THE TEAPOT 50+ CENTRE

TEA LEAVES

APRIL-MAY-JUNE 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.



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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

Tamara Peel
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Tamarap@theteapot.org

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Ashleyh@theteapot.org

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

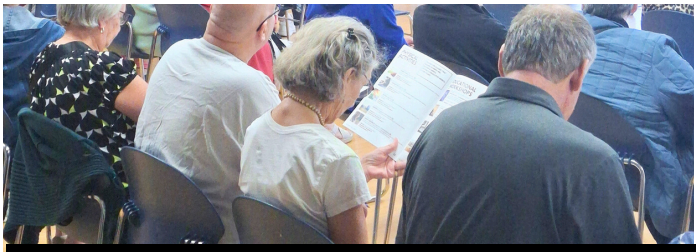
RENEW YOUR PARTICIPATION!

Don't forget to renew and update your active status. The re-inscription period opens April 1, 2026. Make sure your status is current to continue enjoying all our programs and services.



Registration Information Session

Do you have questions about our spring 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.
TUESDAY, MARCH 31, 10:30 am-11:30 am,
Cafeteria



Spring Activity Registration

Phase 1 registration for Lachine residents will take place on **Wednesday, April 1, from 9:30 AM to 3:30 PM** in SALON A on a first-come, first-served basis.
Phase 2 registration for non-Lachine residents will be on **Thursday, April 2, from 9:30 AM to 3:30 PM** in SALON A on a first-come, first-served basis.
As of **Monday, March 23, 2026,** 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.



Special General By-laws meeting

This meeting will allow members to review, discuss, and vote on proposed updates or amendments to the organization's bylaws. This ensures that our governance documents remain current and reflect the needs and priorities of our organizations

Friday, May 29th, 9:30 a.m. to 11:30 a.m.
Vieille Brassiere



FundaMental Wellbeing Panel

In honour of Mental Health Awareness Month, we invite you to a special panel featuring community partners sharing how social connections can support seniors' mental health, promote inclusion, and help break isolation.
This interactive session will provide an open space for dialogue and learning, where attendees can ask questions, hear inspiring stories, and explore practical tips for fostering meaningful social connections.
Bilingual session
Thursday, May 7th, from 1:00 p.m. to 4.00 p.m.
Salon A - *Light refreshments will be offered.*

TEAPOT UPDATES



Annual General Meeting

Join us for the 50th Annual General Meeting 2025-2026. Let's reflect on achievements and discuss future plans together.

RSVP by Friday, June 8th, 2025.
Continental Breakfast

FRIDAY, JUNE 12, 9:30 am - 12:00 pm, Salon C & D

Cost:
FREE FOR ALL - REGISTRATION REQUIRED!

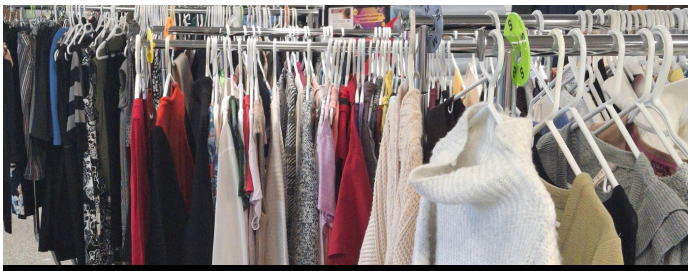


Save the date: 50th Anniversary Gala

The Teapot 50+ Centre is celebrating its **50th Anniversary on Friday, November 6th, 3:00 pm to 7:00 pm.**

Registration will open in September, so mark your calendars and get ready to join us for this special milestone celebration.

More details to come!

