

Online Grocery Shopping and Delivery:

- safeway.com
- SPUD.ca / 604-215-7783
- stongs.com / 604-266-1401

Exercise programs are back! There will be a signup sheet by the mailboxes on **Wednesday, May 6th**. If you are interested in participating, don't forget to put your name down. Be mindful of others and only sign up for two classes per week. Exercise programs start on **Monday, May 10th**. See signup sheet by mailboxes or talk to Francisco for more details.

Movie Options:

The Three Stooges	Rounders	
The First Wives Club	The Blues Brothers	
Grease	Bridges of Madison Count	
Sons of the Desert	Gentlemen Prefer Blondes	
Four Weddings and a Funeral	Withnail & I	
Carry On Up The Khyber	Good Will Hunting	

"Some days you eat salads and go to the gym. Some days you eat 20 tacos and drink margaritas. It's called balance."

Happy Cinco de Mayo!

We are having a Mexican themed Happy Hour on **Tuesday, May 5th at 3:00pm**. Drinks will be delivered to your suites. For your entertainment, the Mariachi Tabasko Band will be playing live from **3:30pm to 5:00pm**. Don't forget to wear something green, red and white. Expect some delicious Mexican food for dinner as well!



3 reminders:

- Walks are now offered 7 days a week. Scheduled times for weekends are the same as weekdays.
- There are two iPads available to make video calls with friends and family. Call Francisco if you would like to use one of them and need help setting up the call.
- Check on your neighbours and friends with a phone call. The sound of your voice can boost their mood.



LEGACY INSIDER

Legacy Senior Living - The Leo Wertman Residence Newsletter

Volume 7 Issue 05 May 2020

Enjoying May

While we hope to reopen the Ash Street Bistro dining room and Lounge for your enjoyment in the very near future, we must keep our protocols inline with the Provincial Health Minister and Chief Medical Health Officer. For this reason, we will continue in-room dining for the month of May. With that in mind, Chef Rob Cleland has committed to offering healthy and tasty options for breakfast, lunch and dinner.

For an additional charge, we are offering an optional 'A La Carte' brunch menu daily 9:00am - 2:30pm. We have also updated the in-house grocery list with items you may need. We will be continuing with daily Happy Hour and coffee/tea cart services and we are happy to take any special requests you may have.



Jennie Sapon
Wellness Nurse

7 habits for success:

1. Read every day
2. Make your health a priority
3. Learn from people you admire
4. Plan your day the night before
5. Keep your goals in front of you
6. Take action even when it's scary
7. Have an attitude of gratitude

