THE TEA LEAVES NEWSLETTER

October-November-December 2020

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

It will get better!

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Marie-Josée Boivin, Director

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COVID-19 TEAPOT OPENNING/CLOSURE

We are in the process of making The Teapot a safe and secure place to come back to in order to reduce the transmission of Covid-19; The Teapot's activities are resuming gradually. ***Please take a look at page 3 to find out which activities are resuming and which will remain on-hold until further notice.***

Looking forward to seeing you all again soon.

The Teapot Phone Line

Due to the closure of the Maison du Brasseur, The Teapot has had all our phone calls go straight to voicemail. We realize that has been an inconvenience to uor members. Moving forward, we will have our calls forwarded to a mobile phone.

Someone will be available to answer calls from Monday to Friday (9am-12pm).
We will continue to check our voicemail and return you calls within 48 hours.

Thank-you for your patience.

Fall Registration

Due to the pandemic, there will be no in-person registration. Starting Tuesday, October 13th, members can register on our website or by calling the office (514-637-5627).

Priority will be given to the first members to register. To be signed up, you should receive a confirmation email or call returned to you within 48hrs.

All payments must be made via *Paypal* or by mailed Chèque received by Oct. 19 for the Health Activity recordings (webinars) or your spot will be given to someone on the waiting list. Payments must be made in cash or cheque.

Membership Renewal

We would like to thank all our members for their commitment and support.

To show our appreciation, all current members with a 2019-2020 membership will automatically be updated to a 2020-2021 membership, free of charge.

This year, we are also welcoming new and rejoining members at a discounted membership rate of 20$ (for both Lachine and non-Lachine residents).

The Teapot is working hard to ensure that the 50+ community can continue to receive essential services and stay active, both in mind and body. As a non-profit, we always welcome donations by those who value our work and want to see it continue.

Recruitment for The Teapot Governance Committee

We are looking for a member who is committed to supporting the mandate of the governance objectives.
If you have management and community experience to advise the Board on matters relating to the board's governance structure and processes, evaluation of board effectiveness, recruitment, education and evaluation of board members, we need YOU!
This is a non-decision making committee, proposals are recommended and the chair of the committee will present the recommendations to the Board.
Projects that will be worked on for this fiscal year (Sept. 2020-June 2021) include:

- Review by-laws and recommend revisions as required;
- Conduct a process for succession, interviewing and recommending candidates for election to the board;
- Annually, review and advise allotted sections of Policies and Ethics to ensure relevance
- Finance – new budget and funding

Note: Meeting will be held once a month, via ZOOM.

GET CONNECTED - GET TECHNOLOGY

We get it, technology can be confusing. But let's face it, it is here to stay. The good news is you are not the only one.

Need help joining a Zoom class? Having trouble sending emails? Is your phone not doing what you want? No matter your tech needs, our Tech Support Team is happy to help you figure it all out, making life easier for you. We have expertise with iPhones, iPads, tablets, smart phones, laptops, and desktops.

To schedule a one-on-one appointment with Tech Support, please contact Michael at michaeli@theteapot.org or call 514-637-5627. Appointments can be scheduled from Monday to Friday (during office hours).

Please note: in-home support is only available for members living in Lachine, LaSalle, and Dorval. But anyone can receive support over the phone so let your friends know!

Being aware of Fraud & measures established by The Teapot

Over the past 6 months, The Teapot has been making many calls and deliveries to our members. Since we are a small team, we often use volunteers to support us. To ensure your safety, our volunteers undergo a background check. Moving forward, our staff and volunteers will adhere to the following guidelines to help you know they are really from The Teapot.

1. The Teapot will only call between our office hours (Monday to Friday 9am-4pm).
2. The Teapot already had your address and we are confirming you have not moved. Always ask the person to say your full name, membership number, and address before giving them any corrections.
3. The Teapot will only make deliveries during office hours.
4. When coming to your door, staff and volunteers will be wearing a Teapot lanyard around their necks. If you cannot see the lanyard, please ask them to show it to you.

