

# THE TEAPOT 50+ CENTRE

## TEA LEAVES

**JANUARY-FEBRUARY-MARCH 2026**

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.



### IN THIS ISSUE

- 02** ORGANIZATION
- 03** TEAPOT UPDATES
- 05** VOLUNTEERS
- 06** SERVICES
- 07** SPECIAL EVENTS
- 08** INCLUSIVE ACTIVITIES & MEAL PROGRAMMING
- 10** PHYSICAL ACTIVITIES
- 12** EDUCATIONAL WORKSHOPS
- 14** WELLNESS ACTIVITIES
- 16** TRIPS

# 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

### 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

ACTIVITIES COORDINATOR  
Michellw@theteapot.org

### Rebecca Bryan

SOCIAL DEVELOPMENT  
COORDINATOR  
Rebeccab@theteapot.org

### Ashley Hamilton

COMMUNITY LIAISON

### Nora Xu

BOOK KEEPER

### Peter Pardi

BUS DRIVER

## Board of Directors

### Marie-Josée Boivin

- President

### Gerlinda Gimber

- Vice President

### Brownlee Thomas

- Treasurer

### Diane Larouche

- Secretary

### Anita Stern

- Administrator

### Claudette Levasseur

- Administrator



# TEAPOT UPDATES



## Registration Information Session

Do you have questions about our winter programming? Come to our information session—where your questions can get answered! This drop-in event will allow you to feel more organized and prepared for registration.

**MONDAY, JANUARY 5, 10:30 am-11:30 am,**  
Cafeteria



## Winter Activity Registration

**Phase 1 registration** for Lachine residents will take place on **Wednesday, January 7, from 9:30 AM to 3:30 PM** in SALON A on a first-come, first-served basis.

**Phase 2 registration** for participants outside of Lachine will be on **Friday, January 9, from 9:30 AM to 3:30 PM** in SALON A on a first-come, first-served basis.

As of **Monday, December 15<sup>th</sup>**, phone appointment reservations for both phases can be made as of 9:30 am— if you cannot make it to registration in person and fit the criteria for a phone appointment. Depending on where you reside, you will be placed on a callback list.



## 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 11, 18, 25 & April 8, 15, 22**

**Please call the centre as of Tuesday, February 3rd, 2026 to schedule an appointment. [514-637-5627](tel:514-637-5627)**



## 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.

**PLEASE NOTE: the Boutique will be closed on January 5th & 7th and resuming on Monday, January 12th.**

Shop with us and make a difference today!

# 50 YEARS STRONG: PLANNING SESSION



Our 50th anniversary is just around the corner, and we need your ideas to make this milestone unforgettable! Join us on January 20th at 1:30 PM for a brainstorming session with the External Committee. Bring your creativity, your ideas, and your memories to help us plan celebrations, events, and initiatives that truly reflect our community.

**Tuesday, January 20, 2026, 1:30 P.M.**

**Location: Cafeteria**

**Refreshments will be served.**

---

## CAMP CONNECT RECAP

This fall, our participants were treated to an unforgettable experience with Camp Connect – a special getaway that brought nature, laughter, and friendship together in one magical setting.

Thanks to the generous support of **Centraide du Grand Montréal**, everyone had the chance to try new activities, from preparing fresh meals together to singing their hearts out during karaoke nights. Nature walks offered peaceful moments to connect with the outdoors, while group activities encouraged meaningful conversations and lasting friendships.

For many, this was a first-time experience in a chalet up north, surrounded by the beauty of autumn and the warmth of community. These moments remind us of the incredible power of connection, the joy of shared experiences, and the importance of fostering relationships that enrich our lives.

We are so grateful to everyone who made this experience possible and look forward to many more joyful adventures together.

