSE - FUNDRAISING EVENT

Join us for a remarkable Vernissage, where art and community come together to support The Teapot 50+ Centre's free preventative initiatives. This inspiring event will feature a stunning showcase in memory of Madame Francine Ouellette Lemaire, live art creations by Lynn Kerr, and a silent art auction—all while fostering meaningful connections within our community. Your support helps us advocate for social justice and aging, ensuring a space of inclusion, well-being, and engagement for seniors.

17 Saturday, May 3rd, 2025 1:30 pm – 3:30 pm

📍 Saul Bellow - Lachine Library

🎨 Silent Art Auction | Live Art by Lynn Kerr | In Memory of Francine Ouellette Lemaire

RSVP by Thursday, May 1st, at 4 PM.

Be part of something incredible—where every bid, every conversation, and every shared moment makes a difference!

FLOWER GRAMS - BUY A FLOWER, WATCH THE COMMUNITY FLOURISH

Share joy with a Flower Gram for a friend, loved one, or yourself! **For just \$5**, you'll receive fresh blooms from a local Marché florist and can include a heartfelt message. Every purchase supports our *Flourish This Spring* campaign.

📅 17 Order deadline: Friday May 2nd at noon

💳 Purchase at reception

****Distribution on May 7th as of 10:30 am - 3:30 pm***



VOLUNTEER

CONNECT WITH YOUR COMMUNITY: GET INVOLVED!



Or access it online at:

<https://bit.ly/Onlineinterestform>



KIOSK HELPER



GROCERY SHOPPER



FRIENDLY VISITOR



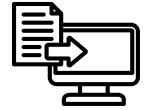
KITCHEN HELPER



MEDICAL DRIVER



DATA ENTRY CLERK



FRIENDLY CALLER



BOUTIQUE ASSISTANT



MINIBUS HELPER



SPECIAL EVENTS HELPER



"Volunteering at The Teapot was very enjoyable and fulfilling. I enjoyed baking and designing birthday cards for Teapot members. The friendly, collaborative, and creative atmosphere was inspiring; loving attention and care in what we do embody our kind and welcoming community."

-Laura

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



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.

This service is made possible through funding from the Lindsay Memorial Foundation (taxi coupons) and Bingo Lachine (medical transport).



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.



Individual Advocacy

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

This service is made possible through funding from the Programme de soutien aux organismes communautaires (PSOC).



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.

This service is made possible through funding from the Programme de soutien aux organismes communautaires (PSOC).



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!

This service is made possible through funding from the Programme de soutien aux organismes communautaires (PSOC).



Shop With (\$)

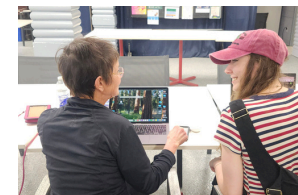
Lachine residents can ride our minibus to and from the grocery store. Volunteers help carry bags to your door. It happens every Thursday and rotates between Metro, IGA and Maxi.

This service is made possible through funding from Bingo Lachine.



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.



Tech Support

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



Alterations

Need a repair or adjustment? Azaratou Boukari is available for alterations on Mondays & Wednesdays, 10 AM - 12 PM. For details, contact Melissa at 514-637-5627 or melissam@theteapot.org.



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!

SPECIAL EVENTS



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!



Welcome to Spring Lunch

Join us for a refreshing and vibrant lunch as we celebrate the season of renewal and growth! Enjoy a delicious lunch. It's the perfect opportunity to recharge, mingle, and kick off the new season with good food and great company.

THURSDAY, APRIL 17, 11:30 am - 1:00 pm, Cafeteria

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



Mother's Day Party

Celebrate the incredible moms in our lives at our Mother's Day Party! Join us for an afternoon filled with love, laughter, and appreciation. Enjoy **finger foods**, fun activities, and heartfelt moments as we honor the amazing women in our lives.

THURSDAY MAY 8, 2:00 pm - 3:30 pm, Cafeteria

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



Annual General Meeting

Join us for the Annual General Meeting 2024-2025. Let's reflect on achievements and discuss future plans together.

RSVP by Friday, June 6th, 2025.

