THE TEA LEAVES NEWSLETTER

December-January-February 2019-2020

The Teapot 50+ Centre (514) 637-5627 2901 boulevard Saint-Joseph, Lachine, H8S 4B7

Office Hours
Monday to Friday
9:00am to 12:00pm
&
1:00pm to 4:00pm

Centre Staff

Carolyn, General Manager

Tamara, Interim General Manager
tamarap@theteapot.org

Mina, Assistant General Manager
minaca@theteapot.org

Sasha, Activity Coordinator
sashac@theteapot.org

Rebecca, Community Support Department
rebeccab@theteapot.org

Theresa, Volunteer Support Coordinator
theresag@theteapot.org

Barbara, Kitchen Coordinator
barbarah@theteapot.org

Nora, Bookkeeper

Frank, Transport

Board of Directors

Francine Godin, President

Darroch Robertson, Vice-President

Noel Castillo, Treasurer

Marcia Babb, Secretary

Carol Roach, Director

France Therrien, Director

Hikmat Ibrahim, Director

Catherine Navarra, Director

Margaret Fotiou, Director

In this issue:

Winter Activities……2
Special Events/Trips……3
Workshops……4
The Month of December……6
The Month of January……7
The Month of February……8
Teapot Departments: Notifications……9
Bulletin Board……10

WINTER REGISTRATIONS

December Registration **Dec. 2nd 10:00am-3:00pm**, Salon A
January Registration **Dec. 18th 10:00am-3:00pm;** Cafeteria
Physical Activities & February Registration **Jan. 13th 10:00am-3:00pm;** Salon A

- Sign up for trips, special events and activities

Please Note: There is a ramp on the side of the building leading upstairs.
Please ring doorbell for access to Salon A (Dec. 2 & Jan. 13 registrations)

WINTER CLOSURES

The Teapot will be CLOSED on the following days for the Holidays & for Staff Training Days:

Dec. 20th (closes at 12pm); Dec. 23rd to Jan.3rd; Jan.17th & Feb.14th

HAPPY HOLIDAYS AND HAPPY NEW YEAR from the Teapot staff and volunteers!

We will see you back on Jan. 6th (after the Holidays)

WINTER STORM WATCH PROCEDURE

In the event of extreme weather conditions, we advise our Members, Clubs, Meal Program Attendees, and Boutique to utilize the following procedures.

1) Please pay attention to school closures- If there are multiple schools that are closed due to the weather, chances are, the centre will be closed as well.
2) Call the centre to verify if we are open. Please do not hang up until you reach the answering machine, the answering machine will inform you if the centre is closed.
3) An email will be sent to members who are subscribed to the E-Newsletter, informing members of the centre's closure.
4) Please listen to the radio (CJAD 800AM and RADIO CANADA 95.1FM). Announcements will be made available regarding any closures.
5) Always use your own judgement. If weather conditions are hazardous, please remain at home.

Please note: A make-up day or refund will be established for paid physical activity classes due to winter storm closures. Please see the activity coordinator for refunds (if applicable).

SWEET PLATTERS

This year's Sweet platter assembly will be replaced by sending homemade Christmas cards to our new Community Support members. We are looking for volunteers to help with this project by assembling and addressing envelopes, on **Wednesday, December 18th at 1:30pm**. If you are interested in spreading some joy this holiday season to these individuals, please contact Tammy for more information!

THE TEAPOT ACTIVITIES: Winter 2019-2020

Please note: The Borough is authorized to cancel or relocate Teapot activities on short notice

Must be a member to participate in our weekly activities

Support Services	Information
The Boutique • Thrift store • Alterations	**Mondays & Wednesdays** **9:00am-12:00pm,** Cafeteria Low prices!
Foot Clinic • Foot care by specialized nurses	**Tuesdays & Fridays (By appointment)** 514-637-5627 $37 first visit, $32 follow-ups

