



Legacy
SENIOR LIVING

LEGACY BULLETIN

Legacy Senior Living - The Leo Wertman Residence

Volume 5 Issue 2 February 2017



*Happy Valentine's
Day!*



Valentine's Day Dinner

February 14th - One Seating at 5:00 pm

Join us for an evening of elegant dining and entertainment.

Four Course Dinner Prepared By

Executive Chef Rob Cleland

& His Talented Culinary Team

Guests \$48.00 - Set Menu Reservations Recommended

Entertainment:

6:00 pm

*Pianist Glen Stevenson
& Vocalist
Brandon Thornhill*

*Dinner Reservations
Recommended*

604.240.8550

It's Your Move



Secure Your 2017 Rate for Life!

Limited Time Offer - Valid Until February 15, 2017

Start living the luxury retirement you deserve today!

Our guaranteed *fixed rate for life* means your monthly residency fee will remain the same for as long as you choose to make Legacy your home. (**certain conditions apply*) Call *Veronica, Kathleen or Bella* to learn more or visit our website.

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604.240.8550

February Wellness Sessions

February 21st, 2 - 3 pm “*Better Backs & Balance*”
With Registered Physiotherapist Kim Hall from Physio2u Mobile
Physiotherapy Services.



Have you ever wondered if there are things you could do to help your back? Things to do (or stop doing) to **reduce stress and pain?**

How do your hips and knees affect your back? Join us for this informative session.

Come and see actual knee and hip replacement parts and learn how physiotherapy can improve your health!



Free for senior adults 55+. (Value \$30) Pre-registration required by February 19th to 604.240.8550.

February 28th, 2 - 3 pm “*Foods & Nutrients to Reduce Inflammation*” With Holistic Nutritionist & Founder of HEAL (Healthy Eating And Living), Mandy King.



Studies show that chronic inflammation puts you at a higher risk for rheumatoid arthritis, diabetes, heart disease and even cancer.

Mandy will discuss foods & nutrients that reduce inflammation, sample recipes and what foods are particularly bad for inflammation.

Watch Mandy February 7th at 7:40 am on CTV Morning Live's Ask an Expert segment as she discusses this topic with Host Keri Adams.

Free for senior adults 55+. (Value \$30)
Pre-registration required by February 26th
to 604.240.8550.



About Us

Legacy Senior Living was conceived as a tribute to Leo Wertman, who, in 1960, founded the business that would grow to become The Wertman Group of Companies.

Our goal is to create an outstanding residence in Leo's honour right here in the heart of Vancouver.

A place where seniors can stay active and involved, living creative and fulfilling lives. A place where great food, friendships, culture, and thoughtful living spaces come together as the ideal lifestyle community.

Contact Us

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Now Open!

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Privacy

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