



TEGSA IS HOSTING Healthy Eating for Seniors



On Friday, June 05, 2015

Venue: Commander Recreation Centre, 140 Commander Blvd.,
Scarborough

- 6:00 PM** Doors Open (Please bring change and purchase Bingo tickets and water before 7:00 p.m.)
- 6:30 PM** Snacks
- 7:15 PM** Presentation on Healthy Eating for seniors by a Registered Holistic Nutritionist
- 8:15PM** Fun time dancing
- 9:15 PM** Bingo

Cost: Members \$5 per person

Guests \$8.00 per person (After May 29, 2015)

To register please contact: Harriet D'Mello 416-499-4217






Please be considerate of our volunteer and call to register between the hours of 9:00 am and 8:00pm only.

For catering purposes the cut-off date is Tuesday June 2, 2015. You are responsible for payment if you cancel after Tuesday, June 2, 2015 or do not show up on the day.

Please let us know if you have any food allergies.

If you do not wish to receive further emails from TEGSA, please email Carol Fernandes at
SSUSEGAD@GMAIL.COM

A Balanced plate

-  Fruit and vegetables
-  Grains, cereals and potatoes
-  Dairy products
-  Meat, fish, nuts and eggs
-  Fats and sugars

