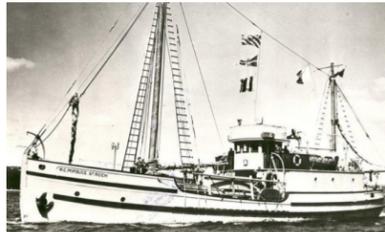


## Upcoming Events at Legacy

**Monday, Mar. 5th @ 12:15pm**—Flamingo Dim Sum  
**Friday, Mar 9th @ 11:00am**—Carda's Fashion  
**Saturday, Mar. 10th @ 2:00pm**— Grace Notes Musical Performance  
**Monday, Mar. 12th @ 12:15pm**—RiverRock Casino  
**Thursday, Mar. 15 @ 2:00pm**—Health Arts Society Musical Performance  
**Saturday, Mar. 17th @ 2:00pm**— St. Patrick's Day Happy Hour  
**Monday, Mar 19th @ 12:15pm** — Walmart  
**Thursday, Mar 22nd @ 6:00pm**— Hosted Dinner w/Lauren  
**Monday, Mar 26th @ 12:15pm**— The Old Spaghetti Factory  
**Thursday, Mar 29th @ 12:15pm**—Vancouver Maritime Museum (Admission \$12.00 incl. tour)

The Vancouver Maritime Museum will be showcasing their "St. Roch National Historic Exhibit" as well as "The Lost Fleet" Exhibit. Come join us on **Thursday March 29th at 12:15pm** in revisiting a piece of history! **Admission is \$12.00** and includes your entry as well as a tour guide.



At the recent resident meeting on February 21st, there was discussion surrounding the communal laundry rooms. Please remember to time your laundry cycles so that you are able to come back and take your clothes out, which will allow someone else to do their laundry. Julie will be purchasing some baskets for the laundry rooms, so that if someone has left their clothes, you can place them into the basket.

A friendly reminder to all residents to please show up on time for exercises, meetings and seminars. For outings, if you are not present at the designated leave time, we will be taking off to ensure all those that are on the bus have the optimal experience at the outing destination.

Discussion surrounding a 'Resident Welcome Committee' has been an ongoing topic of conversation. On **Wednesday, March 14th @ 2:00pm** join Julie to discuss forming a committee to welcome our new residents. We wish to have everyone that lives at Legacy to feel that it is their home. Please bring your ideas to the meeting in the Creative Arts Centre.

## YOGA CORNER



### ALL ABOUT ANNE

What do you like about Chair Yoga classes?

*All the movements are easy on my joints. I feel good about myself after each session!*

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

*Yes – most of our body joints and muscles are being engaged – therefore we become more flexible! A good thing!*



# LEGACY INSIDER

Legacy Senior Living - The Leo Wertman Residence Newsletter

Volume 6 Issue 3 March 2018

## ENJOYING MARCH

Valentine's Day and Chinese New Year was a huge success! It was nice to see everyone dressed up, socializing, dancing, enjoying the talented entertainment and the delicious food prepared by our very own culinary team.

Next up, we will be celebrating St. Patrick's Day with our very own Conor Higgins. Conor will be showcasing traditional Irish foods paired by Irish cocktails. Come join us for a day of Irish celebration on **Saturday March 17th at 2:00pm**.



Lauren Crum

*"It has been great seeing so many new faces living at Legacy in the recent months. My last dinner was shortly after I started at Legacy, this will be a great time for me to reconnect with everybody. Please join me on Thursday March 22nd at 6:00pm for my hosted dinner."*

*Please sign up at the concierge.*

*- Lauren Crum*