

SATURDAY, DECEMBER 19

9:15 am to 10 am
Parent-child yoga
with Élie
Meet us at St-James room

10:15 am
Story time
with Justine – Alfa Rococo
Meet us at the Fun Club

10:15 am to 11:15 am
Hatha yoga
with Élie
Meet us at St-James room

2 pm to 3 pm
Little gourmets break
Meet us at Légendaire

SUNDAY, DECEMBER 20

8:30 am to 9 am
Introduction to meditation
with Edith mEDITHe
Meet us at St-James room

9:15 am to 10 am
Parent-child yoga
with Élie | Meet us at St-James room

10:15 am to 11:15 am
Vinyasa yoga
with Élie | Meet us at St-James room

1 pm to 3 pm
Christmas card workshop
Meet us at St-James room

2 pm to 3 pm
Little gourmets break
Meet us at Légendaire

MONDAY, DECEMBER 21

9 am to 12 pm
Balloon-making
with Sica | Meet us at Légendaire

9:15 am to 10 am
Parent-child yoga
with Véro | Meet us at St-James room

10:15 am to 11:15 am
Pilates
with Véro | Meet us at St-James room

1 pm to 3 pm
Christmas card workshop
with Claudine
Meet us at St-James room

2 pm to 3 pm
Little gourmets break
Meet us at Légendaire

2 pm to 3 pm
Pizza workshop at the Îlot

TUESDAY, DECEMBER 22

9:15 am to 10 am
Parent-child yoga
with Élie | Meet us at St-James room

10:15 am to 11:15 am
Vinyasa yoga
with Élie | Meet us at St-James room

1 pm to 3 pm
Christmas card & craft workshop
with Claudine
Meet us at St-James room

2 pm to 3 pm
Little gourmets break
Meet us at Légendaire

2 pm to 3 pm
Mocktail-creation workshop
Meet us at the bar at l'Îlot

6:30 pm to 7:30 pm
Country dance
Meet us at St-James room

WEDNESDAY, DECEMBER 23

9:15 am to 10 am
Meditation
with Edith mEDITHe
Meet us at St-James room

1 pm to 4 pm
Henna makeup
by Elfée
Meet us at Légendaire

1:30 pm
Cinema for the very young
Meet us at Montagnarde

2 pm to 3 pm
Little gourmets break
Meet us at Légendaire

6 pm
Santa Claus arrives
Meet us at l'Îlot

DAILY ACTIVITIES FROM DECEMBER 19 TO JANUARY 4

**OUTDOOR FIRE PITS AND
ROASTED MARSHMALLOWS** — From 4 pm.

ENOMATIC FOR WINE (\$)
Card available at reception.

OPENING OF THE SKATING RINK
According to the schedule and recommendations
issued by the Municipality of Lac-Beauport.

INFLATABLE GAMES IN THE BALLROOM
From 8 am to 8 pm. Children under 10 must be
supervised by a parent.

HOLIDAY MOVIE NIGHTS
Meet at Montagnarde Hall at 7:30 pm
(Movies listed at the entrance)

TEEN ROOM
Meet at Nautique Hall from 8 am to 11 pm

BOARD GAME ZONE
Meet us at Légendaire

**We offer
special rates
for activities
in our region:**

- Galeries de la Capitale
- Sibéria Spa
- Aquarium du Québec
- Le Relais Ski Center
- Défi-Évasion Chez Soi

**ASK US FOR
MORE INFORMATION !**

THURSDAY, DECEMBER 24

9 am to 1 pm
Makeup
Meet us at l'Îlot

9:15 am to 10 am
Parent-child yoga
with Élie | Meet us at St-James room

10:15 am to 11:15 am
Vinyasa yoga
with Élie | Meet us at St-James room

1:30 pm
Cinema for the very young
Meet us at Montagnarde

2 pm to 3 pm
Little gourmets break
Meet us at Légendaire

FRIDAY, DECEMBER 25

10 am to 11 am
Country dance
Meet us at St-James room

11 am to 12 am
Country dance
Meet us at St-James room

1 pm to 4 pm
Circus workshop
with Robin
Meet us at St-James room

2 pm to 3 pm
Little gourmets break
Meet us at Légendaire

Merry Christmas!

