

THE TEAPOT 50+ CENTRE

ANNUAL IMPACT REPORT

2024-2025



CENTRE LA THÉIÈRE 50+
THE TEAPOT 50+ CENTRE



Age Gracefully, Live Vibrantly.

TABLE OF CONTENTS



1	WORD FROM OUR PRESIDENT & DIRECTOR	11	INTERVENTION & SOCIAL SERVICES
2	ABOUT US	14	SOCIAL INCUSION PREVENTION
3	OUR TEAM & BOARD	17	VOLUNTEERISM
5	DEMOGRAPHICS	21	FUNDRAISING & MARKETING
6	SOCIAL RESPONSIBILITY	22	STRATEGIC ACTIONS 2025-2026
8	COMMUNITY DEVELOPMENT	24	FINANCIAL REPORT
9	OUTREACH PROGRAMS	25	FUNDERS & DONORS

WORD FROM OUR PRESIDENT

On behalf of the Board of Directors of The Teapot, I am pleased to present our annual report, a reflection of the commitment, new initiatives, and collaboration that have defined the past year. This year was marked by meaningful projects, increased visibility, and strong, purposeful partnerships. We remained steadfast in our mission, placing the needs of older adults at the heart of everything we do. Each accomplishment highlights the collective strength of our staff, volunteers, members, and dedicated partners. As a Board, we focused on providing strategic support to the Executive Director and team while ensuring engaged and forward-thinking governance. Together, we continue to build a resilient and credible organization, always striving to meet the evolving needs of our community.

Thank you to all who contribute, near or far, making The Teapot a key player in supporting and enriching the lives of seniors.

President of the Board of Directors

Marie-Josée Boivin

Marie-Josée Boivin



WORD FROM OUR EXECUTIVE DIRECTOR

At The Teapot, we recognize that aging is not just a personal journey but a social justice issue. Every senior deserves access to resources, respect, and the right to age with dignity. Through our programs, advocacy efforts, and partnerships, we are committed to breaking down barriers, ensuring inclusivity, and addressing the unique challenges older adults face in today's world. This year, we saw incredible growth in our participation, deepened our partnerships, and strengthened our mission to combat isolation through meaningful activities and support services. Whether through our mental health initiatives, cultural exchanges, or volunteer-driven programs, we have worked tirelessly to ensure that every person of The Teapot feels a sense of belonging. None of this would be possible without our dedicated volunteers, staff, partners, and, most importantly, our participants who inspire us daily with their stories, wisdom, and community spirit. Thank you for being part of this journey and for helping us build a future where seniors continue to be valued and empowered.

With appreciation,

Tamara Peel - Executive Director

Tamara Peel



ABOUT US

Lachine Senior Citizens Inc. – The Teapot is dedicated to enhancing the well-being and quality of life for individuals aged 50+ in Lachine and surrounding areas. Each year, we offer over 60 programs, engaging more than 1,600 participants in activities that foster social inclusion, volunteerism, and community involvement. Our diverse range of programs empowers older adults to stay active, maintain their independence, and build meaningful connections. We are committed to creating a safe, inclusive, and welcoming space where all individuals, regardless of race, gender, language, socio-economic status, religion, or sexual orientation, feel respected and valued. Rooted in equity and citizen participation, The Teapot plays a vital role in cultivating a socially engaged and compassionate community.

OUR HISTORY

The Teapot's journey began in the basement of Resurrection of Our Lord Church as a small afternoon tea group. With the support of a federal grant, we hired a part-time employee and quickly expanded into a "drop-in" centre offering various community services. Over time, the organization evolved into a multi-resource community centre, including Home Support Services, funded by The Greater Montreal Agency for Health and Social Services.

In 1976, Catholic Community Services secured funding from Centraide, which became our primary source of support. This partnership enabled us to move into a small storefront at the corner of Notre Dame and 19th Avenue. By 1982, The City of Lachine (now the Borough of Lachine) provided space for The Teapot at La Maison du Brasseur. After decades of collaboration, The Teapot and Catholic Community Services parted ways in April 2013, and The Teapot began operating independently, continuing our mission to support the community with care, compassion, and a focus on social inclusion.

MISSION

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

ULTIMATE ASPIRATION

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



CORE VALUES



A SPACE FOR ALL

CELEBRATING OUR TEAM

Our Team is the heart of our organization. Their passion, creativity, and dedication ensure our programs remain vibrant, impactful, and accessible to our community. As our participants' needs continue to evolve, our team remains committed to continuous learning and professional growth.

This year, staff have deepened their expertise in various areas, including Kolb's Experiential Learning Cycle, Appreciative Inquiry training, and intrinsic motivation strategies, equipping them with innovative approaches to engagement and program development. They have also strengthened their ability to provide essential support through First Aid and Mental Health First Aid training, with a particular focus on men's mental health. Additionally, through networking and leadership development with initiatives like Leadership Rassembleur with Centraide and Dynamo, our team continues to expand its capacity to serve and advocate for our community.

To every staff member who has worked tirelessly behind the scenes and on the front lines, we extend our deepest gratitude. Your dedication brings comfort, joy, and a true sense of belonging to our participants. Our Team is the foundation of The Teapot 50+ Centre, and we appreciate all that you do.

