

## This Month at Legacy

Grace Burg, a group and personal trainer, yoga teacher and nutritionist has moved to Vancouver in order to work with individuals of all age groups towards a healthier future. Grace believes in creating a fun and diverse approach towards exercise and eating behaviors. In her group classes you will build strength, improve cardio capacity, get informed and feel motivated and confident for the rest of your day!

**Classes are every Friday at 10am.**



Dr. Michael Horowitz of Hycroft Chiropractic and Massage will be on-site at Legacy on **Tuesday, July 19th from 2:00-4:00pm** to do complimentary assessments for your feet. Dr. Horowitz offers a 5-Step process offering heel pain treatment in Vancouver.



- 1) Consultation & postural examination
- 2) Electronic gait scan, 3D foot scan & biomechanical evaluation
- 3) Custom orthotic fitting
- 4) Orthotic dispensing
- 5) Follow up care

On **Thursday, July 21st** we will be taking another Historical Tour of Clayburn Village with Mick Short. The bus will be loading up and departing **Legacy at 9:45am** to begin the tour. Upon arrival at our destination, we will be having a beautiful lunch at their tea house, followed by a scenic tour of the village. We are expected to **return back to Legacy around 3:30pm**. Please register your name at the Concierge desk ahead of time to book your spot. *The tea house does include walking up a few steps to get inside of the shop.*



Beginning in July, we are adding additional evening programming based on the suggestions from our Resident Satisfaction Survey.

- Join us every **Wednesday night at 7:30pm** for an additional feature film.
- On **Thursday, July 21st** we will be having our 1st Bingo game at 7:30pm.
- On **Wednesday, July 27th** there will be a bridge game in our Bistro for everyone to join, beginning at 7:30pm.

**For any other suggestions please see Julie Demers.**

## YOGA CORNER

### ALL ABOUT ROD

Age: 93

#### Health Concerns:

- ♦ Middle ear (dizziness)
- ♦ Left knee sore

#### What do you like about Chair Yoga classes?

- ♦ Developing and strengthening muscles
- ♦ Increasing my heart rate
- ♦ Everything!

#### Are you enjoying any benefits to your health from Chair Yoga?

- ♦ Yes, very much. I feel very good after yoga class



# LEGACY INSIDER

Legacy Senior Living - The Leo Wertman Residence Newsletter

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## HIGHLIGHTING OUR RESIDENTS

This month, we will be showing a special screening of **Tailor Made: The Last Chinese tailor shop in Vancouver Chinatown**. This 45 minute documentary features Bill Wong, Legacy resident, and his brother, Jack.

*'Modernize Tailors opened in 1913, and in the 1950s brothers Bill and Jack Wong took over from their father. Despite having engineering degrees, they decided on taking over the family business.*

*In its heyday, Modernize, once the largest tailor shop in the city, had 20 employees, but now in an era of buying clothes off the rack, it is down to a staff of 2; a coat maker and a pant maker.*

*Over the years, they've created suits for all occasions and for customers from all walks of life— including movie stars like Sean Connery and politicians like Sam Sullivan, the Mayor of Vancouver at the time.'*

**This special screening will be on Monday, July 11th @ 7:30pm in the Theatre Room followed by a Q&A and talk with Bill.**



Tailor Made

Legacy Senior Living - The Leo Wertman Residence, 611 W 41st Avenue



Jason Wertman  
Vice President

*"I wanted to thank all of our residents again who contributed their valuable input to our Resident Satisfaction Survey.*

*One of the items mentioned on the survey was to have a monthly 'hosted dinner' with Legacy staff. I will be hosting the first dinner on July 18th at 5:30pm at the Chef's Table.*

*I am looking forward to getting to know each of the residents a bit better. If you wish to attend please sign your name up at the Concierge desk.*

*- Jason Wertman*