

## Upcoming Events at Legacy

- Tuesday, August 1st @ 2:00pm**— Earnest Ice Cream  
**Monday, August 7th @ 11:30am**—Malcolm and Linda Jewelry Line followed by **India Travel Show @ 2:00pm** in the Theatre Room.  
**Tuesday, August 8th @ 1:15pm**—RiverRock Casino & Dim Sum  
**Monday, August 14th @ 11:30am**— BBQ at the Jewish Community Centre  
**Monday, August 14th @ 1:30pm**—Walmart in Richmond  
**Friday, August 18th @ 2:00pm—5:00pm**— ‘Day at the Races Summer Party’  
**Monday, August 21st @ 12:30pm**— Tandoori Raj East Indian Lunch  
**Monday, August 28th @ 9:45am**—Lunch & Tour of White Rock and Crescent Beach with Mick Short

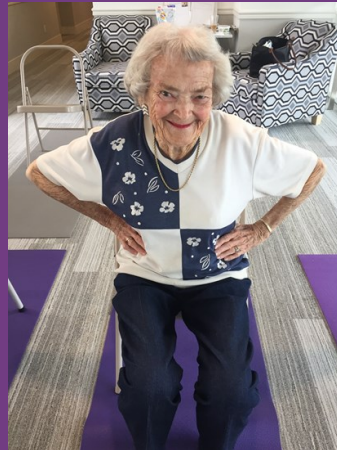
For those of you that attended the Fireside Chat with Management on Wednesday, July 19th you were told about some of the changes and added structure happening at Legacy. Guillaume Biset’s last day will be July 31st. As of **August 1st**, Suzanne Samson will be taking over the role as Maitre’d. Angel Lai will be taking over the recreation & programming department. Chris Lee is the new Head Chef. Rob Cleland will be the Assistant General Manager/ Food & Beverage Manager. Julie Demers is the new General Manager. If you have any questions regarding these changes please do not hesitate to see any member of the management team.

### A friendly reminder:

**Please try to be on time for all fitness classes, it can be disruptive to the other residents. Due to the fact that meditation is a focused practice please do not enter if you’re running late. Thank-you!**

**While Lissette is away from August 4th– August 21st there will be subs covering her classes in the Fitness Studio listed as ‘Yoga Fitness’ @ 10:00am Tuesday through to Friday.**

## YOGA CORNER



### ALL ABOUT EFFIE

What do you like about Chair Yoga classes?

- ◆ *Keeps me moving*
- ◆ *Friendship time*

Are you enjoying any benefits to your health from Chair Yoga?

- ◆ *Yes! I love the time we spend together*
- ◆ *I feel better all over*
- ◆ *My balance is improving*
- ◆ *My joints are less ‘creaky’!*



# LEGACY INSIDER

Legacy Senior Living - The Leo Wertman Residence Newsletter

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## SUMMER GARDEN PARTY

Since the sun is finally shining we need to take advantage of it. We are planning on celebrating with a fun filled ‘**Day at the Races**’ Summer party.

On **Friday, August 18th from 2:00-5:00pm** join us dressed up in your finest garden party attire— floppy hats and fascinators encouraged! We will be awarding prizes to the ‘Best Dressed’ attendees.

Gaming tables including blackjack, poker and wheel of fortune will be located inside. The finest summer cocktails will be served up by ‘Master Mixologist’, Giorgio. Light canapés will be served during the party.

We hope everyone is able to attend, friends are welcomed to join. Due to the nature of gaming tables and alcohol served no minors are allowed at this event. Please RSVP at the Concierge desk if you are bringing friends.



Legacy Senior Living - The Leo Wertman Residence, 611 W 41st Avenue



Angel Lai  
Recreation Coordinator

*“I am very excited about my new role as the Recreation Coordinator at Legacy! It has been wonderful getting to know all of you during my time at the Concierge desk and in the Dining Room. Starting August 1st, I will be doing the programming every Monday, Tuesday and Thursday. I welcome all of your feedback! On Thursday, August 24th please join me for my first hosted dinner at 6:00pm. Sign up is available at the Concierge desk.”*

— Angel Lai