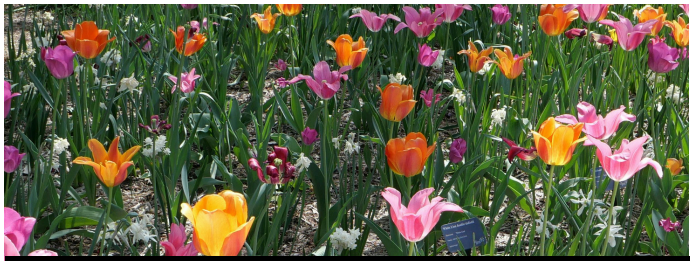


Thrift Store - Boutique

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 Monday, April 6 and Monday, May 18, 2026.

Shop with us and make a difference today!



Centre Closures- Keep in mind

Please note:

The Teapot will be closed on the following dates:

- **Friday, April 3rd for Good Friday,**
- **Monday, April 6th, for Easter Monday**
- **Friday, May 18th, for Victoria Day.**

Thank you for understanding.

FUNDRAISING

50TH CAMPAIGN

50 YEARS STRONG, FOR OUR COMMUNITY



For over 50 years, The Teapot has been a trusted and distinguished organization supporting the 50+ community of Lachine. This year, we proudly celebrate five decades of meaningful impact — empowering participants to live vibrantly, stay connected, and access the services they deserve. As we mark this incredible milestone, we are launching our 50th Anniversary Campaign to help ensure The Teapot continues to grow, innovate, and serve our community for the next 50 years.

Ways to Donate:

- In person at The Teapot (cash, cheque, debit or credit)
- Online via our website
- By e-transfer to teapot@theteapot.org

Other Ways to Support Our Mission:

- Shop at our Boutique
- Purchase Half & Half tickets
- Visit and enjoy our Café

Deadline to Donate to the Campaign: Monday, November 2nd, 2026

MONTHLY PAINTING RAFFLE

SCAN THE QR CODE TO PURCHASE YOUR TICKET:

Celebrate our 50th anniversary by taking part in our monthly painting raffle!
Beautiful paintings will be displayed at the centre, with one artwork raffled off each month. These pieces were generously donated to us by Normand Lemaire in memory of his wife, our late member Francine Lemaire Ouellette — a passionate artist whose work beautifully captured nature and Lachine landscapes. By participating, you help us celebrate 50 years of community while honouring Francine's creative legacy.

Raffle Tickets:

- $10 for 1 ticket
- $15 for 2 tickets

Tickets can be purchased at the centre or online through Zeffy:
https://bit.ly/raffle-50-painting.

The winner will be announced at the end of each month and will be mentioned in the infoletter. All proceeds support our 50th anniversary campaign and help us continue building meaningful connections in our community. Thank you for your support, and good luck!

APRIL: SPRING FLOWERS



MAY: TULIPS IN BLOOM



JUNE: NOTRE-DAME STREET LACHINE



VOLUNTEER

CONNECT WITH YOUR COMMUNITY: GET INVOLVED!

SCAN THE QR CODE TO VISIT OUR ONLINE INTEREST FORM:

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



KIOSK HELPER

GROCERY SHOPPER

TECH SUPPORT

KITCHEN HELPER

MEDICAL DRIVER

"For me, volunteering represents being an integral part of an engaged, inclusive and caring community while also supporting The Teapot's mission.

As a bonus, as a retired RBC employee, I participate in its Volunteer Rewards Program, where, in recognition of my volunteer hours, RBC donates yearly to a charity of my choice.

Needless to say, I chose The Teapot!"

-Marie M., Data Entry and Shop For volunteer

DATA ENTRY CLERK

GROCERY CALLER

BOUTIQUE ASSISTANT

MINIBUS HELPER

SPECIAL EVENTS HELPER

OTHER VOLUNTEER NEEDS

Please check out our bi-weekly info-letter or online interest form on our website for up-to-date volunteer needs. We can't wait to meet you!

