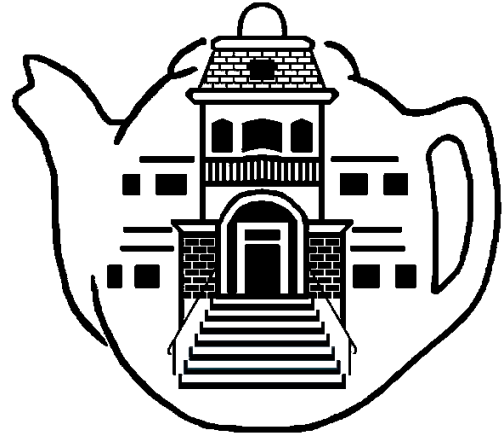


THE TEAPOT 50+ CENTRE TEA LEAVES

SEPTEMBER-OCTOBER-NOVEMBER-
DECEMBER 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
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
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



Phase 1 registration for Lachine residents will take place on **Wednesday, September 2, 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, September 4, from 9:30 AM to 3:30 PM** in SALON A on a first-come, first-served basis.

As of Thursday, August 27th, 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.



Exciting news for our fall programming! Check out the new and returning activities heading your way this season:

- **Peer-to-Peer Cribbage Group:** Wednesdays, 1:00 PM – 4:00 PM
- **Pilates Bar with Danae:** Fridays, 1:30 PM – 2:30 PM (Back by popular demand!)
- **Boogie for the Brains:** Friday class ongoing; a second class date will be announced soon!



Discover our collection of jewelry, clothing, accessories, and bags—all just \$2, with specialty items at \$5. Our friendly volunteers are ready to assist you **every Monday and Wednesday from 9:30 AM to 12:00 PM**. Plus, we gladly accept clothing donations to support our cause.

Shop with us and make a difference today!



Please take note of our closure dates for the upcoming season:

- Monday, **September 7th**, we are closed for Labour Day.
- Monday, **October 12th**, we are closed for Thanksgiving.

We will also be closed **from the afternoon of December 18 and will take a much-needed holiday break, returning in the new year on Monday, January 4, 2027.**

We wish you all a restful and wonderful holiday break!

50TH ANNIVERSARY GALA

Celebrate 50 Years of The Teapot with us!

Join us for a special evening featuring inspiring speeches, special presentations, a delicious buffet, and a cash bar.

Date: Friday, November 6, 2026

from 3:00 p.m. to 7:00 p.m.

Cost: Free (175 spots available via lottery system)

How the Lottery Works:

- Registration Period: **Tuesday, September 8 – Thursday, October 8, 2026** via Google Form
- Phone: 514 637 5727 or in person at our reception (available for those without internet access).
- **1 Entry per person.** Participants may also register 1 additional family member living at the same address (no registrations for friends or third parties).
- No seating reservations

Important Participant Policy

In accordance with our bylaws, all gala attendees must be registered participants since August 6, 2026 (at least 3 months before the event).

Selection & Notification

After registration closes, 175 attendees will be selected at random. Winners will be notified via Email or Phone.

Mark your calendars, we can't wait to celebrate half a century of community with you!



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 or buy tickets for our painting raffle
- Visit and enjoy our Café

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



HALF AND HALF RAFFLE FOR THE 50TH!

Celebrate 50 years of community with The Teapot's 50th Anniversary half-and-half raffle!

Open to the public from August 31st to October 30th, this special raffle directly supports The Teapot's 50th Anniversary Campaign, helping ensure five more decades of empowering and connecting adults 50+ in our community.

Ticket Pricing:

- **2 tickets for 5 dollars**
- **5 tickets for 10 dollars**

Take a chance to win half the pot while giving back! You can purchase your tickets conveniently online via **The Teapot's website** or in person at the centre.

Get your tickets today and help us mark this milestone!



SCAN THE QR CODE TO PURCHASE TICKETS!



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 December photograph was donated and is not a part of Francine's collection.*

Raffle Tickets:

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

Tickets can be purchased at the centre or online through our website.

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!