***This Camp was made possible through funding from Centraide du Grand Montreal.***



**Centraide**  
du Grand Montréal



Or access it online at: <https://bit.ly/Onlineinterestform>

# VOLUNTEER

## CONNECT WITH YOUR COMMUNITY: GET INVOLVED!



### KIOSK HELPER



### GROCERY SHOPPER



### FRIENDLY VISITOR



### KITCHEN HELPER



### MEDICAL DRIVER



### DATA ENTRY CLERK



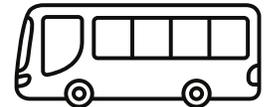
### FRIENDLY CALLER



### BOUTIQUE ASSISTANT



### MINIBUS HELPER



### SPECIAL EVENTS HELPER



*"I love coming to the Teapot. The volunteers are very helpful and friendly. I love serving people and working there. It brings happiness to my day. I am so thankful to have met so many friends there."*

- Sarah Davidson, volunteer since 2022

### INCOME TAX VOLUNTEERS NEEDED!

We are seeking a volunteer with experience in filing personal income taxes to assist with our free Income Tax Clinic. The role involves working one-on-one with community members to prepare and file their returns in a professional and confidential manner. Familiarity with tax software and strong interpersonal skills are essential.

### 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!

# OUR SERVICES



## Transportation (\$)

**Lachine residents only.**

Transportation for medical appointments (priority) and Lachine errands is available through our volunteer drivers or taxi vouchers.

Requests must be made at least 5 business days in advance.

*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.

At The Teapot: \$40 Lachine residents, \$45 non-Lachine residents

In-home: \$50 Lachine residents, \$55 non-Lachine residents



## Individual Advocacy

Needs assessments, Referrals, Case management, Assistance with forms, Crisis intervention, Follow-ups and **Income tax (see page 3)**

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



## 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, tablet or computer.\*Please note: there may be a waiting list depending on volunteer availability.



## 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.*



## Shop For (\$)

**Lachine residents** can receive assistance in ordering groceries for home delivery. This service is available for those who qualify. To see if you're eligible, please contact The Teapot.

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

For more information, Contact us:



(514) 637-5627



jackiec@theteapot.org

rebeccabetheteapot.org



## Alzheimer Society

The Alzheimer Society is collaborating with The Teapot to offer individual, confidential, and free consultations for caregivers. A counsellor will be available to meet with you at the centre upon request.



IN PERSON WITH GASO

## CAREGIVER SUPPORT GROUP (English group)

- December 17
- January 21
- February 18
- March 18

Time: 1:00 p.m. to 4:00 p.m.

To register, please call Stephanie:  
514 564-3061 ext. 105  
info@gaso.ca  
www.gaso.ca

BRINGING OUR COMMUNITY TOGETHER

# 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!



## New Years Karaoke 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—while singing the hits together! Whether you're catching up with friends or making new ones, this is the perfect way to start 2026 on a high note!

**THURSDAY, JANUARY 22, 2:00 PM-3:30 PM,**

Salon C

Cost:

Lachine residents: \$10

Non-Lachine residents: \$15

## Community event



## Black History Month Event

Enjoy a docufilm screening, a talk on living in Quebec's diverse cultures, and a lively African dance show—with a short interactive "how-to" to get you moving! We'll wrap up with a musical dance journey through time! This event is free- but please let us know if you need transport

**FRIDAY, FEBRUARY 6, 4:15 PM – 8:30 PM**

Maison Des Jeunes

Cost:

Lachine residents: \$7 transport fee

Non-Lachine residents: \$9 transport fee

## Community event



## St-Pierre Winter Festival

Celebrate Québec winter with us! Enjoy music, performances, skating (equipment available), maple taffy on snow, games, and entertainment for all ages! More information to come! The Teapot will not offer transportation for this event.

**SATURDAY, FEBRUARY 21, 12:00 PM- 4:00 PM,**

PARC KIRKLAND

Cost:

Lachine residents: FREE

Non-Lachine residents: FREE



## Centraide Fundraiser

Centraide has been funding The Teapot since its beginning in 1976. Come give thanks to our funder while enjoying doughnuts for this "Doughnut know what we would do without you" fundraiser. Donations from our half and half will go to Centraide.