Kierra Dubeau
COMMUNICATIONS
COORDINATOR

Jackie Casey
SOCIAL SERVICES
COORDINATOR

Rebecca Bryan
SOCIAL DEVELOPMENT
COORDINATOR

Melissa Maselli
COMMUNITY OUTREACH &
VOLUNTEER COORDINATOR

Michelle Welsford
ACTIVITIES
COORDINATOR

Ashley Hamilton
PROGRAM
WORKER

Claudia Frate
INTERVENTION
WORKER

Theresa Guidin
INTERVENTION
WORKER (2024)

Carole Coulombe
COMMUNITY
LIAISON AGENT

Amber Eckhardt
COMMUNITY
LIAISON
AGENT

Nora Xu
BOOK KEEPER

Peter Pardi
BUS DRIVER



BOARD OF DIRECTORS

The Board has played a vital role in strengthening governance, shaping strategic priorities, and advancing our mission to enrich the lives of older adults. Their dedicated leadership has ensured that The Teapot remains a trusted and responsive resource within the community. As the needs of our members continue to grow, so does our responsibility to adapt, evolve, and advocate on their behalf.

This year, the Board met 10 times, dedicating 380 hours to improving democratic life within the organization. In addition to regular meetings, four active committees comprised of board members, volunteers, and participants have played a vital role in shaping our direction.

These include:

- The Executive Committee, which focuses on human relations and participant matters, includes our nomination committee for new board members
- The Internal Committee, which reviews bylaws and organizational policies;
- The External Committee, which oversees fundraising and marketing efforts.
- The Finance Committee supports financial planning and oversight of the budget and funds.

One of the Board's key challenges was revising our Activity Registration policy. With a surge in local participation, we made the difficult but necessary decision to prioritize Lachine residents. Guided by community input and thoughtful planning, we introduced clearer guidelines to build a more equitable system. While change can be difficult, we remain committed to open dialogue and ensuring all members feel heard, valued, and included.



Marie-Josée Boivin

President

Valerie Clayton

Vice President

Brownlee Thomas

Treasurer

Diane Larouche

Secretary

Gerlinda Gimber

Administrator

Anita Stern

Administrator

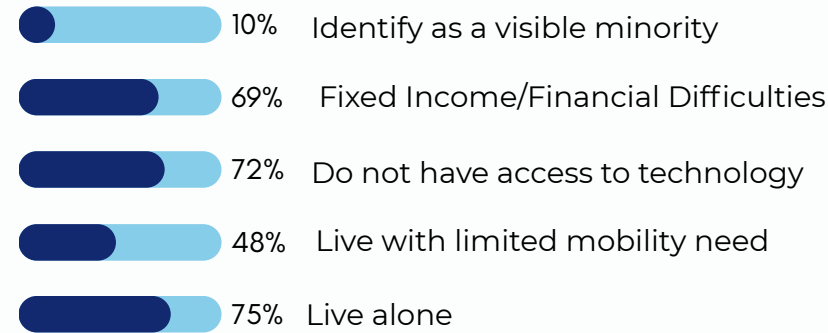
In response to growing participation and limited space, we took the feedback from our members and adjusted scheduling, group sizes, and space use to maintain a safe, inclusive, and accessible environment.

We are proud that we prioritized member engagement in the Centre's democratic life by involving participants in program and service planning.

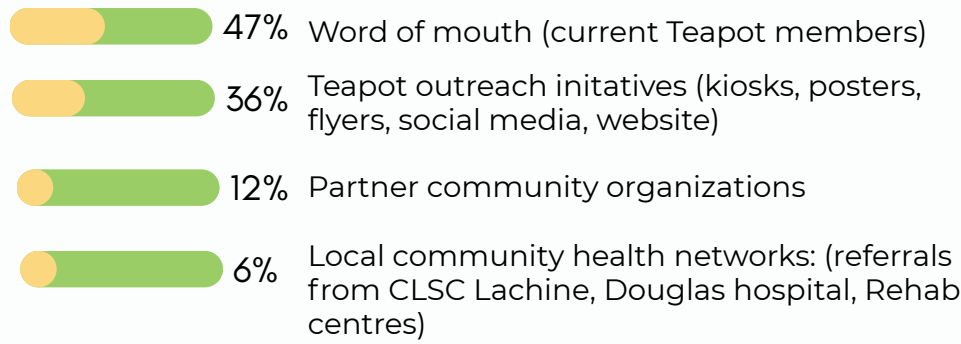
PARTICIPANT DEMOGRAPHICS



57% are 70 yrs and older



MEMBERS REFERRED BY



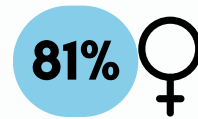
1434 Registered Participants

606 New Active Participants

73% Increase compared to last year

20% 60 to 69 years old

23% are over 80+



52% English only

23% Bilingual no preference

47% French only

10% Speak 2 or more languages



Being at The Teapot allows me to meet new people and spend quality time with them. All the staff are so honest and welcoming. I truly love every minute I spend there. Taking part in the activities helps me feel less isolated and gets me out of the house.

Anonymous - Demographic survey

SOCIAL RESPONSIBILITY

OUR GUIDING PILLARS

At The Teapot, we proudly uphold our responsibility to build a community where Diversity, Equity, and Inclusion (D.E.I.) are not just values, but guiding principles. Our comprehensive D.E.I. strategic plan is a roadmap and a bold commitment to dismantling barriers and ensuring every individual feels seen, heard, and valued. This plan shapes the foundation of our organization by embedding D.E.I. into every policy, program, and practice.

