

# THE TEAPOT 50+ CENTRE

## TEA LEAVES

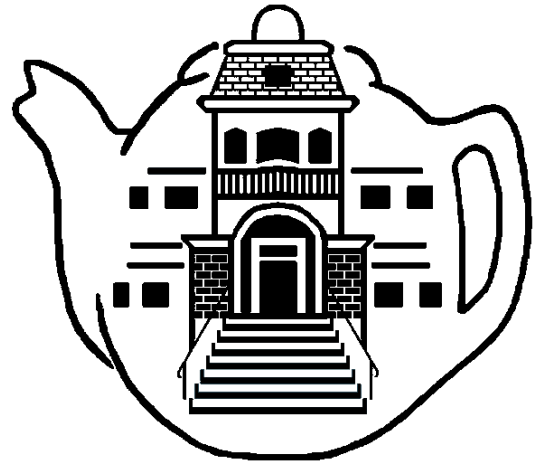
**JULY - AUGUST 2026**

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: Reception and phone lines 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

EXECUTIVE DIRECTOR  
Tamarap@theteapot.org

### Kierra Dubeau

MARKETING & COMMUNICATIONS  
COORDINATOR  
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COMMUNITY OUTREACH &  
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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-enrollment period opens April 1, 2026. Make sure your status is current to continue enjoying all our programs and services.



**Registration Info & Newsletter Mailing**

Do you have questions about our Summer 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, June 29, 10:00 AM- 11:00 AM** in the Cafeteria

**Newsletter mailing** renewals for Fall 2026- Summer 2027 will be \$10.00. You may pay as of August 2026.

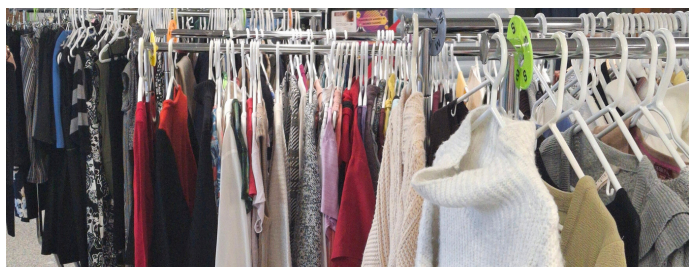


**Summer Activity Registration**

**Phase 1 registration** for Lachine residents will take place on **Thursday, July 2, from 9:30 AM to 3:30 PM** in the cafeteria on a first-come, first-served basis. (due to CANADA DAY closure on WEDNESDAY)

**Phase 2 registration** for non-Lachine residents will be on **Friday, July 3, from 9:30 AM to 3:30 PM** in the cafeteria on a first-come, first-served basis.

As of **Monday, June 29, 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.



**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 Wednesday, July 1, 2026.**

Shop with us and make a difference today!

**Please note:**

The Teapot will be closed on the following dates:

- **Wednesday, July 1<sup>st</sup> - Canada Day**
- **Thursday, July 30<sup>th</sup> - STAFF TEAM BUILDING**

**Summer Update:** Our staff will be taking well-deserved vacations throughout July and August. Please expect longer response times for callbacks. Thank you for your understanding!



**Centre Closures and Staff Team building**



# Camp Connect

## A Retreat to Grow Friendship

This retreat is a unique opportunity to step away from your daily routines and enjoy a few peaceful days in a relaxed, supportive environment. Through shared collective kitchen-style meals, group and water activities, meaningful conversations, and moments of laughter, participants will have the chance to connect with others, share life stories, and build friendships that can continue long after the retreat ends.

Mandatory info session with pre-registration:

**Tuesday, June 23, from 10:00-11:00 AM** in the cafeteria. If you cannot attend, please contact Tamara.

**MONDAY, JULY 13, TUESDAY, JULY 14, AND WEDNESDAY, JULY 15**

**Departure:** Monday, July 13<sup>th</sup>, at 9:00 am

**Return:** Wednesday, July 15<sup>th</sup>, at 5:00 pm

**14 places available**

50\$ deposit to enter the Lottery \*A full refund will be given if you are not chosen in the lottery.\*

**Lachine residents: \$150 all included**

**Non-Lachine residents: \$200 all included**

*Cabins accommodate **two** individuals, feature **two** separate beds, and have a private bathroom.*

**Location:** Au Domaine L'Aubergerond de Mandeville, in Lanaudière

**Distance:** 2 hours from Lachine

*This trip is subsidized in part by Centraide du Grand Montréal.*



**Centraide  
du Grand Montréal**



# 50<sup>TH</sup> 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 teapottheteapot.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 2<sup>nd</sup>, 2026**



## MONTHLY PAINTING RAFFLE

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.