SEPTEMBER: A FALL DAY IN THE FIELDS



OCTOBER: A NIGHT IN THE FOREST



*NOVEMBER & DECEMBER: CHRISTMAS ROSE



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



FRIENDLY VISITOR



KITCHEN HELPER



MEDICAL DRIVER



DATA ENTRY CLERK



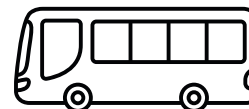
FRIENDLY CALLER



BOUTIQUE ASSISTANT



MINIBUS HELPER



SPECIAL EVENTS HELPER



My parents instilled in their children that giving back to the community was an obligation. So, my siblings and I grew up volunteering. When I became a member of The Teapot over 20 years ago, I started volunteering in different capacities. Presently, I make scones once a week, so members, staff and visitors can enjoy a fresh, healthy, and delectable snack with tea or coffee. It gives me great pleasure to provide this service.

***-Balbir Sandhu, participant and
volunteer since 2005***

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.
Please bring your own towel!
- In-Home: \$50-\$60. Call Sonia at (450) 692-0037. (Lachine resident discounts apply; new client fees apply if inactive for 6+ months).
- **Cash preferred**



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



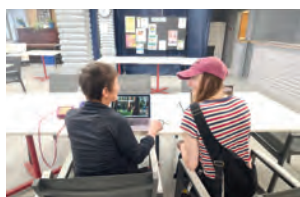
jackiec@theteapot.org

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.



Join us for a special morning to get to know your Lachine resources!

DATE: To be announced

- Bus tour limit: 20 spots
- Lunch included *free of charge*

What to expect:

- A guided tour of local 50+ resources
- Info about the community
- Learn about The Teapot's Services and Programs

Call us for more information: (514) 637-5627

PARTNER SERVICES



Animo Lachine

Pet Care Services offered: Special price for Teapot participants!

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



GASO: Caregiver Support Group (English group)

Wednesday, September 16, 1:30 pm to 3:30 pm

Wednesday, October 21, 1:30 pm to 3:30 pm

Wednesday, November 18, 1:30 pm to 3:30 pm

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



LOOKING FOR OUR MONTHLY CALENDAR?
SCAN THE QR CODE WITH YOUR PHONES:



VISIT OUR WEBSITE:

<https://bit.ly/Teapot-Activities>

OR PICK ONE UP AT OUR RECEPTION DESK!



Teapot concert: Sing with us!

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.

WEDNESDAY, SEPTEMBER 23, 11:00 AM- 12:00 PM
SALON A
Cost: FREE

This activity is made possible through funding from The Drummond Foundation.



Thanksgiving Lunch

Join us in celebrating the season of gratitude with delicious food and warm company! Let's come together, share a meal, and enjoy the simple joys of community and connection.

WEDNESDAY, OCTOBER 7, 11:30 AM - 1:00 PM
SALON C
Cost:
Lachine residents: \$15
Non-Lachine residents: \$20



Birthday Celebration!

Let's celebrate every birthday—together! Join us for a special afternoon dedicated to all of our members, regardless of when your birthday falls. Enjoy cake, refreshments, music, games, and wonderful company as we celebrate another year of friendship, laughter, and community. We hope you'll join us for this fun-filled celebration!

TUESDAY, NOVEMBER 24, 2:00 PM-3:30 PM
CAFETERIA
Cost: FREE



Holiday Party

Let's celebrate the season together! Join us for a festive meal, music, laughter, and good cheer as we wrap up the year with warmth, joy, and community.

WEDNESDAY, DECEMBER 9, 11:30 AM - 2:30 PM
Salon C & D
Cost:
Lachine residents: \$20
Non-Lachine residents: \$25

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

September 15-December 1

Photo credit: Myriam 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

September 24, October 8, October 22, November 5, November 19, December 3 and December 17= PJ party! (September 10 cancelled)

***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

September 18, Oct 2, Oct 16, Oct 30, Nov 13 (in cafeteria), Nov 27, Dec 11 th

Art hive will be member- led when students are not available to animate!



IN PERSON

TABLETOP GAMES

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

FRIDAYS

9:00 am – 12:00 pm
Cafeteria

Ongoing



IN PERSON

DROP IN CAFE

The Teapot is your third space—a welcoming place beyond home and work where you can drop in, enjoy a coffee, a scone and have a friendly chat, or simply relax and enjoy a quiet moment.