Social Activities	Information
Bridge Club	**Mondays,** ongoing **12:30-3:30pm,** Salon A ****Dec. 2nd in Cafeteria****
Hooks n' Needles Club	**Mondays,** ongoing **1:00-3:30pm,** Cafeteria
Photography Club	**Tuesdays,** ongoing **9:30-11:30am,** Cafeteria
500 Cards Club	**Tuesdays,** ongoing **1:00-3:30pm,** Cafeteria
Scrabble & Cribbage Club	**Fridays,** ongoing **10:00am-12:00pm,** Cafeteria
Art Hive *Crafting Club*	**Every second Friday** **9:30-11:30am,** Cafeteria
Look on the Bright side (LOBS)	**Every second Wednesday** *(on hold until February 2020)* **1:30-3:00pm**, Cafeteria
Painting Club	**Fridays,** ongoing **1:00-3:30pm,** Cafeteria

Educational Activities	Information
Thomas More Discussion Group • Educational course giving by the Thomas More Institute • Topic: Food Glorious Food- A Feast for the Mind	**Thursdays,** Starts: January 23rd **10:00am-11:30pm**, Salon A $15/10 weeks

Health Activities	Information	
Pilates • Beginner, low-impact workout improving breathing, balance, and posture	**Mondays**, Starts: Jan. 20th **10:00-11:00am**, Salon C $45/9 weeks, $25/5 weeks	**Wednesdays**, Starts: Jan 22nd **10:00-11:00am**, Salon D $50/10 weeks, $25/5 weeks
Aerobics • Beginner-intermediate, Dance fitness focused on cardio, strength, and flexibility	**Tuesdays,** Starts: Jan. 21st **10:30-11:30am**, Salon C $4/class, 30 members per class max. (Pre-registration needed)	**Thursdays**, Starts: Jan. 23rd **10:30-11:30am**, Salon C $4/class, 30 members per class max. (Pre-registration needed)
Fruit and Vegetable Kiosk • Organic produce	**Last Tuesday of each month** (Cafeteria) **10:30am** Prices vary ****None in December****	
Soup & Sandwiches • Soup, sandwich, dessert, and coffee/tea	**Tuesdays,** ongoing **12:00-1:00pm** $5 per meal, Drop-in	
Zumba Gold Intermediate-advanced, aerobic dance fitness designed for seniors	**Tuesdays,** Starts: Jan. 21st **1:30-2:30pm,** Vieille Brasserie $55/10 weeks, $30/5 weeks	**Fridays,** Starts: Jan. 24th **10:30-11:30am**, Vieille Brasserie $55/10 weeks, $30/5 weeks
Holistic Health Group • Nutritional advice given by a certified naturopath	This course is on-hold for the winter 2019-2020 session. The course will resume for the Spring 2020 session.	
Tai Chi • Beginner-intermediate, gentle movements improving overall health	**Wednesdays,** Starts: Jan. 22nd ****Jan. 29 in Salon A**** **10:30am-12:00pm**, Salon C $45/10 weeks, $25/5 weeks	
Chair Yoga • Beginner, option to do course seated or standing	**Thursdays,** Starts: Jan. 23rd **9:00-10:00am**, Salon C $55/10 weeks, $30/5 weeks	
Thursday Lunch • Soup/salad, main course, dessert, and coffee/tea ****Menu on Page 10****	**Thursdays**, ongoing **12:00-1:00pm** $6 per meal ****Register by 12:00pm on Wednesdays****	
Aquafit (aquaforme) • Fitness courses in water • Location: ***Chartwell Belvedere*** 3000 rue Notre Dame	**Fridays**, Starts: Jan. 24th **2:00pm-2:45pm** Free/10 weeks; 10 people max *Sadly, there will not be a 2nd group available.*	

