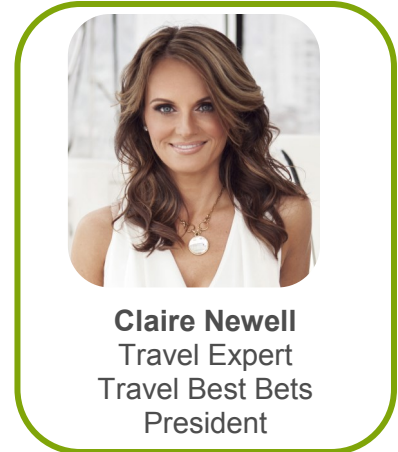


## Travel Expert Claire Newell's Top 10 Tips for the 55+ Traveller

Legacy extends a big THANK YOU to renown *Travel Expert and President of Travel Best Bets - Claire Newell* for co-sponsoring our exciting 7 Night Alaska Cruise Prize and for sharing her "Top 10 Tips & Deals for the 55+ Traveller" at our October 4th 1st Anniversary Celebration Open House. Judging by the standing room only crowd at Claire's presentation, we will definitely be inviting her back to Legacy soon! In the meantime, here's a brief recap:



### Claire's Top 10 Tips:

1. Register every trip at [www.travel.gc.ca](http://www.travel.gc.ca)
2. Use RFID protection for credit cards, debit cards and passport
3. Make sure you have adequate travel insurance
4. Carry all essentials in your carry-on bag (medicine, glasses, change of clothes, etc.)
5. Pack a travel medical kit (bandages, antiseptic, pain/allergy/stomach medication, prescription meds in original bottles)
6. Research your destination (currency, weather, customs, language, etc.)
7. Book tours & entrance to attractions/sights before you leave.
8. Pack snacks & entertainment (books, music, tablet, smartphone, etc.)
9. Exercise & drink lots of water- it will help you stay healthy and get over jetlag.
10. Use your common sense to keep yourself safe.

**Move in By  
December 15th  
& Enjoy Special  
Move-in Incentive!  
Don't Miss Out!  
Limited Availability.**

**Call Veronica or  
Kathleen to Book  
Your Today!**

**604.240.8550**

## CONGRATULATIONS TO OUR PRIZE WINNERS!



### 7 Night Alaska Cruise For 2 People

#### Pictured:

Walter Downey - GM, Legacy Senior Living; Nassa & Arnold Selwyn, Prize Winners; Christina Del Bianco, Travel Best Bets

Co-Sponsored By:



### Inside This Issue

- Top Ten Tips For The 55+ Traveller
- 7 Night Alaska Cruise Prize Winners
- Grey Cup Party - Nov 29th
- Ash Street Bistro - Now Offering Our New Weekend Brunch A La Carte Menu!

## Mark Your Calendar - November Events

### GREY CUP VIEWING - NOVEMBER 29 - 3 - 5 PM



#### Join us for the 103rd Grey Cup at Legacy!

View all the play by play action and excitement on the big screen. Enjoy traditional game day pub fare munchies! Beverages available for purchase.

Call to reserve your seat by November 25

**604.240.8550**



#### Now Offering Our New Weekend Brunch A la Carte Menu!

8:00 am to 3:00 pm

Does *Smoked Salmon Eggs  
Benny with Tarragon  
Hollandaise & Crisp  
Hash Brown Potatoes  
Sound tempting?*

To view our full *Breakfast  
A La Carte Menu*, visit:

[http://legacyseniorliving.com/lifestyle/  
exceptional-dining/](http://legacyseniorliving.com/lifestyle/exceptional-dining/)



Ash Street *Bistro*

at 611 West 41st Avenue

Reservations Are  
Recommended

Call 604.240.8550



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[www.legacyseniorliving.com](http://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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Vancouver, BC V5Z 0C7  
Now Open!

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[www.legacyseniorliving.com](http://www.legacyseniorliving.com)

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