



Chinese New Year Family Friday, February 16th - 2 Seatings

4:30 pm and 7:00 pm - Guests \$38

Join us with family and friends for a special Chinese New Year Family Buffet with a delicious selection of traditional favorites.

Entertainment - 6:30 pm to 8:00 pm
Michael Samson from the D' Topnotes

Reservations required by February 13th



Ash Street *Bistro*

at 611 W41st Avenue

604.240.8550

To view menu, visit:

www.legacyseniorliving.com



新年好

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Why wait to plan your dream retirement?
Now accepting wait list reservations.
Call Lauren or Kathleen.

604.240.8550

February Learning Sessions:

February 6th - 2:30 pm to 3:30 pm

Workshop: Chronic Obstructive Pulmonary Disease

With special guest, **Barb Mikulec** from COSCO (Council of Senior Citizens' Organization of BC), Health & Wellness Institute.

Chronic Obstructive Pulmonary Disease (COPD) is an umbrella term that includes two different types of lung diseases: chronic bronchitis and Emphysema. The workshop examines the potential causes and treatment options, including helpful breathing techniques. *Pre-registration required by February 4th. No charge.*

February 20 - 2:30 pm to 3:45 pm

Demystifying Biblical Messianic Prophecy

With special guest and author of "Roadmap to the End of Days", **Daniel Friedmann**. Introduction by **Chadwick Walker**, Associate Portfolio Manager, Investment Advisor with Odlum Brown Limited.

Is history a purposeful process with a beginning and an end? Or, is it a random series of events with neither purpose nor direction? Are we backseat passengers in this journey, or, are we steering in the driver's seat? Join us for this thought provoking talk and discussion.

Pre-registration required by February 18th. No charge.

February 27th - 2:30 pm to 3:30 pm

Smart Technology for Aging with Independence

With special guest **Janice Cunningham, MPH**, blog host of *AgeSmart.info*.

Learn about popular technologies that can help you age with independence: new ways to manage your health and deal with falls, meds, reminders or wandering. Discover how easy it is to manage the technology with voice commands. Also Janice will provide tips on costs, what to look for and watch out for. *Pre-registration required by February 25th. No Charge to attend.*

Pre-register for the above sessions at 604.240.8550.

Legacy invites attendees to arrive 30 minutes prior to start of sessions to enjoy a tour of our amenities. Visit our website for more information.



www.legacyseniorliving.com



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About Us

Legacy Senior Living was conceived as a tribute to Leo Wertman, who, in 1960, founded the business that would grow to become The Wertman Group of Companies.

Our goal is to create an outstanding residence in Leo's honour right here in the heart of Vancouver.

A place where seniors can stay active and involved, living creative and fulfilling lives. A place where great food, friendships, culture, and thoughtful living spaces come together as the ideal lifestyle community.

Contact Us

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