SPECIAL EVENTS

Doors open at indicated time

Wednesday, December 11th: HOLIDAY LUNCH Celebrate the holidays with fellow Teapot members at our annual luncheon. Enjoy a turkey dinner with all the trimmings, holiday-themed games and take a picture with Santa! **REGISTER IN PERSON FROM Dec. 2nd UNTIL Dec.10th**	**Time:** 11:00am -1:30pm **Cost:** 15$ **Location:** Salon C **Max:** 100 ppl
Thursday, December 19th: UGLY SWEATER LUNCH Ugly Christmas Sweaters continue to be increasingly popular! This year, come to The Teapot wearing your favorite Ugly Sweater for the Thursday Lunch and you may win Best Ugly Sweater of 2019! **REGISTER IN PERSON FROM Dec. 2nd UNTIL Dec.17th**	**Time:** 11:30am-1:30pm **Cost:** 8$ **Location:** Cafeteria **Max:** 50 ppl
Thursday, January 9th: NEW YEAR'S LUNCH Join your fellow Teapot members in celebration of the New Year! There will be festive games and a delicious lunch served. **REGISTER IN PERSON FROM Dec.18th UNTIL Jan. 8th**	**Time:** 11:00am -1:30pm **Cost:** 10$ **Location:** Caferteria **Max:** 50 ppl
Wednesday, January 29th: BIRTHDAY PARTY Good news! We are back in Salon C for this event!!! Join us for music and dancing, as we celebrate The Teapot members born in the months of October, November, December & January. This event includes; wine, coffee, tea, and cake. The entertainment will be provided by Greg Inniss. Doors open at 1:00pm. *****Invited members' entrance are free, you MUST call to register***** **REGISTER IN PERSON FROM Dec. 18th UNTIL Jan. 28th**	**Time:** 1:00pm -3:00pm **Cost:** 5$ (member); 7.50$ (non-member) **Location:** Salon C **Max:** 100 ppl
Thursday, February 13th: VALENTINE'S DAY LUNCH It's time to spread the love! Wear red or pink as we celebrate Valentine's day with a surprise meal and games! **REGISTER IN PERSON FROM Jan. 13th UNTIL Feb.12th**	**Time:** 11:00am -1:30pm **Cost:** 10$ **Location:** Caferteria **Max:** 50 ppl
Thursday, February 27th: MARDI GRAS Join us at The Teapot to celebrate Mardi Gras or Fat Tuesday. Feel free to wear your brightest colors, masks and beads for this festive occasion! **REGISTER IN PERSON FROM Jan. 13th UNTIL Feb. 26th**	**Time:** 11:00am -1:30pm **Cost:** 10$ **Location:** Caferteria **Max:** 50 ppl

TRIPS

Bus departs at indicated time, please arrive 30min before

Sunday, December 8th : MARCHÉ BON SECOURS LUNCH Once again, The Teapot has been graciously invited to attend the 17th annual Holiday Lunch at the Bon Secours Market in Old Montreal. **REGISTER IN PERSON FROM Dec.2nd UNTIL Dec. 7th**	**Time:** 11:30am-1:30pm **Cost:** 10$ **Max:** 19 ppl **Location:** Old Port, Mtl
Friday, December 13th: CHRISTMAS LIGHT TOUR & HOT CHOCOLATE For a fourth consecutive year, The Teapot will be driving around different sectors of Montreal to admire the decorative holiday lights that illuminate the night. Following the tour, members will have the opportunity to purchase a hot beverage and holiday snack at a nearby restaurant: Tim Hortons. **REGISTER IN PERSON FROM Dec. 2nd UNTIL Dec.12th**	**Time:** 6:00pm-8:30pm **Cost:** 10$ **Max:** 20 ppl **Location:** Montreal
Friday, January 10th: BUFFET AT THE MONTREAL CASINO Enjoy a savory buffet meal prepared by the Culinary Brigade in a warm and relaxed atmosphere. The show is found on your plate as the team cooks in front of your very eyes. Come revel in the feast. **REGISTER IN PERSON FROM Dec. 18th UNTIL Jan. 9th**	**Time:** 10:30am-3:30pm **Cost:** 37$ **Max:** 20 ppl **Location:** Montreal Casino

Wednesday, January 15th: FINE ARTS MUSEUM "Egyptian Mummies" Join us as we discover 6 mummies and learn about the very different lives these 6 people lived along the Nile through art, science and ancient Egyptian relics. We will examine their age, beliefs and the diseases they may have suffered from, each mummy has a unique story to tell. **REGISTER IN PERSON FROM Dec. 18th UNTIL Jan. 15th**	**Time:** 1:00pm-4:00pm **Cost:** 38$ **Max:** 20 ppl **Location:** Downtown Montreal
Friday, February 21st: IMAX MOVIE & LUNCH IN THE OLD PORT Come experience the IMAX Difference. We will go see an IMAX movie at the Montreal Science Centre followed by a Lunch in the heart of the Old Port. **Exact movie TBD, meal is not included in cost** **REGISTER IN PERSON FROM Jan. 13th UNTIL Feb. 17th**	**Time:** 10:30am-2:00pm **Cost:** 23$ **Max:** 20 ppl **Location:** Old Port, Mtl **Language:** English