Fundscrip Fundraising for The Teapot

Looking for a way to help support The Teapot? Why not support The Teapot every time you go grocery shopping? With Fundscrip, that can be a reality!

Sign up as our supporter and we automatically get a donation with every purchase at no extra cost to you!

Here's how to support The Teapot as you do your daily shopping:

Online

1. Go to fundscrip.com and use the code X3R8TT to sign up as a supporter of The Teapot

2. Choose the cards you want. Only pay an extra $1.06 for the postage!

3. Pay for your purchases with your new gift cards!

Your $20 is $20 spent at your favorite stores. The Teapot automatically gets a donation without extra cost to you!

Or order through The Teapot:

If you don't want to order online, email Michael at michaeli@theteapot.org and we'll send you a form to fill out so we can place the order for you.

Here are some of the gift cards available from fundscrip:

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

Thank you in advance for your support!

THE TEAPOT ACTIVITIES: FALL 2020

Please note that the borough is authorized to cancel or move The Teapot activities short notice.

1. *Must be a member to participate in our weekly activities*
2. Members MUST sign up prior to attending ***Registration: Oct.13 to Oct. 16***
3. Maximum number of participants vary per activity (please see appropriate boxes beside each activity). Priority will be given to the first members to register. To be signed up, you should receive a confirmation email or call returned to you within 48hrs by Sasha (Activity Coordinator).
4. Payments in full are expected via *Paypal* or by mailed Chèque received by Oct.19 for those registered for the Health Activities recordings (Webinars).

Support Services	Information
Foot Clinic (IN HOME) • Foot care by specialized nurses	**By appointment ONLY** 514-637-5627
Social Activities	**Information**
Please note the following clubs will be on hold until we can properly implement safety regulations for a safe and pleasant social experience: Bridge, Hooks n' Needles, 500 Cards, Scrabble and Cribbage, Painting Club. **We apologize for any inconvenience and hope to be able to resume our activities shortly.**	
Virtual Photography Club *-No maximum* Embraces the art of taking photos	**Mondays,** start: **Oct. 19** **9:30-11:30am,** Online via ZOOM
Horticultural (Garden) Club *-No maximum* Learn more about gardening, gardening projects, floral design, environmental issues, etc.	**Mondays,** start: **Nov.2** **9:30-10:30am,** Online via ZOOM
Look on the Bright side (LOBS) *Max.: 10* Activities for integration to the Centre	**To be determined.** **Please call Rebecca for details.**
Art Hive Crafting Club *Max.: 10*	**To be determined.** **Please call Rebecca for details.**
Educational Activities	**Information**
Holistic Health Group ($) *No maximum* • Educational discussion on healthy nutritional choices and Lifestyles	**Tuesday,** Starts: **Oct. 20** **11:00am-12:00pm,** Online via ZOOM 30$/6 weeks
Evening Language Class *No maximum* • Learn a new language by reading, writing and simple conversations	**Tuesday Evening,** Starts: **Oct. 20** **7:00-8:00pm,** Online via ZOOM
Musical Discussion Group • Share your love of music, music history, different genres & composers *No maximum*	**Wednesday,** Starts: **Oct. 21** **1:30-2:30pm**, Online via ZOOM
Evening Book Club • Collectively choose a book, read it and have guided discussions about the readings *No maximum*	**Wednesday,** Starts: **Oct. 21** **7:00-8:00pm**, Online via ZOOM
Thomas More Discussion Group ($) • Educational discussion on the topic: Chekhovian Writing around the World *No maximum*	**Thursdays,** Starts: **Oct. 22** **10:30-11:30am**, Online via ZOOM 15$/8 weeks
Afternoon Tea *- No maximum* • Educational discussion on current events/topics	**Every second Friday,** Starts: **Oct. 23** **1:30-2:30pm**, Online via ZOOM
Health Activities	**Information**
Please note: Due to the *Code Red*, there will no longer be any in-person activities this Fall. Courses will be available via ZOOM (webinars); members will be able to sign up for the recorded classes (webinars) which will be available to members who register. These recordings will then be made accessible for 1 week, until the following class begins. Members interested in registering for all of the recorded classes will only need to pay 75$ (reduction of 25$)!	
Pilates *(with Suzanne)* **($)** • Beginner, low intensity training *No maximum*	**Mondays,** Start: **Oct. 19** **10:00-11:00am,** Online via ZOOM $30/6 weeks (webinars/recordings)
Fruit and Vegetable Kiosk (Organic produce)	**As of June 16, every Tuesday** (Outside The Teapot Centre) **10:30am** (Prices vary)
Cooking for One or Two • Opportunity to develop cooking skills and learn about nutritional topics *Max: 10 (virtual)*	**Tuesdays,** Start: **Nov. 3** **10:00-1:00pm,** Online via ZOOM Free/5 weeks
Tai Chi *(with Florence)* **($)** • Beginner-intermediate, gentle movements improving overall health	**Tuesdays,** Starts: **Oct. 20** **10:30am-11:30am,** Online via ZOOM $30/6 weeks (webinars/recording)

