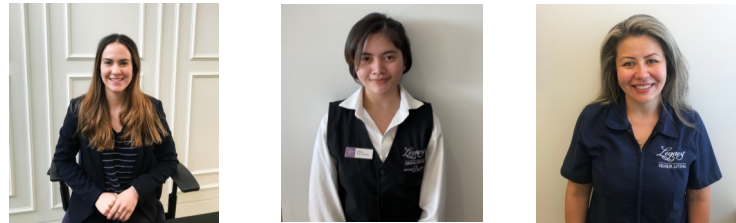


Walker Clinic Alert!

If you would like to get your walker checked or learn the right postures to walk, come to our Walker Clinic on **Thursday, March 4th at 1:00pm.**

Friday, March 5th is Employee Appreciation Day. They are the ones that fill our daily lives with positive energy. Stop at the Concierge Desk and write a message to one, more than one, or all the staff members and let them know how much you appreciate their hard work.



Here are our themed Happy Hours for the month:

- Sunglasses Themed Happy Hour—
Wednesday, March 3rd at 2:30pm
- Pink Themed Happy Hour—
Wednesday, March 31st at 2:30pm

Happy St. Patrick's Day!

Ready for some green beer and Irish music? Come have a drink and listen to Blackthorn Band play on **Wednesday, March 17th at 2:00pm.**



We smell spring! Come join Chef Rob in the Lounge Area for a Spring Food Demo on **Saturday, March 20th at 1:00pm.**

To celebrate World Poetry Day, we will be reading some of our favourite poems in the Lounge Area. Come on **Sunday, March 21st at 1:30pm** and don't forget to bring your poem!

Bingo is back! Check your calendar for dates and times.



More to look forward to:

- Information session by **Antonya Raymond:** Nutrition, Fitness and Creative Arts—
Wednesday, March 3rd at 1:00pm
- Concert by **Malcolm and Linda: Suede Dogs**—
Friday, March 12th at 2:00pm
- Book Club - Session 3—
Thursday, March 18th at 3:00pm
- Spring Photo Hunt—
Friday, March 19th at 2:00pm
- Joke Competition for Staff and Residents—
Thursday, March 25th at 2:45pm
- Information Session by **Physio2You:** Put a Little Spring in your Step—
Friday, March 26th at 2:00pm
- Information Session by **Vlad Navarro:** Falls Prevention—
Tuesday, March 30th at 1:00pm



LEGACY INSIDER

Legacy Senior Living - The Leo Wertman Residence Newsletter

Volume 8 Issue 03 March 2021

Enjoying March

Dear winter, we are breaking up with you. It's time we start seeing other seasons!

Sometimes inspiration comes from a single ray of sunshine. It's spring and time to open those windows!



Calvin Arriola
Junior Sous Chef



Please help us in congratulating Calvin in his new position as our Junior Sous Chef.

Calvin has been with us for 2 years and brings an exciting cooking style that he has developed over the last 8 years in the industry.

Every day, Calvin strives to bring the residents and staff of Legacy tasty and healthy cuisine.