

Here you are home!



2013 RQRA AWARD
P. 3

LEISURE ACTIVITIES
AND ENTERTAINMENT
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LES BELLES ANNÉES
P. 11

We are proud to present you the fall 2013 issue of our newsletter. This issue, prepared for the benefit of all our residents, will be distributed in our 35 facilities across Quebec.

In this issue, you will find interesting spotlights on the AZUR retirement homes. We also share with you a few successes within our network. We hope that you will be as inspired by these success stories as we are!

We hope that you will enjoy reading this newsletter, and take this opportunity to wish you an excellent autumn!

Best regards, The AZUR team

AZUR NEWSLETTER
WINTER 2014

www.azurretirementhomes.com

Best wishes for the New Year!



Dear residents,
2014 is already upon us, after a few weeks where we had the opportunity to express pride and joy to see our various care teams work tirelessly to make a true difference in your daily life as one of our residents.

We have been deeply honoured to receive significant recognition from our industry peers recently – the Grand Healthy Aging Walk has received the 2013 “Coup de cœur” award from the RQRA. The RQRA (Réseau québécois des résidences pour aînés) held its award ceremony to recognize the best examples of creativity and quality of events held in its member’s facilities throughout the province, all with the objective of promoting a better quality of life for senior residents.

Our Grand Walk, which was held in all JAZZ & AZUR private senior’s residences last June through September, was chosen from over 40 nominations and 650 members facilities. We are extremely proud and thankful for the efforts of all teams involved in the development of this event, as well as all residents who took part with a great sense of commitment.

This past year had also been punctuated by many major success stories from our various teams dedicated to your well-being, day after day. The daily actions made by everyone in our care teams,

the love they display for their work and their passion for service are all signs of their deep commitment towards your complete satisfaction.

We still continue our way towards higher standards of excellence; and as such, I can assure you that our teams are already busy at work to develop new activities that will help us promote a better quality of life in our residences. These upcoming activities will all have the same mission at their core – fulfilling the different aspects of a good life balance, including a healthy diet, physical activity, affective and social development, as well as the opportunity to learn.

I would like to thank our teams and tell them how happy we are to count on them, and to see the efforts made every day to satisfy our residents throughout our facilities. I have been greatly impressed by my visits of our facilities last October, where we had the opportunity to assess our employee’s satisfaction and mobilization levels. In every location, our employee’s utmost priority was your satisfaction. We couldn’t have hoped for anything better!

Thank you for choosing Azur.

Lastly, I would like to take this opportunity to wish you, in my personal name and the name of all AZUR & JAZZ residences, our best wishes for 2014 and the fulfillment of your wildest dreams.

Frédéric Soucy
Executive Vice-President, Residential division



AZUR & JAZZ RESIDENCES RECEIVE THE 2013 RQRA DISTINCTION AWARD

The AZUR & Grand Healthy Aging Walk has received the PQRA's 2013 “Coup de Coeur” award!!

On November 14th, 2013, the RQRA (Regroupement québécois des résidences privées pour aînés) held its DISTINCTION AWARD gala during its annual convention, an event attended by over 800 industry professionals. During its gala, the RQRA has selected COGIR for its 2013 “Coup de Coeur” award, for the GRAND HEALTHY AGING WALK. This honour was given to the St-Patrick residence from Quebec City, which had been chosen to represent all AZUR & JAZZ residences.

The first edition of the GRAND HEALTHY AGING WALK had the objective of promoting physical activity and contributing to the well-being and the sense of achievement of our seniors – in its first year, the event, held last summer, attracted over 1,500 walkers aged 70 years and over.

Our participants were walking every day and counting their steps to walk across the American continent together. Every walker had received a pedometer to help count every step made during the Walk, held from June 10th to September 6th.

The Grand Walk virtually brought our participants from Rimouski, Quebec all the way down to Tierra del Fuego, in Chile. This adventure also gave us the opportunity to feature many cultures, activities and customs from our various stops along our virtual trip. This unique activity had the benefits of combining many learning activities, socialization, discoveries and physical activity.

By combining their steps to other participants, every walker contributed to reaching our ultimate objective. We strongly believe that this large-scale activity brought joy to our residents while raising their awareness regarding the importance of physical activity for their well-being. This activity also promoted the importance of maintaining healthy life habits, regardless of age.



