

Upcoming Events at Legacy

Legacy will be hosting its first ever 'Garage Sale' on **Thursday, June 1st** in the parkade. Come down anytime between **11:00am-3:00pm** to purchase our beautiful display suite furniture, décor and accessories. *Limited supplies available; first come, first serve.*

Please note that beginning on Sunday, June 4th, Zumba with Antonya has been moved to 11:30am on Sunday mornings for the month of June.

Based on recent feedback at our Fireside Chat with Management, we will be doing two hosted dinners per month. This month, Jason will be hosting a dinner on **Friday, June 9th @ 6:30pm** and Lauren will be hosting on **Tuesday, June 27th @ 6:00pm**. Please sign up at the Concierge desk for your chance to dine.

Complimentary Hearing Checks with Connect Hearing—Wednesday, June 14th beginning at 1:30pm until 4:00pm in the business centre.

New Events in the month of June:

- ♦ 'Paint and Sip' with Angel on **Wednesday, June 14th @ 3:00pm** in the Creative Arts Centre.
You do not have to be an experienced painter to have fun at this event! Join us for a combination of happy hour specials and painting with Angel.
- ♦ With so many interesting individuals living under the same roof, we would like to give everyone an opportunity to share stories and memories with 'Get to Know Your Neighbors' with Chadwick Walker in the Theatre Room on **Friday, June 16th @ 2:30pm**.
- ♦ With the hot weather finally here, there is nothing quite as tasty as ice cream. On **Wednesday, June 28th at 3:00pm** we will have a 'build your own ice cream sundae' social in the Creative Arts Centre. Bring your appetite!

HAPPY FATHERS DAY

What Is A Dad?

A dad is someone who wants to catch you before you fall but instead picks you up, brushes you off, and lets you try again.

A dad is someone who wants to keep you from making mistakes but instead lets you find your own way, even though his heart breaks in silence when you get hurt.

A dad is someone who holds you when you cry, scolds you when you break the rules, shines with pride when you succeed, and has faith in you even when you fail.
-Unknown Author



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6 Simple Steps to Keep Your Mind Sharp at any Age Harvard Medical School- Harvard Health Publications

Memory changes can be frustrating, but good news is that, thanks to decades of research, there are various strategies we can use to protect and sharpen our minds.

1. Keep Learning

Challenging your brain with mental exercise is believed to activate processes that help maintain individual brain cells and stimulate communication among them.

2. Use All Your Senses

The more senses you use in learning something, the more of your brain will be involved in retaining the memory.

3. Believe In Yourself

Myths about aging can contribute to a failing memory. People who believe that they are not in control of their memory function are less likely to work at maintaining or improving their memory skills and therefore are more likely to experience cognitive decline. If you believe you can improve and you translate that belief into practice, you have a better chance of keeping your mind sharp.

4. Prioritize Your Brain Use

If you don't need to use mental energy remembering where you laid your keys or the time of your granddaughter's birthday party, you'll be better able to concentrate on learning and remembering new and important things. Take advantage of calendars and planners, shopping lists and address books to keep routine information accessible. Designate a place at home for your glasses, purse, keys and other items you use often.

5. Repeat What You Want to Know

When you want to remember something you've just heard, read, or thought about, repeat it out loud or write it down. That way, you reinforce the memory or connection.

6. Space It Out

Repetition is most potent as a learning tool when it's properly timed. It's best not to repeat something many times in a short period, as if you were cramming for an exam. Instead, re-study the essentials after increasingly longer periods of time.

- Rosemary Moritz PERK Brain Fitness



Lifestyle & Sales Manager
Lauren Crum

"Since starting in May, I have had the pleasure of getting to know some of you.

I look forward to hosting my first dinner on Tuesday, June 27th @ 6:00pm. Please join me so that we can have a chance to know each other better.

Jason will also be hosting a dinner on Friday, June 9th @ 6:30pm. Please sign up at the Concierge desk and we will be doing a lottery draw a few days prior to the dinners.

Lastly, please ensure you RSVP for our Father's Day BBQ on Sunday, June 18th from 5:00-7:30pm. Musical entertainment from 4:30-6:00pm.

- Lauren Crum