SATURDAY, DECEMBER 26

9:15 am to 10 am
Parent-child yoga
with Véro | Meet us at St-James room

10:15 am to 11:15 am
Yin-Yang yoga
with Véro | Meet us at St-James room

1 pm to 3 pm
Christmas mug workshop
with Claudine
Meet us at Légendaire

2 pm to 3 pm
Little gourmets break
Meet us at Légendaire

3 pm to 4 pm
Tibetan bowls
Meet us at St-James room

SUNDAY, DECEMBER 27

9 am to 12 pm
Makeup
with Sica | Meet us at Légendaire

9:15 am to 10 am
Parent-child yoga
with Élie | Meet us at St-James room

10:15 am to 11:15 am
Vinyasa yoga
with Élie | Meet us at St-James room

1 pm to 3 pm
Christmas mug workshop
with Claudine
Meet us at St-James room

2 pm to 3 pm
Little gourmets break
Meet us at Légendaire

4 pm to 5 pm
Country dance
Meet us at St-James room

MONDAY, DECEMBER 28

9 am to 12 pm
Balloon-making
with Sica | Meet us at Légendaire

9:15 am to 10 am
Parent-child yoga
with Élie
Meet us at St-James room

10:15 am to 11:15 am
Hatha yoga
with Élie
Meet us at St-James room

2 pm to 3 pm
Little gourmets break
Meet us at Légendaire

3 pm to 4 pm
Tibetan bowls
Meet us at St-James room

TUESDAY, DECEMBER 29

9 am to 12 pm
Christmas mug workshop
with Claudine
Meet us at St-James room

1:15 to 2 pm
Parent-child yoga
with Élie | Meet us at St-James room

2 pm to 3 pm
Little gourmets break
Meet us at Légendaire

2 pm to 3 pm
Mocktail-creation workshop
Meet us at the bar at l'Îlot

2:15 pm to 3:15 pm
Hatha yoga
with Élie | Meet us at St-James room

8 pm to 9 pm
Meditation session to end the year
with Edith mEDITHe
Meet us at St-James room

WEDNESDAY, DECEMBER 30

9 am to 12 pm
Circus workshop
with Robin
Meet us at St-James room

1:15 to 2 pm
Meditation session to end the year
with Edith mEDITHe
Meet us at St-James room

2 pm to 3 pm
Little gourmets break
Meet us at Légendaire

WELLNESS EXPERIENCE GUIDE

Entourage sur-le-Lac offers many activities and a complete experience focused on well-being and the art of living. Throughout your stay, you will be able to benefit from the amenities and activities that are made possible thanks to the common stay costs. Make the most of our great playground!

- ~ Sports activities supervised by a coach
- ~ Training room
- ~ Playroom for children
- ~ Outdoor fire pits, marshmallows
- ~ Pool table
- ~ Artistic workshops
- ~ Loan of games for the room
- ~ Ice skates
- ~ Snowshoes and walking sticks
- ~ Fatbikes
- ~ Snow scooters
- ~ And much more!

THURSDAY, DECEMBER 31

9 am to 1 pm
Makeup
Meet us at l'Îlot

9:15 am to 10 am
Parent-child yoga
with Élie
Meet us at St-James room

10:15 am to 11:15 am
Vinyasa yoga
with Élie
Meet us at St-James room

2 pm to 3 pm
Little gourmets break
Meet us at Légendaire

Happy New Year!

FRIDAY, JANUARY 1

9:15 am to 10 am
Parent-child yoga
with Élie
Meet us at St-James room

10:15 am to 11:15 am
Hatha yoga
with Élie
Meet us at St-James room

1 pm to 4 pm
Henna makeup
with Elfée
Meet us at Légendaire

2 pm to 3 pm
Cookie decorating
Meet us at l'Îlot

2 pm to 3 pm
Country dance
Meet us at St-James room

SATURDAY, JANUARY 2

9 am to 12 pm
Makeup
with Sica
Meet us at Légendaire

9:15 am to 10 am
Parent-child yoga
with Élie
Meet us at St-James room

10:15 am to 11:15 am
Vinyasa yoga
with Élie
Meet us at St-James room

2 pm to 3 pm
Little gourmets break
Meet us at Légendaire

SUNDAY, JANUARY 3

9:15 am to 10 am
Parent-child yoga
with Véro
Meet us at St-James room

10:30 am to 11:15 am
Yoga Pilates
with Véro
Meet us at St-James room

2 pm to 3 pm
Little gourmets break
Meet us at Légendaire

MONDAY, JANUARY 4

9:15 am to 10 am
Parent-child yoga
with Véro
Meet us at St-James room

10:30 am to 11:15 am
Yoga Pilates
with Véro
Meet us at St-James room

2 pm to 3 pm
Little gourmets break
Meet us at Légendaire

The **FUN CLUB** will be supervised every day from Saturday, December, 19 to Sunday, January 3 from 4 pm to 10 pm.

For morning activities, book at reception before 9 pm the previous evening. For afternoon and evening activities, book before 12 pm (noon) on the same day.