Mr. Normand Messieur, Senior Vice-President, Exploitation at Jean Coutu, gives the “Coup de Coeur” award to Mr. Jean-Marc Bélanger, Marketing & Procurement Director at COGIR Management Corporation. Also pictured, Mrs. Julie Marion, Director of the Manoir Manrèse residence in Quebec City and former Director of the St-Patrick residence





memory of 18 young adults in their twenties, as well as 15 adults in their seventies. Before going to bed, study participants had to memorize 120 simple word pairs; once asleep, participants had their brain activity registered through an EEG. After a full night's sleep, participants had to recall previously memorized word pairs, while their brain activity was analyzed through a MRI.

This study first found that older people had a poorer performance in the memory test than younger adults, which confirmed the role of aging in the reduction of memorization abilities. What's more interesting is how it was shown that these memory issues were closely linked to sleep quality – people who had significantly fewer slow brain waves, which are typical in the deep sleep phase, also had the weakest memory.

This close link between sleep and memory can be explained by the loss of neurons in senior's frontal lobe: since deep sleep causes slower brain waves that are generated by this area of the brain, the degradation of these neurons inhibits the transmission and long-term storage of information.

Many elements of one's lifestyle can help maintain sleep quality, even later in life. Seniors who maintain an active lifestyle by doing regular physical activity such as walking, have fewer sleep issues than people who are sedentary.

Reducing one's consumption of caffeine, alcohol and heavy meals in the evening are also efficient strategies to enjoy better sleep.



Healthy Aging – the Importance of Sleeping Well

The positive impact of quality sleep on our health is the one of the most underestimated. Sufficient sleep is not a waste of time, contrary to popular belief – but rather an essential period for the body to replenish its energy levels, stabilize emotions and ensure a healthy psychological balance. In addition to many regeneration benefits, sleep also plays a crucial role in learning tasks.

For example, many studies have shown that brain waves generated throughout the deep sleep phase allow short-term memories stocked in the hippocampus to be transferred to the prefrontal cortex, where they will be converted into long-term memories. Turns out that the old saying "it's best to sleep on it" is actually based on biochemical and neurological facts !

Many seniors have sleep issues, whether it's having a hard time falling asleep, waking up frequently or having a light sleep. Could there be a link between this lower sleep quality and the decline of cognitive function, of memory issues in particular? To answer this question, researchers have carried out an assessment of the

Healthy Aging – Preventing Cancer

Cancer is not a disease that appears suddenly, out of the blue.

For years, or even decades, normal cells accumulate a series of genetic mutations that modify their functions and give them enough strength to grow and start invading the body. The high incidence of new cancers later in life is thus mainly caused by the long amount of time required by cells to accumulate a series of mutations.

Different scientific observations, however, suggest that these genetic mutations are not the only reason why the elderly have a greater risk of developing cancers. For example, a high number of mutations appear throughout our development – in this sense, once our body has finished growing at the start of our adult life, the majority of these oncogenic mutations are already present in our body. As such, studies have shown that a third of women in their forties already have small tumors in their breasts; in men, almost 40% of men in their forties have tumors in their prostate. However, a much smaller percentage of the population (between 10-15%) will develop one of these cancers, even in their old age. In other words, the increase in cancer with age cannot solely be explained by the accumulation of mutations in our cells as we get older.

The environment in which abnormal cells are trying to grow is usually highly resistant to tumor growth. Our living habits can have a significant impact on this environment, thus making it more prone to allow the growth of abnormal cells. Unhealthy habits such as tobacco use, an unhealthy diet, excess weight or the lack of physical activity all have a common characteristic: they promote inflammation in our cellular environment, a condition that help abnormal cells acquire cancer-like properties. As we age, the impact created by these bad habits becomes increasingly significant – this fact, combined to the weakening of our normal defense mechanisms, increase the chance for abnormal cells to overcome these defenses and grow into a mature cancer.

