



Mother's Day Dinner Buffet

Sunday, May 14th - 5:00 pm to 7:30 pm

Ash Street Bistro - 611 West 41st Avenue

Join us for this special family celebration buffet in honour of all the Moms in the world and the unconditional love they share for family. Chef Rob and his culinary team have created another delicious selection of buffet entrées sure to delight your taste buds. *Visit our website for full menu.*

Adult Guests \$38 Children 12 & Under \$12

Dinner Reservations Required by May 10th to 604.240.8550

5:30 pm - Musical and vocal talents of the Triskellion Trio



Inside This Issue

- May 9th - Wellness Session: A Guided Meditation
- May 14th - Mother's Day Dinner Buffet



Luxury Retirement
Living in the Heart of
Oakridge

Air-conditioned Suites!

Book Your
Discovery Tour
Today!

604.240.8550

Wellness at Any Age



May 9th - 2:00 pm to 3:00 pm Wellness Session: "A Guided Meditation"

With Certified Personal Trainer & Yoga Teacher
for Mature Adults, *Lisette Guajardo*.



More and more doctors believe meditation to be the very best tool for mental, physical, and emotional senior health.

Here are 5 reasons meditation is the "fountain of youth" for senior adults:

1. Meditation helps memory; 2. Improves digestion; 3. Mood booster - activates the "happy part" of the brain; 4. Sharpens and focuses the brain; 5. Helps alleviate stress which has many health benefits. (Read more on our Legacy website.)

Join Lisette as she discusses the benefits of regular mindful meditation and leads participants through a guided meditation class.

Pre-registration is required
by May 7th at 604.240.8550.

Open to senior adults 55+.
No charge to attend.
(\$30 Value).

Limited seating is available.



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

Legacy Senior Living
611 West 41st Avenue
Vancouver, BC V5Z 0C7

Tel: 604.240.8550
www.legacyseniorliving.com

Privacy

You are receiving this Bulletin because you have given permission to have your name added to our mailing distribution list. If you wish to be removed from our mailing list, please call our office at the number noted above. Thank you.



www.legacyseniorliving.com



VIEW OUR VIDEO CHANNEL AT
www.legacyseniorliving.com

Visit Our Website to Subscribe to our Email Bulletin