As part of this work, we surveyed our membership to better understand their lives, experiences, needs, and perspectives. The feedback collected directly informs our priorities and ensures that our efforts remain grounded in the realities of the people we serve. By listening and responding, we continue to build an environment where everyone at The Teapot can thrive and feel empowered.

ANTI-IGNORANCE

Educating and challenging biases to foster an environment of respect and understanding.

HEARING THE QUIET VOICES

Ensuring that all community members are listened to, valued, and included in our programs and decision-making.

BUILDING COMMUNITY

Strengthening connections and support networks among diverse groups to create a sense of belonging.

ACCESSIBILITY

Addressing barriers in communication, psychosocial support, literacy, and language to ensure everyone can participate fully.

81%

Said; at The Teapot, they feel valued and heard.

85%

Agree that different opinions, backgrounds, and experiences are respected.

28%

Indicated having no sense of connection to the greater community.

83%

Find that the Teapot's offers inclusive social connection.

75%

Face barriers to accessing external services due to language, literacy, and/or technology.

36%

Would like to be involved in community events and initiatives.



IMPACT STATEMENT

“Ignorance of others causes fear, so if we could meet and understand the reasons behind someone's actions, we would more easily embrace diversity.

When we understand, we feel secure and welcome others with a smile.”

*-Anonymous
participant via our
D.E.I. Survey*

COMMUNITY DEVELOPMENT

Inclusive and Intercultural Community

The Teapot champions inclusivity by actively involving seniors in shaping their communities through advocacy, collaboration, and engagement. We work alongside local organizations to address issues like social isolation and mobility while promoting intergenerational dialogue and sustainable community development. Our intercultural and global approach enriches the community by embracing cultural diversity, fostering connections across backgrounds, and creating spaces for shared experiences. We do this because seniors deserve to be connected, valued, and empowered in a society that reflects their diverse realities.

By centring multicultural programming and partnerships, we support individual well-being and strengthen the social fabric through understanding and collaboration. This ensures the Teapot remains a relevant, responsive, and inspiring model for how communities can support and celebrate aging in inclusive and forward-thinking ways.

45 Kiosks & Presentations

1371 New Citizens reached

12 New collective projects

145 Hours of outreach activities



Table 50+ Lachine/Dorval:

- We **co-facilitated the Salon des Aînés Lachine–Dorval**, a resource fair that showcased community services to over 300 older adults.
- In partnership with the SPVM, we raised awareness about elder abuse and conducted well-being check-ins with vulnerable seniors.
- We also provided training to 48 community workers to strengthen their ability to intervene effectively and support at-risk seniors. Red Cross funded this partnership.

Concert'Action Lachine "CAL"

Community festivals throughout the Summer are Intercultural events organized by the City of Lachine, (**QIR**), promoting our resources.

Project Lachine Est: A Teapot shuttle for citizens to explore the history of the Dominion Square area.

Comite Action St. Pierre: Mobilized and advocated for senior rights, and better accessibility improvements in Lachine through collaborations with STM and seniors' voices.

TRAIL: Organized a clothing drive for new arrivals. This fostered intercultural experiences and purpose.

P'tit Maison & The Teapot: 2 groups of 12 families met weekly for 10 weeks "WEAVING LIVES: A COLLECTIVE STORY

COMACO: Active on the Directors' breakfast committee and the strategic advisory committee.

COMMUNITY OUTREACH

Expanding Our Reach

We are proud to highlight our partnership with the Office Municipal d'Habitation de Montréal (OMHM) in Lachine, launched in September. This collaboration has enabled us to extend our outreach efforts across four senior residences in the area.

A Door-to-Door initiative provided personalized, one-on-one interactions, helping to establish meaningful connections with residents. We followed this with group weekly gatherings to introduce our mission and develop shared goals, working closely with resident committees to foster stronger community ties.

Through this partnership, we identified needs and offered targeted support to help reach some of our community's most vulnerable. These ongoing visits have allowed us to build trust, better understand residents' priorities, and offer resources that promote well-being and independence. By bringing our services directly to where seniors live, we not only offer advocacy and access to essential support but also help reduce isolation and encourage connection among residents.

This work is important because building relationships and intervening effectively takes time and trust, particularly among individuals who may feel forgotten or hesitant to engage. Our consistent presence and listening approach create a safe space for residents to open up, allowing us to respond with meaningful, personalized support.



275

Residences at the OMHM reached through door-to-door initiatives

120

Educational & Well-being workshops were offered

920

Hours invested in Community Hub outreach initiatives

23

Individuals requesting referrals to essential services (medical transport, CLSC services)



Why We Offer These Outreach Activities:

We offer outreach activities to meet seniors where they feel comfortable and community naturally happens. Through kiosks, events, and presentations, we create welcoming spaces for connection and support, raise awareness of helpful resources, reduce social isolation, build trust, and adapt to diverse cultural and social backgrounds. Our goal is to foster belonging and empower seniors to access the supports they need.