OUR SERVICES

For more information, Contact us:
(514) 637-5627
jackiec@theteapot.org
rebeccab@theteapot.org



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 ($)

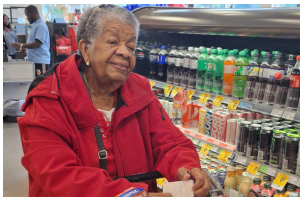
Get certified foot care from compassionate nurses.
At The Teapot: $40 Lachine residents, $45 non-Lachine residents
In-home: $50 Lachine residents, $55 non-Lachine residents



Individual Advocacy

Needs assessments, Referrals, Case management, Assistance with forms, Crisis intervention, and follow-ups, Income tax and housing rights resources.

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



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).

OUR SERVICES

For more information, Contact us:
(514) 637-5627
jackiec@theteapot.org
rebeccab@theteapot.org



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.

PARTNER SERVICES

NEW Animo Lachine

Pet Care Services offered: Special price for Teapot participants!

List of services (Tuesday and Friday):

- FREE local delivery (+50$)
- Local delivery with nail trimming + 20$ +tx
- At home Nail trimming + 27$ each +tx, +7 +tx ear cleaning, +8$ +tx for paw pads,
- 35$ for the trio +tx.

PET TAXI (for grooming at the boutique):

- Animal Pick up round trip 30$
- Animal Pick up round trip 16$

(If 60$+ tx is purchased)

For more information, Contact Animo directly: (514) 639-3080 | lachine@animoetc.com

GASO: Caregiver Support Group (English group)

April: April 22 from 1:30 p.m. to 3:30 p.m. (Salon A)
May: May 20 from 1:30 p.m. to 3:30 p.m. (Vieille brasserie)
June: June 17 from 1:30 p.m. to 3:30 p.m. (Salon A)
July: July 15 from 1:30 p.m. to 3:30 p.m. (Salon A)

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

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.

For more infromation: (514) 637-5627

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!

These events are made possible through funding from the Secrétariat aux relations avec les Québécois d'expression anglaise and CHSSN.



Welcome to Spring- High Tea

Welcome the beauty of spring with an elegant High Tea celebration! Join us for a selection of classic tea sandwiches, freshly brewed tea, and an assortment of delicious desserts. It's the perfect opportunity to gather, relax, and celebrate the new season in charming company.

THURSDAY, APRIL 16, 11:30 AM-1:00 PM
Cafeteria
Cost:
Lachine residents: $10
Non-Lachine residents: $15



Mother's and Father's Day Party

Let's celebrate parents day together! If you're a mother, a father, or you have a mother or a father- you are welcome to join us for some afternoon sweets and refreshments!

WEDNESDAY, MAY 13, 2:00-3:00 PM
Cafeteria
Cost:
Lachine residents: $5
Non-Lachine residents: $10



Concert & Sing Along

VOICES OF JOY: SINGING FOR MIND, HEART AND COMMUNITY
Join us for a lively concert and sing-along! Enjoy a handful of beautiful original performance pieces from Jennifer Gasoi, along with plenty of familiar favorites you can sing along to. It's the perfect blend of listening and participation.

THURSDAY, MAY 14, 11:00 AM-12:00 PM, SALON A
Lachine residents: FREE
Non-Lachine residents: FREE
This activity is made possible through funding from The Drummond Foundation



Annual General Meeting

Join us for the Annual General Meeting 2025-2026. Let's reflect on achievements and discuss future plans together. Continental Breakfast.

RSVP by Friday, June 8th, 2025.

FRIDAY, JUNE 12, 9:30 am to 12:00 pm, Salon C&D
Cost:
FREE FOR ALL - REGISTRATION REQUIRED!

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
April 14-June 16

**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

April 30, May 14, May 28, June 11, June 25

No breakfast club April 16

***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

April 10, April 24(in cafeteria) , May 8, May 22 (in cafeteria), June 5, June 19

Please note that Art Hive will continue as a member-led autonomous group unless a student is available!