Even though the disease is more frequently seen in seniors, cancer is not a normal consequence of the aging process. But to be able to prevent this disease, it is crucial that your natural defenses be strengthened as much as possible, namely by minimizing the development of chronic inflammation. A healthy diet rich in plant foods and lower in sugar-rich foods and harmful fats, the regular practice of physical activity, and maintaining a healthy body weight are all efficient strategies to live well longer and cancer-free.



Preparing for a Hospital Stay – Just in Case !

Even if nobody wishes for it to happen, did you know that your risk of getting hospitalized increases with age ? Statistics show the between the ages of 60 and 65, one out of ten people is hospitalized in a given year; this number is three times higher at 80 years old! Furthermore, even though the average hospital stay is shorter for the entire population since 1987, the duration of hospitalizations have increased steadily for seniors aged 75 and over. This statistic can be explained by the fact that seniors are more vulnerable. By eating well and doing regular physical activity, you maximize your chances of “aging well” and maintaining your health. However, you shouldn’t expect to have the same capabilities as when you were 50! An emergency hospitalization can be one of the most difficult moments in your life, in every aspect. How can you prepare yourself for this possibility ?

Ask yourself who could come with you to the hospital, should you need to go in case of emergency:

- Your spouse - Is he/she as old as you? What about their physical condition? Would he/she be able to manage this stressful event?
- Your children – Are they available? Are they aware of your health condition? Have you told them your desires and priorities regarding treatment?
- Your extended family – what about your brothers & sisters, nephews & nieces, cousins? Have you kept contact with your family? Do you feel close enough to your family to trust them in such a difficult situation?
- Your neighbours – Have you had the same neighbours for a long time? Have you ever had the opportunity to discuss your preoccupations with them, your health, your medical conditions, your family, and your worries? Could they support you in a difficult situation? What about the people in charge at your residence ?

In other words, plan many possibilities ahead, for example: plan A, my husband; plan B, my daughter; plan C, my neighbour...

Tell your people that you thought about them should you ever need to go to the hospital. Discuss the possibility with them. At home, leave all important phone numbers in plain view, for important information to be found quickly if needed. Include the list of your medications (and over-the-counter products), as well as your pharmacist’s name. The best (or worst?) that could happen is that this planning is never needed. But having a plan will undoubtedly give you better peace of mind, if you ever need to go to the hospital.

At last, if you currently receive services from your CLSC, write down the name of the person in charge of your file. This will greatly help the communication between the CLSC and the hospital, and will ensure a better follow-up when you go back home. What about the hospital itself – what could happen ? To be continued in the next issue.



Launch of a new, innovative program that links study research and seniors' daily lives



Deeply rooted in its values and corporate mission, COGIR Management Corporation wishes to contribute significantly to the improvement of the health and well-being of Canadian seniors on a daily basis, through its network of AZUR & JAZZ private senior’s residences. Similar to the rest of the population, our senior residents must face important challenges related to aging. To that effect, not only as the leader in private senior’s residences in Quebec but also from an humanitarian standpoint, our company aims to set the example and contribute to the improvement of our senior’s health condition, as well as possibly preventing the development of certain diseases. As such, COGIR Management Corporation and AZUR & JAZZ, its banners of private senior’s residences, joined forces with the Institut universitaire de gériatrie de Montréal (IUGM) in order to develop a series of initiatives which, we strongly believe, will have a positive impact on the quality of life of our residents. Healthy aging is an objective that we should all care about.

Throughout its studies carried out over many years, the IUGM Research Centre has discovered the strong relationship between

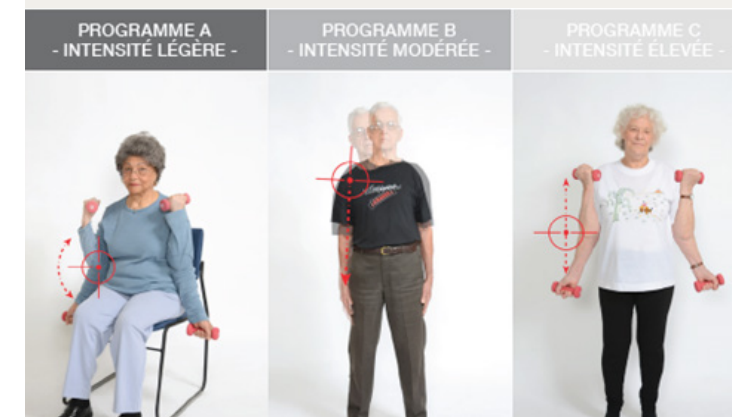
senior’s physical activity levels and their health condition. The greater challenge consisted of converting scientific study results into the real, daily life for seniors. To that effect, a work group made of IUGM researchers and COGIR senior residence employees was created to develop a complete physical activity program especially adapted to seniors. The launch of this program occurred on November 28th, 2013 in Montreal, and December 12th in Quebec City, as our residence managers and recreologists received a special training session from the IUGM.