FRIDAY, JUNE 13, 10:00 am - 1:30 pm, Salon A
Cost: FREE



Father's Day Party

Celebrate the incredible fathers in our lives at our Father's Day Party! Join us for an afternoon filled with love, laughter, and appreciation. Enjoy **finger foods**, fun activities, and heartfelt moments as we honor the amazing men in our lives.

TUESDAY, JUNE 17, 2:00 pm - 3:30 PM, Cafeteria

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

INCLUSIVE 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 pm - 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 am - 11:30 am
Online via Zoom

April 8-June 10



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 pm - 3:00 pm
Cafeteria

April 8-May 27

Photo credit: Myrialline Catule (Nouvelles D'ici)



IN PERSON

BREAKFAST CLUB

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

Every second THURSDAY

9:30 am - 11:00 am
Cafeteria

May 1, May 15, May 29, June 12, June 26

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

people

This activity is made possible through funding from the Grace Dart Foundation



IN PERSON WITH ASHLEY

ART HIVE

Join fellow crafters to create decorations for The Teapot.

Every second FRIDAY

10:30 am - 12:30 pm
Cafeteria

May 2, May 30, June 27

No class April 18

No class May 16

No class June 13

This activity is made possible through funding from CHSSN.



IN PERSON

TABLETOP GAMES

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

FRIDAYS

10:00 am - 12:00 pm
Cafeteria

Ongoing

No meeting on April 18

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 pm - 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.

APRIL



April 8
Rice & Veggie
Soup
Sandwich
Chocolate
Cookies



April 15
Cream of
Broccoli soup
Sandwich
Glazed
Doughnut



April 22
Lentil Soup
Sandwich
Mini Muffins

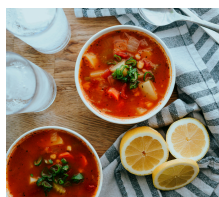


April 29
Tomato Soup
Sandwich
Marble Cake

MAY



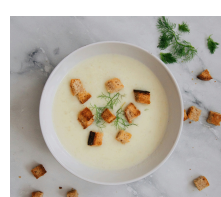
May 6:
Tuscan Bean Soup
Sandwich
Mini Brownies



May 13:
Minestrone
Soup
Sandwich
Oatmeal
Cookie



May 20:
Carrot Ginger
Soup
Sandwich
Fruit Pie



May 27:
Potato Leek
Soup
Sandwich
Apple Turnover

JUNE



June 3:
Potato Corn
Chowder Soup
Sandwich
Swiss Roll



June 10:
Cream of
broccoli
Sandwich
Ice Cream

PHYSICAL ACTIVITIES

PLEASE NOTE THE WEEKS IN THE DESCRIPTION



IN-PERSON WITH SUZANNE

PILATES, BEGINNER (\$), 8 WEEKS

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

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

April 7-June 9

No class April 21 and May 19

Lachine residents: \$50 / 8 weeks and \$8 for 1 class

Non Lachine residents: \$55/ 8 weeks and \$13 for 1 class



IN-PERSON WITH ANNIE

AEROBICS, beginner-intermediate (\$), 10 WEEKS

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

TUESDAYS, 1:30 pm - 2:30 pm, Salon C

April 8-June 10

Lachine residents: \$60/ 10 weeks and \$8 for 1 class

Non-Lachine residents: \$65/ 10 weeks and \$13 for 1 class



IN-PERSON WITH ANNIE

YOGA & STRETCH FUSION, beginner-intermediate (\$), 10 WEEKS

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

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

April 8-June 10

Lachine residents: \$60/ 10 weeks and \$8 for 1 class

Non-Lachine residents: \$65/ 10 weeks and \$13 for 1 class



IN-PERSON WITH SUZANNE

PILATES BALANCE, beginner, (\$), 10 WEEKS

Improve balance and strength. Find stability and vitality.