IN PERSON

TABLETOP GAMES

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

FRIDAYS
10:00 am - 12:00 pm
Cafeteria

Ongoing

SOUP & SANDWICHES

DELICIOUSLY PLANNED, PERFECTLY BALANCED: MEAL PROGRAMMING AT ITS FINEST

Delight in a classic sandwich and a flavorful soup while chatting with friends.

TUESDAYS, 12:00 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

APRIL



April 14
Hearty Pasta soup
Sandwich
Cookie



April 21
Vegetable Soup
Sandwich
Lemon cake



April 28
Butternut squash Soup
Sandwich
Marble cake

MAY



May 5
Tomato soup
Sandwich
Glazed doughnuts



May 12
Pea soup
Sandwich
Double chocolate cookie



May 19
Carrot Ginger Soup
Sandwich
Chocolatine



May 26
Broccoli soup
Sandwich
Oatmeal cookies

JUNE



June 2
Tortilla soup
Sandwich
Profiteroles



June 9
Bean and veggie soup
Sandwich
Brownie



June 16
Lemon Chickpea Soup
Sandwich
Ice cream

PHYSICAL ACTIVITIES

PLEASE NOTE THE WEEKS AND PRICES IN THE DESCRIPTION



IN-PERSON WITH JOHN

MOVEMENT AND STABILITY, beginner, ($) 8 weeks

This class is a standing class, focusing on mobility, lower body strength, and balance. Movements focus on safe weight transfer and upper body coordination. We will use the chairs for stretches and as balance aids. Weights may be used.

MONDAYS, 9:00 am -9:45 am, Salon C
April 13 - June 15
No class April 27 and May 18
Lachine residents: $50/ 8 weeks, $8 for 1 class
Non Lachine residents: $55/ 8 weeks, $13 for 1 class



IN-PERSON WITH SUZANNE

PILATES, beginner ($) 8 weeks

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

MONDAYS, 10:15 am - 11:15 am, Salon C
April 13 - June 8
No class May 18
Lachine residents: $50/ 8 weeks, $8 for 1 class
Non Lachine residents: $55/ 8 weeks, $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 7- June 9
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 7- June 9
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 8 - June 10
Lachine residents: $60/ 10 weeks and $8 for 1 class
Non-Lachine residents: $65/ 10 weeks and $13 for 1 class

PHYSICAL ACTIVITIES

PLEASE NOTE THE WEEKS AND PRICES IN THE DESCRIPTION



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 9- June 18
No class April 23
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 **($) 10 weeks**

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, 10:10 am - 11:10 am, Salon C
April 9- June 18
No class April 23
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

AEROBICS, beginner-intermediate **($) 10 weeks**

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

THURSDAYS, 11:10 am - 12:10 pm, Salon C
April 9- June 18
No class April 23
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

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 am, Salon C
April 10-June 19
No class April 24, May 22, June 12
Lachine residents: $50/ 8 weeks, $8 for 1 class
Non Lachine residents: $55/ 8 weeks, $13 for 1 class

EDUCATIONAL WORKSHOPS

ALL WORKSHOPS ARE FREE!



IN-PERSON WITH ERIC OUIMET, CFE, BUSINESS OWNER TURNED CERTIFIED FRAUD EXAMINER

PROTECTING YOURSELF FROM SCAMS

Join this interactive workshop and learn how to recognize scams before they happen. Gain confidence and learn simple, practical strategies to protect yourself from fraudsters.

Language: **English**

WEDNESDAY, APRIL 8, 11:30 AM - 1:00 pm, SALON A - BASIC SCAMS
WEDNESDAY, APRIL 15, 11:30 AM - 1:00 pm, SALON C - MORE COMPLEX SCAMS



IN-PERSON WITH SINGER/ SONGWRITER ROB LUTES

SONGWRITING WORKSHOP FOR OUR 50TH ANNIVERSARY!