The first few weeks of 2014 will be dedicated to implementing this program across our entire network of residences. A complete program document was created in order to better explain to our seniors the benefits they can get from doing regular physical activity.

An activity program especially suited for seniors a first on the market

The program features various findings from scientific research, a complete exercise program based on proven results as well as some general recommendations from IUGM researchers. The various exercises and activities included in this program are organized in three intensity levels. Every movement is clearly explained through photos and easy-to-understand descriptions. Bearing the IUGM seal of approval, this program constitutes a great tool to support our network’s recreologists who work every day to propose diverse, innovative activities for the well-being of our seniors.

* Program document available in French only. We apologize for the inconvenience.



Manoir Louisiane

Some well-spent energy!

Last summer, a new activity was found to be highly popular among Manoir Louisiane residents. Friendly athletes in the area volunteered to pull residents, comfortably sitting in a cart, by bicycle. Residents enjoyed the most fun & friendly tour of their neighbourhood they ever experienced !



Manoir Lafontaine

A Cruise across the Americas

To celebrate the end of the Grand Healthy Aging Walk, Manoir Lafontaine residents came together to celebrate through a Cruise of the Americas. With this activity, residents enjoyed a virtual trip from Miami to Buenos Aires, with many special touches and attentions !



Manoir Outremont

La vie en rose

On October 10th, 2013, the Rialto Theater was host to the show Claudette Dion chante Piaf, a recital that honoured late French singer Édith Piaf. For the occasion, the Manoir Outremont residence gave away 10 tickets to L'Express d'Outremont readers. For this special occasion, contest winners and residents were wearing their best attire. This special event will become a fond memory for everyone to remember !



Le Clair Matin

Halloween Haunted House

To celebrate this year's Halloween, the Clair Matin's team converted the residence into a fun haunted house. Many residents were costumed for the event. A theme dinner was also served to residents for the occasion.



Les Jardins Logidor

Halloween Costumes!

Les Jardins Logidor used their best creative talents and imagination to celebrate Halloween. Many residents and employees wore special costumes for the occasion.



Résidence Memphrémagog

Argentina's Tango !

To highlight the end of the Grand Healthy Aging Walk, the Memphrémagog residence organized an evening of argentine tango. This activity was held in conjunction with the arrival of the Grand Walk in Buenos Aires. Professional tango dancers gave an impressive demonstration, bringing much joy and escapism to our residents.



Résidences Richeloises

Celebrate our Generations

A country-style celebration was held at the Richeloises residence on September 7th. Resident's children and grandchildren had all been invited join in the party! Various fun activities had been organized, such as children's makeup and a magic show, along with delicious snacks and refreshments. Lots of laughs and smiles were seen that day !



Résidences Richeloises

10-year Anniversary !

On November 13th, the Richeloises residence celebrated its 10th anniversary. During the residence's celebratory dinner, thank-you certificates were given to residents who have been living at the residence for 10 years. Other residents, who volunteered at our latest open house event, received Ambassador certificates. Many smiles and stories were shared throughout the celebration.



Jardins Intérieurs

Let's celebrate our Centennials !

Les Jardins Intérieurs of St-Lambert recently organized a big celebration for its 100-year-old residents.

As much as five residents had their birthday recognized, including one resident who was celebrating her 105th! It was a memorable afternoon rich in many emotions.

This party was also seen as a symbol of respect and admiration towards our centennials.