*\*Please note: the August painting is from an unknown artist.*

### 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\\_](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!

**SCAN THE QR CODE TO PURCHASE YOUR TICKET:**



**JULY:  
TWIGGY**



**AUGUST:  
MARKET DAY**



# 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**



**DATA ENTRY CLERK**



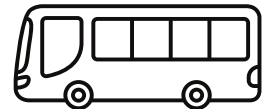
**GROCERY CALLER**



**BOUTIQUE ASSISTANT**



**MINIBUS HELPER**



**SPECIAL EVENTS  
HELPER**



"I like The Teapot. I like making new friends and talking to people I know. I also like helping at the Boutique, the Breakfast Club, the Birthday Card Club and Special Events. At the Breakfast Club, I really like helping with the games."

- Chris K. (Ambassador since 2025)



### 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

rebeccabetheteapot.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.

- Clinic (Teapot): New clients \$45-\$50 | Follow-ups \$40-\$45. Call (514) 637-5627.
- In-Home: \$50-\$60. Call Sonia at (450) 692-0037. (Lachine resident discounts apply; new client fees apply if inactive for 6+ months).



## 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 Fondation 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)

July 17 from 1:30 p.m. to 3:30 p.m.  
August 15 from 1:30 p.m. to 3:30 p.m.

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 information: (514) 637-5627

# SPECIAL EVENTS

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

50<sup>th</sup>



## 50 Years & Fabulous: A Rockin' Summer Bash

Join us as we celebrate 50 wonderful years of the Teapot with a 1950s-themed Summer Party! Enjoy a meal, laughter, and dancing as we take a trip back to the fabulous fifties. Come dressed in your favourite 1950s-inspired outfit – poodle skirts, polka dots, vintage flair, or anything retro! Dressing up is optional, but highly encouraged for extra fun. Let's celebrate 50 years of friendship, community, and memories together as we Rock Around the Teapot!

**WEDNESDAY, JULY 8, 5:00 pm – 7:00 pm**  
VIEILLE BRASSERIE

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



## Let's celebrate L-O-V-E!

Join us for a special Wedding Shower celebration at the Teapot! We are so excited to be celebrating **two** Teapot weddings this summer—Michelle and Kierra are both getting married, and we want to take a moment to shower them with love before their big days. We'll enjoy fun games, a celebratory toast, and lots of laughter as we come together in community and joy. Let's celebrate love, laughter, and their happily ever afters!

**WEDNESDAY, JULY 22, 1:30 pm -3:30 pm**

Teapot Cafeteria  
FREE FOR ALL TO JOIN!



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!



## Conversation Café with CHSSN

Come share the positive impacts of Senior Wellness at the Teapot with our funder: CHSSN! This event will be hosted by Griffin Payne, Community development Researcher!

What to expect:

- Guided reflection with gratitude
- Getting to know each other
- Sharing stories about the Teapot
- Listening and learning from the stories of your peers

**WEDNESDAY, JULY 15, 1:00 PM - 3:00 PM**  
Teapot Cafeteria



## Fêtes de Lachine: Community event!

Come enjoy sports activities, inflatable games and entertainment with face painters and temporary tattoo artists. The event will also have a cultural component with artistic and musical performances, and food from Lachine restaurateurs. See you there!

**SATURDAY, AUGUST 15, 1:00 PM- 10:00 PM**

LaSalle Park  
Cost:  
FREE for all to enjoy!

# 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

## 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

July 23, August 6, August 20

**\*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

July 17, July 31, August 14, August 28

**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!

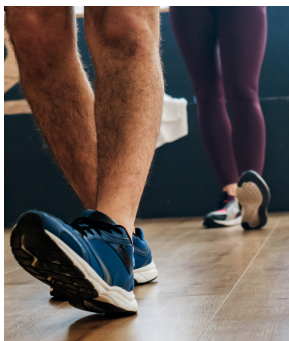
### FRIDAYS

10:00 am - 12:00 pm  
Cafeteria

**Ongoing**

# PHYSICAL ACTIVITIES

**PLEASE NOTE THE  
WEEKS AND PRICES  
IN THE DESCRIPTION**



IN-PERSON WITH ANNIE

## **DANCE AEROBICS**, beginner-intermediate (**\$**) **8 weeks**

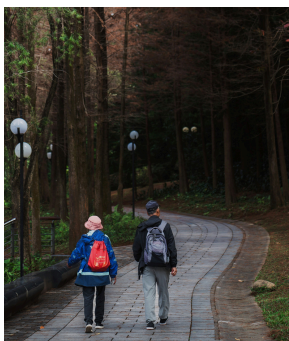
Partake in a dynamic, rhythmic workout combining dance moves with aerobic exercises, enhancing cardiovascular fitness, coordination, and endurance.

