

Upcoming Events at Legacy

Monday, Sept. 3rd @ 12:00pm—Tea & Pie with Kathleen
Friday, Sept 7th @ 2:00pm—4th Year Anniversary Party!
 FunnyFest Comedy Show Performance with BBQ to follow.
Sunday, Sept. 9th @ Sundown—Rosh Hashanah Begins
Monday, Sept. 10th @ 12:30pm—OUTING: RiverRock Casino
Monday, Sept. 10th @ 5:00pm—Rosh Hashanah Dinner
Tuesday, Sept. 11th @ 2:30pm—Physio for Seniors Information
Thursday, Sept 13th @ 2:00pm—Health Arts Society Performance
Monday, Sept. 17 —OUTING: Granville Island
Monday, Sept. 17th @ 2:00pm— Staff Fire Drill
Wednesday, Sept 19th @ 3:00pm — Brown Bag Medication Review w/ Medical Pharmacies (Sign-up Mandatory)
Monday, Sept 24th @ 12:30pm— OUTING: Dim Sum with Suzanne
Wednesday, Sept 26 @ 12:00pm— Kathleen's Soup Kitchen

Do you want to improve your balance? Do you want to increase your strength and flexibility? Do you want to reduce pain? Physiotherapy is something most of us don't look into until we need it, but did you know it also offers preventative care? Join us on **Tuesday September 11th at 2:30pm** and learn how physiotherapy and rehabilitation can help you! Family members are invited!



MEDICAL PHARMACIES Medical Pharmacies will be coming to Legacy on **Wednesday September 19th at 3:00pm** to review your medications in private one on one sessions. Make sure to sign-up to secure a spot!

This month we will be celebrating both Rosh Hashanah as well as Yom Kippur; Jewish & Non-Jewish residents are encouraged to gather for a short, traditional ceremony to celebrate. There will be multiple candle lightings throughout the month, keep an eye out on the calendar for the times!



September is finally here and the Health Arts Society will be presenting their Concerts in Care Series on Thursday September 13th at 2:00pm. Jonathan Quick, tenor and Karen Lee-Morlang, piano; will be starting our 10 month series. Be sure not to miss the first performance!



Fall is just around the corner and the best way to celebrate fall is through delicious home cooking. Join me on **Monday September 3rd** for Tea & Pie; I will be baking a Cinnamon swirl apple pie so if you have the time, pop in for a taste! Also starting on **Wednesday Sept. 26th**, will be a new program for the fall season, "Kathleen's Soup Kitchen". Once a month I will be making soups ranging from popular recipes to personal home favourites. Come by and have a bowl of soup in the upcoming fall season.

Kathleen Pope



LEGACY INSIDER

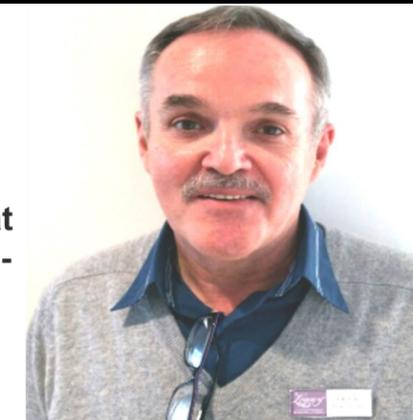
Legacy Senior Living - The Leo Wertman Residence Newsletter

Volume 6 Issue 9 September

Legacy Celebrates 4TH ANNIVERSARY

They say that time flies when you're having a great time; it is that time of year again, Legacy's 4th year anniversary!

Let us celebrate another amazing year filled with great memories on **Friday September 7th**. This year the FunnyFest Comedy Tour group will be showcasing their talents for your belly laughing enjoyment from 2:00pm-3:30pm (doors open at 1:00pm). After the performance will be a celebratory toast with canopies followed by our BBQ from 4:00pm— 7:00pm.



Mike Tracy
Wellness Nurse

"I have had such a wonderful time getting to know each and every resident at Legacy. I have been fortunate in my many years of nursing to end on such a high note, with residents such as yourself. Thank you for everything and hope to see you again" - Mike Tracy

"Our new Nurse, Jenie Sapon will be starting on Tuesday, September the 4th. Be sure to say hello and make her feel at home. She will be working regularly on Tuesday to Saturday." - Julie Demers