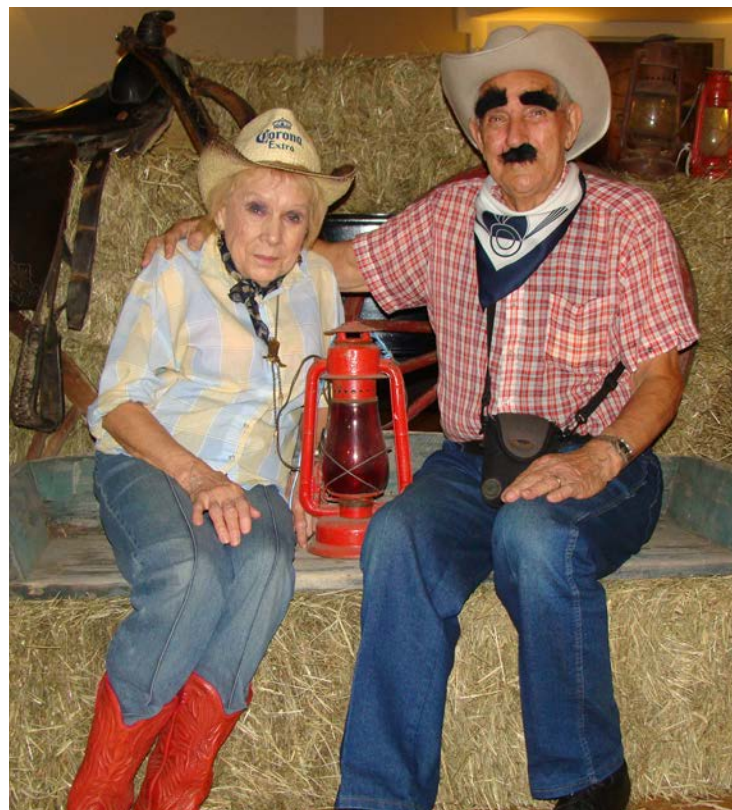
A certificate from Mrs. Pauline Marois, Quebec's prime minister, as well as a congratulatory certificate from Mr. Stephen Harper was given to each of our centennial residents.



Habitats Lafayette

Cowboys Galore at Habitats Lafayette !

Last fall, the Habitats Lafayette team had a big surprise in store for its residents, when they organized the "Lafayette Western Festival". Very special thematic decorations and an overall party atmosphere were a hit with residents, their families and many visitors. A successful event that will most likely become a tradition at the residence!



Jardins Intérieurs

From England to St-Lambert through Skype !

On December 4th, 2013, a resident of the prosthetics unit had an amazing opportunity to connect with her daughter living in England, by using our brand new laptop computer provided for such occasions.

Emotions were running high, as our resident hadn't seen her daughter since February !

This event was the first of many more to come; the demand is already strong with families, who are looking to take advantage of this great communication tool to touch base with their parent.



"Les Belles années" were Back Again this Year !

Our open house event held in fall 2013 had once again "Les belles années" (the Golden Years) as a theme, for everyone's enjoyment. What an amazing success this event had throughout AZUR, JAZZ and COGIR residences again this year! Here are a few pictures that describe the event, from the hundreds we had received.

Les belles années at the Émélite of Brossard :

Vintage cars on site !



Les belles années at the Domaine des Forges

Domaine des Forges residents wore their best vintage costumes to come down and taste some of the best sweets of their youth at the Candy Bar! Famous Schwartz smoked meat sandwiches were also served for the pleasure of all residents and visitors.



Les belles années at the Manoir Lafontaine

Manoir Lafontaine residents were looking good for the "Belles années" open house !



Les belles années at the Jardins Katerina

Jardins Katerina residents had a great time playing fiftie's bingo. Everyone had so much fun !



Calendrier 2014

Rassemblement d'automne et petits plaisirs d'aujourd'hui !

A very Special Calendar to Showcase our Chefs' Creativity !

To highlight this year's holidays and the New Year, our marketing and foodservice teams joined forces to create an original and flavourful gift for all AZUR & JAZZ residents. A 2014 calendar was created, with every month featuring a simple recipe for a delicious & comforting meal. Our chefs chose their favourite recipes according to the seasons, the holidays and other celebrations usually held across our residences. In addition, a vintage visual look was chosen for this calendar, expressed through the choice of recipes but also the images, accessories and overall visual signature. All this to inspire our residents and remind them of the good old days !