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

April 9- June 11

Lachine residents: \$60/ 10 weeks and \$8 for 1 class

Non-Lachine residents: \$65/ 10 weeks and \$13 for 1 class



IN-PERSON WITH ANNIE

WALKING FOR WELLNESS (FREE), 10 WEEKS

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

April 9- June 11

PHYSICAL ACTIVITIES



IN-PERSON WITH SUZANNE

CHAIR YOGA, beginner, (\$), 10 WEEKS

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

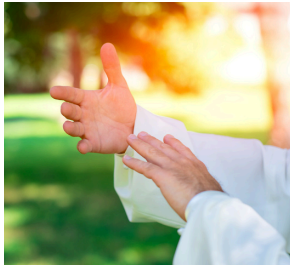
THURSDAY, 9:00 am - 10:00 am, Salon C

April 10-June 12

Vieille Brasserie (2801) on April 24th

Lachine residents: \$60/ 10 weeks and \$8 for 1 class

Non-Lachine residents: \$65/ 10 weeks and \$13 for 1 class



IN-PERSON WITH FLORENCE

TAI CHI, beginner (\$), 8 WEEKS

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

THURSDAYS, 10:00 am - 11:00 am, Salon C

April 10-June 5

No class on April 24

Lachine residents: \$50 / 8 weeks and \$8 for 1 class

Non-Lachine residents: \$55/ 8 weeks and \$13 for 1 class



IN-PERSON WITH FLORENCE

AEROBICS, beginner-intermediate (\$), 8 WEEKS

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

THURSDAYS, 11:00 am - 12:00 pm, Salon C

April 10-June 12

No class on April 24 and June 5

Lachine residents: \$50 / 8 weeks and \$8 for 1 class

Non-Lachine residents: \$55/ 8 weeks and \$13 for 1 class



IN-PERSON WITH ANNIE

DANCE AEROBICS, beginner-intermediate (\$) 8 WEEKS

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

April 11-June 13

June 13 class in salon D

No class April 18, April 25

Lachine residents: \$50 / 8 weeks and \$8 for 1 class

Non-Lachine residents: \$55/ 8 weeks and \$13 for 1 class

EDUCATIONAL WORKSHOPS

**ALL
WORKSHOPS
ARE FREE!**



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.

Language: French

THURSDAY, APRIL 17, 1:30 pm – 3:00 pm, SALON A



IN-PERSON WITH DAWSON STUDENTS – COMMUNITY, RECREATION AND LEADERSHIP TRAINING PROGRAM: ALICIA, IMMA, NAHON

MAKING A DIFFERENCE THROUGH KINDNESS AND NATURE

Join students from the Community Recreation and Leadership Program at Dawson College for an inspiring session on Making a Difference through Kindness, Nature, and Sustainable Practices. The event will feature a presentation, followed by a short walk (15–30 minutes– weather permitting), and an opportunity to plant something together. Come be a part of this meaningful experience and learn how small actions can create positive change!

Language: Bilingual

WEDNESDAY, APRIL 23, 11:00 am – 12:30 pm, Cafeteria



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

MCGILL DEMENTIA EDUCATION PROGRAM

Mrs. Claire Webster, former caregiver and Certified Dementia Care Consultant, will share practical advice on how to care for a person living with dementia. Claire 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: French

THURSDAY, MAY 1, 1:30 pm – 3:00 pm, 2801 BOUL ST JOSEPH (VIEILLE BRASSERIE)



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

MCGILL DEMENTIA EDUCATION PROGRAM

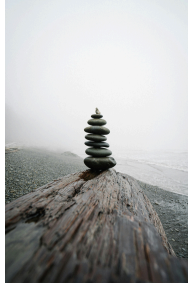
Mrs. Claire Webster, former caregiver and Certified Dementia Care Consultant, will share practical advice on how to care for a person living with dementia. Claire will discuss important considerations to ensure the safety and wellbeing of both the individual as well as the care partner to help families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

Language: English

WEDNESDAY, MAY 7, 1:30 pm – 3:00 pm, SALON A

EDUCATIONAL WORKSHOPS

**ALL
WORKSHOPS
ARE FREE!**



IN-PERSON WITH JD PAYZA, MASTERS LEVEL DANCE/MOVEMENT THERAPIST AND REIKI PRACTITIONER

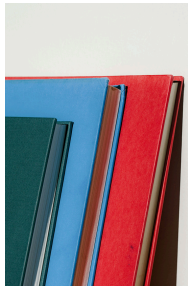
MOVEMENT AND MEDITATION

Join us for a soothing session of gentle movement therapy and sound healing. Begin with a guided imagery meditation featuring singing bowls for a sound bath and a gentle movement meditation. We will journal, relax, connect, and develop self-love through sound.

