



There will be a performance on **Thursday January 3rd at 2:00pm** by *Trinity Music* to start off the new year. Everyone is encouraged to come listen to the pieces held in the Piano Lounge!

The first learning session of the New Year begins on **Tuesday January 8th at 2:30pm** in the theater.

Chasing Away the Winter Blues is presented by *Home Instead Senior Care*.

Suffering from some winter or post-holiday blues? Learn symptoms and strategies for dealing with depression and how to promote a happy mind and spirit in yourself and others.



Get excited for some more musical performances this month!

Sunday at Six Musical Performance by the *King David High School* starts at **1:15pm on Wednesday January 16th**. The students are excited to showcase their talents!

The Health Art Society returns to Legacy on **Thursday January 17 at 2:00pm**. The Vancouver Opera will be here to perform!



Is Legalization of Recreational Cannabis Limiting Access for Medical Cannabis Users? "One of the government's principal objectives in legalizing recreational pot was to provide access to quality-controlled cannabis for medical purposes." Come by the theatre on **Tuesday January 29th** for more information. Make sure to sign-up as this will be a popular seminar!

Robbie Burns day is a celebration of the life and poetry of the poet Robert Burns, the author of many Scots poems. Come join us on **Friday January 25th at 1:00pm** in the Creative Arts Center to join in on the Haagis preparation and celebration with Rob!



A friendly reminder to keep the laundry rooms clean. Absolutely no dishes are to be left in any of the laundry rooms. Please bring them back to the Ash Street Bistro.

Please be mindful of other residents on your floor who may need to do laundry. Be prompt with your laundry, make sure to pick up your laundry when it's ready and to minimize using the machines multiple times a day. Thank you for your cooperation!



Upcoming Events at Legacy

Monday January 7th @ 12:30pm

Vancouver Art Gallery

Monday January 14th @ 12:30pm

RiverRock Casino

Monday January 21st @ 12:30pm

Granville Island

Monday January 28th @ 12:30pm

Lunch with Suzanne

Upcoming Seminars at Legacy

Tuesday January 8th—Chasing Away the Winter Blues by Home Stead

Tuesday January 15th—Healthy Aging & Genetics with Angela Brooks

Tuesday January 29th—Benefits of Medical Cannabis with Bonnie Anderson



LEGACY INSIDER

Legacy Senior Living - The Leo Wertman Residence Newsletter

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A YEAR IN REVIEW

We are so thankful to all the residents and staff at Legacy for making 2018 such an exciting year! We look back at the wonderful parties, entertainment and food throughout the year, but most importantly the friendships and community that has been created amongst all of you. We wish you all a prosperous year of health and happiness in 2019!



Brayden Fald
Operations Manager

"Another year is coming to an end and we have lots to be proud of this year! Thank-you to all of our incredible residents whom donated towards the Holiday Christmas Staff Fund. It made a big impact on the staff this Holiday season. With all the changes here at Legacy in the recent months, I want to thank both the staff and the residents for their continuous patience and support. Let's make 2019 an even better year!"

-Brayden Fald