We are confident that many residents will have a great time trying out these recipes and enjoying them with friends!



Photo shoot!

Our chefs' recipes were immortalized by professionally-made photos in a studio, with the help of a culinary stylist. Every element was carefully chosen to create appetizing and beautiful images !

* Calendar available in French only. We apologize for the inconvenience.



Cipaïlle

Par chef Antoine Morneau Billard
(Manoir Les Générations)

Rendement : 12 portions
Temps de préparation : 30 min
Temps de cuisson : 5 à 7 h
Temps de macération : 4h à une nuit

Ingrédients :

- 900 g (2 livres) de porc en cubes
- 900 g (2 livres) de bœuf en cubes
- 900 g (2 livres) de veau en cubes
- 900 g (2 livres) de poulet en cubes
- 1,5 litre (6 tasses) de pommes de terre en cubes
- 2 gros oignons hachés
- 25 ml (1 ½ c. à table) de sel
- 3 ml (1/2 c. à thé) de poivre
- 3 litres de bouillon de bœuf bien chaud
- 5ml (1 c. à thé) de mélange de 4 épices du commerce, ou au goût

Ingrédients pour la pâte :

- 230 gr (2 tasses) de farine tout usage
- 225 gr (1/2 tasse) de graisse ou margarine froide
- 3 ml (1/2 c. à thé) de sel
- 8 ml (1/2 c. à table) de poudre à pâte
- Quelques cuillerées à table d'eau glacée

Préparation :

* Calendar available in French only. We apologize for the inconvenience.

1. Dans un grand bol, mélanger les cubes de viande avec l'oignon, le vin rouge, les épices et les assaisonnements.
2. Couvrir et laisser macérer au réfrigérateur au moins 4 heures; toute la nuit si vous avez assez de temps.
3. Pour la pâte, mélanger dans un grand bol la farine, le sel et la poudre à pâte.
4. Incorporer le corps gras dans la farine à l'aide d'un coupe-pâte et mélanger jusqu'à l'obtention d'une texture granuleuse où l'on distingue de petits morceaux de gras de la grosseur d'un petit pois.
5. Ajouter l'eau graduellement et mélanger avec une spatule jusqu'à ce que le mélange se tienne et forme une boule. Ne pas trop mélanger.
6. Former un disque avec la pâte. Envelopper d'une pellicule plastique et laisser reposer au réfrigérateur au moins 30 minutes.
7. Abaisser la pâte sur un plan de travail enfariné jusqu'à une épaisseur de 3 à 4 mm (1/8 de pouce); donner à la pâte la forme de votre rôtissoire.
8. Réserver les restes de la pâte.
9. Mettre la grille au bas du four et préchauffer à 300 °C (570 °F)
10. Verser les cubes de viande et la marinade dans une grande rôtissoire. Incorporer les cubes de pommes de terre, les restes de pâte taillées en petits morceaux et bien mélanger.
11. Verser le bouillon de bœuf chaud jusqu'à hauteur de la préparation.
12. Déposer l'abaisse de pâte sur le cipaïlle et faire quelques incisions au centre.
13. Cuire pendant au moins 5 heures en vous assurant à toutes les heures que la rôtissoire contient encore du bouillon.
14. Ajouter du bouillon au besoin.
15. Servir avec un ketchup aux fruits maison.

AZUR Service Principles

At AZUR, our daily operations are based on 4 general principles, which also guide our relationships with our colleagues, our residents and their families & friends, as well as the communities that surround our residences. Here are some examples taken from the daily life in our residences that represent each of our 4 main values.



TRUST

To create, maintain and respect the relationships with our residents, those close to them, our business, personnel and partners.



PASSION

Our service must always be warm, empathetic and respectful in every relationship with our residents, those close to them and the partners involved at our living environments.



COLLABORATION

Recognize and favour talent and ideas to promote the development of our collective knowledge by engaging in best practices and taking on new initiatives in everyday life.



CREATIVITY

Promote tangible human services that create magic in everyday life.



