

## Upcoming Events at Legacy

**Sunday, Feb. 4th @ 3:00pm**—Super Bowl Screening  
**Monday, Feb 5th @ 12:15pm**—TNT Supermarket  
**Wednesday, Feb. 7th @ 6:00pm**— Hosted Dinner with Brayden  
**Thursday, Feb. 8th @ 12:30pm**—VSO Drop-off  
**Wednesday, Feb. 14 @ 5:00pm**—Valentine's Day Four Course Dinner  
**Wednesday, Feb. 14th @ 6:00pm**— Crescendo Duo with Glen Stevenson and Brandon Thornhill  
**Friday, Feb 16th @ 5:00pm** — Chinese New Year Buffet  
**Monday, Feb 19th @ 12:15pm**— Parq Casino  
**Thursday, Feb 22nd @ 2:00pm**— Health Arts Society Musical Performance  
**Saturday, Feb 24th @ 1:30pm**—For the Love of Music  
**Monday, Feb. 26th @ 12:15pm**— Granville Island  
**Monday, Feb 26th @ 6:00pm**— Hosted Dinner w/ Barbara  
On **Friday, Feb. 16th @ 2:00pm** please join Angel and Kathleen for home made dumplings to celebrate the Chinese New Year!



Virtual Reality is a computer-generated scenario that simulates a realistic experience. Curious to see the future of technology? Come join Angel and Brayden on **Tuesday February 13th at 1:00pm** in the theatre for a first hand experience.

Please join us in the lounge on **Sunday February 4th at 3:00pm** for happy hour followed by a screening in the theatre of the Super Bowl at **3:30pm**.

Connect Hearing will be in on **Wednesday February 21st from 1:30pm**; to secure a spot with them, make sure to sign up at the sign-up sheet by the mailboxes.

A reminder that we have a suggestion box that is located near the mailboxes. This can be used anonymously for all residents' compliments, concerns and suggestions and it will be reviewed by the management team each week.

## YOGA CORNER



### ALL ABOUT MARY

What do you like about Chair Yoga classes?

- ♦ *Variety of movement*
- ♦ *Convivial Atmosphere*
- ♦ *The Continuity*
- ♦ *The Mantras*

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

- ♦ *Yes, keeps me supple*
- ♦ *Helps my balance*
- ♦ *Strengthens my muscles*



# LEGACY INSIDER

Legacy Senior Living - The Leo Wertman Residence Newsletter

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## Gung Hay Fat Choy!



Our resident appreciation brunch this year was a huge success. Everybody enjoyed the delicious food prepared by our exceptional culinary team.

We are hoping that our Chinese New Year buffet on **Friday, February 16th** will be a similar experience. Dinner will be followed by an incredible performance by Michael Samson from the D' Topnotes. There will be two seating's **5:00pm and 7:00pm**, make sure you sign up at the concierge desk.



## 'An Evening in Paris'



Join us for an elegant Valentine's Day dinner on **Wednesday February 14th at 5:00pm**.

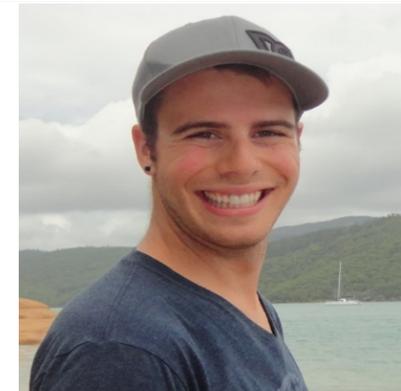
### 5:00pm—One Seating

Chef Chris Lee and his impressive team will be preparing a Four Course Dinner that will be sure to awaken your taste buds. For this event we will only be doing one seating, so please ensure you come down promptly at 5:00pm.

Top the evening off with entertainment beginning with pianist Glen Stevenson at 6:00pm and followed by vocalist Brandon Thornhill for an after dinner show.

Be sure to make your reservation at the concierge desk

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



Brayden Fald

*It has been such a pleasure getting to know everyone over the last year at Legacy. This is the first time I truly love my job and that is thanks to all of you. I am so excited to be hosting my first dinner and I look forward to getting to know you all even more! If you are interested in joining me on Wednesday February 7th at 6:00pm, please make sure to sign up at the concierge desk.*

*-Brayden Fald*