



Allegro celebrates Health & Nutrition in March!

activities for each region

Saguenay

Villa Chicoutimi March 26 • 2 pm

Villa Saguenay March 31 • 2 pm

Villa Jonquière March 2 • 2pm

Conference Nutrition Restrictions for the Elderly and Presentation of Canada's Food Guide
Guylaine Girard, Dietetic Technician

Québec

Le Manoir et Cours de l'Atrium March 17 • 2:h00

**Discovering the World of Teas with tasting
conference** by la maison du thé Camellia Sinensis

Fee de 5\$

Location salle la jonquille de la résidence

RSVP before March 12

Manoir Archer March 14 • 11:00 à 1:30

Buffet santé

Fee \$15.95 adults

\$8.95 children

RSVP in advance 418.657.2828

Faubourg Giffard March 11 • 1:30

Blind Tasting

5 to 6 food and drink booths

On-site Nutritionist and Kinesiologist

March 25 • 1:30

Café Meet-Up

Healthy Bites sampling

Les Jardins Logidor March 16 • 2:00

conference Healthy Meals and Snacks

Mme Anne-Florence Paris, nutritionist

Centre du Québec

Villa Saint-Georges March 14 • 1:00 to 4:00

Discover new Tendencies in Healthy Nutrition

On-site Dietician

Notre-Dame Residence March 4 • 2:00

Conference Nutrition for the Elderly

Julie Bédard, nutritionist

March 14 • 13:00 to 16:00

Cocktails dinners

L'Ermitage Residence March 11 • 12:00 to 3:30

Tea Room

Healthy Bites, Exotic Fruit and Varied Tea Samplings

Location Community Room of the residence

RSVP before March 19 at 819.472.6818

Les Jardins Laviolette March 17 • 2:00 to 4:00

Conference Nutritionist and Smoothie Tasting

RSVP before March 9

March 11 • 2:00

Game Quiz « Je mange mes mots »

Two teams, spectators, a prize to be won

Registration required to participate in a team

March 17 • 2:00 to 4:00

Conference Healthy Product Tasting

Céline Raymond, Nutritionist

Location Dining Room of Jean Godefroy Pavillion

March 24

Conference Canada's Food Guide, adapted for Seniors

March 24 and 25

Vegetarian Meals Available on Menu

Villa de l'Estrie March 11

Conference Healthy Nutrition Habits

Location Salon Rouge of the residence

RSVP before March 9

March 24

Conference Learn to recognize hunger and satiety signals

Mme Julie Witty Chagnon, social caregiver for Le centre de santé des femmes de l'Estrie

RSVP before March 21

Montréal, Rive-Sud et Rive-Nord

Le Monaco March 25 • 2:00 to 3:00

Conference "Les sensations, un outil à développer pour une vieillesse plus heureuse"

RSVP at residence reception prior to March 19

Manoir Pointes-aux-Trembles

Conference

With a nutrition specialist, followed by healthy foods tasting

Des Écores Residence

Healthy Thursday A special dining room menu

Hôtellerie Harmonie Residence February 25 • 1:30 to 3:30

Conference 'L'alimentation'

by Sylvie Desbiens, nutritionist

Location Community Centre of residence

Every Tuesday, beginning March 1 • 1:30 to 3:30

En santé après 50 ans Session d'information sur la prévention et les saines habitudes de vie après 50 ans'

By Le Centre de santé et des services sociaux Pierre-Boucher

St-Jérôme March 2 & March 12 • 9:00 to 12:30

Health Workshops Le diabète, le cholestérol, la nutrition, les activités physique, seront parmi les sujets abordés

Villa Rive-Sud March 17 4:00 to 19:00

Healthy bites and produce will be served

Location 6th floor Salon

Manoir Bois-de-Boulogne March 15 to March 21

Conference La nutrition

Physical Activities to stimulate and encourage an active lifestyle

Contact residence for further information

Wellesley March 21

Open House, Healthy-Food Buffet!

March 24

Conference La nutrition

By Le centre de la nutrition de McGill

Varied menu themes, weekly

March 01 Blueberries

March 08 Broccolis

March 15 Cranberries

March 22 Spinach

Domaine des Cascades March 26 • 2h

Conference Les bonnes habitudes alimentaires