**TUESDAYS**, 11:00 am - 12:00 pm, Salon C

**July 7- August 25**

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

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



IN-PERSON WITH PARIS

## **NATURE APPRECIATION: WALKING GROUP**, beginner

Get moving, breathe in the fresh air, and enjoy great company with Step & Connect! This walking group is all about gentle movement, exploring the outdoors, and building meaningful connections along the way. Whether you come for the steps, the scenery, or the conversation, you'll leave feeling refreshed and energized. Bring a friend or come meet new ones—everyone is welcome!

**WEDNESDAYS**, 10:00 am - 11:00 am, Outside!

**July 8- August 26**

**FREE FOR ALL TO JOIN!**

This class will be conducted with the assistance of a summer student!



IN-PERSON WITH SUZANNE

## **CHAIR YOGA**, beginner, (**\$**) **8 weeks**

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

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

**July 9- August 27**

**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 PRITHU MUKHOPADHYAY, WHO IS A SCIENTIST AND HAS A PHD IN CHEMISTRY

## **MCGILL COMMUNITY FOR LIFELONG LEARNING: ON THE ROAD SERIES: NUTRITION WHAT WE EAT AND DIGEST**

On The Road brings fun, engaging, in-person learning experiences directly to you. Led by an expert lecturer from McGill. Not only do diet and nutrition play key roles in our body functions, but they also have significant effects on our mood and mental well-being. Can food improve our brain health? How does food relate to our mental well-being? Come learn about this and more!

Language: **English**

**FRIDAY, JULY 17, 1:30 PM – 3:00 pm, CAFETERIA**



IN PERSON WITH PARIS

## **LEARNING CAFÉ**

Join us for a relaxed and engaging gathering where a special guest will share a unique skill, passion, experience, or area of expertise with the group! From hands-on demonstrations to inspiring presentations and conversations, each session will offer something new to discover and enjoy.

More details to come – stay tuned!

Language: Bilingual

**WEDNESDAY, JULY 29, 1:30 PM–3:00 PM, CAFFETERIA**



IN PERSON WITH PARIS

## **LEARNING CAFÉ**

Join us for a relaxed and engaging gathering where a special guest will share a unique skill, passion, experience, or area of expertise with the group! From hands-on demonstrations to inspiring presentations and conversations, each session will offer something new to discover and enjoy.

More details to come – stay tuned!

Language: Bilingual

**WEDNESDAY, AUGUST 12, 1:30 PM–3:00 PM, CAFFETERIA**



IN-PERSON WITH ASHLEY

## **JUNK JOURNALING WORKSHOP**

Explore the creative world of junk journaling! In this relaxed, hands-on workshop, you'll use recycled papers and found materials to create unique, expressive journal pages. No experience needed—just bring your creativity. Materials provided, with the option to bring personal items that you'd like to include.

Language: Bilingual

**FRIDAY, AUGUST 21, 1:30 PM–3:30 PM , CAFETERIA**

# WELLNESS ACTIVITIES

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



**IN-PERSON WITH LAURIE  
BOOGIE FOR THE BRAINS**

Experience the transformative power of dance, uplift your mental well-being, and embrace your individuality through movement and music.

**MONDAYS,**  
10:00 am – 11:00 am  
Outside

**July 6-August 31**

**No class August 3**

Lachine residents \$10

Non-Lachine residents \$15

*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 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

**July 6-August 31**

**July 6 and 20 in the cafeteria**

**No class July 27**

Lachine residents \$25

Non-Lachine residents \$30

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



**IN-PERSON  
TECH TIME**

Join us each week as we explore a different topic—from smartphones and email to apps and online safety! Bring your device, and enjoy a welcoming space to build your digital skills.