Crisscross puzzle

Reference : www.puzzles.ca

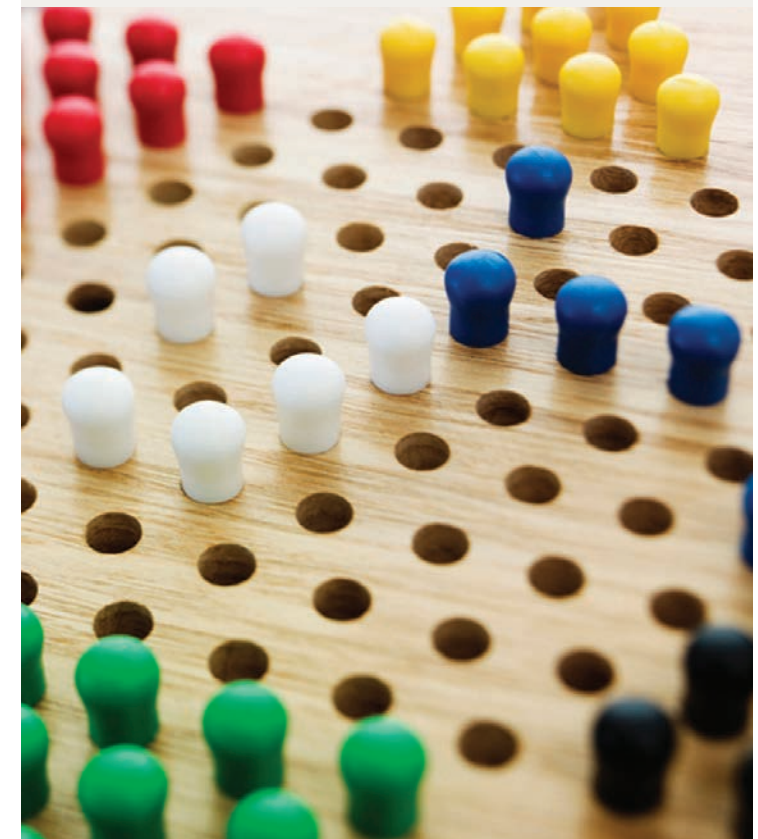
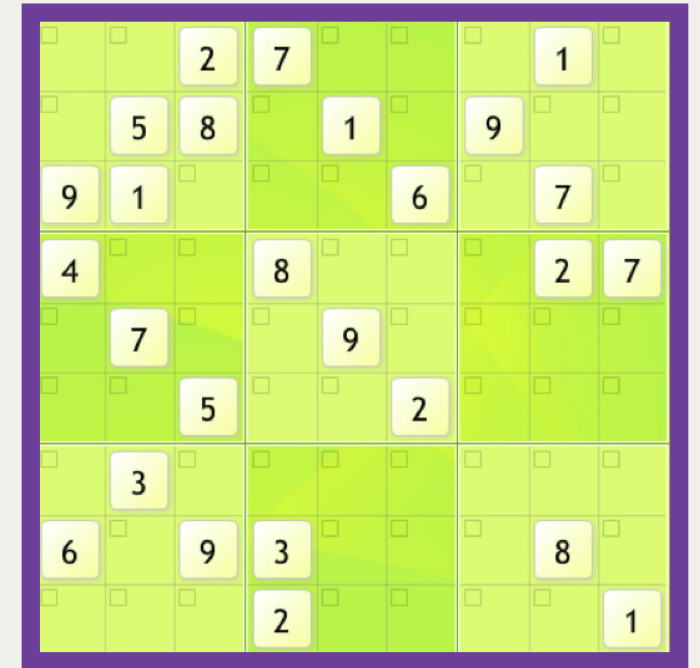
Find and circle all of the Winter related words that are hidden in the grid. The remaining letters spell a Japanese proverb.

