

Upcoming Events at Legacy

The **Elgar Strings Symphony** will be coming back to play at Legacy once again on **Friday, December 2nd at 10:00am**. This concert is a must see event!



The **Nutcracker Ballet** will be coming back to Legacy for its 3rd year on **Sunday, December 4th at 2:00pm!** The Arbutus Club Dancers will be performing a series of dances. We encourage all residents to invite their family, friends and loved ones for this fantastic holiday performance.



On **Sunday, December 11th at 2:00pm** there will be a special **'Holiday Violin and Piano Concert'** in the Bistro. The concert will provide an array of festive and classical music that will be sure to get you in the holiday spirit.

Dementia Rates Fall

By Rosemary Moritz– Perk Activities

A new study found that the dementia rate in people 65 and older fell by 24% over 12 years to 8.8% in 2012 from 11.6% in 2000. The study asked participants to recall 10 nouns immediately, to subtract 7 from 100 and to count backwards from 20. In the Perk Activities, we use the first two activities frequently.

The reasons for the decline are inconclusive but improved heart health and education were cited as possible reasons. Concerning heart health, "what is good for your heart is good for your brain." Also, we know that physical exercise is important not just for our bodies health but for brain health as well. Education is a part of this equation; years of education are associated with decreased dementia risk.

It is never too late to improve your physical and mental health with daily physical exercise, good diet and mentally stimulation to help exercise your brain. For the mental workout to be most beneficial it must have 3 important elements; be novel, be challenging and have lots of variety. As we ring in a new year, why not start it with being good to ourselves by doing these small steps that can make a huge difference and have a tremendous impact in how well we will age!

ADDITIONAL EVENTS IN DECEMBER:

CONNECT HEARING:

Complimentary hearing checks and information in the business centre.

Date: Wednesday, December 3rd

Time: 1:30–4:00pm

Presented by Yinda Liu AuD, RAUD, RHIP

MALCOLM AND LINDA'S JEWELRY LINE:

Malcolm & Linda will be showcasing jewelry from their travels all over the world in the Bistro.

Date: Friday, December 9th

Time: 11:30am–3:00pm

CARDA'S FASHION & 5th AVENUE JEWELERS

View the Fall/ Winter lines to purchase any of the latest fashion and jewelry for the holidays.

Date: Thursday, December 15th

Time: 11:00am-3:00pm

Location: Bistro & Theatre

CLAUDE DUKE'S HOLIDAY PERFORMANCE

Claude will be coming back to Legacy for a holiday performance that will feature festive Christmas and Hanukkah music.

Date: Thursday, December 22nd

Time: 2:00pm in the Bistro



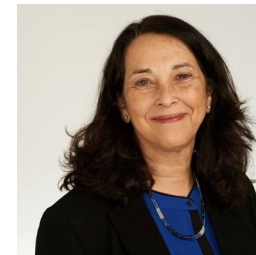
LEGACY INSIDER

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HAPPY HOLIDAYS

We have a lot of exciting events taking place in December!



This month the residents will have a chance to get to know our Sales Team a bit better. On Monday, December 5th, Kathleen will be hosting a dinner at 6:00pm.



On Monday, December 19th, Veronica will be hosting her dinner. If you are interested please sign up at the Concierge desk as there is limited space available.

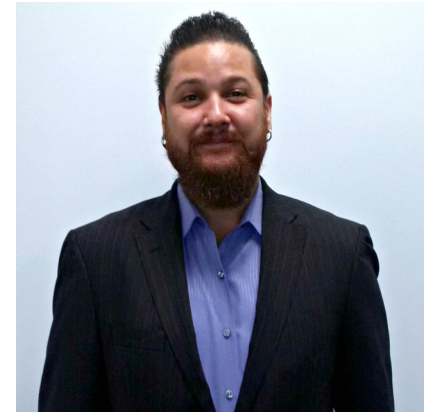
Don't forget about our mouth-watering meals that Executive Chef, Rob Cleland has put together for Hanukkah and Christmas Eve on December 24th and our Christmas special on December 25th.

The cherry on top is our Five Course New Year's Eve dinner with musical entertainment by Saul Berson Trio. There will be an option for a 4:00pm early bird meal if you do not wish to attend the New Year's plated meal. *Just a reminder to please make reservations for all meals during this busy time.*



As this year comes to an end, we want to thank everyone for being a part of our big family.

- The Legacy Team



Jason Wertman
Vice President

This marks a very special time of the year for all of us at Legacy. The month of December will be very busy with entertainment, holiday parties, and special meals. Be sure to keep an eye out for the events happening each week.

Many residents have been asking about the 'Staff Holiday Fund.' If you wish to make a donation of money, you may do so. Please submit your donation to one of the managers or myself anytime before December 23rd.

The funds will be distributed amongst the hardworking support staff in time for Christmas.

Happy Holidays and all the very best for a successful 2017! -Jason Wertman