Kiosks & Events: Saul-Bellow Public Library, Sarto Desnoyers Community Centre (Dorval), Concordia LIVE Centre, Volunteer Fair, Fête de la Paix (Parc Kirkland Ville Saint-Pierre), QIR Festival Caribbean, COVIQ Intercultural Party, Marché Notre-Dame (Sidewalk Sale), Lachine Library,

Les P'Tits Marchés: COVIQ (Duff Court), 59 Saint-Pierre (Ville Saint Pierre), Ivan Franko Park, Dixie Park, project PIC + GTSAL committee

Presentation: Dawson College, Seniors Brunch with the Mayor, Concordia University and Douglas hospital "Sunshine Centre"



INTRODUCING MR. CLO CLO D'AMOUR

A man of few words, but his smile lights up the room.

Mr. Claude was referred to us by the CLSC for help with his income taxes. During his visit, he discovered our café drop-in and quickly became a regular. What began as a simple service turned into a meaningful connection and now, he feels connected!

*-Coffee and scone
connoisseur since
2024*

Interventions Department

Social Services: Navigating with Care

At The Teapot, we believe every senior deserves to be heard, respected, and supported. Our Individual Advocacy service is designed to empower older adults, especially those who are isolated, vulnerable, or facing complex life challenges by helping them navigate the systems that affect their daily lives.

Our mission comes to life when we meet members at some of their most vulnerable moments. Many of the individuals we support are unaware of the benefits and services available to them. Some are living with little or no social contact, while others have experienced fraud or financial abuse and feel too ashamed or afraid to ask for help.

Through these services, we offer more than just information, we provide personalized support, emotional reassurance, and practical solutions that meet each person where they are. Our team listens without judgment and walks alongside individuals as they take steps toward safety, stability, and connection.



569 Social Service Participants

140 **Case management and crisis intervention files were opened** to address urgent issues such as housing, home care services, government documents, and access to emergency food and transportation. We were able to complete 100% of the demands within a 2 week delay

180 **Care packages were delivered to participants** with minimal access to other services to ensure they are connected to our resources. **98 individuals** were followed up on from our deliveries

23 **Follow-up needs assessments from the door to door** with the SPVM -Elder Abuse Awareness campaign, we provided services, referrals, and emotional support

The Heart of Advocacy - Trust and Transformation

Individual Advocacy requires patience, trust, and a deep understanding of each individual's circumstances. By building that trust, we help seniors regain their confidence, access essential resources, and feel part of a caring and inclusive community once again. Our impact goes beyond individual cases, each act of support contributes to a broader vision: a society where older adults live with greater independence, dignity, and belonging.

Interventions Department

Transportation as a Lifeline: Delivering Access and Dignity

“Seniors on the Move” was established in 2000, funded with the support of **Lindsay Memorial Foundation**. This year, we strengthened our transportation services to better meet the needs of our most vulnerable participants. Recognizing affordability as a barrier, we reviewed and adjusted our pricing model to ensure more inclusive and equitable access. These changes allowed more seniors, especially those with limited income or mobility issues, to attend essential appointments, participate in programs, and remain socially connected.

We were able to offer more transport with 5 volunteers and taxi coupons because of the investment we put towards our growing need within the community

347 Medical transportation and accompaniment offered, covering **3720 km across Montreal.**

Imagine; **The distance equals travelling from Montreal to Nova Scotia and back again!**

Friendly Visiting & Phone Calls

Bridging Isolation with Compassion

As part of our Individual Advocacy service, friendly visits and phone calls are more than casual check-ins. They are essential lifelines for seniors experiencing isolation or disconnection. These warm, consistent interactions provide emotional reassurance while also allowing us to recognize unmet needs, from health and safety concerns to support with everyday tasks. They often serve as the first step in rebuilding trust and reestablishing a sense of community. Each interaction is a vital step toward building a stronger, more compassionate community for all.



951

Individuals received Shop With and Shop For services increase in participation in our Shop WITH and Shop FOR services, driven by a higher number of CLSC-SAPA referrals highlighting the growing demand and impact of these service.

779

Friendly visits and reassurance calls helped reduce loneliness, offered emotional support, and strengthened connections with isolated seniors.

119

Free income tax returns were completed for low-income individuals and couples who otherwise may not have been able to access these important financial supports.

130

Foot Care services - Our subsidized nursing support, participants, many with diabetes, received essential foot care they couldn't otherwise afford

12

Memory consulting to evaluate seniors' memory concerns and bring awareness to see a doctor. Participants mentioned that they would want access to a nurse at The Teapot to support their health needs.



BY MY SIDE



I am deeply grateful for everything you have done for me during this difficult time regarding the homologation of the protection mandate.

From the bottom of my heart, thank you for your availability and generosity, I feel supported.

I am truly touched by your commitment and by the way you stood by my side.

Thank you for all the help you've given me, I wouldn't have known where to go or who to turn to! I feel privileged to be so well taken care of!

I wish you and the entire team at The Teapot continued success and a long life to your extraordinary organization.

*-Monique Martin,
Participant 2023*

PREVENTION DEPARTMENT

Health and well-being

Movement is essential for mental well-being, helping to reduce stress, improve mood, and boost cognitive function. Regular physical activity supports emotional balance, mental clarity, and social connection, empowering individuals to manage their mental health and cultivate a positive outlook.

Walking for Wellness: More than just a walk, this program brought individuals together in nature, promoting physical activity while combating loneliness and encouraging positive mental health through shared experiences and community support. **36 individuals benefited from this activity**

Boogie for the Brains is a dynamic music-based initiative that stimulates both body and mind. By combining gentle rhythmic movements with cognitive engagement, it addresses mental health challenges such as anxiety and depression, while fostering social connection and belonging. This activity has engaged **54 participants** since September.