WORKSHOPS

Workshops begin at indicated time, please arrive 10min before

Thursday, December 5th: HEALTHY HEARING (Bilingual) *Presenter: Lobes Lachine* This workshop's aim is to raise awareness of the importance of good hearing. Topics discussed during the workshop: Operation of the ear, Main causes of hearing loss, Symptoms of hearing loss, Role of different hearing health professionals, Different solutions, Why wear hearing aids? And various government programs (RAMQ, CNESST, Veterans Affairs Canada). Following the workshop, a free hearing screening tests using Lobes' mobile application *Décibelle* will be done for interested members. This test will give members an overview of their own hearing. **Please call: 514-637-5627 to sign up**	**Time:** 1:30-2:30pm **Cost:** Free **Location:** Cafeteria
Thursday, December 12th: CARING PAWS (Bilingual) *Presenter: Julie Piers, Caring Paws Animal Therapy* Come and enjoy an uplifting afternoon with a pet therapy session at The Teapot! We will get to meet Julie and her dog: Tibbles. Caring Paws believes that the unconditional love of pets can alleviate depression and feelings of isolation. **Please call: 514-637-5627 to sign up**	**Time:** 1:30-3:00pm **Cost:** Free **Location:** Cafeteria
Thursday, December 19th: AGING & MEMORY (English) *Presenter: Dr. Dolly Dastoor, McGill University Centre for Studies in Aging* Do all adults experience memory difficulties as they age? What is the difference between normal memory change and the symptoms of Alzheimer's disease? Through this workshop, members will learn what seniors can do to promote healthy memory. **Please call: 514-637-5627 to sign up**	**Time:** 1:30-3:30pm **Cost:** Free **Location:** Cafeteria
Thursday, January 9th: ADVANCED MEDICAL DIRECTIVES (English) *Presenters: Law student, Wills Project at McGill University (Pro Bono Students Canada chapter)* Come learn about how one can give permission to another person to act on one's behalf both in cases where they have and no longer have the capacity to make decisions. The presenter will also go over the process of making one's medical wishes clear, in advance of situations where they no longer have the capacity to make such decisions, or can no longer consent to treatment. Time will be reserved for questions After which, members of the workshop may also apply to receive a free notarial will (selection of candidates is based primarily on need). **Please call: 514-637-5627 to sign up**	**Time:** 1:30-3:30pm **Cost:** Free **Location:** Cafeteria
Tuesday, January 14th: CAFÉ RENCONTRE (Bilingual) *Presenter: Sasha Cardinal, The Teapot Activity Coordinator* This workshop aims at hearing from members about workshop, program, trip and event ideas. Overall suggestions for improving The Teapot are also welcome. *Please note, this workshop will begin during the Soup & Sandwich lunch* **Please call: 514-637-5627 to sign up**	**Time:** 12:30-1:30pm **Cost:** Free **Location:** Cafeteria
Thursday, January 16th: THE IMPORTANCE OF VOLUNTEERISM (Bilingual) *Presenter: Theresa Guihan, The Teapot Volunteer Support Coordinator* There is not enough room in this newsletter to enumerate the benefits of volunteering: from learning new skills to combating depression, volunteerism can enrich your life in countless ways. We will explore many aspects of volunteering, including why you should volunteer, where you can volunteer, and other ways to get involved in the community. **Please call: 514-637-5627 to sign up**	**Time:** 1:30-2:30pm **Cost:** Free **Location:** Salon D

