

Upcoming Events at Legacy

Introducing some exciting new programs—

Zumba Gold with Antonya Raymond on Sunday's @ 4:00pm

Zumba Gold® is perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Antonya is passionate about the connection between movement and wellness, and is excited to share it! Join Antonya for her first class on Sunday, April 4th.



Line Dancing with Vivian Lau on Wednesday's @ 3:00pm

Starting in April, the talented Vivian Lau will be coming weekly to offer 'Learn to Line Dance' classes. Vivian says it is easy to follow with Cha Cha steps, Mambo, Waltz and Rhumba. It can help with balance, improvement of posture and memory. No partner needed, just come and enjoy the relaxing 60's 70s, 80s, 90s music!

Vivian has been Line Dancing for over 10 Years. She was champion in the Line Dance Competition organized by Pink Pearl Restaurant in 2015. She has been a Line Dance Instructor at Langara YMCA since 2012 and is still teaching 2 classes.

Community Yoga on Saturday's @ 10am

Due to the success of our 'Yoga at 10am' classes on Wednesday and Friday we are adding in an additional day on Saturday's! Join Annette and her talented Yoga teachers starting April 1st.

The Elgar Strings Orchestra will be coming back to play at Legacy once again on **Friday, April 7th at 11:00am**. This concert is another must see event!



On **Monday, April 10th beginning at 5:00pm** we will be having our annual Passover Seder in the Private Dining Room led by Cantor Maurice Moses and Annette Wertman. All residents and their families are welcome to join, please sign up if you wish to attend at the Concierge desk before April 6th. Please note that family and guests pay \$36.00 for the meal and will receive a 20% off discount.

Medical Pharmacies will be on site at Legacy on **Friday, April 21st from 1:30-4:00pm** to do complimentary Nutrition testing in the Creative Arts Centre. Please sign up at the concierge desk.

FIRE SAFETY

On Wednesday, April 26th at 2:15pm we will be conducting our annual 'Resident Fire Drill.'

During this drill, you will be instructed to stay in your suites and place your red fire tag on the outside of your door to alert that you are safe. Please note this drill is not an evacuation. You can find a copy of instructions enclosed in this newsletter.

The doors to your suite have an 8 hour burn time so the safest place to be in the event of a fire is in your suite.

Our staff will be surveying the floors and making note of who is and who isn't in their suites.

If you have any questions please do not hesitate to ask. We will be reviewing the procedure at our Fireside Chat on April 19th.



LEGACY INSIDER

Legacy Senior Living - The Leo Wertman Residence Newsletter

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ENJOYING APRIL

It's that time of the year again—we will be handing out the annual 'Resident Satisfaction Survey' on Saturday, April 1st. Each year, we put out this survey to gain feedback in order to continue making Legacy the most enjoyable place for you to live.

Please complete these forms and return to the Concierge desk or Julie by Friday, April 21st. You can write your name on it or keep it anonymous if you wish.

We will review everyone's survey as a team and come up with a follow-up plan which will be released sometime during the following month—Your feedback is appreciated!



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



Operations and Program Manager
Julie Demers

"I hope that everyone has a chance to review the memo enclosed in this newsletter. We have decided to extend our friends and family promotion to anytime that your friends and family visit our Ash Street Bistro. Residents must be present and sitting at the table with their guests in order to receive the 20% off discount.

I look forward to hosting another dinner with the residents. If you have any questions leading up to the fire drill or the resident satisfaction survey please do not hesitate to ask me. Thank-you for your continued support and feedback!" -Julie