No maximum	
Zumba Gold *(with Florence)* **($)** • Beginner-Intermediate level, aerobic dance fitness designed for seniors *No maximum*	**Tuesdays,** Start: **Oct. 20** **11:45am-12:45pm,** Online via ZOOM $30/6 weeks (webinars/recording)
Aerobics *(with Joanne)* **($)** • Beginner-intermediate level. Dance fitness on cardio, strength and flexibility *No maximum*	**Wednesdays,** Start: **Oct. 2 1** **10:30-11:30am,** Online via ZOOM $30/6 weeks (webinars/recording)
Wednesdays Walking Group • Members meet and return to The Teapot after each walk	**On hold.** **Please call Sasha for details.**
Chair Yoga *(with Suzanne)* **($)** • Beginner level, "we need to reopen, to trust, to feel strong, to feel alive, and reborn" S. Reid *No maximum*	**Thursdays,** Start: **Oct. 22** **9:00-10:00am**, Online via ZOOM $30/6 weeks (webinars/recording)
Biking Group • Must have your own bicycle	**On hold.** **Please call Sasha for details.**

ONLINE WORKSHOPS (via ZOOM)

How to sign up for a Teapot workshop :

1. Send an email sashac@theteapot.org or register directly through our Website in the "workshops" section (your name, email, phone, membership # are required).
2. You will receive an email from ***The Teapot Activities*** within 48hrs with a ZOOM link for the workshop (only valid the day of the workshop)
3. On the day & particular time of your chosen workshop, click the ZOOM link or call in the telephone number provided and you will be welcomed into the virtual ZOOM Meeting/Workshop.

