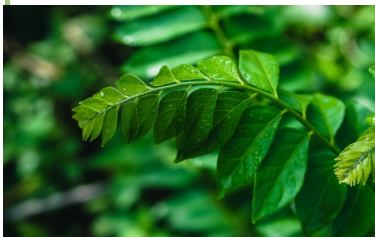


Enjoying March



"May your blessings outnumber the shamrocks that grow, and may trouble avoid you where you go." - Irish blessing



Ask about our Spring time promotion with suites starting at \$3,888! Call Kathleen or Amber at 604.240.8550 to find out more.

St. Patrick's Day Events!



-Wednesday, March 17th 2:00: Special St. Patrick's day happy hour with green beer

-Wednesday, March 17th 2:00: Blackthorn Band performance with the musical traditions of Scotland and Ireland as well as the folk music of English and French Canada

www.legacyseniorliving.com

Legacy Senior Living - 611 West 41st Ave, Vancouver, BC V5Z 0C7



Inside This Issue

- *Wednesday, March 3rd*
1:00pm - Information Session with Antonya Raymond: Nutrition, Fitness and Creative Arts
- *Thursday, March 18th*
2:00pm - Book Club Session 3
- *Friday, March 26th*
2:45pm - Information Session by Physio2You: Put a Little Spring in Your Step
- *Tuesday, March 30th*
1:00pm - Information Session by Vlad Navarro: Falls Prevention



Live your own legacy and book a tour today!

Call Kathleen or Amber at 604.240.8550 for more!

604.240.8550

Our March

Friday, March 12th at 2:00pm to 3:00pm

Suede Dogs: Linda Miller and Malcolm Dane



You can enjoy the jazz and rock styling of Suede Dogs. A professional singing and dancing duo of Linda Miller and Malcolm Dane from Vancouver.

Call 604.240.8550 for more details!

Thursday, March 18th at 3:00pm to 4:00pm

Iona Wishaw, Vancouver author of Lane Winslow Mysteries



They say reading is the passport to countless adventures. Legacy Senior Living is hosting the third Literary Author Event Series, after the first wildly popular first two. Vancouver author Iona Wishaw will discuss her popular five-part series *A Lane Winslow Mystery*. Wishaw's smart and enchanting mystery book, "*A Sorrowful Sanctuary*" is going to be explored.

Call 604.240.8550 or contact us at marketing@legacyseniorliving.com

Friday, March 26th 2:00pm to 3:00pm

Information session by Physio2You



Spring is in the air! Join Physio2U for a fun and interactive wellness talk about how to put a little spring in your step! We will review the benefits of walking, explore proper walking posture, provide tips to reduce stress and pain in your back, hips, knees, and demonstrate exercises that will help strengthen muscles used for walking to help you move better, feel better and enjoy walking!

Call 604.240.8550 or contact us at marketing@legacyseniorliving.com

Tuesday, March 30th 1:00pm to 2:00pm

Information Session by Vlad Navarro: Falls Prevention



Legacy invites Vlad Navarro, a Medical Doctor, as he talks about what you can do to maintain mobility and balance while staying independent. He is passionate about helping people to improve their lifestyles.

Call 604.240.8550 or contact us at marketing@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 honor 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

Legacy Senior Living
611 West 41st Avenue
Vancouver, BC V5Z 0C7

Tel: 604.240.8550
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www.legacyseniorliving.com