At The Teapot, we believe that physical activity isn't just a way to prevent the effects of aging - it's an essential part of maintaining overall well-being. Our offerings, including **Pilates, Aerobics, Tai Chi, Chair Yoga, and Yoga Stretch & Fusion**, help participants stay active and healthy. But beyond just physical activity, we aim to ensure that participants feel connected to our services, especially when they need support the most. We want everyone to know that they are not only engaging in fitness but are part of a supportive community ready to assist with their well-being at any time.

385 individuals throughout the fiscal year participated in one or more physical activities.

612 Active Participants in prevention activities.

85% Said that they would not engage in movement activities if it were not for the low cost, guidance and support provided by Teapot activities.

89% Following the program, participants reported feeling more energized, less anxious and lonely

95% Of participants feel empowered with the tools to handle stress effectively.

Top takeaways shared:

SENSE OF
COMMUNITY

TOOLS FOR STRESS
MANAGEMENT

RENEWED MOTIVATION
FOR MOVEMENT

Participants highlighted **improvements in self-awareness, emotional resilience, and their ability to manage anxiety and depression.**



PREVENTION DEPARTMENT

Educational Workshops

This year, we successfully offered **36 educational workshops** on various topics; most notably, three workshop series stood out for their impactful contribution to enhancing the well-being of seniors in our community.

- The **Ageism Workshop Series** fostered discussions on challenging stereotypes and promoting positive aging.
- The **Essentrics Workshop Series** helped participants improve their physical health through accessible exercise, boosting mobility and energy.
- The **Nature and Well-Being Workshop Series** connected participants to the healing power of nature, reducing stress and fostering mindfulness. These workshops empowered our members to embrace healthier, more connected lives.

LEARNING AND ADVOCACY

Through our partnership with Literacy Unlimited, we have made our programs truly inclusive by providing essential literacy support alongside technology training. This combined approach equips individuals with the confidence and skills to navigate an increasingly digital world, fostering greater independence, social engagement, and resilience. By strengthening these foundations, we empower community members to take control of their lives and fully participate in all aspects of community life.

339 Individual Technology Support: Empowering seniors through digital education and personalized support transforms lives by bridging the digital divide and opening doors to vital services, social connections, and lifelong learning.

35 individuals participated in 2 workshops: Self love card making & holiday cards - Literacy Unlimited partnership: Advancing accessibility and inclusion ensures everyone can fully participate in society, breaking down barriers caused by language or learning challenges.



“The Teapot helped me get out of a dark hole in my life. I'm meeting new friends and some wonderful people. It saved my life.” -Anonymous participant via our D.E.I. Survey

UNEXPECTED!

Embracing the Arts for Well-Being

While our programs have always focused on mental well-being and community connection, an exciting outcome has emerged: participants are increasingly engaging with the arts as a key part of their well-being.

Through workshops, trips, and special events, individuals have shared how activities like choir sessions, sing-alongs, and improvisation would boost their mood, encourage self-expression, and foster social engagement. These creative outlets have become essential tools for coping with stress, connecting with others, and experiencing joy.

We're committed to making these arts-based sessions a regular part of our programming.



IMPACT STATEMENT

“Boogy for the Brains has made a big difference in my life. It has helped me regain physical balance, mental clarity, and confidence. The mix of movement, music, and counting improved my coordination and memory. The class also brought me joy, I feel connected to the women in solidarity. I also experienced a renewed appreciation for my body. I feel more graceful, self-assured, and like myself again.”

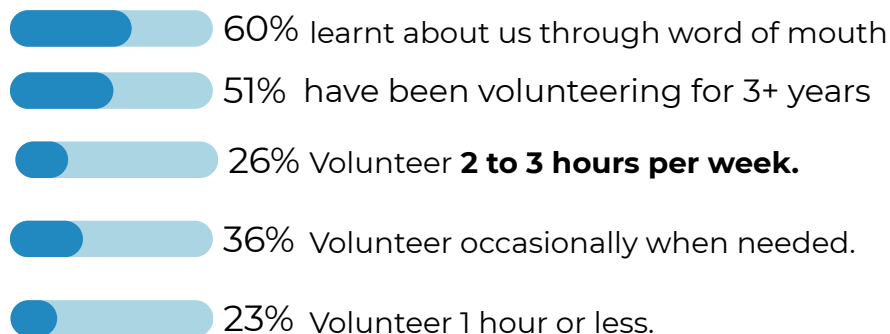
*-Rafika Charania
Member since 2023*

VOLUNTEER DEMOGRAPHICS

99 Active Volunteers

28 New volunteers compared to last year


6,212 hours This amount of time is equivalent to about **3 full-time staff** working throughout the year.




A shift in volunteerism toward more flexible, as-needed participation rather than consistent, scheduled commitments.

Primary Reasons to Volunteer



84% 
Female

16% 
Male

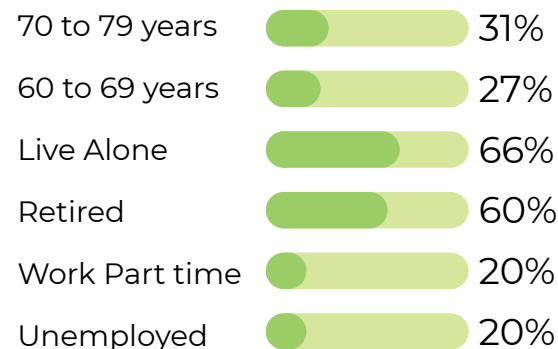
Languages

48% English
33% French
19% German, Kirundi, Greek, Spanish and Arabic/Berber

100% of volunteers surveyed said that they feel their **contribution as a volunteer is valued and appreciated.**



Volunteer Profile:



The above statistics are based upon the 63 responses to our Volunteer Demographic Survey.