Thursday, October 1st: FALL PREVENTION- "CHANGING BEHAVIOURS TO PREVENT FALLS" & LIFELINE PRESENTATION *Presenter: Roger Chalut, Phillips Lifeline Representative* This workshop will teach members the prevalence and consequences of falls amongst older adults, help prevent falls and describe the benefits associated with Philips Lifeline medical alarm service.	**Time:** 1:30-2:30pm **Cost:** Free **Language:** Bilingual
Tuesday, October 13th : WELLNESS SEMINAR #1 *Presenter: McGill Nursing Students* During this first seminar, members will explore the topic "Facing COVID-19", from safety tips (wearing masks properly, hand washing, etc.) as well as demystifying the latest information about the virus.	**Time:** 1:30-3:30pm **Cost:** Free **Language:** Bilingual
Thursday, October 15th: PRE-FUNERAL ARRANGEMENTS *Presenter: Dino Recine, Director of Sales & Marketing, Actuel: Funeral Services* Come learn the importance of preplanning for your funeral, so that your loved ones don't have to make those decisions during a time of loss and grieving. This workshop will consist of a short presentation followed by a time to answer your questions regarding, but not limited to these topics: Low cost pre-funeral arrangements, getting a notary, the importance of wills and how to plan a consultation with Actuel Services Funéraires.	**Time:** 1:30-2:30pm **Cost:** Free **Language:** Bilingual
Thursday, October 22nd: SENIOR LIVING AFTER COVID-19 *Presenter: Marie-Claude Giguère, Stay or Move Consultant & real estate broker* Together let's demystify senior living. Making it through COVID-19 has been quite challenging especially with all the daily negative news. In this workshop, we will discuss the heightened taboos towards senior housing, pre-existing protocols before the pandemic and what to consider if aging in place is the only option you see for yourself now.	**Time:** 1:30-2:30pm **Cost:** Free **Language:** Bilingual
Tuesday, October 27th : WELLNESS SEMINAR #2 *Presenter: McGill Nursing Students* During this seminar, members will explore the topic of "Anxiety and Stress management". From recognizing triggers to learning to control your stress level, explore ways of becoming more mindful of your stress and anxiety in your daily lives to enhance your well-being. This workshop will also include a self-care exercise through journaling.	**Time:** 1:30-3:30pm **Cost:** Free **Language:** Bilingual
Thursday, October 29th: TECH HELP CAFÉ #4 *Presenter: Presenter: Liz Perrin, Atwater Library Connect Project* In this workshop, we will continue the talk about common questions about computers, tablets, smartphones, and the Internet that are especially important	**Time:** 1:30-3:00pm **Cost:** Free **Language:** English

to seniors today, and she will take questions from participants. This workshop is provided by Atwater Library with funding from the Government of Canada.	**MAX.:** 12 ppl
Thursday, November 5th : WELL-BEING AND MINDFULNESS *Presenter: Hélène Beauchamp, Teapot member, Certified instructor of MEDITATION* This workshop is an introduction to the benefits associated with the practice of mindfulness and meditation compared to recent scientific research (helping to reduce stress and anxiety, reducing pain associated with illnesses, etc.). In this workshop, we will briefly look at exploring your own breathing, how to perform body analysis and develop mindfulness and attitude to promote a healthy lifestyle for the elderly.	**Time:** 1:30-3:00pm **Cost:** Free **Language:** French
Tuesday, November 10th : WELLNESS SEMINAR #3 *Presenter: McGill Nursing Students* During this seminar, members will receive an introduction to "Healthy Nutrition" by exploring the Canadian food guide, while becoming conscious of your eating habits, as well as tips and tricks to stay hydrated. This workshop will also include a self-care exercise through journaling.	*SPECIAL TIME* **Time:** 9:30-11:30am **Cost:** Free **Language:** Bilingual
Tuesday, November 10th : INTRODUCTION TO THE "DRAW" McGill PROJECT *Presenter: Jazmine Aldrich, McGill University DRAW Reseacher* Come learn about the Data Rescue: Archives and Weather (DRAW), a McGill University project; DRAW engages citizens to digitize millions of meteorological observations kept as handwritten weather records. This presentation will examine how historical weather records can and have been used to impact people and societies through time. And Learn how YOU can become implicated as a "citizen scientists" and help build better knowledge of our climate.	**Time:** 1:30-2:30pm **Cost:** Free **Language:** English
Thursday, November 12th: TECH HELP CAFÉ #5 *Presenter: Liz Perrin, Atwater Library Connect Project* *In this workshop, we will continue the talk about common questions about computers, tablets, smartphones, and the Internet that are especially important to seniors today, and she will take questions from participants. This workshop is provided by Atwater Library with funding from the Government of Canada.*	**Time:** 1:30-3:00pm **Cost:** Free **Language:** English **MAX.:** 12 ppl
Tuesday, November 17th: CAFÉ RENCONTRE *Presenter: Sasha Cardinal, Activity Coordinator* During this workshop, members will be informed of new policies, modified procedures, and concerns affecting The Teapot and its daily goings-on. Overall suggestions for improving The Teapot are welcome.	**Time:** 10:30-11:30am **Cost:** Free **Language:** Bilingual
Tuesday, November 24th : WELLNESS SEMINAR #4 *Presenter: McGill Nursing Students* During this seminar, members will explore the topic of "Being proactive with medication": the basics of medications and how to stay on top of your health while exploring how you can take part in your own health care routine. This workshop will also include a self-care exercise through journaling.	**Time:** 1:30-3:30pm **Cost:** Free **Language:** Bilingual
Thursday, November 26th: HOW WELL DO YOU KNOW COVID-19? Part 1 *Presenter: Brigade Solidaire Lachine (BSL)* This newly formed Lachine organization will be explaining their organization's mission, followed by a brief presentation on the does and don't of wearing a face covering (mask)and conducting a mini-quiz to help you know how well you know COVID-19.	**Time:** 1:30-2:30pm **Cost:** Free **Language:** French
Thursday, December 3rd: TECH HELP CAFÉ #6 *Presenter: Liz Perrin, Atwater Library Connect Project* In this workshop, we will continue the talk about common questions about computers, tablets, smartphones, and the Internet that are especially important to seniors today, and she will take questions from participants. This workshop is provided by Atwater Library with funding from the Government of Canada.	**Time:** 1:30-3:00pm **Cost:** Free **Language:** English **MAX.:** 12 ppl
Thursday, December 10th: HOW WELL DO YOU KNOW COVID-19? Part 2 *Presenter: Brigade Solidaire Lachine (BSL)* This Lachine-based organization will be conduct a brief presentation on effective hand washing techniques, how you can keep yourself and your community fight this virus as well as conducting another playful mini-quiz.	**Time:** 1:30-2:30pm **Cost:** Free **Language:** French