Thursday, January 23rd: THE MAGICAL WORLD OF FAMILY HISTORY- HOW DO I DISCOVER WHO MY ANCESTORS ARE? (English) *Presenter: Gary Schroder, President, Quebec Family History Society* Genealogy is the fastest growing cultural activity in the Western World. This presentation will examine the types of records used in family history research and how to begin the process of discovering your Ancestors. The Hunt Begins. **Please call: 514-637-5627 to sign up**	**Time:** 1:30-3:30pm **Cost:** Free **Location:** Cafeteria
Thursday, January 30th : AGING SUCCESSFULLY- DISCUSSION (English) *Presenter: Dr. Dolly Dastoor, McGill University Research Centre for Studies in Aging* Aging successfully and gracefully is all about thinking life smartly and enthusiastically. Members will learn how seniors can engage in their daily living to promote healthy aging. **Please call: 514-637-5627 to sign up**	**Time:** 1:30-3:30pm **Cost:** Free **Location:** Salon D
Thursday, February 6th: MEMOIR WRITING (Bilingual) *Presenter: Lorraine, active participant in Quebec Family History Society* This workshop will allow members to learn the importance of preserving one's memories and how to compile these past experiences into a short memoir. It will become a precious gift for future generations. **Please call: 514-637-5627 to sign up**	**Time:** 1:30-3:30pm **Cost:** Free **Location:** Cafeteria
Thursday, February 27th: TECH HELP #1 (SERIES OF 3 WORKSHOPS) *Presenter: Richard Cassidy, Connect Project Coordinator, Atwater Library* This series of workshops will allow members to review the settings on their devices (cellphone, tablet and computers) that help keep us safe online, then download and use brain games and applications safely, and manage the storage on devices and in the cloud that will allow you to take photos again. This series of workshop is provided by Atwater Library with funding from the Government of Canada. **Please call: 514-637-5627 to sign up**	**Time:** 1:30-3:30pm **Cost:** Free **Location:** Salon D **Languge:** Bilingual

PERFORMANCE MEASUREMENT

BY APPOINTMENT: SENIOR'S FIT TEST *Presenter: Peter Vavougios B.Sc., PT, Physiotherapist* Want to participate in The Teapot's physical activities, but unsure which activities are right for you based on your current physical abilities? The Teapot has partnered with a Physiotherapist to offer the "Senior's Fit Test", a test that will evaluate your current health condition and match you with the appropriate physical activity at The Teapot. The senior's fit test is conducted once a month based on availabilities of the Physiotherapist. ***Ask Sasha for more information on this activity*** **REGISTER IN PERSON AT RECEPTION TO MAKE AN APPOINTMENT**	**Time:** By appointment **Cost:** 5$ **Location:** TBD

December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	**2** **REGISTRATION (DECEMBER ONLY) – SALON A** 9:00am- Boutique 10:00am- Pilates *(Replacement Day)* 12:30pm-Bridge Club ***(Cafeteria)*** 1:00pm- Hooks n' Needles Club	**3** 9:30am- Photography Club 12:00pm- Soup + Sandwiches 1:00pm- 500 cards Club	**4** ** No Boutique** 10:00am-Pilates *(Replacement Day)* 10:30am-Tai Chi *(Replacement Day)*	**5** 9:00am-Chair Yoga *(Replacement Day)* 10:00am-Thomas More ****NO Thursday Lunch**** **1:30pm-WORKSHOP: Healthy Hearing**	**6** 9:30am- Art Hive 10:00am- Scrabble + Cribbage 1:00pm- Painting Club
8 **11:30am-TRIP: BON SECOURS MARKET LUNCH**	**9** ** No Boutique** 12:30pm-Bridge Club 1:00pm- Hooks n' Needles Club	**10** ****NO Tuesday Lunch**** **NO Club Meetings**	**11** ** No Boutique** **11:00am-HOLIDAY LUNCH**	**12** 10:00am-Thomas More ****NO Thursday Lunch**** **1:30pm: WORKSHOP: Caring Paws**	**13** 10:00am- Scrabble + Cribbage 1:00pm- Painting Club **6:00pm- TRIP: HOLIDAY LIGHTS & HOT COCO**
15	**16** 9:00am- Boutique 12:30pm-Bridge Club 1:00pm- Hooks n' Needles Club	**17** 9:30am- Photography Club 12:00pm- Soup + Sandwiches 1:00pm- 500 cards Club	**18** **REGISTRATION (JANUARY ONLY) – CAFETERIA** ** No Boutique**	**19** **11:30pm- UGLY SWEATER LUNCH** **1:30pm-WORKSHOP: Aging & Memory**	**20** 9:30am-Art Hive 10:00am- Scrabble + Cribbage **THE CENTRE CLOSES @ 12:00pm**
22	**23** ***CENTRE CLOSED***	**24** ***CENTRE CLOSED***	**25** ***CENTRE CLOSED*** Christmas	**26** ***CENTRE CLOSED***	**27** ***CENTRE CLOSED***
	30 ***CENTRE CLOSED***	***31*** ***CENTRE CLOSED***			

