

Upcoming Events at Legacy

Our Reflexologist, Shino from **Kleanse Spa Bar** is offering a special pricing for those interested in learning about Reflexology. She will be offering 25 minute appointments for \$20.00 in the Business Centre on **Tuesday, July 4th from 12:00-2:00pm**. Please register at the Concierge desk if you're interested.



Due to the huge success with the first 'Paint and Sip' with Angel, we will be having another one! Join Angel on **Tuesday, July 11th @ 3:00pm** in the Bistro. **Please ensure you sign up ahead of time at the Concierge desk**, so

we are able to purchase supplies.

You do not have to be an experienced painter to have fun at this event! Join us for a combination of happy hour specials and painting with Angel.



On **Thursday, July 27th** Carda's Fashion will be at Legacy to offer the latest in Spring and Summer fashions. They will be in the **Theatre room from 11:00am-3:00pm**.



Outings for the Month:

Monday, July 10th @ 12:45pm—RiverRock Casino and Dim Sum

Monday, July 17th @ 1:30pm—VanDusen Gardens (\$8.25 admission) must pre-register if you wish for a cart.

Tuesday, July 18th @ 1:30pm—Earnest Ice Cream Shop

Monday, July 24th @ 11:00am—Fish & Chips in White Rock followed by Vineyard Tasting (\$5.00 admission) at Township 7 Vineyard

Wednesday, July 26th @ 9:45am—Day Trip to Clayburn with Mick Short

Monday, July 31st @ 12:45pm—Bloedel Conservatory with an option to go for lunch at Seasons in the Park.

Please try to be on time for all fitness classes, it can be disruptive to the other residents. Also, due to the fact that meditation is a focused practice please do not enter if you're running late. Thank-you!

YOGA CORNER ALL ABOUT EILEEN



AGE: 92

What do you like about Chair Yoga classes?

- Enables me to exercise sitting down
- I like the social interaction with Annette and her students

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

- The Chair Yoga classes have increased my flexibility and energy and contentment.



LEGACY INSIDER

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CANADA DAY TRIVIA

1. How many oceans border Canada?

- a) 1
- b) 2
- c) 3
- d) 4

2. Where does the word Canada come from?

- a) Jacques Cartier
- b) Samuel de Champlain
- c) Jean Nicolle

3. Whose face is on the Canadian hundred-dollar bill?

- a) Wilfred Laurier
- b) John A. MacDonald
- c) William Lyon Mackenzie King
- d) Robert Borden

4. What is the population of Canada?

- a) 30 million
- b) 23 million
- c) 32 million
- d) 37 million

5. What are the two most multicultural cities in Canada?

- a) Toronto and Montreal
- b) Victoria and Toronto
- c) Vancouver and Toronto
- d) Vancouver and Montreal

6. What is Canada's national sport?

- a) Hockey
- b) Lacrosse
- c) Curling

7. When did *O, Canada* officially become the national anthem?

- a) 1880
- b) 1920
- c) 1950
- d) 1980

8. What major sporting event was held in Canada in 2010?

- a) Summer Olympics
- b) Winter Olympics
- c) World Cup
- d) Commonwealth Games



Kathleen Pope
Resident Relations Manager

"I have had the pleasure to know many of you for quite a while now.

I look forward to getting to know all the new faces that have come to Legacy in the past few months.

It is truly a privilege for me to be of service to you. I am proud to be part of the Legacy Senior Living Family and strive to make this a comfortable home for you. Each and every one of you are what makes Legacy the wonderful place that it is. Please join me for dinner on Monday, July 10th at 6:00pm - Kathleen Pope