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**** **Please call: 514-637-5627 to register for an appointment**	**Time:** By appointment **Cost:** 5$ **Location:** TBD

SPECIAL EVENT

Friday, November 27th: AFTERNOON ENTERTAINMENT To slowly welcome back our members slowly to the Centre, The Teapot invites members to enjoy an afternoon movie. Movie title will be revealed as of the start of the month. ***Please call to register a seat by Nov. 23rd***	**Time:** 1:30pm- 3:30pm **Max.:** 10 **Location:** TBD **Language:** English **Cost:** Free
Friday, December 18th: AFTERNOON ENTERTAINMENT To slowly welcome back our members slowly to the Centre, The Teapot invites members to enjoy an afternoon movie. Movie title will be revealed as of the start of the month. ***Please call to register a seat by Dec. 14th****	**Time:** 1:30pm- 3:30pm **Max.:** 10 **Location:** TBD **Language:** English or French **Cost:** Free

TEAPOT DEPARTMENTS: NOTICE BOARD

Community Support Department

Foot Care Clinic 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: 40$. Please call Rebecca 514-637-5627 to book an appointment.

Transportation
Transportation services are available for medical appointments and other transportation needs. The Teapot can offer Taxi coupons as well as Volunteer Drives. Please contact Rebecca, Community Support Coordinator for more details.

Volunteer Department

Due to the ongoing closure of the Maison du Brasseur/The Teapot, most of our regular volunteer-lead programs remain on hold until further notice. We hope to increase the number of volunteer opportunities available soon, and will continue to explore how we can help you get involved while staying safe. For the time being, we are recruiting for the following positions:

Receptionists (remote work): Once a week for 3 hours (9:00am-12:00pm). We are seeking several bilingual volunteers to help answer The Teapot's calls from the comfort of their own homes. Receptionists will answer questions, provide information, and transcribe messages for staff.

Medical drivers: On demand/by appointment. We are seeking drivers to bring members to medical appointments in Lachine and around Montreal. Volunteers provide the Community Support Coordinator with their availability, and they are contacted when a member submits a request for a drive. Volunteers must possess a valid driver's license and their own vehicle. Mileage is reimbursed.

For more information about these volunteer opportunities, please contact Theresa, Volunteer Support Coordinator at 514-637-5627 or at theresag@theteapot.org.