WEEKDAYS,

9:30 am – 3:00 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.

SEPTEMBER



September 15

Pea Soup
Sandwich
Ice Cream



September 22

Cauliflower Soup
Sandwich
Apple Turnovers



September 29

Noodle &
Veggie Soup
Sandwich
Cookies

OCTOBER

HAPPY
Thanks Giving



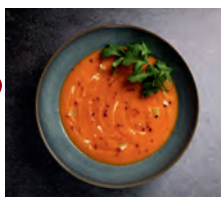
October 6

Italian Wedding
Soup
Sandwich
Swiss Roll



October 13

Butternut
Squash and
Cider Soup
Sandwich
Apple Pie



October 20

Tomato
Zucchini Soup
Sandwich
Lemon Cake

HALLOWEEN



October 27

Carrot Soup
Sandwich
Halloween
candies!
**Dress up if
you want to!**

NOVEMBER



November 3

Cheddar
Cheese Potato
Soup
Sandwich
Cinnamon Roll



November 10

Lemon Chickpea
Soup
Sandwich
Brownie



November 17

Broccoli Soup
Sandwich
Fruit Pie

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 - 9:45 am, Salon C
September 14-November 23
No class September 7 and October 12



IN-PERSON WITH SUZANNE

PILATES, beginner (\$)

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

MONDAYS, 10:00 am - 11:00 am, Salon C
September 14-November 23
No class September 7 and October 12



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
September 8-November 10



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
September 8-November 10



IN-PERSON WITH SUZANNE

PILATES BALANCE, beginner, (\$)

Improve balance and strength. Find stability and vitality.

WEDNESDAYS, 10:10 am - 11:10 am, Salon C
September 8-November 18
No class October 7

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 SUZANNE

CHAIR YOGA, beginner, (\$),

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

THURSDAY, 9:00 am - 10:00 am, Salon C
September 10-November 19
No class November 12



IN-PERSON WITH FLORENCE

TAI CHI, beginner (\$)

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

THURSDAYS, 10:10 am - 11:10 am, Salon C
September 10-November 19
No class November 12



IN-PERSON WITH FLORENCE

AEROBICS, beginner-intermediate (\$)

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

THURSDAYS, 11:15 am - 12:15 pm, Salon C
September 10-November 19
No class November 12



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
September 11-November 27
No class November 6 and November 13



IN-PERSON WITH DANAE

PILATES BARRE, beginner-intermediate (\$)

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

FRIDAYS, 1:30 - 2:30 pm, Salon D
September 11-November 27
No class November 6 and November 13

EDUCATIONAL WORKSHOPS

**ALL
WORKSHOPS
ARE FREE!**



IN-PERSON WITH DULCY

FITNESS IN OUR GOLDEN YEARS

Join our fitness workshop from the comfort of a seat with this **chair-based** fitness and toning class. Using only your own body weight as resistance, you will perform low-impact, functional exercises designed to sculpt muscles, improve posture, and boost overall mobility.

Language: Bilingual

THURSDAY, SEPTEMBER 10, 1:30-2:30 PM, SALON D



IN PERSON WITH CONNECTED CANADIANS AND SUZANNE BONN, SENIORS AND DIGITAL PROGRAM COORDINATOR AT LITERACY UNLIMITED

MUSIC AND TECHNOLOGY

Participants will explore tools and music applications to find, enjoy, and share music online.

Language: English

THURSDAY, SEPTEMBER 24, 1:30 pm – 3:30 pm, SALON A

In collaboration with Literacy Unlimited



IN-PERSON WITH MARTHA, TEAPOT PARTICIPANT

PEER TO PEER SERIES: BOOMERS PART II

BOOMERS ROLL OVER JAZZ TOURS & DELTA BLUES

This presentation is a part of our Peer-to-Peer Series, where members share their skills and passions. Come join us as we learn about the history of the Second World War, whereby the United States promoted its influence through music, sending "Jazz Ambassadors" such as Dizzy Gillespie, Louis Armstrong, and Ella Fitzgerald on international tours during the Cold War. Meanwhile, African American musicians brought Delta Blues and Boogie-Woogie from the South to northern cities during the Great Migration. Their music inspired British bands, whose return to North America during the British Invasion helped ignite the rock-and-roll revolution of the 1960s.

