



Happiness is a gift  
and the trick is not to expect it,  
but to delight in it when it comes.

-Charles Dickens

Stop by the theatre on **Friday, June 5th anytime between 1:00pm and 2:00pm**. Francisco will be showing the creative videos that the staff and residents did to break the boredom and spice things up during our TikTok Week.

Twinkle twinkle little star,  
point me to the nearest bar!

Join us for two themed Happy Hours this month:

Yellow Happy Hour on **Wednesday, June 10th** and  
Hot Summer Day Happy Hour on **Wednesday, June 24th**.  
Don't forget to wear something that matches the theme!



Some of your favourites are back! Check your calendar and weekly schedule for more details.

- Stretch with Lissette
- FIT with Lissette
- Guided Meditation
  - Trivia
- Movies, Documentaries and TED Talks
  - Knit and Chat
  - Information Sessions

Please, note that all programs are on a first come, first served basis, in small groups and with social distancing.

Come to our Falls Prevention information session on **Wednesday, June 17th at 2:00pm** and learn about what you can do to maintain mobility and balance while staying independent.

#### 4 reminders:

- Walks are offered 7 days a week. If you would like to change your scheduled time, please speak with Francisco.
- When using the elevators, remember to keep to two people at a time.
- Use hand sanitizer before and after taking an exercise class or doing any other activity.
- There are two iPads available to make video calls with loved ones. Ask the Concierge Team to lend you one if this is something you are interested in.



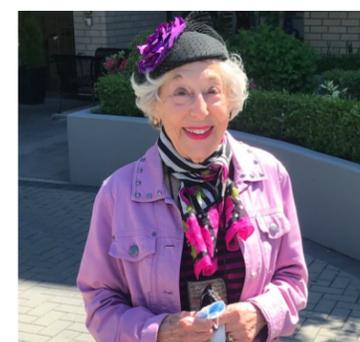
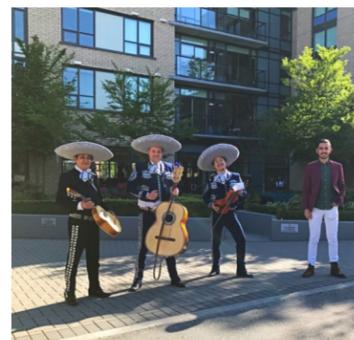
# LEGACY INSIDER

Legacy Senior Living - The Leo Wertman Residence Newsletter

Volume 7 Issue 06 June 2020

## Enjoying June

The days are getting longer, the sun is shining brighter and we are all ready to catch some rays. We deserve sunshine, fresh air and a mojito. Put on your shorts and sunglasses and join us for our Havana Afternoon in the courtyard on **Thursday, June 4th at 2:00 pm**. Entertainment provided by UBC students.



Suzanne Samson  
Maitre D'

Dear residents,

Thank you for your patience, understanding and cooperation during this difficult time. I have missed each and everyone of you dearly.

I am looking forward to seeing you and welcoming you back to the re-opening of our dining room. Come and enjoy our new mouthwatering menu paired with our great selection of wines and daily special cocktails.

Stay safe and healthy!

Great big hugs to all!

Cheers!