VOLUNTEER DEPARTMENT

Peer to Peer



Thrift Store “Boutique” & Ambassador Program

Our peer-to-peer initiatives, including the Thrift Store ‘Boutique’ and the Ambassador Program, empower members to support one another. From volunteers helping run the Boutique to Ambassadors welcoming and guiding new participants, these programs foster connection, purpose, and a strong sense of community among seniors. This model not only reduces isolation, but also promotes dignity and engagement through meaningful contribution.



Language Cafe - Conversations that matter!

Since January 2025, our Language Conversation Café has brought together a vibrant mix of community members each week to practice English, French, and Spanish in a welcoming, inclusive space. Open to individuals from all walks of life, the group offered a relaxed environment to build confidence, improve fluency, and foster meaningful connections across cultures. We rely on a group of fantastic and reliable volunteers to offer this new activity.

EMPOWERING VOLUNTEERS THROUGH ORIENTATION & ONGOING SUPPORT

- **78 hours** of global training provided to 45 volunteers
- Training aimed at strengthening skills in communication, empathy, and support strategies.
- **20% of volunteers expressed** a need for more training in managing difficult conversations, highlighting a desire to grow in sensitive interpersonal dynamics
- **85%** said that they receive guidance, mentoring and support from the staff when volunteering

This highlights our continued commitment to empowering volunteers and improving the quality of support delivered to our members.



Community Impact Through Training

We’re proud to have delivered two key volunteer trainings: **CPR/First Aid** in November and Mental Health Training with AMI-Quebec in October 2024. These sessions equipped volunteers with vital skills while fostering peer connection, shared learning, and deeper support for both themselves and the vulnerable populations they serve.

VOLUNTEER DEPARTMENT



Intergenerational Connections

The Teapot 50+ Centre has proudly expanded its intergenerational initiatives, creating more meaningful connections between seniors and younger generations. Through shared programs like tech tutoring, our Boutique thrift store, Breakfast Club, Soup & Sandwich, the Birthday Card Club, and a job search workshop in partnership with Indeed Canada, we're fostering mutual learning, breaking down age barriers, and building a stronger, more inclusive community. These efforts enrich the lives across all ages, one conversation, one activity, and one smile at a time.



Student Internships

Over the past year, we have actively recruited student interns from a variety of schools to join our community centre. By building partnerships with educational institutions, we welcomed a diverse group of students eager to learn and contribute. Their fresh perspectives and energy greatly enriched our programs, while providing them with valuable, hands-on experience in a supportive, intergenerational setting. We welcomed students from Lakeside Academy, Ecole Boileau, CEGEP André-Laurendeau's Trilingualism Program, CEGEP Andre-Laurendeau's Techniques en Travail Social Program, Dawson College's CRLT program, Vanier College's Special Care Counselling and McGill University's Nursing Program.

46

Students involved in daily programming

684

Hours dedicated to their learning and skill development

6

Schools that offer expert internships

- **Lakeside Academy** -High School
- **McGill University** BA. Nursing Students
- **École Boileau** (Adults with intellectual disabilities)
- **CEGEP André-Laurendeau** (Trilingualism – 2nd Year)
- **CEGEP André-Laurendeau** (Techniques en Travail Social)
- **Vanier College** - Special Care Counselling



THE ART OF GIVING

Being a volunteer driver isn't just about giving rides, it's a lifeline. For many, the choice is between missing an appointment and getting the care they need.

I'm proud to be part of something that brings dignity and support to our seniors, one ride at a time.

*-Edward Lalonde
Volunteer & participant
since 2015*

MARKETING AND FUNDRAISING

Strengthening Our Voice and Our Presence

This year, The Teapot made meaningful strides in how we communicate our mission and engage the public. Through the mentorship and expertise of Gabrielle Thomas, we created videos and social media content that brought our programs to life. Her guidance, paired with the work of our Communications Coordinator, helped us build confidence, develop transferable skills, and take a more thoughtful approach to community engagement. Additionally, our Communications Coordinator completed a **training at Centre St-Pierre**, which helped us strengthen our messaging and maintain consistency.

We continued implementing our marketing plan by launching a Community Development webpage to highlight the initiatives we've supported. To improve accessibility, we began reviewing our materials to ensure they are literacy-friendly and easy to navigate.

In fundraising, **The Teapot raised over \$32,000 through targeted campaigns**, community partnerships, and grassroots initiatives. We implemented a donor management system, allowing for quicker, more personalized communication and acknowledgments.

We're especially grateful to **Desjardins Bank for their \$5,000 donation**, which helped deliver care packages to isolated participants. Ongoing support from Bingo Lachine made services like transportation, minibus trips, and cultural outings possible, while the Grace Dart Foundation helped us bridge the digital divide for older adults.