**WEDNESDAY, MARCH 18, 2:00-3:30 pm,** Cafeteria

Cost:

Lachine residents: \$10

Non-Lachine residents: \$15

# 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**



IN PERSON  
**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 required.

**TUESDAYS**  
1:30 pm – 3:00 pm  
Cafeteria

**January 20- March 24**

\*Photo credit: Myrialine 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

January 22- **canceled**  
February 5, February 19, March 5, March 19

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



IN PERSON  
**ART HIVE**

Join fellow crafters to create decorations for The Teapot.

**Every second FRIDAY**  
10:30 am – 12:30 pm  
SALON A

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



IN PERSON  
**TABLETOP GAMES**

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

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

**Ongoing**



IN PERSON  
**READY... SET... SCONE!**

Join us for a fun, peer-led scone baking session where you'll learn to make delicious treats, share tips, and enjoy warm, freshly baked scones together!

**THURSDAYS:**  
**January 15, February 12, March 12**  
**10 am- 12 pm**

5 participants maximum per session  
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 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.

\*\*\*Desserts can be subject to change based on weekly grocery specials\*\*\*

## JANUARY



**January 20**  
Vegetable soup  
Sandwich  
Fruit pie



**January 27**  
Vegetarian Italian  
Wedding Soup  
Sandwich  
Powdered  
doughnuts

## FEBRUARY



**February 3**  
Cream of  
mushroom Soup  
Sandwich  
Swiss roll



**February 10**  
**\*SPECIAL**  
**VALENTINE'S DAY\***  
Creamy tomato Basil  
soup  
Sandwich  
Cupcakes



**February 17**  
Chilli bean Soup  
Sandwich  
Banana bread



**February 24**  
Red Lentil soup  
Sandwich  
Butter tarts

## MARCH



**March 3**  
Farmers market  
vegetable Soup  
Sandwich  
Profiteroles



**March 10**  
Cream of celery  
soup  
Sandwich  
Brownie



**March 17**  
**\*SPECIAL ST.**  
**PATRICK'S DAY\***  
**Wear green!**  
Irish Vegetable Soup  
Sandwich  
Pistachio ice cream



**March 24**  
Moroccan style  
chickpea Soup  
Sandwich  
Marble Cake

# PHYSICAL ACTIVITIES

**LACHINE RESIDENTS: \$60/ 10 WEEKS AND \$8 FOR 1 CLASS**  
**NON-LACHINE RESIDENTS: \$65/ 10 WEEKS AND \$13 FOR 1 CLASS**



IN-PERSON WITH JOHN

## **MOVEMENT AND STABILITY, beginner, (\$)**

This class includes all elements of a sitting and standing class, plus added balance and stepping exercises. Movements focus on safe weight transfer and upper body coordination to support daily activities. Weights may be used.

**MONDAYS, 9:00 am -10:00 am, Salon C**  
**January 12-March 16**



IN-PERSON WITH SUZANNE

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

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

**MONDAYS, 10:15 am - 11:15 am, Salon C**  
**January 12-March 16**



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 pm - 2:30 pm, Salon C**  
**January 13-March 17**



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 pm - 3:30 pm, Salon C**  
**January 13-March 17**



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 14-March 18**

# PHYSICAL ACTIVITIES

**LACHINE RESIDENTS: \$60/ 10 WEEKS AND \$8 FOR 1 CLASS**  
**NON-LACHINE RESIDENTS: \$65/ 10 WEEKS AND \$13 FOR 1 CLASS**



IN-PERSON WITH DANAE

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

Incorporates movements designed to strengthen and increase muscle mass, align the body, and develop body awareness.

**WEDNESDAYS, 1:30 pm- 2:30 pm, Salon C**  
**January 14-March 18**



IN-PERSON WITH SUZANNE

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

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

**THURSDAY, 9:00 am - 10:00 am, Salon C**  
**January 15- March 19**



IN-PERSON WITH FLORENCE

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

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

Please note this class uses a massage stick and gua sha for massage.

