

## Upcoming Events at Legacy

The BC Election is just around the corner! The mobile voting team will be on site at Legacy on **Thursday, May 4th from 12:00-2:00pm** to assist with early voting. Please come down with picture ID to the Creative Arts Centre. There will be seating available in the Theatre Room for those waiting to vote. If you are unable to make it on May 4th, please let Julie know and she can inform you of the places offering advanced voting.



Claude Duke performing for us on **Friday, May 5th** for a special Cinco De Mayo style Happy Hour. He will be performing from 3:00-4:00pm in the Bistro so come on down!



Due to the success of our Casino Royale nights, Guillaume will be hosting a special poker afternoon. Join his to learn how to play or to practice your skills. This will be held on **Tuesday, May 16th at 2:30pm** in the Creative Arts Centre.

Welcome Lauren Crum— **Lifestyle & Sales Manager**

Lauren has heart for helping her community! Originally coming from Delta, Lauren studied Therapeutic Recreation and had a successful career working in Long Term Care.

Lauren has a keen interest in continuous learning and growth in the area of active living. She is excited to be on board and help create successful lifestyle choices for the residents living at Legacy Senior Living. With a vast background in sales, she is excited to help Legacy remain the #1 voted Retirement Residence in Vancouver.



## YOGA CORNER: ALL ABOUT LARRY

What do you like about Chair Yoga classes?

- ♦ Low impact
- ♦ Continued evolution
- ♦ Staying interesting

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

Absolutely— Particularly in encouraging mindfulness for posture and overall well-being.



# LEGACY INSIDER

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## Things My Mother Taught Me

My Mother taught me LOGIC... "If you fall off that swing and break your neck, you can't go to the store with me."

My Mother taught me MEDICINE... "If you don't stop crossing your eyes, they're going to freeze that way."

My Mother taught me TO THINK AHEAD... "If you don't pass your spelling test, you'll never get a good job!"

My Mother taught me ESP... "Put your sweater on; don't you think that I know when you're cold?"

My Mother taught me TO MEET A CHALLENGE... "What were you thinking? Answer me when I talk to you... Don't talk back to me!"

My Mother taught me HUMOR... "When that lawn mower cuts off your toes, don't come running to me."

My Mother taught me how to BECOME AN ADULT... "If you don't eat your vegetables, you'll never grow up."

My mother taught me about GENETICS... "You are just like your father!"

My mother taught me about my ROOTS... "Do you think you were born in a barn?"

My mother taught me about the WISDOM of AGE... "When you get to be my age, you will understand."

My mother taught me about ANTICIPATION... "Just wait until your father gets home."

My mother taught me about RECEIVING... "You are going to get it when we get home."

And, my all-time favorite - JUSTICE... "One day you'll have kids, and I hope they turn out just like YOU -- then you'll see what it's like."

## Happy Mother's Day!



Marketing Manager  
Barbara Arseneault

*"It has been great seeing so many new faces living at Legacy in the recent months. I am excited to be hosting the next dinner on Tuesday, May 23rd at 6:00pm. Although I have been involved with Legacy since before it opened, I have not had the chance to sit down and get to know many of you. My role is to take care of the marketing at Legacy. I would appreciate your feedback and any fun ideas you can come up with. If you wish to attend please sign up at the Concierge desk and I will pull 8 names closer to the date. Hope to see you there! - Barb*