

## This Month at Legacy

We have the pleasure of hosting Shlomo Estrin, a Stenberg College student, currently working towards completing his Therapeutic Recreation (Gerontology) course. He will be at Legacy from **August 2nd—August 19th.**



*"I am looking forward to meeting all of you over at Legacy. My interests are camping, sports, writing, storytelling and cooking. I chose Recreational therapy because I love working with people, I am fun and funny, and I get along great with everyone. See you all soon."*

On **Thursday, August 11th at 11:00am—3:00pm** we will be hosting a clothing display by **Carda Creations** in our Theatre Room. Be sure to join us for a fun-filled event of shopping and viewing the latest in spring & summer fashions.



We have the pleasure of having Mick Short as our tour guide for a **'Historical Tour of Steveston & Richmond.'** Join us on **Monday, August 29th departing at 10:15am** as we enjoy a delicious lunch at **Dave's Fish & Chips** followed by an educational tour.



Due to the **Annual Fire Testing, Tuesday, August 16th** we will be taking a day trip out to Fort Langley to explore the village and have lunch. Please sign up at the Concierge desk if you're interested. Otherwise, we suggest residents go out during the day to avoid the noise.

A friendly reminder to all residents to please show up to exercises, yoga and outings on time. We want to ensure safety for all residents and often delays can result in disruptions and inconvenience for other residents. Please be mindful of the scheduled times. Thank-you!

## YOGA CORNER

All about Mary McCallum

Yoga is life affirming— Let us be resilient! Yoga is grounded on breath and breathing – but it exercises both the body and the mind.

I enjoy the different terminology. In Chair Yoga we say mantras, such as OM, Sa Ta Na Ma, Namaste and learn asana (poses) called cat/cow, tree, mountain and stork. I also enjoy Annette's (instructor) philosophical comments and readings. The year and a half with Annette has enabled this thinking.

We are privileged to practice & learn with her – it is FUN.

Still enjoying at 90+!



# LEGACY INSIDER

Legacy Senior Living - The Leo Wertman Residence Newsletter

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## SUMMER GARDEN PARTY

Since the sun is finally shining we need to take advantage of it. We are planning on celebrating with a fun filled **'Summer Garden Party.'**

On **Saturday, August 27th from 1:00-4:00pm** join us dressed in your finest garden party attire— floppy hats and fascinators encouraged! We will be awarding prizes to the 'Best Dressed' attendees. Gaming tables including blackjack, poker and wheel of fortune will be located inside. Musical entertainment provided by jazz quartet, Willy Ward Sr. will be sure to have you dancing and the finest summer cocktails will be served up by 'Master Mixologist', Giorgio.

The event is scheduled during lunch time hours so please do not book a reservation on the day of the event. Light canapés will be served during the party. We hope everyone is able to attend, friends are welcomed to join. Due to the nature of gaming tables and alcohol served no minors allowed. Please RSVP at the Concierge desk.



Guillaume Biset  
Maitre'd

*"Thank-you to everyone that attended the meeting on Thursday, July 14th. I really appreciate everyone's feedback on the Concierge, Dining Room and Chauffeur services. I am pleased to be hosting the next resident dinner on Monday, August 22nd at 5:30pm. Please join me at the Chef's Table as I will be incorporating my monthly 'Wine Education' into the dinner. If you are interested in attending please sign up at the Concierge desk. Hope to see you there!"*

-Guillaume Biset