**THURSDAYS, 10:00 am - 11:00 am, Salon C**  
**January 15- March 19**



IN-PERSON WITH FLORENCE

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

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

**THURSDAYS, 11:10 am - 12:10 pm, Salon C**  
**January 15- March 19**



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 am, Salon C**  
**January 16-March 20**

# EDUCATIONAL WORKSHOPS

**ALL  
WORKSHOPS  
ARE FREE!**



IN-PERSON WITH LESLIE COTTON

## PEER TO PEER SERIES: DANCE, DANCE, DANCE!

This line dancing class is part of our Peer-to-Peer Series, where members share their skills and passions. Taught by a Teapot participant with experience leading line dancing at various organizations, this class is a fun and welcoming way to learn new steps, stay active, and connect with others!

Language: English primarily (with slight French translations)

**THURSDAY, JANUARY 15, 1:30 pm – 3:00 pm, SALON D**



IN-PERSON WITH MCGILL COMMUNITY FOR LIFELONG LEARNING (MCLL)

## MCGILL COMMUNITY FOR LIFELONG LEARNING: ON THE ROAD SERIES

On The Road brings fun, engaging, in-person learning experiences directly to you. Led by expert lecturers from MCLL, each session offers lively presentations and discussions designed for you!

Language: English

**TUESDAY, JANUARY 27, LA VIEILLE BRASSERIE (2801 BOUL SAINT JOSEPH), 11:30-1:00 PM**  
"THE AGING BRAIN" WITH MICHELLE GADOURY

**THURSDAY, FEBRUARY 12, LA VIEILLE BRASSERIE (2801 BOUL SAINT JOSEPH), 1:30-3:00 PM-**  
"HEARING LOSS- WHAT YOU NEED TO KNOW" WITH DALE BONNY CASTLE



IN-PERSON WITH JUSTINE BOUVIER, MOBILIZATION AND CONSULTATION OFFICER

## THE FIRST CO-HOUSING PROJECT IN MONTREAL: A VILLAGE IN LACHINE!

Come discover this new way of living that combines privacy and community: everyone has their own space while sharing areas that encourage support and connection. This workshop will introduce intergenerational co-housing, the cohousing project Un Village à Lachine by Village Urbain, and the steps to become part of this exciting community!

Language: Bilingual (must have knowledge in both languages)

**THURSDAY, JANUARY 29, 1:30 PM – 3:30, SALON A**



IN-PERSON WITH KAREN, CERTIFIED MUSIC THERAPIST (MTA)

## VIRTUAL MUSIC DISCUSSION SERIES

Do you love talking about music? Come enjoy lively conversations about songs, musicians, and the stories behind the music. No musical background needed—just bring your curiosity and enthusiasm!

Language: English

**WEDNESDAY, FEBRUARY 4, 3:00-4:30 PM, ONLINE (ZOOM), LOVE SONGS VS BREAK-UP SONGS**

**WEDNESDAY, MARCH 4, 3:00-4:30 PM, ONLINE (ZOOM) CLASSICAL MUSIC AND WHY IS IT RELEVANT TODAY?**

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

# EDUCATIONAL WORKSHOPS

**ALL  
WORKSHOPS  
ARE FREE!**



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

## **BLACK HISTORY SERIES: DISCOVER THE UNTOLD HISTORY OF CANADIAN SLAVERY**

Step back in time and uncover a lesser-known chapter of our nation's past. Through meaningful discussions and hands-on exploration with authentic artifacts, we'll shed light on the lives, struggles, and resilience of those who endured slavery in Canada. Don't miss this powerful opportunity to learn, engage, and honour the strength and contributions of Black Canadians.