Bulletin Board

UPDATE: COVID IMPACTING ACTIVITIES

Please note some of our programming has been negatively impacted by COVID-19, and we will therefore be putting on hold these activities: specifically *Special Event Lunches, Certain Clubs (see page 3), Trips and our Lunch Programs (Tuesday & Thursday)* until we can properly implement protocols for a safe and pleasant social experience.

We apologize for any inconvenience and hope to be able to resume our activities shortly.
Sincerely,
The Teapot Team

You are braver than you believe, and stronger than you seem, and smarter than you think.
-Christopher Robin

Teapot Merchandise!

Get your Teapot inspired merchandise available for purchase (Due to COVID-19, merchandise can be ordered online or via telephone and delivered to you by a volunteer).

All funding by merchandise goes back towards providing members with our Teapot programs and activities.

- Re-usable Teapot Face Mask $7
- 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!

Let's stay together while being apart

Keep up to date with the latest Teapot news by receiving our weekly email announcements (e-Newsletter). Make sure to send us an email and you will be placed on our weekly emailing list.
Simply e-mail us at: teapot@theteapot.org

And don't forget to visit our Facebook Page: "*La Théière-The Teapot***"**

You can join us for the latest ongoing and restarting services, activities, mind and brain teasers and so much more!

Mind Games

Brain Teasers

What are the answers to the following:

a)
STOOD
miss

b)
PA ***walk*** RK

c)
S
T
A me
N
D

d)
Arrest
You're

September Joke

I asked my daughter if she'd seen my newspaper. She told me that newspapers are outdated. She said that people use tablets nowadays and handed me her iPad. The fly didn't stand a chance.

Riddles

Can you solve these simple riddles?

1) What is dirty after washing?

2) I have 4 legs but never run. What am I?

3) What can answer in any language?
What can speak without a mouth?
What can sing without an ear?

Source:
https://short-funny.com/funny-riddles-answers.php

Answers
Brain Teasers: a) misunderstood **b)** Walk in the Park **c)** Stand by me **d)** You're under arrest
Riddles: 1) Your bath water **2)** A Chair **3)** An Echo

External Resources & Services

Government Guidelines & COVID related information

- Please follow the government's guidelines as closely as possible, as they are designed to protect those who are most vulnerable to this pandemic. More information about the steps to take to protect yourself and others can be found here: https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/
- COVID 19 Info **1-877-644-4545**

Telephone resources

Health and Social Services

- Seniors can find support from a Social Worker by calling **811**; the workers give a listening ear and resources to individuals who are isolated.

Senior Support

- Seniors can find support and senior resources by calling **211**, allowing seniors to find community and social services near you.
- *Tel-Ainés* is an anonymous, and confidential listening line for 60+: **514-353-2463** (currently only available in French)

Elder Abuse

June 15th was abuse awareness day. During the COVID-19 pandemic, seniors are at a higher risk of being mistreated.

"Each year, June 15 offers the opportunity to pay particular attention to this reality which now affects, every month, 1 in 10 elderly people" (COMACO, 2017).

- The Government of Quebec has a Help Line against elder abuse: **1-888-489-2287**; this service is available 7 days a week from 8am to 8pm
- Website: www.aideabusaines.ca
- CLSC - Accueil psychosocial – **514-639-0660**
- Centre de crise L'autre Maison – **514-768-7225**

Housing

- Seniors can find support in finding housing options by calling **311.**

Caregiver Support

- *Groupe des aidants du Sud-Ouest* is a listening service, support, and offers referrals for caregivers on the West Island from 9am to 5pm **514-564-3061** (Service is available in both English and French)
- *Soutien aux proches aidants* **514-639-0063 Extension # : 14259**
- *L'Appui* is a listening service, support, and offers referrals for caregivers: **1-855-852-7784** (Service is available in both English and French)

