



## Upcoming Events at Legacy

We will be celebrating Canada's birthday on **Thursday, July 2<sup>nd</sup> at 2:00pm** with the musical talent of Willy Blizzard. The folk group will be performing an array of songs followed by some treats and beverages in our bistro. **Happy 148<sup>th</sup> Birthday Canada!**



On **Friday, July 17<sup>th</sup> at 1:30pm** Univera vitality natural health products will be at Legacy to discuss the benefits of incorporating wellness formulas into your daily routine.



Hans Lin of **Medical Pharmacies** will be doing a 'Falls Prevention' seminar on **Monday, July 20<sup>th</sup> at 2:00pm**. The seminar will include tips you can use daily in your own home, a questionnaire and guidelines. Join us in the Theatre Room for this wonderful informational session.

Ming-Ming Chan, PFP of RBC will be speaking on **Tax and Estate Planning at Legacy on Wednesday, July 22<sup>nd</sup> at 1:30pm**. She will be discussing how you can save taxes, how to protect family assets and how to transition wealth.



On **Monday, July 27<sup>th</sup>** we will be taking an outing to **MediChair's showroom in Burnaby**. The space boasts an assortment of adaptive aids including walkers, canes, wheelchairs, grab bars, etc. Please sign up at the Concierge desk to ensure your seat.

We are thrilled that the **University of British Columbia's Aging, Mobility, and Cognitive Neuroscience Lab** will be coming to Legacy on **Thursday, July 30<sup>th</sup> at 2:00pm** to talk about their research and ongoing studies that they are conducting in their current test lab.



## Legacy Yogi's

Harry is a 'regular' at the Chair Yoga sessions, here at Legacy Senior Living .

*'Do you notice any benefits from regularly attending the Chair Yoga classes?'*

*"Yes, I definitely see an improvement in my balance. It is a good way to get motivation from those around you. Also, I like people, so coming to yoga class helps me feel more connected to the others living here!"*

Come and experience the benefits that Yoga with Chair has to offer.



Happy Birthday to Harry on July 23<sup>rd</sup>



# LEGACY INSIDER

Legacy Senior Living - The Leo Wertman Residence Newsletter

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## YOGA WITH CHAIR AT LEGACY

Legacy Senior Living hosted an community wide Chair Yoga class on Saturday June 21st with 43 participants.

Older adult yoga students joined 17 students, in Sem-perviva Yoga School's Chair Yoga Teacher Training course, for a challenging, but, fun-filled session led by Annette Wertman (co-instructor of the 35 hour credit course).

Chair Yoga allows almost anyone to participate in yoga and reap the many health benefits. Drop-in classes on Saturday & Sunday for a \$5.00 fee are OPEN to anyone.

Come in and try a class and experience the benefits NAMASTE!



General Manager  
Walter Downey

*"We have been extremely excited to see so many new residents come to Legacy. Our guest suite has been busy for the past few months with all of the family members and friends visiting. It has been a pleasure to meet people from all over the world and host them here at Legacy.*

*It is also an exciting time of the year coming up because our one year anniversary of opening our doors is fast approaching on July 25th. A huge thank-you to everyone who has made Legacy possible. Have a wonderful Summer time."*

- Walter Downey



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