Language: English

**THURSDAY, FEBRUARY 19, 1:30 pm – 3:00 pm, SALON A**



IN PERSON WITH SUZANNE BONN, COMMUNITY ENGAGEMENT COORDINATOR AT LITERACY UNLIMITED AND FLINTYFAE, FREELANCE ARTIST

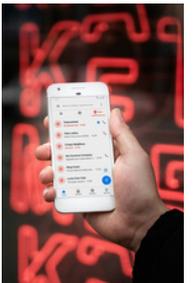
## **GET TO KNOW 'ZINES**

Come learn what a 'zine' is, why they are important, and make your own.

Language: English

**MONDAY, MARCH 16, 1:30 pm – 3:30 pm, SALON A**

*This workshop is in partnership with Literacy Unlimited.*



IN PERSON WITH SUZANNE BONN, COMMUNITY ENGAGEMENT COORDINATOR AT LITERACY UNLIMITED AND CONNECTED CANADIANS

## **CYBER INCIDENT FIRST AID – WHAT TO DO IF SOMETHING GOES WRONG**

Participants will learn how to recognize warning signs of a cyber incident and practice strategies to feel prepared and confident if problems arise. This workshop is in collaboration with Literacy Unlimited and is funded by New Horizons for Seniors Program and Community Empowerment Literacy Initiative (CELI) grants.

Language: English

**WEDNESDAY, MARCH 25, 1:30–3:30 PM, SALON A**

*This workshop is in partnership with Literacy Unlimited.*



IN-PERSON WITH JADE BÉDARD, FOUNDER OF HISTOIRES D'ESPOIR

## **STORIES OF HOPE**

We all have a life story filled with victories and disappointments. We all seek hope... Come hear the life stories of women and men who have faced significant challenges in their immigration journey.

A rich exchange and discussion that will open our eyes to the reality of our neighbors!  
A light brunch will be served!

Maximum: 12 people

**THURSDAY, MARCH 26, 1:30 pm – 3:30 pm, SALON A**

# 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,**

11:30 am - 12:30 pm

Salon C

**January 12- March 16**

Lachine residents \$10/10 weeks

Non-Lachine residents \$15/10 weeks

*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 (8 WEEKS)**

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.

**MONDAYS,**

1:30 pm - 3:00 pm

Salon A

**January 12-March 2**

Lachine residents \$25/8 weeks

Non-Lachine residents \$30/8 weeks

*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

**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 ANNIE

## **WALKING FOR WELLNESS**

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

**A minimum of 10 registrations is required for this class to run!**

**WEDNESDAYS,**

11:00 am - 12:00 pm

Outside

**January 14-March 18**

Lachine residents \$20/10 weeks

Non-Lachine residents \$25/10 weeks

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

# WELLNESS ACTIVITIES

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



IN PERSON WITH JENNIFER

## THOMAS MORE

Topic: Exploring Personal Narratives - Reading Memoirs and Diaries  
By reading excerpts of works from various authors and time periods, we will explore the art of personal storytelling. Selections will include writings by historical and contemporary figures, explorers, politicians, authors, and many others.

Language: English

## THURSDAYS,

10:00 am - 11:30 am

SALON D

## January 22-March 26

Lachine residents: \$30/ 10 weeks

Non-Lachine residents: \$35/ 10 weeks



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.

## FRIDAYS,

11:30 am - 12:30 am

Salon C

## January 16-March 20

Lachine residents \$10/10 weeks

Non-Lachine residents \$15/10 weeks

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



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.



## WELCOME DAWSON COMMUNITY, RECREATION AND LEADERSHIP STUDENTS!

We're pleased to announce that Dawson CRLT students will be joining us this year! They will be supporting and leading certain programs as part of their training. Please join us in welcoming them and making them feel part of our community!

# 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 TO THE PARTICIPANTS ARRIVING.

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



## JANUARY



**Lunch together**  
Restaurant reservation with volunteer or student

Join us for a delicious lunch together at Scarolies Pasta Emporium! Enjoy warm company, hearty Italian dishes, and a chance to share a meal with friends. Let us know if you want to meet us there- so we can adjust the reservation!