Suicide Prevention

- *Suicide Action Montreal (SAM)* is a listening line, they will offer education and bereavement support **1-866-277-3553** (Service is available in both English and French)
- *Tel-Aide* is a free, anonymous, non-judgmental listening centre for people in distress (isolation, anxiety, stress): **514 935-1101** (Service is available in both English and French)

Mental Health

- **Canadian Mental Health Association (CMHA)**
  CMHA provides advocacy, programs and resources that help to prevent mental health problems and illnesses and enable Canadians to overcome obstacles: https://cmha.ca/

- **Canadian Mental Health Association's Quebec's branch**
  As part of the CMHA, the Quebec Branch offers programming and resources to overcome mental health as well as a Mental Help Line.
  Help Line: (418) 529-1899
  Website: https://acsmquebec.org/english-pages/general-information
- **Mouvement Santé Mentale Québec**
  A group of community organizations with the mandate to promote mental health awareness and prevention through the sharing of experiences, expertise and projects. You can read articles and learn about mental health on their website and blog.
  Website: https://www.mouvementsmq.ca/blogue

Physical Fitness

- Sport Montréal inc. is making all their technical training forms available to everyone during the pandemic. These training exercises are each designed by a Kinesiologist, range from beginner to expert and can be downloaded to print from this website:

https://www.sportsmontreal.com/fr/privileges-des-membres.aspx?fbclid=IwAR3Pz8xCqYHCEtdnx17ZLOavEWXzeeR_VEITHiZSnbFbl8GrwpSYXO_LDFE

Be advised; make sure to be aware of your own limitations when conducting a physical activity.

Note: Training forms are currently only available in French

OCTOBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
			1 **1:30pm - Virtual WORKSHOP: Fall Prevention**	**2**
5	**6**	**7**	**8**	**9**
	VIRTUAL/CALL-IN REGISTRATION (OCT. 13th TO OCT. 16th)			
12 **CENTRE CLOSED** *Thanksgiving*	**13** **1:30pm - Virtual WORKSHOP: Wellness Seminar #1**	**14**	**15** **1:30pm - Virtual WORKSHOP: Pre-funeral Arrangements**	**16**
19 9:30am-VIRTUAL: Photography Club 10:00am-Pilates (webinar)	**20** 10:30am-Tai Chi (webinar) 11:00am-Holistic Health Group 11:45am-Zumba (webinar) 7:00pm- VIRTUAL: Language Class	**21** 10:30am-(webinar) 1:30pm-VIRTUAL: Music Discussion Group 7:00pm-VIRTUAL: Book Club	**22** 9:00am-Chair Yoga (webinar) 10:30am-VIRTUAL: Thomas More **1:30pm - Virtual WORKSHOP: Life after COVID-19**	**23** 1:30pm-VIRTUAL: Afternoon Tea
26 9:30am-VIRTUAL: Photography Club 10:00am-Pilates (webinar)	**27** 10:30am-Tai Chi (webinar) 11:00am-VIRTUAL: Holistic Health Group 11:45am-Zumba (webinar) **1:30pm - Virtual WORKSHOP: Wellness Seminar #2** 7:00pm- VIRTUAL: Language Class	**28** 10:30am-Aerobics (webinar) 1:30pm-VIRTUAL: Music Discussion Group 7:00pm-VIRTUAL: Book Club	**29** 9:00am-Chair Yoga (webinar) 10:30am-VIRTUAL: Thomas More **1:30pm - Virtual WORKSHOP: Tech Help Café #4**	**30**

NOVEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30am-VIRTUAL: Garden Club 9:30am- VIRUAL: Photography Club 10:00am-Pilates (webinar)	**3** 10:00am-VIRTUAL: Cooking for One 10:30am-Tai Chi (webinar) 11:00am-VIRTUAL: Holistic Health Group 11:45am-Zumba (webinar) 7:00pm- VIRTUAL: Language Class	**4** 10:30am-(webinar) 1:30pm-VIRTUAL: Music Discussion Group 7:00pm-VIRTUAL: Book Club	**5** 9:00am-Chair Yoga (webinar) 10:30am-VIRTUAL: Thomas More **1:30pm - Virtual WORKSHOP: Well-being & Mindfulness (FR)**	**6** 1:30pm-VIRTUAL: Afternoon Tea
9 9:30am-VIRTUAL: Garden Club 9:30am- VIRUAL: Photography Club 10:00am-Pilates (webinar)	**10** ***Special Time*9:30am- Virtual WORKSHOP: Wellness Seminar #3** 10:00am-VIRTUAL: Cooking for One 10:30am-Tai Chi (webinar) 11:00am-VIRTUAL: Holistic Health Group 11:45am-Zumba (webinar) **1:30pm Virtual WORKSHOP: Intro to DRAW McGill** 7:00pm- VIRTUAL: Language Class	**11** 10:30am-Aerobics (webinar) 1:30pm-VIRTUAL: Music Discussion Group 7:00pm-VIRTUAL: Book Club	**12** 9:00am-Chair (webinar) 10:30am-VIRTUAL: Thomas More **1:30pm - Virtual WORKSHOP: Tech Help Café #5**	**13**
16 9:30am-VIRTUAL: Garden Club 9:30am-VIRTUAL: Photography Club 10:00am-Pilates (webinar)	**17** 10:00am-VIRTUAL: Cooking for One 10:30am-Tai Chi (webinar) 11:00am-VIRTUAL: Holistic Health Group 11:45am-Zumba (webinar) 7:00pm- VIRTUAL: Language Class	**18** 10:30am-Aerobics (webinar) 1:30pm-VIRTUAL: Music Discussion Group 2:00pm-Wednesday Walking Group 7:00pm-VIRTUAL: Book Club	**19** 9:00am-Chair Yoga (webinar) 10:30am-VIRTUAL: Thomas More	**20** 1:30pm-VIRTUAL: Afternoon Tea
23 9:30am-VIRTUAL: Garden Club 9:30am-VIRTUAL: Photography Club 10:00am-Pilates (webinar)	**24** 10:00am-VIRTUAL: Cooking for One 10:30am-Tai Chi (webinar) 11:00am-VIRTUAL: Holistic Health Group 11:45am-Zumba (webinar) **1:30pm - Virtual WORKSHOP: Wellness Seminar #4** 7:00pm- VIRTUAL: Language Class	**25** 10:30am-Aerobics (webinar) 1:30pm-VIRTUAL: Music Discussion Group 2:00pm-Wednesday Walking Group 7:00pm-VIRTUAL: Book Club	**26** 9:00am-Chair Yoga (webinar) 10:30am-VIRTUAL: Thomas More **1:30pm - Virtual WORKSHOP: Brigade Solidaire Lachine #1**	**27** **1:30pm- Afternoon Entertainment (TBD)**
309:30am-VIRTUAL: Garden Club 9:30am- VIRTUAL: Photography Club				

DECEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00am-VIRTUAL: Cooking for One	**2**	**3** 10:30am-VIRTUAL: Thomas More **1:30pm - Virtual WORKSHOP: Tech Help Café #6**	**4** 1:30pm-VIRTUAL: Afternoon Tea
7 9:30am-VIRTUAL: Garden Club 9:30am-VIRTUAL: Photography Club	**8**	**9**	**10** 10:30am-VIRTUAL: Thomas More **1:30pm - Virtual WORKSHOP: Brigade Solidaire Lachine #2**	**11**
14 9:30am-VIRTUAL: Photography Club	**15**	**16**	**17**	**18** **1:30pm- Afternoon Entertainment (TBD)**
21	**22** **CENTRE CLOSED**	**23** **CENTRE CLOSED**	**24** **CENTRE CLOSED** *Christmas Eve*	**25** **CENTRE CLOSED** *Christmas Day*
28 **CENTRE CLOSED**	**29** **CENTRE CLOSED**	**30** **CENTRE CLOSED**	**31** **CENTRE CLOSED** *New Year's Eve*	