

## Upcoming Events at Legacy

Our friends from Tech Easy the senior technology volunteers will be coming back to Legacy on **Sunday, August 2nd from 1-3pm**. They will be helping Legacy residents with their computers, laptops, cell phones or any other general questions concerning technology they may have.



On **Monday, August 17th at 1:15pm** we will be going on a historical tour of New Westminster with our tour guide Mick Short. Mick owns a company specifically geared towards bringing senior residents to various parts of the Lower Mainland and enriching them with history surrounding the area. The tour will start at Lower Hume Park and be approximately 1.5 hours long. *Please sign up at the Concierge desk for this wonderful, educational excursions.*

We are very pleased to have CoCo's Clothing come to Legacy on **Thursday, August 27th from 11:00am-3:00pm**. CoCo's is a mobile clothing service that has been serving seniors in the comfort of their own homes throughout the lower mainland and Vancouver Island for the past 18 years. They carry lines such as Tan Jay, Alia, Koret, Juli, 24K and many more. CoCo's offers a range of sizes from 6-24 petite, regular and plus.



Our 'Yoga with Chair' class is such a hit, that we have created our very own 'Yoga Lounge' on the second floor. The space holds more yogis, features yoga books and is a beautiful environment for everyone to enjoy. Be sure to attend Annette's 'Yoga with Chair Seminar' on **Thursday, August 6th at 2:00pm**.



## OUTINGS IN AUGUST

**Monday, August 10th @ 1:00pm:**  
River Rock Casino & Dim Sum at Sea Harbor Seafood Restaurant

**Monday, August 17th @ 1:15pm:**  
Historical Tour of New Westminster with Mick Short

**Tuesday, August 25th @ 1:30pm**  
Burnaby Village Museum  
Free entry

**Monday, August 31st @ 1:15pm**  
Museum of Vancouver  
Free entry—  
Registration Required!

## GARDENING GROUP

Our residents are helping maintain Legacy's beautiful gardens on our shared balconies. Find your green thumb and join us every second Friday. We will be meeting on the 3rd and 5th floor terraces at 2:00pm starting in August— Everyone is welcome!



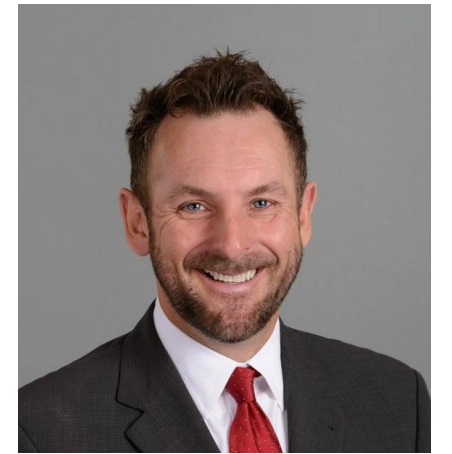
# LEGACY INSIDER

Legacy Senior Living - The Leo Wertman Residence Newsletter

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## GIVING BACK TO THE COMMUNITY

A few of our residents at Legacy have decided to give back to the community and knit 'comfort dolls' for the children staying at BC Children's Hospital. The ladies would like to invite other residents to help them in knitting the dolls. Once completed, they will be donated to various organizations such as HCIP for the Children of Africa. If you are interested please join our ladies on the 6th floor every 2<sup>nd</sup> Friday at 2:00pm.



General Manager  
Walter Downey

*"We are so thrilled to be having our 2nd Annual Block party on Saturday, August 8th from 2-4pm. We will be having delicious food and entertainment suitable for the whole family. Be sure to join us for a fun-filled event!"*

*With all of the new residents that are moving into Legacy, we will be doing a 'Welcome Tea' each month. The tea will be a great way to introduce our new residents and welcome them to the Legacy family. We will be hosting our first on Wednesday, August 19th at 2:00pm, prior to our monthly fire-side chat!"*

- Walter Downey