

Upcoming Events at Legacy

Monday, Oct. 1st @ 12:30pm—OUTING: Parq Casino
Thursday, Oct 4th @ 2:00pm—Health Arts Society Performance
Sunday, Oct. 7th @ 5:00pm— Thanksgiving Buffet
Tuesday, Oct. 9th @ 7:00pm—Bingo with the Chinatown Lioness Club
Wednesday, Oct. 10th @ 12:20pm—OUTING: Fabric of Society @ the Burnaby Art Gallery (admission by donation)
Monday, Oct. 15th @ 12:30pm—OUTING: TNT Supermarket / Lansdowne Center
Wednesday, Oct 17th @ 11:00am—5th Avenue Jewelers
Saturday, Oct. 20 —Shuttle for Municipal Election Voting
Monday, Oct. 22nd @ 12:30pm— Pho Thai Son Lunch (Cash Only)
Wednesday, Oct 24th @ 11:00am — Euro Designs
Thursday, Oct 25th @ 12:00pm— Congee with Kathleen
Friday, Oct 26 @ 11:00am— Carda's Fashion
 Saturday, Oct 27th @ 7:00pm—Twilight Dinner
 Monday, Oct 29th @ 12:30pm—Tsawwassen Mills



With the TV Series, 'The Crown' season 2 ending, Grace & Frankie will be replacing it on Sundays. Come by the theatre on Sundays to check out the new hit comedic series!

Fashion Month! This month keep an eye out for the fashion shops that will be coming to Legacy. Check your calendar for the dates and times of our favourite vendors!

Soup Kitchen with Kathleen was a huge success this month! Come by again on **Thursday October 25th at 12:00pm** for Congee with Kathleen! Kathleen, with the guidance of Francis, will be tackling the traditional Chinese dish. Come by and try!



Friendly reminder to be mindful when parking in our underground parkade. We are at 100% so let us respect our neighbors and park properly in your stall so people beside you can get in and out with ease. Thank you for everyone's cooperation!



Yoga Corner

All About:
Gloria



What do you like about Chair Yoga classes?

The atmosphere—friendly, caring, inclusive. Annette makes it personal without feeling invasive. It is not boring—she changes the routines, explains why it is a total body workout—including the 'brain'!

What could improve?

Nothing-but having Yoga everyday would be GREAT!

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

Yes— I feel more limber & relaxed (both good things) and also 'HAPPIER' at the end of class. We get an education—most helpful. Annette makes us SMILE.



LEGACY INSIDER

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Happy Thanksgiving!

The change of the season brings on the festive time of the year! Our annual Thanksgiving Buffet will be held on **Sunday October 7th at 5:00pm-7:30pm**. If you wish to invite family or friends, please make a reservation at the concierge.

The 2018 municipal election date will be on **Saturday October 20th**. There will be a bus shuttle to Oakridge mall between **1:00pm-4:00pm** for anybody interested in voting. Be sure to bring your voter information card if you have it to speed up the process, if you do not have a voter card make sure to bring 2 pieces of government issued ID such as BC care card, Passport, Drivers License, or BC Identification card.

Halloween is also around the corner! Last year the staff dressed up and made Legacy a little more spooky. Let's see if this year's costumes beat out last years!



Legacy Senior Living - The Leo Wertman Residence, 611 W 41st Avenue



Jennie Sapon
 Wellness Nurse

"The transition into Legacy has been so welcoming and warm thanks to everyone here. Thank you for making me feel a part of the Legacy Family!"

*Flu season is fast approaching, all residents are offered complimentary vaccination onsite through Medical Pharmacies. The flu clinic will be hosted on **Wednesday November 7th from 9:30am—2:00pm**. More information regarding sign-up to follow."*

Jennie Sapon