

## Upcoming Events at Legacy

On **Tuesday, February 7th**, Ocean Wise representative, Tania Leon will be at Legacy to speak about sustainable seafood. As many of you know, the kitchen uses Ocean Wise products for any of the seafood that you eat while dining in the Ash Street Bistro. Join us in the **Theatre Room at Vancouver Aquarium** **2:00pm** to learn more about what you're consuming during this interactive presentation.



Our favorite duo, the *Suede Dogs*, will be joining us once again on **Thursday, February 9th** to showcase their worldly jewelry collection from 11:30am until 2:00pm. They will be performing an hour long 'Rat Pack' performance at **2:00pm in the Bistro**. Be sure to come down early and get a good seat, it will be a fabulous performance to kick off Happy Hour!



On **Thursday, February 16th at 11:00am** we will be hosting a clothing display by **Carda Creations** in our Theatre Room. Be sure to join us for a fun-filled event of shopping and viewing of the latest in spring fashions!



Our trusty tour guide, Mick Short, has another wonderful 'Historical Tour' planned for us on **Monday, February 27th at 12:45pm**.

Join Mick as he takes us through **Central Burnaby** and all that it has to offer! Enjoy the beautiful scenery as we tour through the city. Please sign up ahead of time at the Concierge desk.

## THE YOGA CORNER



### ALL ABOUT BILL & ZOE

Age: 93 & 94

What do you like about Chair Yoga classes?

- We feel more energized after the Chair Yoga class
- The class is well suited for seniors
- We like the 'deep' breathing

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

- We feel more alert
- We feel more flexible



# LEGACY INSIDER

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## ENJOYING FEBRUARY

The New Year's festivities was a huge success! Everybody enjoyed the delicious five course meal expertly prepared by Executive Chef, Rob Cleland. The musical entertainment by Saul Berson and his trio set the atmosphere for an enjoyable dining experience, followed by Annette Wertman getting everyone up and dancing! If you wish to see pictures please see Julie.

We are hoping that our **Valentine's Day Dinner on Tuesday, February 14th at 5:00pm** will be a similar experience to New Years. Dinner will be followed by an incredible performance by Bass-Baritone, Brandon Thornhill and pianist Glen Stevenson. We love to see everyone get dressed up and enjoying themselves; Please make a reservation at the Concierge desk.



Maitre'D  
Suzanne Chinack

*"I will be hosting this months dinner on Friday, January 24th at 6:00pm. I look forward to sitting down with you and getting to know you from a different point of view. This will be an intimate dinner where you will get to know me on more of a personal level. Due to the limited amount of space please sign up at the Concierge desk at your earliest convenience. I look forward to seeing you there."* - Suzanne

