

Upcoming Events at Legacy

Thursday, Oct. 5th @ 2:00pm—Health Arts Society Musical Performance
Monday, Oct 9th @ 5:00-7:30pm—Thanksgiving Buffet
Thursday, Oct. 12th @ 3:00pm— Ash Street Bistro Kitchen Tour
Saturday, Oct. 14 @ 6:00pm—Hosted Dinner with Giorgio
Monday, Oct. 16th @ 12:30pm— Lunch at Thai Son Pho
Sunday, Oct 22nd @ 2:00pm — Flute Performance by Laura Nashman
Monday, Oct 23rd @ 12:15pm— Starlight Casino & Lunch
Thursday, Oct 26th @ 11:00am— Carda's Fashion
Thursday, Oct 26th @ 6:00pm—Hosted Dinner with Kathleen
Monday, Oct. 30th @ 12:30pm— Mount Pleasant tour with Mick Short

On **Tuesday, Oct. 31st @ 2:00pm** please join Angel for Halloween Crafts to celebrate the day with fun and creativity along side spooky hor d'oeuvres!

Starting this month on **Thursday Oct. 5th @ 2:00pm** the Health Arts Society will be at Legacy to perform one of six shows in the upcoming months. The organization is now the largest arts presenter in Canada, bringing the talents of some of the Nation's finest performers. This is a must see so don't miss it!

On **Thursday, Oct. 12th @ 3:00pm** Chef Rob will be giving a tour of our Ash Street Bistro's kitchen. Interested in what is going on behind the scenes? Sign up fast for this tour and see first hand what goes behind creating the delicious meals at Ash Street Bistro.

Ash Street *Bistro*

A reminder that we have a suggestion box that is located near the mailboxes. This can be used anonymously for all residents' compliments, concerns and suggestions and it will be reviewed by the management team each week.

YOGA CORNER



ALL ABOUT BEN

What do you like about Chair Yoga classes?

◆ *They are friendly*

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

- ◆ *Yes! I have more energy*
- ◆ *My flexibility is improving*
- ◆ *My stamina is better*



LEGACY INSIDER

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The change of the season brings on the festive time of the year!

On September 20th we celebrated the beginning of **Rosh Hashanah** with prayers and dinner, hosted by Annette.

Our Annual **Thanksgiving Buffet** will be held on **Monday, October 9th between 5:00-7:30pm**. If you wish to invite family or friends, please make a reservation at concierge.

With the flu season fast approaching, all residents are offered complimentary vaccination onsite through Medical Pharmacies. The flu clinic will be hosted on Tuesday, Nov. 7th from 9:30-1:30pm. More information regarding sign-up will be coming shortly.



Giorgio Castiglioni

"The last 3 years I have spent at Legacy getting to know every single one of you has been incredible. The memories I have made with every one is something I always hold dear to me.

On Saturday October 14th @ 6:00pm, please join me at my hosted dinner. Let us celebrate the times we had together over delicious food and laughter. Please sign up at the concierge desk.

*-All the best,
Giorgio Castiglioni*



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