January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Notes: **Jan. 29 – Pilates class (Rescheduled for April 1st)**		**1** ***CENTRE CLOSED*** *New Year's Day*	**2** ***CENTRE CLOSED***	**3** ***CENTRE CLOSED***
6 9:00am- Boutique 12:30pm-Bridge Club 1:00pm- Hooks n' Needles Club	**7** 9:30am- Photography Club 12:00pm- Soup + Sandwiches 1:00pm- 500 cards Club	**8** 9:00am- Boutique	**9** **11:00am- NEW YEAR'S LUNCH** **1:30pm-WORKSHOP: Advanced Medical Directives**	**10** 10:00am- Scrabble + Cribbage **10:30am-TRIP: CASINO BUFFET** 1:00pm- Painting Club
13 **REGISTRATION DAY (HEALTH ACTIVITIES & FEBUARY) – SALON A** ** No Boutique** 12:30pm-Bridge Club ***(Cafeteria)*** 1:00pm- Hooks n' Needles Club	**14** 9:30am- Photography Club 12:00pm- Soup + Sandwiches **12:30pm- WORKSHOP: Café Rencontre** 1:00pm- 500 cards Club	**15** 9:00am- Boutique **1:00pm-TRIP: MUSEUM-Egyptian Mummies**	**16** 12:00pm- Thursday Lunch **1:30pm- WORKSHOP: The importance of Volunteerism**	**17** **CENTRE CLOSED: STAFF TRAINING DAY**
20 **Winter Session Begins (10 weeks)** 9:00am- Boutique 10:00am- Pilates 12:30pm-Bridge Club 1:00pm- Hooks n' Needles Club	**21** 9:30am- Photography Club 10:30am- Aerobics 12:00pm- Soup + Sandwiches 1:00pm- 500 cards Club 1:30pm- Zumba Gold	**22** 9:00am- Boutique 10:00am- Pilates 10:30am- Tai Chi	**23** 9:00am- Chair Yoga 10:00am-Thomas More 10:30am-Aerobics 12:00pm- Thursday Lunch **1:30pm- WORKSHOP: Quebec Family History**	**24** 9:30am- Art Hive 10:00am- Scrabble + Cribbage 10:30am-Zumba Gold 1:00pm- Painting Club 2:00pm- Aquafitness (Belvedere)
27 9:00am- Boutique 10:00am- Pilates 12:30pm-Bridge Club 1:00pm- Hooks n' Needles Club	**28** 9:30am- Photography Club 10:30am- Aerobics 10:30am-Fruit & Vegetable Kiosk 12:00pm- Soup + Sandwiches 1:00pm- 500 cards Club 1:30pm- Zumba Gold	**29** 9:00am- Boutique 10:00am- Pilates ***(CANCELLED)*** 10:30am- Tai Chi ***(Salon A)*** **1:00pm- Birthday Party (Salon C)**	**30** 9:00am- Chair Yoga 10:00am-Thomas More 10:30am-Aerobics 12:00pm- Thursday Lunch **1:30pm-WORKSHOP: Aging Successfully**	**31** 10:00am- Scrabble + Cribbage 10:30am-Zumba Gold 1:00pm- Painting Club 2:00pm- Aquafitness (Belvedere)

