

## Upcoming Events at Legacy

**Wednesday, Sept. 6<sup>th</sup> @ 11:00am**—5th Avenue Jewelers  
**Monday, Sept. 11<sup>th</sup> @ 12:30pm**—Granville Island  
**Thursday, Sept. 14<sup>th</sup> @ 6:00pm**— Hosted Dinner w/ Rob  
**Friday, Sept. 15<sup>th</sup> @ 3:00pm**—End of Summer Piano Concert  
**Monday, Sept. 18<sup>th</sup> @ 12:45pm**— RiverRock Casino & Dim Sum  
**Thursday, Sept. 21<sup>st</sup> @ 2:00pm** — The Vaudevillians Performance  
**Monday, Sept. 25<sup>th</sup> @ 1:00pm**— South Cambie/Shaughnessy Tour w/ Mick  
**Thursday, Sept. 28<sup>th</sup> @ 6:00pm**—Hosted Dinner w/ Chris  
**Friday, Sept. 29<sup>th</sup> @ 3:00pm**— 3<sup>rd</sup> Year Anniversary Party with Saul Berson

This month we have musical extraordinaires, **“The Vaudevillians”** performing on **Thursday September 21st @ 2:00pm**. The Vaudevillians started with a small group of seniors in Surrey, B.C. all with the desire to enjoy themselves while entertaining others. This show is a must see so don't miss it!

We are bringing back our Chef Demo with Rob Cleland on **Wednesday September 13th @ 2:00pm**. It will be combined with our wine education. Come watch and learn from our very best Chef Rob!

Starting this month we will be trying out a new program called AquaFit every **Wednesday from 8:30am to 10:30am @ The Jewish Community Centre**. This is a perfect option for those who want low impact workout to improve fitness level. Classes include cardiovascular workout challenged by the resistance of the water. (Admission: \$7.00)

### A friendly reminder:

**Please try to be on time for all fitness classes, it can be disruptive to the other residents. Due to the fact that meditation is a focused practice please do not enter if you're running late. Thank-you!**

## Let's talk about... With Annette



“Let's talk about.... with Annette”

Fridays @ 2:15pm—  
3:00pm

So many issues and challenges when moving from your home to a residence. Let's talk about it—what is good, what can help, how are you feeling... etc. Bring a topic to have a conversation! Or come to listen and socialize. Everyone welcome!

On Fridays @ 5:30pm some Jewish & Non-Jewish Residents gather for a short, traditional ceremony that celebrates the coming of Sabbath. It is a quiet day of rest and reflection.

Please join us. EVERYONE is welcome!

Legacy  
SENIOR LIVING

# LEGACY INSIDER

Legacy Senior Living - The Leo Wertman Residence Newsletter

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## LEGACY CELEBRATES 3RD ANNIVERSARY

Since opening in July of 2014, we have had a wonderful time growing and getting to know all of the special residents that have moved into Legacy.

On Friday, September 29th we will be celebrating three years since our Grand Opening. Please join us from 3:00pm-5:00pm for a spectacular BBQ buffet prepared by our talented kitchen team led by our Head Chef, Chris Lee. Saul Berson will be coming back to Legacy to perform some smooth jazz tunes to accompany this event.

From all of us, we would like to thank every one of the residents, their friends, and our guests for supporting us and helping make this 3rd year so special.



Chris Lee  
Head Chef

*“I am very excited about my new role as the Head Chef. It has been a pleasure cooking for everybody and I hope to continue to meet your needs behind the scenes.”*

*I will be hosting my first dinner on Thursday September 28th at 6:00pm— I hope you can join me. This will be a great opportunity for us to get to know each other. Sign up is available at the concierge.”*

— Chris Lee