This workshop was made possible by our ongoing partnership with Literacy Unlimited.

Language: English

THURSDAY, MAY 15, 1:30 PM – 3:00 PM, SALON A



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

GETTING YOUR AFFAIRS IN ORDER

Learn about important documents like wills, power of attorney, and trusts. These tools can help you make sure your wishes are followed and protect your future.

This workshop was made possible by our ongoing partnership with Literacy Unlimited.

Language: English

THURSDAY, MAY 22, 1:30 pm – 3:00 pm, 2801 BOUL ST JOSEPH (VIEILLE BRASSERIE)

IN PERSON WITH JOHN CLOUTIER, B.ED. KINESIOLOGY, MCGILL UNIVERSITY

STANDING & STEPPING

Join us for a movement-oriented workshop! This workshop is for those who can walk without support. This class features both seated and standing elements. Exercises include transferring the bodyweight carefully from side-to-side and front-to-back. Balance awareness and ability is developed during weight transfer and coordinated with movements of the upper body for maximum functional exercise benefits that transfer to ADL (Activities of Daily Living).

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

Language: Bilingual

THURSDAY, MAY 29, 2:00 pm – 2:45 pm, 2801 BOUL ST JOSEPH (VIEILLE BRASSERIE)

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

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, JUNE 5, 1:30 pm – 3:00 pm, 2801 BOUL ST JOSEPH (VIEILLE BRASSERIE)

WELLNESS 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
April 7- June 9
**No class April 21 and
May 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
ART & MINDFULNESS

This class is focused on mental well-being. No experience needed—just explore emotions, relieve stress, and practice mindfulness through art. It's a calm, supportive space to unwind and find inner peace.

TUESDAYS,
1:00 pm – 3:00 pm
SALON D
April 8- June 10

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



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 pm –
8:00 pm**
Online via Zoom
April 8- May 20

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 am – 11:30 am
VIEILLE BRASSERIE (2801 BOUL
ST JOSEPH)
April 9-June 11
April 9 in SALON A

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



IN PERSON
**PROJET QUEBEC
TERRE CULTURELLE**

This series (6 workshops) aims to reconnect citizens through art and create mutual understanding. We focus on intercultural dialogue and celebrating cultural diversity in Montreal neighborhoods. Topics include: dance, photography, painting, and sculpture.

Language: French
**April 25 (Cafeteria), April
30 (Salon A)**
**May 20 (Salon a), May 30
(Salon A)**
June 12 (Vielle Brasserie)
June 19 (Cafeteria)
10:00 am – 12:00 pm

In collaboration with PAAL Partageons le Monde



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 pm – 5:30 pm
April 9-June 25
**No course May 7, 14,
21,28.**

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 pm – 3:00 pm
Online via Zoom
• EVERY TWO WEEKS:
**April 9, April 23, May 7,
May 21, June 4 and
June 18**



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 pm – 3:00 pm
CAFETERIA
April 11-June 27
No class April 18
No class June 13

SPRING 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.

 = MINIMUM
 = MODERATE
 = HEAVY



Royalmount Mall 

Hop on the Teapot bus for an unforgettable shopping spree! We're heading to the NEW Royalmount Mall, where incredible deals and stylish finds await. Whether you're treating yourself, picking up a gift for a friend, or surprising a loved one, there's something for everyone. Don't miss out on this fun-filled shopping day!

FRIDAY, APRIL 11

9:30 am - 3:30 pm

Cost:

Lachine residents: \$10

Non-Lachine residents: \$15

Location: 5050 chemin de la Côte-de-Liesse



BINGO Lachine 

Ready for an adventure? This trip is full of fun, laughter, and lucky wins! Whether you're a seasoned player or a first-timer, BINGO is packed with excitement. Let's make some memories and maybe even win big along the way!

