

## Upcoming Events at Legacy

We are excited to announce that beginning in April we will be having our very own **"Legacy Market."** The market will be set up on Saturday's from 10:30am-12:00pm in the Bistro. This one-stop-shop will offer an array of items such as paper towel, bread, eggs, milk as well as fresh market vegetables and fruit. Be sure to make your way down for our first market day on Saturday, April 9th!

On **Friday, April 8th** we will be taking an outing out to the **Bradner Flower and Garden Show** in Abbotsford. The bus will depart Legacy at 9:30am and return around 2:30pm approximately. Admission for the event is \$2 not including lunch. Please sign up in advance at the Concierge desk.



On **Friday, April 15th at 1:30pm** the talented **'Elgar Strings'** will be coming to Legacy for a special performance. The ensemble features an array of beautiful string instruments. Come down to the Bistro to ensure you get a good seat. It is extra special because our very own, Elinore Damonte used to perform with the group – this will definitely be a show that you will not want to miss.

The April calendar is filled with educational events! Be sure to check out our **weekly Tuesday seminars**. In addition Julie will be presenting another **'Fall Prevention Tips' seminar on Friday, April 15th** in the Theatre Room at 3:00pm.



On **Thursday, April 21st Survivor Mate** will be coming to Legacy to do an **'Emergency Preparedness'** seminar with a focus on Earthquake preparedness. The company will also be bringing along earthquake kits for anyone interested in purchasing or getting more information.



The annual **Kerrisdale Parade** will be taking place on **Saturday, April 23rd starting at 10am**. Legacy is honored to be a part of this event once again. We invite all residents to join us on the bus for the parade which takes place along West 41st Avenue. Please sign up at the Concierge desk if you would like to join in on this fun event.



## GARDENING CLUB

With the beautiful, sunny weather we are having, we were excited to get out and start planting our garden again this year. On **Thursday, April 7th at 2:00pm** we will be having our 'gardening club' meeting to go over the final plans for the garden terraces. The following **Wednesday, April 13th at 2:00pm** we will be getting our hands dirty and planting an array of flowers, herbs and vegetables on the 3rd floor terraces. All residents are encouraged and welcome to join!



# LEGACY INSIDER

Legacy Senior Living - The Leo Wertman Residence Newsletter

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## WHY WE NEED IMAGINATION

Some of us have strong or highly developed imaginations while others have weaker ones. First, what do we mean by imagination? Definition: forming mental images or concepts of what is not actually present to the senses. Why do we care whether we have a good imagination or not?

### Reasons to have a strong imagination

**Brain Health:** Studies have shown that a rich imagination equates with a good memory. MRI's show remembering and imagining sends blood to identical parts of the brain. Imagination involves many different brain functions- memory, thoughts and emotions.

**Daily Life:** We use our imagination in daily life; planning an outing, telling a story, drawing a picture or writing a letter. A healthy imagination is a very useful tool to help us navigate through the day.

**Pleasure:** As we age, we face more limitations but a great imagination can take you places that you normally could not experience. You can evoke worlds that are only limited to your imagination. All of us like to imagine what we would do if we won the lottery.

Imagination is not only dealing with just mental images but also the senses. In Perk Activities, we do sensory work each week to become consciously aware of using all 5 senses and to strengthen them in our daily lives to be more observant and alert. This activity also works the imagination. When we smell a favourite outdoor smell, we are evoking that smell and imagining that world. Studies have shown that imagining an action and actually doing the same action stimulates the same brain regions. If you no longer can do the strenuous hike in the mountains, do it mentally for brain stimulation and pleasure.

### Train your imagination

Just like a muscle that you exercise to strengthen your body, you can strengthen your imagination through exercises. In Perk Activities sessions; we create a story from a photograph, doodle a fancy hat, invent a product with our team, and do sensory work and theatre games- all to work our imaginations.

Author Alberto Manguel says "Imagination is a tool to survive but it has to be triggered by curiosity. It is what drives us forward."

**Reminder: The Brain Health Fair will be held at the Vancouver Convention Centre on April 15<sup>th</sup> hosted by the American Academy of Neurology (AAN) during their 68<sup>th</sup> annual meeting. The event is free all day from 10-4 and for all ages.**



**Perk Activities is honored to be invited by the AAN to present the Perk Activities program at the Brain Health Fair. There will be 20 minute mini-Perk sessions conducted throughout the day.**

- Rosemary Moritz



Julie Demers  
Operations & Program Manager

*"It has been a year since we did our last Resident Satisfaction Survey and we would love to hear your input!*

*You can find a copy of the survey within this newsletter. Any feedback that you can offer is greatly appreciated.*

*Once you have filled out the survey please return to the Concierge desk by April 15<sup>th</sup>. I will be having a meeting to answer any questions you may have on April 6th at 2:00pm in the Theatre Room.*

*We strive to make Legacy the best possible home for you and we greatly appreciate your help."*

-Julie Demers