



**Legacy Senior Living**  
**Novel Coronavirus (COVID-19)**  
**Cautionary Health & Safety Protocols**  
**Exercise Programs & Group Activities**

**April 3, 2020**

**To: Residents and family members**

**Changes to Exercise Programs & Group Activities**

Recent announcements from BC Health Minister Adrian Dix and Provincial Health Officer Dr. Bonnie Henry continue to implore the public to practice social distancing and other measures to suppress the spread of the coronavirus. The next two weeks are an extraordinarily critical period in the fight against COVID-19.

Here at Legacy Senior Living, our commitment remains firm in doing everything we can to implement protective measures in maintaining the safety and well-being of our residents and employees.

**To this end, as of Sunday, April 5, 2020, we will be implementing the following changes:**

- **All exercise programs and group activities in the Fitness Centre, Theatre and the rest of the common areas will be cancelled until further notice.**
- We encourage all our residents to stay active and keep their daily routines going.
  - We will be delivering a weekly sheet with exercise and activity suggestions that can be done daily in your suite to improve your mental and physical health.
  - Morning and afternoon walks have been scheduled so that everybody can get a fresh air and engage in a social activity while minding safety protocols.
  - **Remember to:**
    - Wear something comfortable
    - Be ready on time
    - Stay 6 feet (or 2 arm's length distance) away from the person in front and behind you when you are walking.
    - Please sanitize your hands when you return to the building.
    - Please wash your hands when you return to your suite.

Your health, safety and well-being and that of our employees is our No. 1 priority and the motivating factor in implementing these added safety precautions. We are all in this together. Let's stay strong, do our part and stay safe!

In addition our Management Team are always available to discuss any other concerns or questions you may have in regards to our increased health and safety practices.

Once again, we thank you for your continued understanding and cooperation.

**Jason Wertman**  
Vice-President  
604.240.8550

**Amber de Souza**  
Assistant General Manager  
604.240.8550

**Chris Warren**  
Hospitality Manager  
604.240.8550

Legacy Senior Living 611 West 41<sup>st</sup> Avenue, Vancouver, BC V5Z 0C7 604.240.8550 [legacyseniorliving.com](http://legacyseniorliving.com)