Language: English

TUESDAY, SEPTEMBER 29, 10:30 AM- 12:00 PM, SALON A



IN-PERSON WITH TAMARA PEEL

HOUSING WORKSHOP: KNOW YOUR RIGHTS IN QUÉBEC: EMPOWERING YOU THROUGH INFORMATION

Do you know your rights as a senior living in Québec? This interactive workshop will provide you with essential information about your legal rights and the protections available to you: leases, rent increases, and eviction rules.

Language: Bilingual

WEDNESDAY, OCTOBER 14, 1:30 pm – 3:00 pm, SALON A



EDUCATIONAL WORKSHOPS

**ALL
WORKSHOPS
ARE FREE!**



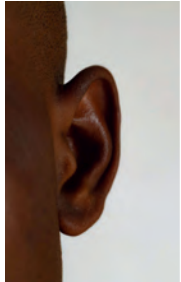
IN-PERSON WITH IOANA PRICOP, CITIZEN SERVICES SPECIALIST

OLD AGE SECURITY: GETTING THE ANSWERS YOU NEED!

Join a representative from Service Canada for an informative presentation on the Old Age Security (OAS) Program. Learn about OAS eligibility and the Guaranteed Income Supplement (GIS) for low-income seniors. There will also be an opportunity to ask questions and receive reliable information directly from Service Canada to help you better understand the benefits available to you.

Language: Bilingual

THURSDAY, OCTOBER 29, 1:30 pm – 3:00 pm, SALON A



IN-PERSON WITH CLINIQUE LOBE LACHINE, MS. JULIE DESFOSSÉS – MÉDECINS ORL, AUDIOLOGISTES, AUDIOPROTHÉSISTES

HEARING HEALTH WORKSHOP WITH LOBE

Learn why good hearing health matters and discover the signs, causes, and impacts of hearing loss. This presentation will also cover hearing care professionals, hearing technology, available government programs and insurance, and practical solutions for people experiencing hearing loss.

Language: French

THURSDAY, NOVEMBER 12, 1:30–3:00 pm, Vieille Brasserie, 2801 Boul Saint-Joseph



IN-PERSON WITH CONNECTED CANADIANS AND SUZANNE BONN, SENIORS AND DIGITAL PROGRAM COORDINATOR AT LITERACY UNLIMITED

PREPARING YOUR DIGITAL LIFE FOR END OF LIFE

Participants will learn how to prepare their digital accounts for end-of-life, including designating legacy contacts, memorializing accounts, and following best practices for securing documents and information.

Language: English

THURSDAY, NOVEMBER 26, 1:30–3:30 PM, SALON A

In collaboration with Literacy Unlimited



IN-PERSON WITH JEAN-ERIC TRUDEAU (FUNERAL PLANNING COUNSELOR)

DEBUNKING FUNERAL MYTHS

This presentation will debunk several persistent myths about the funeral industry and explain the current reality of this sector in 2026. A notary or accountant may be available as a co-presenter (to be confirmed).

Language: English

FRIDAY, DECEMBER 4, 1:30 PM – 3:30, SALON D

WELLNESS ACTIVITIES



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.

TBA

Salon C

September - end of November

Lachine residents: \$15

Non-Lachine residents: \$20

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.

WEDNESDAYS,

11:00 am - 12:00 pm

Outside

September 9-November 25

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.

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



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

September 8-November 10

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

September 9- December 2

No class October 7 and December 9

Lachine residents \$15

Non-Lachine residents \$20

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

WELLNESS ACTIVITIES



IN PERSON WITH JENNIFER

THOMAS MORE

Theme: NOBEL LAUREATES – Peace, Prose and Poetry
Ever wondered what it takes to win a Nobel Prize? Join us as we explore the Nobel Peace and Literature Prizes from 1901 to today. Through the stories of notable winners, their writings, biographies, and acceptance speeches, we'll discover the impact of their work and the significance of one of the world's most prestigious honours.