Our External Committee played a key role in organizing the Joyful Connections raffle, building local partnerships and expanding our visibility. Income from the Boutique, Coin Drive, Café, and Half-and-Half draws, further demonstrated the power of community-led giving. Looking ahead, we'll continue building strong partnerships and launching inclusive, connection-driven campaigns. We'll also grow Tribute Giving, allowing supporters to honour loved ones through meaningful legacy contributions for adults 50+.



“Working on a social media contract for The Teapot 50+ Centre was an incredibly rewarding experience. It allowed me to use my creativity to highlight their vital work while learning from the warmth, wisdom, and dedication of both participants and staff. I'm truly grateful for the opportunity to contribute to such meaningful community impact.”

— Gabrielle Thomas, The Community Gab

5320

Average monthly website impressions

35%

Increase in infoletter subscribers



STRATEGIC ACTIONS 2025-2026

The Teapot is adapting to the ever-evolving community and creates an inclusive space.

Stat #1 Create programming for diverse groups

- Develop evening educational and social activities for 50+ Seniors.

Stat #2 Increasing visibility

- Citizens Outreach Committee - Increase public understanding of how Teapot supports the well-being of the 50+ community. Create a "village" of people (of all ages) who are invested in aging

Stat #3 Collaborate with partners in community

- Increase involvement - Community events and collective programming
- Connect and create a new and diverse partnership

The Teapot is a trusted and safe community where people acquire the skills and tools to support their own mental well-being.

Strat #1 Develop a team that can support the mental well-being of participants

- Implement clinical supervision for staff (external consultation)
- Sharing mental health resources (documents, books, etc.)
- Partner with mental health organizations to offer mental health outsourcing resources. Reconnect with the SAPA and SIV departments

Strat #2 Create new services and resources

- Develop more educational wellbeing workshop series

Strat #3 Invest in partnership and collaborate with specialized "mental health" institutions/organizations

- Increase outreach activities and services in the community with participants, family, friends and loved ones.

The Teapot prioritizes staff's sense of purpose and value, which contributes to a healthy community.

Strat #1: Enrich the culture of learning and recognition

- Find a space where learning can be transferred
- Create a culture of practicing learning

Strat #2 Invest in the well-being and work-life balance of our employees

- Create a space where gathering occurs to build team spirit
- Reflect and analyze how to provide flexibility to all workers

Strat #3: Focus on salary equity and benefits

- Create a structure for adjusting salary and benefits for all employees
- Offer creative and innovative social benefits.



A FRIENDSHIP SPARKED

Vilma (left) and Winnie (right), met over their love of scrabble.

They both found comfort, connection, and strength in one another. What began as a simple moment of engagement at The Teapot has grown into a 15-year friendship filled with laughter, support, and shared learning.

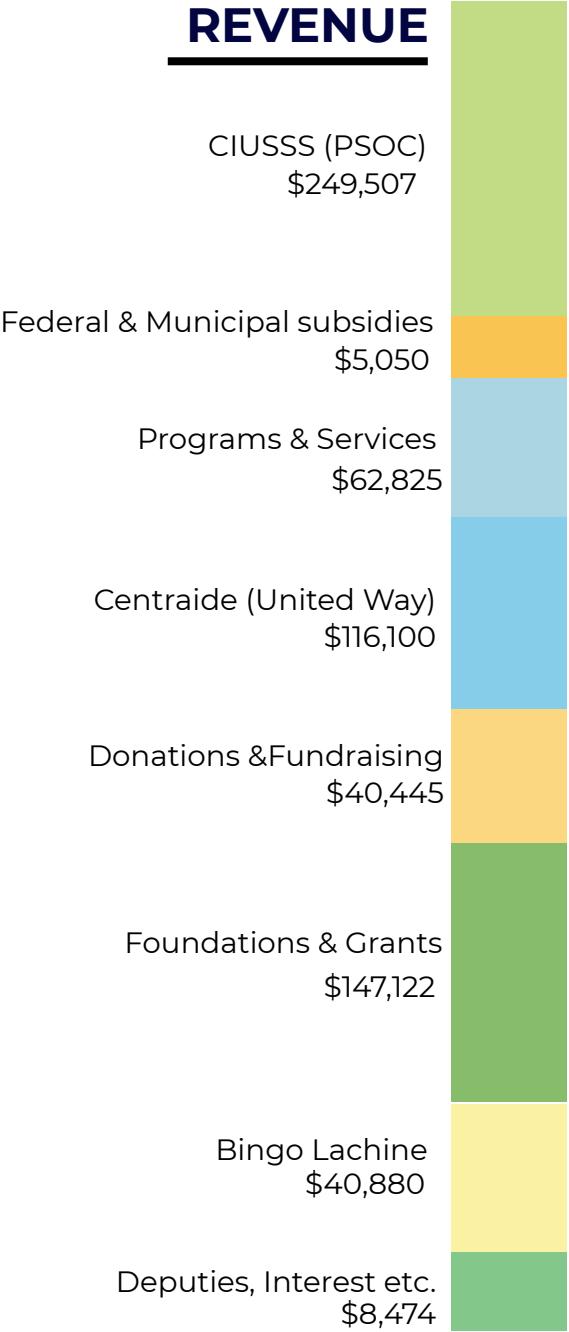
Thank you, Vilma and Winnie, for reminding us of the deep bonds and resilience that blossom within community.

