

Stop at the Concierge Desk any day between

Thursday, October 1st and Sunday, October 11th

and ask for a fall leaf. Write something you are thankful for on it and stick it on the library door. Remember to start each day with a positive thought and a grateful heart!

They say a warm smile is the universal language of kindness. To celebrate World Smile Day, we'll have a picture display of some of the best smiles here at Legacy. Come to the theatre and check it out on **Wednesday, October 7th at 2:00pm.**

“So much of who we are is where we have been.”

Travel Presentation with Francisco — **October 21st at 2:00pm** in the Lounge Area. Please, sign up at the Concierge Desk.



It's flu season and residents are offered complimentary vaccination onsite. The flu clinic will be hosted on **Friday, October 16th from 9:00am to 5:00pm** in the Theatre and Creative Arts Centre.

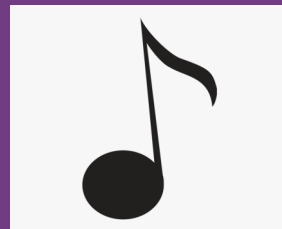
Please, see Concierge to register.

Interested in learning tools to cope with stress and anxiety? Come to our information session on **Thursday, October 22nd at 2:00pm.**

We will be getting mail-in ballots for the Provincial Election. Speak to Jason for more details and/or assistance. Details also available on a poster at the Concierge Desk.



“Trick or treat, bags of sweets, ghosts are walking down the street.”
Happy Halloween! Come to our staff and resident costume contest and vote for your favourite one on **Friday, October 30th at 2:30pm.**



“Music expresses that which cannot be put into words and that which cannot remain silent.”

Jazz concert by Kaya Kurz —

Friday, October 2nd at 2:00pm

Virtual Health Arts Society Concert —

Friday, October 23rd at 2:00pm

Enjoying October

October is about trees revealing colours they've hidden all year, raindrops on bedroom windows, pumpkins, candles, fuzzy socks and coffee. Join us for some fall treats and a fun fall trivia on **Friday, October 9th at 2:00pm** in the lounge area. Stay cozy!



Rene Picard
Chauffer

I truly enjoy spending time with the residents. The life experiences they have shared with me help me realize just how very special they really are. I love hearing stories about their friends, family and occupations before coming to live at Legacy. I feel lucky to be able to spend time with them in the car, have a chat and share a laugh or two.