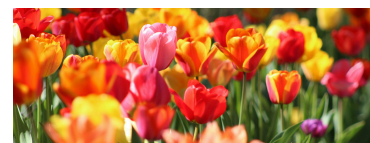
Beep beep! Meet us there or request free transport on our bus!


FRIDAY, APRIL 25

12:30 pm - 4:00 pm

Cost: Games at your own cost + FREE Transport (limited seats-transport registration required)

Location: 2005 Rue Saint Antoine



Tulip Festival #1 

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

FRIDAY, MAY 9

Time: 8:30 am - 6:15 pm

Cost:

Lachine residents: \$14 + lunch at your own cost

Non-Lachine residents: \$19+ lunch at your own cost

Location: Commissioners Park, Ottawa, Ontario



Tulip Festival #2 

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

FRIDAY, MAY 16

8:30 am - 6:15 pm

Cost:

Lachine residents: \$14 + lunch at your own cost

Non-Lachine residents: \$19 + lunch at your own cost

Location: Commissioners Park, Ottawa, Ontario



St-Anne-De-Bellevue 

Come explore the wonders of St-Anne-De-Bellevue! Whether you're enjoying a stroll along the canal or doing some shopping, you're sure to enjoy yourself! Bring your own lunch or discover the many restaurants!

FRIDAY, JUNE 6

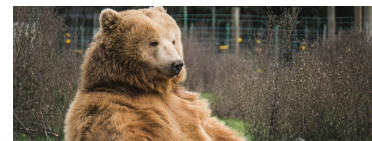
11:00 am - 3:30 pm

Cost:

Lachine residents: \$10 + lunch at your own cost

Non-Lachine residents: \$15 + lunch at your own cost

Location: St Anne De Bellevue



Ecomuseum 

Join us for an exciting day at the Ecomuseum! **Bring your own lunch** and explore the wonders of wildlife as we discover bears, otters, owls, reptiles, and more. Learn about the fascinating behaviors and habitats of these incredible creatures. Don't miss out on this fun and educational adventure in nature!

FRIDAY, JUNE 20

11:00 am - 3:00 pm

Cost:

Lachine residents: \$22

Non-Lachine residents: \$27

Location: 21125 chemin Ste-Marie Ste-Anne-de-Bellevue, QC

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 -

Please make your payment from July 7th until August 20th, 2025, to receive the quarterly newsletter (4) by mail from fall 2025 to summer 2026. Visit our reception to pay \$10.

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 email teapot@theteapot.org.

And don't forget to visit our Facebook Page: "[La Théière-The Teapot](#)" our website: <https://theteapot.org/> and 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 behaviour continues, the individual will be suspended from participating in trips for six months. Additionally, any subsequent trips already paid for will be refunded.

HUMANS OF THE TEAPOT

POWERFUL IMPACT

MEANINGFUL INTERACTIONS FILLED WITH PURPOSE

More Than a Centre - We are Community

At The Teapot, every day is a reminder of the power of community. It's incredible to see people meet for the first time and form real connections—whether over a shared meal, an activity, or just a friendly conversation.

We know how important it is to have a space where you feel welcome, supported, and seen. That's why The Teapot is more than just a centre—it's a 'third space,' a place beyond home and work where friendships grow, and no one is left behind. Participants help each other, share stories, and create moments of joy together.

Breaking isolation isn't just about organizing activities—it's about building a community where everyone belongs. And that's exactly what happens here, every single day.



Boutique Spotlight: Sparking Conversations, Building Community



Our boutique isn't just a place to shop - it's where new connections are made and conversations begin! With affordable items priced at just \$2, it's the perfect spot to find a unique item while meeting others in the community. Whether you're sharing your latest find with a new friend or chatting over a scone, the boutique has become a place where people from all walks of life come together, build relationships, and start meaningful conversations. We **welcome partners** within the community to come visit, and recently, **COVIQ** came to shop with some of their participants and enjoyed themselves! We're also proud to have **intergenerational** volunteers working side-by-side, creating a rich, diverse environment. Plus, **student interns** from Cégep André-Laurendeau practice their English in a welcoming space that encourages growth and learning. Every visit is a chance to connect, laugh, and be a part of something special. Come for the great deals, stay for the community spirit!

THANK YOU TO OUR SUPPORTERS!



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



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