



Thanksgiving Family Buffet

Sunday, October 7th - 5:00 pm to 7:30 pm

Join us for a *Feast of Thanksgiving Family Buffet*. Enjoy a delicious selection of traditional mouth-watering entrées and desserts prepared by Chef Chris Lee and his team. Relax and enjoy quality time with family and friends.

Adult Guests \$38 Children 12 Yrs and Under \$12

Reservations are required. To view full menu, please visit our website.

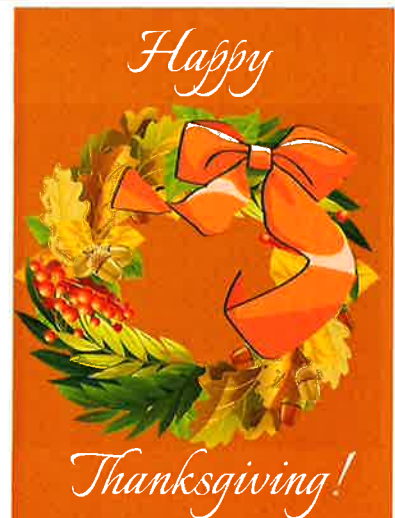


Ash Street *Bistro*

at 611 West 41st Avenue

604.240.8550

www.legacyseniorliving.com



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Call Kathleen or
Lauren to Book
Your Tour Today!

604.240.8550



October Learning Sessions

October 2nd - 2:30 pm to 3:30 pm

Workshop: Identifying Addictions

Presented by the Council of Senior Citizens' Organizations of BC

Drug and alcohol misuse, abuse, and addiction and other addictive behaviors such as gambling are of great concern no matter what the age of the user, however, these problems have become all too prevalent within the elderly population.

This workshop will address 3 main areas of addiction: alcohol, prescription drugs (non-medical misuse) and gambling. Risk factors will be discussed and tips on how to approach a friend that may be at risk.

*Pre-registration is required by September 30th to 604.240.8550.
Please arrive by 2:15 pm to guarantee your seating. No*

October 12th - 2:30 pm to 3:30 pm

Information Session: Recommended Vaccines for Senior Adults

*Presented by Ajit Johal BSc, (Pharm), RPh, Founder & Clinical
Director of Travel Rx Education INC.*

As we get older, our immune system becomes much less - robust, which means we're more at risk for getting diseases like the flu, pneumonia and shingles and developing life-threatening consequences from them. This workshop will discuss 3 main vaccines seniors should receive and why they should get them.

*Pre-registration is required by October 10th to 604.240.8550.
No Charge. Please arrive by 2:15 pm.*

October 16th - 2:30 pm to 3:30 pm

Wellness Session: Alzheimer's & Dementia - Things You Should Know

Presented by Joan Parise from Home Instead Senior Care.

While many of the symptoms – including memory loss and confusion – can occur in dementia diseases as well as Alzheimer's, there are some differences you should know. Learn also about special home care services available for assistance.

*Pre-registration required by October 14th to 604.240.8550.
No Charge. Please arrive by 2:15 pm.*

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!

Tel: 604.240.8550
www.legacyseniorliving.com

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