L S O S E K A L F W O N S E L C I C I N
 L E Y C E K R A I M N D D R A Z Z I L B
 A S C A W V K A I O E C I K C A L B R D
 B W A R D R O T E S N O W S H O V E L C
 W E R F A I T L C W A F I R E P L A C E
 O A N P I E L I G E R N H E A D B A N D
 N T I S N C P O L S Y E S E T A K S S W
 S S V S N M E T H K E A D N D F R N E M
 T H A M Y O S F S C K T N N O L O H A R
 Y I L L R A W E I O C W O E U W O G S W
 E R O S C O R S W S O I I B B G M C O I
 S T E W A I T S H L H V T O O S N A N N
 N K O P T M O S P O G I A S T G O O N D
 D N I W P L T W T O E R N C O E G U L C
 S E O I S I O S N W D S R G A R E A P H
 E N L T N N L G I F R E E Z E T F L N I
 S R I S S G G S M R O N B O O D I K S L
 T C F I R E W O O D H A I L S T O O B L
 E H S S T N A P I K S C H P A C T I N K

- | | | | |
|-----------|----------------|-------------|------------|
| BLACK ICE | HAIL | SEASON | SNOWBOARD |
| BLIZZARD | HEADBAND | SKATES | SNOWFLAKE |
| BOOTS | HIBERNATION | SKI DOO | SNOWMAN |
| CARNIVAL | HOCKEY | SKI PANTS | SNOWSHOES |
| CHRISTMAS | HOLIDAYS | SKIING | SOLSTICE |
| COLD | ICE FISHING | SLED | SOUP |
| EGG NOG | ICICLES | SLEET | STEW |
| FIREPLACE | KNIT CAP | SLIPPERY | STORM |
| FIREWOOD | LONG UNDERWEAR | SNOW CASTLE | SWEATSHIRT |
| FOG | MITTENS | SNOW PLOW | TOBOGGAN |
| FREEZE | OLYMPICS | SNOW SHOVEL | VACATION |
| FROST | PARKA | SNOW TIRES | WIND CHILL |
| GLOVES | SCARF | SNOWBALL | WOOL SOCKS |



Sudoku



Our living Facilities

MONTREAL REGION

Montréal	Manoir Louisiane	514 529-7897
Montréal	Résidences Tournesol	514 333-6930
Montréal	Vista	514 483-5300
Montréal-Nord	Château Beurivage	514 323-7222
Montréal-Nord	Complexe Gouin-Langelier	514 324-8673
Montréal-Nord	Résidence Sault-au-Récollet	514 323-0200
Montréal-Nord	Résidences du Confort	514 324-1814
Outremont	Manoir Outremont	514 273-8554
Vaudreuil	Jardins Vaudreuil	450 455-6564

QUEBEC CITY REGION

Loretteville	Jardins Katerina	418 843-1940
Québec	Jardins Champfleury	418 660-6011
Québec	Jardins Le Flandre	418 649-1324
Québec	Jardins Logidor	418 658-6550
Québec	Manoir Manrèse	418 683-6438
Québec	Résidence Le St-Patrick	418 522-6444

SOUTH SHORE REGION

Brossard	Émérite de Brossard	450 678-1882
Longueuil	Clair Matin	450 442-4221
Longueuil	Habitats Lafayette	450 674-8111
Marieville	Jardins du Couvent	450 460-3141
McMasterville	Résidences Richeloises	450 467-7667
Sainte-Julie	Résidence La Rosière	450 649-4375
Saint-Lambert	Jardins Intérieurs	450 671-1314

OTHER REGIONS

Laval	Domaine des Forges	450 625-5558
Laval	Jardins de Renoir	450 687-4994
Gatineau	Jardins Notre-Dame	819 778-1747
Magog	Résidence MemphréMagog	819 847-2222
Rimouski	Manoir Les Générations	418 723-0611
Rivière-du-Loup	Manoir La Fontaine	418 867-1117
Saint-Jérôme	Résidence du Verger	450 432-5737

**EVERYWHERE,
WE ARE WITH YOU !**

To share your stories, or if you have any comments or suggestions, please send an e-mail to : newsletter@residencesazur.com



Solutions

Crisscross puzzle : ONE KIND WORD CAN WARM THREE WINTER MONTHS
Sudoku :

3	6	2	7	8	9	5	1	4
7	5	8	4	1	3	9	6	2
9	1	4	5	2	6	8	7	3
4	9	6	8	3	5	1	2	7
2	7	3	1	9	4	6	5	8
1	8	5	6	7	2	4	3	9
8	3	1	9	5	7	2	4	6
6	2	9	3	4	1	7	8	5
5	4	7	2	6	8	3	9	1