**TUESDAYS,**  
1:30 pm – 3:00 pm  
Cafeteria  
**July 7 - August 25**  
FREE

*If you require additional help- please request an appointment with a tech support volunteer!*



**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  
Outside

**July 8- August 26**

Lachine residents \$10

Non-Lachine residents \$15

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



**IN-PERSON  
THE SCRAPBOOK CLUB:  
CRAFTING OUR TEAPOT STORY**

Help us create something special for the Teapot's 50th anniversary! We're making a scrapbook celebrating the past 10 years and want your memories, photos, and creativity. Join us and be part of building this keepsake together!

**THURSDAYS,**  
1:00 pm – 3:00 pm  
Cafeteria

**July 9 - August 27**

FREE for all to join!

*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,**  
10:00 am – 11:00 am  
Outside

**July 10 - August 28**

**No class July 31**

Lachine residents \$10

Non-Lachine residents \$15

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

# SUMMER 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.**



**JULY**



**BINGO**  
Autonomous trip- no bus

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, JULY 6**  
12:30 pm - 4:00 pm  
Cost: Games at your own cost  
**Location:** 2005 Rue Saint Antoine

**JULY**



**Lunch together!**  
Animated by Volunteer/ Student

Join us for a delightful outing to a lunch spot with a beautiful waterfront terrasse! Known for its comforting, homemade-style dishes, it's the perfect spot to connect, and enjoy a satisfying meal.

**FRIDAY, JULY 10**  
11:30 am-3:30 pm  
Cost:  
Lachine residents: \$15 transport fee + lunch at your own cost  
non-Lachine residents: \$20 transport fee + lunch at your own cost  
**Location:** Patate et Persil, 9 Av. Saint-Charles, Vaudreuil-Dorion

**JULY**



**Sweet Stroll to Dairy Queen**  
Animated by Volunteer/ Student

Join us for a sweet and simple outing! We'll take a short 5-minute walk over to Dairy Queen to enjoy a delicious ice cream cone together. Take in the view, soak up some fresh air, and share some laughs with friends. It's the perfect little treat and a great way to connect.

**TUESDAY, JULY 14**  
1:00 pm-3:00 pm  
Cost:  
Lachine residents: Treats at your own cost  
Non-Lachine residents: Treats at your own cost!  
**Location:** Dairy Queen Lachine

**JULY**



**Maison Lavande**  
With Volunteer or Student

Step into a sea of purple with our trip to Maison Lavande! You will become immersed in beautiful lavender fields. There will be time to explore the boutique, discover their products, and unwind with friends in a picturesque setting. The bistro offers lavender-flavored treats and refreshments, but since they don't serve meals, you're encouraged to bring your bagged lunch.

**FRIDAY, JULY 24**  
9:30 am- 1:45 pm  
Cost:  
Lachine residents: \$25  
Non-Lachine residents: \$30  
**Location:** Maison Lavande: 902, Chemin Fresnière, Saint-Eustache

**AUGUST**



**Oka Beach**  
Animated by Volunteer/ Student

Let's enjoy a beautiful day by the water—walking along the sandy beach, taking in the fresh air, and soaking up the summer sunshine. Bring your sunscreen, a hat, sunscreen, and your good spirits as we relax, connect and enjoy the summer sunshine!

Bring your own bagged lunch and water bottles!

**FRIDAY, AUGUST 7**  
8:30 am - 4:00 pm  
Cost:  
Lachine residents: \$20  
Non-Lachine residents: \$25  
**Location:** Oka Beach

**AUGUST**



**A Horse's Tail**  
Reservation with Volunteer or Student

Enjoy a day in the countryside with our Horse's Tail outing! You'll have the chance to meet beautiful horses, learn about their care, and take in the calm, natural surroundings. Whether you're an animal lover or just looking for a refreshing change of scenery, this outing promises fresh air, good company, and a memorable time together. The barn requires that you wear closed-toe shoes- work gloves and hats are recommended! Bring your own bagged lunch!

**FRIDAY, AUGUST 28**  
9:30 am -1:30 pm  
Cost:  
Lachine residents: \$25  
Non-Lachine residents: \$30  
**Location:** 27 Chem. Murphy, Vaudreuil-Dorion, QC J7V 4L2

# THANK YOU TO OUR SUPPORTERS!



**THE TEAPOT 50+ CENTRE**  
 2901 ST-JOSEPH BLVD.  
 LACHINE, QC H8S 4B7  
 514-637-5627  
 TEAPOT@THEAPOT.ORG  
 SOCIAL MEDIA: @THEAPOT50