This workshop brings songwriters together to create a fun song celebrating the Teapot's 50th anniversary, turning participants' ideas about what the Teapot represents into music. With no absolute rules, the focus is on creativity, collaboration, and practical techniques that help shape those ideas into a finished song.

Language: English and French (participants must be **bilingual**, as translations will not be made for everything)

THURSDAY, APRIL 9, 10:30 AM-12:00 PM , CAFETERIA

This course is made possible through funding from the Drummond Foundation



IN PERSON WITH MARTHA

PEER TO PEER SERIES: BOOMERS ROCK!

This presentation is a part of our Peer-to-Peer Series, where members share their skills and passions. A workshop with a PowerPoint presentation by Martha Brooke exploring post-World War II political change through the lens of the avant-garde cultural movement. Disillusioned by the destruction of two World Wars, the threat of nuclear war, and the long Cold War, a rebellious generation expressed renewal and hope through art. Music became a powerful force that helped guide them from a time of uncertainty toward a vision of peace. Discussion is welcome.

Language: English

MONDAY, APRIL 13, 10:30 AM-12:00 PM, SALON A



IN-PERSON WITH ERIC OUIMET, CFE, BUSINESS OWNER TURNED CERTIFIED FRAUD EXAMINER

PROTECTING YOURSELF FROM SCAMS

Join this interactive workshop and learn how to recognize scams before they happen. Gain confidence and learn simple, practical strategies to protect yourself from fraudsters.

Language: **French**

WEDNESDAY, APRIL 22, 11:30 AM - 1:00 PM, SALON A - BASIC SCAMS
WEDNESDAY, APRIL 29, 11:30-1:00 PM, SALON A - MORE COMPLEX SCAMS

EDUCATIONAL WORKSHOPS

ALL WORKSHOPS ARE FREE!



IN-PERSON WITH TANIA

MCGILL COMMUNITY FOR LIFELONG LEARNING:

ON THE ROAD SERIES: NAVIGATING CHANGE WITH COURAGE AND CARE

On The Road brings fun, engaging, in-person learning experiences directly to you. Led by an expert lecturer from McGill, each session offers lively presentations and discussions designed for you! This engaging and reflective talk begins with a powerful idea: sometimes the moments that unsettle us are the very ones that redirect us. The speaker explores how we each respond to change, how to reframe uncertainty, and how to cultivate inner stability during challenging times. The session also highlights the importance of collective care, community, and feeling seen and recognized.

Language: English

THURSDAY, APRIL 30, 11:30-1:00 PM, VIEILLE BRASSERIE (2801 BOUL ST JOSEPH)



IN-PERSON WITH BRIAN

MCGILL COMMUNITY FOR LIFELONG LEARNING: ON THE ROAD SERIES

INSIGHTS INTO MODERN TURKEY: FROM ISTANBUL TO GÖBEKLI TEPE AND BEYOND

On The Road brings fun, engaging, in-person learning experiences directly to you. Led by an expert lecturer from McGill.
Between 2009 and 2011, our presenter lived and worked in Turkey for a United Nations agency, first in Southeast Anatolia and later in Ankara, with frequent travels to Istanbul and Izmir. Drawing on both professional and personal experiences, he offers a look at Turkish society and culture.

Language: English

WEDNESDAY, MAY 6, 11:30-1:00 PM, SALON A



IN-PERSON WITH HEATHER MITCHELL, LUMA HEALTH CONSULTING

BETTER TALKS WITH DOCTORS

Have you ever left the doctor's office not fully understanding what was said? If yes, this workshop can help you work better with your doctor to manage your health.

Language: English

WEDNESDAY, MAY 20, 11:30 AM - 1:00 PM, SALON A

This workshop is in partnership with Literacy Unlimited.



IN PERSON WITH PETER BLANCHETTE, RESEARCHER AT 211 GRAND MONTRÉAL

211 GRAND MONTREAL

Come learn about 211, a free and confidential information and referral service available 7 days a week, by phone, chat, or online. 211 connects you to nearly 8,000 community resources that offer support in various languages!
This workshop will show how 211 can help with everyday needs- helping you find the right services.