Language: English

THURSDAYS,

10:00 am – 11:30 am

SALON D

October 1-December 10**No class November 12**

Lachine residents: \$35/ 10 weeks

Non-Lachine residents: \$40/ 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 pm

Salon C

September 18-December 18**No class November 6 or November 13**

Lachine residents: \$15

Non-Lachine residents: \$20

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

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



IN-PERSON WITH STUDENTS

TECH CAFÉ

Have a quick tech question? Drop in on the dates below for a coffee and get your answers from our students!

Call in to reserve your spot on Monday- a maximum of 10 participants may be welcomed each week.

THURSDAYS,

1:30 PM – 3:00 PM

CAFETERIA

September 10- November 26

IN-PERSON WITH ASHLEY

ART & MINDFULNESS

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

FRIDAYS,

1:30 pm – 3:00 pm

Cafeteria

September 11- December 4

Lachine residents: \$30

Non-Lachine residents: \$35

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

FALL 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

SEPTEMBER



VINEYARD
Animated by Volunteer/ student 

Join us for a relaxing afternoon at a beautiful local vineyard! Enjoy a guided wine tasting at your own pace, and enjoy a guided tasting of 4 wines. Expect to savour the experience, explore the grounds, and browse the boutique. A perfect outing to enjoy good company and a taste of local wines—rain or shine! Bring a bagged lunch.

FRIDAY, SEPTEMBER 11

11:00 am-4:00 pm

Cost:

Lachine residents: \$35

Non-Lachine residents: \$40

Location: Vignoble Côte de Vaudreuil | Légende Vivante

SEPTEMBER



APPLE PICKING
Reservation w/vol-student 

Join us for a delightful day at Verger Labonté. Enjoy picking your own organic apples from a beautiful orchard featuring many varieties, all grown using sustainable farming practices. You will receive a 4 lb bag to bring home! Bring your own bagged lunch!

FRIDAY, SEPTEMBER 18

Time: 10:30 AM- 4:00 pm

Cost:

Lachine residents: \$35

Non-Lachine residents: \$40

Location: Verger Labonté, Notre-Dame-de-l'Île-Perrot

SEPTEMBER



440 MARKET
Free roaming with volunteer 

Spend the day exploring the vibrant Marché 440! Browse a wide variety of specialty shops featuring fresh fruits and vegetables, artisan cheeses, baked goods, meats, seafood, gourmet treats, flowers, and more. Enjoy lunch at one of the market's many cafés or restaurants or bring your own lunch. It's the perfect outing for food lovers and anyone looking for a fun day of browsing!

FRIDAY, SEPTEMBER 25

9:30 am - 2:00 pm

Cost:

Lachine residents: \$15

Non-Lachine residents: \$20

Location: 3535 Autoroute Jean-Noël-Lavoie Ouest, Laval, QC H7P 5G9

OCTOBER



TREMBLANT
Free roaming with volunteer or student 

Take in the beauty of autumn with a day in Mont-Tremblant! Stroll through the charming pedestrian village, admire the breathtaking fall colours, browse the unique shops, or simply unwind with a warm drink while enjoying the crisp autumn air.

Bring your own bagged lunch or buy something in the village to eat!

FRIDAY, OCTOBER 9

8:30 am - 5:00 pm

Cost:

Lachine residents: \$20

Non-Lachine residents: \$25

Location: Mont-Tremblant-Village

OCTOBER



LUNCH WITH FRIENDS
With volunteer or student 

Le Vieux Four Manago is known for its welcoming atmosphere and delicious Italian-inspired cuisine, this local favourite offers something for everyone, from fresh pasta and pizza to hearty entrées and homemade desserts.

****If you'd like to meet us there without the bus you must inform us- as we must modify the reservation. ****

FRIDAY, OCTOBER 23

11:00 am- 4:00 pm

Cost:

Lachine residents: \$15

Non-Lachine residents: \$20

Location: 3636 Saint-Charles Blvd, Kirkland, Quebec H9H 4P8

NOVEMBER

Bingo 



BINGO
Autonomous trip- no bus - no staff 

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, NOVEMBER 23

12:30 pm - 4:00 pm

Cost: Games at your own cost

Location: 2005 Rue Saint Antoine

THANK YOU TO OUR SUPPORTERS!



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