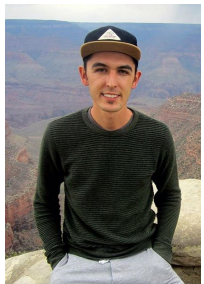


## Upcoming Events at Legacy

Many people make resolutions each year to improve upon their lifestyle. At Legacy, our focus is on providing the best services and support for our residents to ensure they live a healthy and fulfilling lifestyle. Going forward in the new year Julie will be teaching a circuit training class on **Sunday's at 2:00pm** and Lissette will be teaching CrossFun Core Conditioning on **Monday's at 10:00am**. Additionally Stretch with Lissette will be on **Tuesday's at 10:30am** and Guided Meditation on **Thursday's at 10:30am**.



Spanish for Beginners will be returning in the new year! It will be taught by our very own Francisco Villalobos. With a background in education and a degree in English, he will be using his own personal teaching style. Make sure you are prepared to learn!

To show our appreciation to all the wonderful residents here at Legacy Senior Living, we will be having a resident appreciation brunch on **Saturday January 20th, from 11:00am till 2:00pm**. Let us begin 2018 with a delicious buffet prepared by our very own culinary team.

WE ♥ OUR RESIDENTS

### **"Medical Pharmacies Brown Bag Day"** **Friday, January 19th @ 1:30pm**

Medical Pharmacies will be coming for a one-on-one consultation with a pharmacist to discuss your prescription medications, and any natural health products you may also be taking. Understand what medication you are taking, why you are taking it and how best to take it. Sign up sheet is on the board by the mailboxes.



## ADDITIONAL EVENTS IN JANUARY:

**Monday, January 8th @ 12:15pm:**

Parq Casino

**Wednesday, Jan. 10th**

**@ 6:00pm**

Hosted Dinner with Jason Wertman

**Thursday, Jan. 11th**

**@ 2:00pm**

Health Arts Society Sergei Saratovsky

**Monday, Jan. 22nd**

**@ 12:15pm**

TNT Supermarket

**Tuesday, Jan. 23rd**

**@ 6:00pm**

Hosted Dinner with Julie Demers

**Monday, Jan. 9th**

**@ 12:15pm**

The Old Spaghetti Factory



# LEGACY INSIDER

Legacy Senior Living - The Leo Wertman Residence Newsletter

Volume 6 Issue 1 January 2018

## LEGACY RESIDENT COUNCIL

On **January 25th, 2018 at 2:00pm** there will be a meeting to discuss the possibility of having a 'Resident Council.' Julie will be going over the structure of how a resident council would function.

Here are some of the basic policies surrounding a council:

Every resident is eligible to be a member of the Residents' Council immediately upon admission to the residence. Every member of the Council shall be given the opportunity to vote. No one shall be restricted from voting for any reason. Residents are encouraged to participate in these monthly meetings.

Officers of the Residents' Council shall be:

- President, Secretary, Treasurer and a substitute.
- The President presides over the meeting
- The Secretary shall record the minutes and keep record of the meetings with the assistance of the attending manager if necessary.
- The Treasurer shall be accountable for the financial record, keeping track of both expenditure and revenue.

The objectives of having a Residents' Council include:

- To participate in the planning of activities.
- To provide positive suggestions as to enhancement of Residents' quality of life.
- To provide an open forum to encourage residents to express concerns and allow the administration to address and remedy those concerns.

**Please join Julie if you are interested in learning more. If we do proceed, voting ballots will go out in February.**



**Jason Wertman**  
Vice President

*"It has been a while since my last resident dinner. I look forward to seeing everyone again, and meeting some of the new residents that have moved in recently. Please sign up at the Concierge desk if you are interested in joining me on Wednesday, January 10th @ 6:00pm.*

*I wish to thank all of you for making 2017 a wonderful year. I hope everyone has a wonderful 2018 ahead.*  
- Jason Wertman