February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00am- Boutique 10:00am- Pilates 12:30-Bridge Club 1:00pm- Hooks n' Needles Club	**4** 9:30am- Photography Club 10:30am- Aerobics 12:00pm- Soup + Sandwiches 1:00pm- 500 cards Club 1:30pm- Zumba Gold	**5** 9:00am- Boutique 10:00am- Pilates 10:30am- Tai Chi	**6** 9:00am- Chair Yoga 10:00am-Thomas More 10:30am-Aerobics 12:00pm- Thursday Lunch **1:30pm- WORKSHOP: Memoir Writing**	**7** 9:30am- Art Hive 10:00am- Scrabble + Cribbage 10:30am-Zumba Gold 1:00pm- Painting Club 2:00pm- Aquafitness (Belvedere)
10 9:00am- Boutique **(5$ Bag Sale)** 10:00am- Pilates 12:30-Bridge Club 1:00pm- Hooks n' Needles Club	**11** 9:30am- Photography Club 10:30am- Aerobics 12:00pm- Soup + Sandwiches 1:00pm- 500 cards Club 1:30pm- Zumba Gold	**12** 9:00am- Boutique **(5$ Bag Sale)** 10:00am- Pilates 10:30am- Tai Chi	**13** 9:00am- Chair Yoga 10:00am-Thomas More 10:30am-Aerobics **11:00am-VALENTINE'S DAY LUNCH**	**14** **CENTRE CLOSED: STAFF TRAINING DAY** 10:30am-Zumba Gold (VB) 2:00pm- Aquafitness (Belvedere)
17 9:00am- Boutique 10:00am- Pilates 12:30-Bridge Club 1:00pm- Hooks n' Needles Club	**18** 9:30am- Photography Club 10:30am- Aerobics 12:00pm- Soup + Sandwiches 1:00pm- 500 cards Club 1:30pm- Zumba Gold	**19** ** No Boutique** 10:00am- Pilates 10:30am- Tai Chi	**20** 9:00am- Chair Yoga 10:00am-Thomas More 10:30am-Aerobics 12:00pm- Thursday Lunch	**21** 9:30am- Art Hive 10:00am- Scrabble + Cribbage 10:30am-Zumba Gold **10:30am- TRIP: IMAX & LUNCH** 1:00pm- Painting Club 2:00pm- Aquafitness (Belvedere)
24 9:00am- Boutique 12:30-Bridge Club 1:00pm- Hooks n' Needles Club	**25** 9:30am- Photography Club 10:30am- Aerobics 10:30am-Fruit & Vegetable Kiosk **12:00pm- Pancake Lunch** 1:00pm- 500 cards Club 1:30pm- Zumba Gold	**26** 9:00am- Boutique 10:00am- Pilates 10:30am- Tai Chi	**27** 9:00am- Chair Yoga 10:00am-Thomas More 10:30am-Aerobics **11:00am- MARDI GRAS LUNCH** **1:30pm-WORKSHOP: Tech Help #1**	**28** 10:00am- Scrabble + Cribbage 10:30am-Zumba Gold 1:00pm- Painting Club 2:00pm- Aquafitness (Belvedere)

TEAPOT DEPARTMENTS: NOTICE BOARD

Community Support Department

Look on the Bright Side:

This Winter, *Look on the Bright Side* will be held:

- **Every Second Wednesday from 1:30-3:00pm**
- On hold for December 2019 & January 2020, this **program will return in February 2020**. We will keep members posted via the e-newsletter for the re-start date of the program. Thank-you for your understanding.

Foot Care: Tuesday and Fridays by appointment only (Membership is required)

Foot care services are available to you by certified nurses who are specialized in treating your foot care needs. The cost to the service is: 37$ for the first visit & 32$ for follow up visits

Volunteer Department

Did you know that recent studies have shown that seniors make up some of Canada's most active and engaged volunteers? With good reason!

Volunteering can…
-promote physical and mental health
-increase socialization
-provide a sense of purpose
-help combat depression
-strengthen the community (and the volunteer's link to that community)

It's never too late to lend a hand! Whether you are a lifelong volunteer or are looking for your first volunteering opportunity, The Teapot has something for everyone. If you have any questions about how to volunteer, or you would like more information about one of the positions listed below, please contact Theresa.

Receptionist: We are urgently seeking 4-5 volunteers to cover 3-hour shifts at reception once a week. Tasks include answering and transferring phone calls; registering new members; registering members for events, trips, and activities; answering general questions about The Teapot's services.