**FRIDAY, JANUARY 23**

11:00 am-2:30 pm  
Cost:  
Lachine residents: \$15  
Non-Lachine residents: \$20  
**Location:** Scarolies Pasta Emporium, 950 Boul. Saint-Jean, Pointe-Claire, QC H9R 5M7

## FEBRUARY



**Makaya Chocolat**  
Free roaming with volunteer or student

Celebrate Black History Month with us as we visit a local Black-owned treasure blending culture, creativity, and chocolate! Ralph Leroy is a Haitian-born, Montreal-based chocolatier. Known for his artistry and innovation, as a fashion designer and jeweler, he later connected with his Haitian roots, through handcrafted chocolates. Join us as we walk there together (or meet us there) to enjoy delicious desserts and support local Black excellence!

**FRIDAY, FEBRUARY 27**

10:00 am - 12:30 pm  
Cost:  
Lachine residents: Cost of the meal  
Non-Lachine residents: Cost of the meal  
**Location:** 2492 Bd Saint-Joseph, Lachine, QC H8S 2N8

## JANUARY



**Morgan Arboretum**  
Animated by staff/guide

Join us for a guided walking tour at Morgan Arboretum park! Enjoy the fresh air while learning about the park's history, birds, and ecosystems, complemented by stunning winter views. After the walk, warm up with hot chocolate at The Teapot. Best for those in good physical shape. Ice grips and poles recommended. \*Minimum of 10 participants required.\*

**FRIDAY, JANUARY 30**

9:00 am - 12:30 pm  
Cost:  
Lachine residents: \$20  
non-Lachine residents: \$25  
**Location:** Morgan Arboretum

## MARCH



**BINGO**

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!

Transport will **not** be offered! Meet us at the BINGO hall at 12:40 pm!

**MONDAY, MARCH 9**

12:30 pm - 4:00 pm  
Cost: Games at your own cost  
**Location:** 2005 Rue Saint Antoine



## FEBRUARY



**Biodome**  
Free roaming with volunteer or student

Step inside the Biodome and discover four unique ecosystems under one roof! From lush rainforests to polar landscapes, vibrant plants, and learn fascinating facts about nature. Don't forget your camera—there's plenty to marvel at and enjoy!

**FRIDAY, FEBRUARY 6**

9:30 am - 2:45 pm  
Cost:  
Lachine residents: \$31  
Non-Lachine residents: \$36  
**Location:** Biodome- 4777 Pierre-de Coubertin Ave, Montreal, Quebec H1V 1B3

## MARCH



**Sugar Shack**  
Reservation w/vol-student

Join us for a traditional sugar shack experience filled with charm! Enjoy a hearty meal complete with delicious maple taffy on the snow. Afterward, take time to browse the shop, dance to live music in the hall, visit the mini farm, or stroll along the scenic trails.

**FRIDAY, MARCH 20**

Time: 10:30 am- 4:15 pm  
Cost:  
Lachine residents: \$48  
Non-Lachine residents: \$53  
**Location:** Érablière au Sous Bois, 150, Chemin Sous Bois, Mont Saint Grégoire, Qc

# THANK YOU TO OUR SUPPORTERS!

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

Centraide  
du Grand Montréal

Lachine  
Montréal

Loto  
Québec

Bingo Lachine  
St-Antoine  
St-Amand

Fondation  
GRACE DART  
Foundation

CHSSN

FONDATION  
Lindsay Memorial  
FOUNDATION

Zeller  
FAMILY FOUNDATION

Desjardins  
Caisse de Lachine

ÉTABLISSEMENT  
ALLIÉ  
fondation  
émergence fondation:emergence.org

THE TEAPOT 50+ CENTRE  
2901 ST-JOSEPH BLVD.  
LACHINE, QC H8S 4B7  
514-637-5627  
TEAPOT@THETEAPOT.ORG  
SOCIAL MEDIA: @THETEAPOT50

