

Upcoming Events at Legacy

Join us as we celebrate **Cinco De Mayo** on **Thursday, May 5th at 3:00pm**. This happy hour will be served with delicious Mexican hor d'oeuvres and special entertainment by Claude Duke!



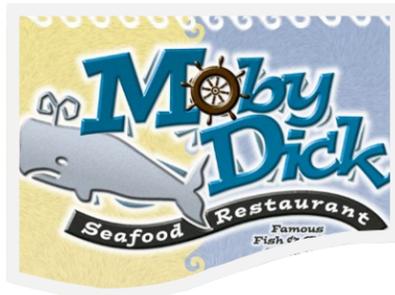
We have the pleasure of having Mick Short as our tour guide for a 'Historical Tour of West Vancouver.' Join us on **Monday, May 9th at 12:45pm** as we drive over to beautiful West Van and learn the history of this prestigious area.



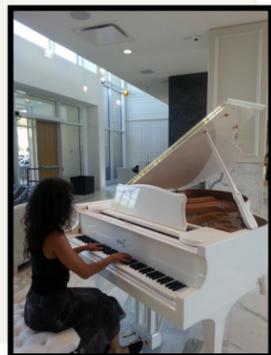
On **Thursday, May 12th at 11:00am** we will be hosting a clothing display by **Carda Creations** in our Theatre Room. Be sure to join us for a fun-filled event of shopping and viewing the latest in spring & summer fashions.



On **Monday, May 30th at 12:30pm** we will be going to the famous Fish & Chip's establishment, **Moby Dick's** in White Rock. Sign your name up ahead of time at the Concierge desk, as this outing will be sure to fill up.



Join us on **Saturday, May 28th** from **1:30pm - 2:15pm** for Annette's year end student piano recital. Come and hear Annette's young pupils as they perform their songs that they have been learning throughout the year. The following Saturday, June 4th Albert Liang will be playing a concert rehearsal for his grade 8 piano exam.



YOGA CORNER



All About Frances:

Age: 83

Health Concerns:

- ◆ High blood pressure
- ◆ High cholesterol
- ◆ Back pain

What do you like about Chair Yoga?

- ◆ I benefit from the exercises I do every time
- ◆ My back feels much better when I am finished the class
- ◆ I enjoy the classes because the group is happy & friendly

What could improve?

- ◆ A bigger space would be good

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

- ◆ Definitely, very much!



LEGACY INSIDER

Legacy Senior Living - The Leo Wertman Residence Newsletter

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Things My Mother Taught Me

My Mother taught me LOGIC..."If you fall off that swing and break your neck, you can't go to the store with me."

My Mother taught me MEDICINE..."If you don't stop crossing your eyes, they're going to freeze that way."

My Mother taught me TO THINK AHEAD..."If you don't pass your spelling test, you'll never get a good job!"

My Mother taught me ESP..."Put your sweater on; don't you think that I know when you're cold?"

My Mother taught me TO MEET A CHALLENGE..."What were you thinking? Answer me when I talk to you...Don't talk back to me!"

My Mother taught me HUMOR..."When that lawn mower cuts off your toes, don't come running to me."

My Mother taught me how to BECOME AN ADULT..."If you don't eat your vegetables, you'll never grow up."

My mother taught me about GENETICS..."You are just like your father!"

My mother taught me about my ROOTS..."Do you think you were born in a barn?"

My mother taught me about the WISDOM of AGE..."When you get to be my age, you will understand."

My mother taught me about ANTICIPATION..."Just wait until your father gets home."

My mother taught me about RECEIVING..."You are going to get it when we get home."

And, my all-time favorite - JUSTICE..."One day you'll have kids, and I hope they turn out just like YOU -- then you'll see what it's like."

Happy Mother's Day!



Guillaume Biset
Maître D

"I want to take the time to thank all of the residents for welcoming our new servers. A big thank you to Suzanne, the Assistant Maître D' for her tremendous help. We have a fantastic team with us in the dining room!

You may have been seeing more of me at the Concierge desk. I have recently taken on overseeing the department as well as the Chauffeurs. I would like to give a special thanks to Anabell, our Concierge Team Leader for her support during this transition. Please feel free to come to me with any questions that you may have regarding the front office or restaurant.

It is my goal to continue offering the best services throughout Legacy for all of the residents and staff."
-Guillaume Biset