Special events helper: Ever wonder the secret to the success of The Teapot's special events? Lots of preparation and lots of volunteers! Our special events helpers get started several days before the event performing tasks like preparing invitations; making decorations; and helping with food prep. Day-of tasks include setting up the event space (moving tables and chairs; decorating); helping in the kitchen; serving food and drinks; greeting members; and cleaning up. This is an on-call position—we will call a week prior to the event to see if you are available to lend a hand. If you enjoy attending Teapot events, please consider volunteering to ensure their continued success!

Boutique: Every Monday and Wednesday morning, The Teapot's cafeteria is transformed into the Boutique—a thrift shop that carries gently used clothing, jewelry, household items, and much more. We are currently seeking several volunteers to help with the set-up and take-down, and to help process new items for sale. Shifts are Mondays and/or Wednesday from 8:30 am until 12:30 pm. Because the Boutique is open to the public, bilingualism is an asset. If you love fashion, recycling, and good bargains, a volunteer position at the Boutique could be for you!

Please see Theresa for more information.

BULLETIN BOARD

New Merchandise!

Get your new Teapot inspired merchandise available for purchase in the office and during Special Events (available as of Dec. 11th). All funding by merchandise goes back towards providing members with our Teapot programs and activities.

- Market Tote Bag - $5
- Teapot water bottle - $7
- Teapot Holiday ornament - $5
- Teapot T-Shirts - $15
- Re-usable Teapot cup (20Oz)- $6

Thank you for your support!

Transportation to The Teapot

Transportation to The Teapot is available on Thursdays for members living in Lachine. 514-637-5627
Please call Rebecca to reserve seat
(Pick up times is determined by the Teapot Staff and are non-negotiable)

Are You on our Mailing List?

Keep up to date with the latest Teapot news by receiving our email announcements! Make sure to give your email to the receptionist or a staff member.

The Boutique

THRIFT STORE
MONDAYS & WEDNESDAYS
9:00am to 12:00pm
In the Cafeteria, run by volunteers

- *"FIVE BUCKS A BAG":* **Feb. 10th & 12th** Come by for a visit and fill a bag with whatever clothing you can for the low price of $5.00!
- *ALTERATIONS AND SEWING SERVICE:* **Wednesdays 9:30am to 12:00pm** Drop off your articles to be fixed and they will be repaired as soon as possible.

Donate to a family in need

Neighbours and the Lachine community are coming together to support a family affected by a fire on October 10th, 2019. The blaze ravaged a second-storey apartment in a building at 1955 Duff Court, taking the lives of a 40-year-old woman and her eight-year-old daughter. Police say they died from smoke inhalation.

The Teapot wants to help! We are asking our members to offer support to this family during this holiday season. We will have a box at the reception where you can drop in your loose change/coins as a donation. We will then give the donation to COVIQ organization where they will give the proceeds to the family.

Thank you in advance.

THURSDAY LUNCH MENU

Maximum: *45 people* ***Cost:*** *$6*

Please call to register each week from Monday 9:00am to Wednesday 12:00pm

Dec. 5th	**CANCELLED**
Dec. 12th	**CANCELLED**
Dec. 19th	Pork Chops
Dec.26th	NO LUNCH- TEAPOT CLOSED
Jan.2nd	NO LUNCH- TEAPOT CLOSED
Jan. 9th	**SPECIAL EVENT (New Year's)**
Jan. 16th	Shepherd's Pie
Jan. 23rd	Chicken
Jan. 30th	Beef Stew
Feb. 6th	Quiche
Feb.13th	**SPECIAL EVENT (Valentine's Day)**
Feb. 20th	Meat Loaf
Feb. 27th	**SPECIAL EVENT (Mardi Gras)**

"Try to be a rainbow in someone's cloud"
–Maya Angelou

FundScrip Fundraiser

Fundraise while you shop! The Teapot is now selling gift cards through FundScrip. We receive up to 10% of each gift card purchased. Your everyday purchases add up to make a difference very quickly for The Teapot. Gift cards available:
Maxi, IGA, Ultramar, Petro-Canada, Esso, Metro, Super C, Tim Horton's, Subway, St-Hubert, SAQ, Pharmaprix, Walmart, Winners, Canadian Tire, The Bay, Dollarama, etc.
Gift cards are available for purchase during Monday Boutique or in the office. Thank you for your support!