*-Winnie & Vilma
Active since 2005*

FINANCIAL REPORT

Revenue & Expense Sources

REVENUE



TOTAL REVENUE: \$670,403
(pg. 11 from the audit report)

EXPENSES



TOTAL EXPENSES: \$689,622
Deficit (\$19,219)
(pg. 5 of the audit report)

DONORS

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ACEF Sud-Ouest | Agriculture, Pêcherie et Alimentation Quebec | Avatil | Atwater Library | Lachine Library | Le Carrefour d'Entraide Lachine | C.A.D.R.E. | Centre intégré universitaire de santé et de services sociaux de l'Ouest-de-l'Île-de-Montréal(CIUSSS ODIM) | Centre social d'aide aux immigrants (CSAI) | Centre multi-ressource de Lachine (CMRL) | Centre Vieux Moulin LaSalle and Ligne de Fournisseur | Centre la P'tite maison Saint-Pierre | CLSC de Dorval-Lachine | COVIQ Duff Court | Club des personnes handicapées du Lac St-Louis | Groupe des Aidants du Sud-ouest (GASO) | Les P'tits Marchés Lachine | Lachine Accueille | Literacy Unlimited | Thomas More Institute | SPVM Poste de Quartier 8 | Services psychosociaux généraux et relais du projet "Réseau d'Éclaireurs" | West Island Citizen's Advocacy | Volunteer West Island | LIAM: Ligne Intervenant.e Aîné.e Montréal | Gay & Grey Montreal | Projet Suivi Communautaire | ITMAV | L'Association québécoise des centres communautaires pour aînés (AQCCA) | La Cantine pour tous | MdJ l'Escalier de Lachine | The Yellow Door | Westmount One | Crisis & Trauma Resource Institute | Commission de la santé mentale du Canada | Geronto-logi | NOVA | SAM: Suicide Action Montreal | INFO 211 | Elder abuse hotline | Tel-Aide Montreal | Welcome Hall Mission | Action bénévoles de Québec | Dynamo | Centre for Community Organizations "COCO" | Ricochet | 59 St. Pierre | Friends for Mental Health | Caring Paws Animal Therapy (CPAT) | Lachine Ouest Pool | West Island Crisis Center | Alzheimer Society of Montreal | Gerontologis | RBC Dominion Securities | Montreal Council of Women | Rotary Club of Montreal Lakeshore | Service Canada | Fondation emergence

MEMBERS OF:

Conseil Concert'Action Lachine | Table de réflexion et d'action interculturelles de Lachine (TRAIL) | Groupe de travail en sécurité alimentaire de Lachine (GTSAL) | Table 50+ | Table de concertation des aînés de l'île de Montréal - TCAÎM | COMACO: La Coalition pour le maintien dans la communauté | Conseil des femmes de Montréal | Le Regroupement intersectoriel des organismes communautaires de Montréal (RICOM) | West Island Intergenerational Network (WIN) | Volunteer West Island | Volunteer Bureau of Montreal | Quebec Association of Senior Centres (AQCCA) |

CONTRIBUTORS

Action Autonomie | Actuel: Funeral Services | Assistance and Referral Centre (ARC) | Atwater Library | Brigade Solidare Lachine | Bank of Montreal | Canada Revenue Agency | Canadian Red Cross | CEGEP Vanier | Dawson College | Educlo | Handicap-Vie-Dignité | Helping Seniors | Karen Tannous | Kathleen Murphy | Valerie Fillion | Philip Lauzon | Kevin Boire | Monique Choquet | Labo Dumoulin | Lobe - Hearing health and communication clinics | McGill Nursing Students | McGill University DRAW | Observatory on Aging & Society (OAS) | Philips Lifeline Representative | Service Canada | Suzanne Reid | Florence Say | Annie-Effijie Brault | Lisa Hanash | Alejandra Gil | Sasha Cardinal | Ryan Backer | Nicola Goddard | John Pinnel | Laura Gan | Kasia Malec | Marie Corbeil of Parkinson Montreal | Kathleen Murphy Professional Organizer | Dr. Morais MD Director of McGill Geriatric Medicine | Nelly Esmeralda Zarfi Theatre group Facilitator | S.Maltezo. PhD Candidate in Neuropsychology | S. Ziou Dietician | Dr. Antonio Canuto: Optometrist | Cynthia Thibeault | Alan Wright: Author | Melissa Simard: Artist/foodie from MEM | Russell Clough: Nurse Clinician-Douglas Hospital | Dr. Chonciere & Dr. Poulin: members of the Canadian Pain Task Force | Roger Chalet: Phillips Lifeline Representative | Jean-Marc Belanger: Community Pharmacist | Patricia Clark: Active Aging Canada | Jennifer Hobbs-Robert: Senior Advisor - JHCP | Kirstin Bennett: ElderCARE Planner and Aging Well Advocate | Gabrielle Thomas (The Community Gab) | Laurie-Lynn Macdonald | Michael Bardier | Jasmina Wegrzycka |

THANK YOU TO OUR STAFF, PARTICIPANTS, VOLUNTEERS,
PARTNERS, DONORS, AND FUNDERS FOR HELPING THE TEAPOT
50+ CENTRE CREATE A MORE INCLUSIVE AND EQUITABLE
COMMUNITY WHERE INDIVIDUALS AGED 50+ ARE CONNECTED,
RESPECTED, AND EMPOWERED TO THRIVE.



CENTRE LA THÉIÈRE 50+
THE TEAPOT 50+ CENTRE