Language: French

WEDNESDAY, MAY 27, 10:00 am - 11:30 AM, SALON A

UNLOCK KNOWLEDGE

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
April 13- June 22
(Outdoor class June 22)
No class April 6 and May 18
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 & Le Groove Salon



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.

WEDNESDAYS,
11:00 am - 12:00 pm
Outside
April 8- June 10
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



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
April 13- June 8
No class April 6 and May 18
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



IN-PERSON WITH LESLEY
PEER TO PEER : DANCE FOR WELL-BEING
This activity is a part of our Peer-to-Peer Series, where members share their skills and passions. Experience the transformative power of dance, uplift your mental well-being, and embrace your individuality through movement and music.

WEDNESDAYS,
1:30 pm - 2:30 pm
Salon C
April 8- June 10
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



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 14- June 16

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



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
April 10- June 26 (Outdoor class June 26)
No class April 24, May 22
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 & Le Groove Salon

EMBARK ON ADVENTURE

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 TO THE PARTICIPANTS ARRIVING.

THE FEET REPRESENT THE AMOUNT OF WALKING DURING EACH OF THE TRIPS.
= MINIMUM
= MODERATE
= HEAVY

APRIL



Join us for a lovely shopping spree! Come and explore more than 120 stores and services at Mall Champlain!

FRIDAY, APRIL 17
9:30 am-3:00 pm
Cost:
Lachine residents: $15
non-Lachine residents: $20
Location: Mall Champlain, 2151 Boul. Lapinière, Brossard, QC J4W 1M3

APRIL



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, APRIL 27
12:30 pm - 4:00 pm
Cost: Games at your own cost
Location: 2005 Rue Saint Antoine

MAY



Blossom into joy on our Tulip Festival Trip! Come see vibrant blooms with friends!

Bring your own bagged lunch or enjoy nearby food trucks.

FRIDAY, MAY 8
8:30 am - 6:30 pm
Cost:
Lachine residents: $20
Non-Lachine residents: $25
Location: Commissioners Park at Dows Lake.

MAY



Blossom into joy on our Tulip Festival Trip! Come see vibrant blooms with friends!

Bring your own bagged lunch or enjoy nearby food trucks.

FRIDAY, MAY 15
8:30 am - 6:30 pm
Cost:
Lachine residents: $20
Non-Lachine residents: $25
Location: Commissioners Park at Dows Lake.

JUNE



Enjoy a guided tour where you'll discover the fascinating world of bees and their honey production. After the tour, take time to explore the charming boutique filled with delicious honey, homemade products, and unique local treats.
A fun, relaxing, and educational day — with a little something sweet to bring home!

FRIDAY, JUNE 5
12:30 pm - 5:45 pm
Cost:
Lachine residents: $30
Non-Lachine residents: $35
Location: 10291 Rang de la Fresnière, Mirabel, QC J7N 3M3

JUNE



Discover the exceptional flavors of Quebec by visiting Domaine De Lavoie. With a glass of wine or cider in hand, enjoy our 23 hectares of land and our terrace for a pleasant experience. You will taste 4 products chosen by the winemaker and explore the boutique after!

Bring your own bagged lunch to enjoy!

FRIDAY, JUNE 26
Time: 11:00 AM- 4:15 pm
Cost:
Lachine residents: $25
Non-Lachine residents: $30
Location: Domaine De Lavoie - Winery & Cidery

THANK YOU TO OUR SUPPORTERS!



Centraide du Grand Montréal

Lachine Montréal

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

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ASSEMBLÉE NATIONALE DU QUÉBEC
Enrico Ciccone
Député de Marquette MNA

Loto Québec

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CHSSN

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PME MTL OUEST-DE-L'ÎLE

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