



## Upcoming Events at Legacy

Please join us on **Tuesday, February 2nd at 2:00pm** for a musical performance from the **Brock House Kerrisdale Choir**. The choir will be coming back since their last performance in June to sing some of your favorite hits.



On **Thursday, February 4th at 11:00am** we will be hosting a clothing display by **Carda Creations** in our Theatre Room. Be sure to join us for a fun-filled event of shopping and viewing the latest in spring & summer fashions.



We have a very special guest joining us at Legacy on **Wednesday, February 10th at 2:00pm**. Claude Duke is an accomplished photographer and publisher of a photography book in Vancouver. He will be doing a special book signing as well as a 'History of Vancouver Through Photography' presentation. He will be presenting in the Legacy Theatre Room.



### Kleanse Spa Bar - Updated Hours

#### Hair Stylists:

**Cathy Smith** available Thursday & Saturday  
**Teresa Tche** available Tuesday & Friday




#### Nail Service:

Available one to two Thursday's per month. Next availability: Feb 11 and March 10

#### Waxing/Hair Removal & Facial Services:

Available every Monday, Thursday, Friday & Saturday.  
*\*By appointment only by calling the spa or concierge.*

### Special Events in February

**NEW- Coffee Social with Annette** on Tuesday's between 12:30-2:00pm 

**Sunday, February 7<sup>th</sup> Chinese New Year's Eve Buffet** from 5:00-7:30pm

*With a special Lion Dance followed by musical entertainment by Michael Samson of D' Topnotes.*

*\*Back by popular demand we will also be having a **Chinese New Year Buffet on Monday, February 8<sup>th</sup> at 5:00pm.***

*Be sure to make your reservations early!*

**Sunday, February 14<sup>th</sup> Valentine's Day Four Course Meal- 5:00pm (One Seating Only)**  
*With musical entertainment by pianist Glen Stevenson and Bass-Baritone by Brandon Thornhill at 6:00pm.*



# LEGACY INSIDER



Legacy Senior Living - The Leo Wertman Residence Newsletter

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We have all heard that we need to keep our brains fit just like our bodies. A multibillion-dollar industry has been created to help people stay mentally fit. I'm sure you have heard the names; Lumosity, Nognz Brain Fitness, and the list goes on. There have been claims that using these programs can reduce or delay cognitive decline. Last fall, the scientists at Stanford Center on Longevity in California said they believed that brain games didn't reduce or reverse cognitive decline though it encouraged further research. A group of about 100 scientists and experts disagreed with their statement and countered with "a substantial and growing body of evidence shows that certain cognitive training regimens can significantly improve cognitive function".

Dr. Rebok, a developmental psychologist at Johns Hopkins said, "It would almost chill the whole field if people concluded it was all bogus."

So as the debate rages on, what should we do with our aging brains? EVERYTHING. Physical exercise, mental activities, good diet, social interaction, sleep well and reduce stress.

Having developed and been teaching Perk Activities since 2008, I can address what the mental activities should look like. There are 3 elements to quality activities; be novel, be challenging and have lots of variety. Be novel means doing something that is unfamiliar to you which will probably feel uncomfortable at first. Getting out of our comfort zone is not something we all rush to do but by forging ahead we gain a sense of accomplishment. Being challenged is about not getting all the answers on that crossword or word scramble. Again, our ego has to take a back seat but our brain is getting a good workout. Doing a variety of different activities means that some we will excel at and others we will feel totally lacking. Another good sign we are taking care of our brains. The brain is our most valuable asset and should be treated as such.

-Rosemary Moritz

**Join Rosemary's PERK class Saturday's from 3:30-4:30pm**



Vice President  
Jason Wertman

Hello everyone!

*My father, Joseph, and I built this building with a vision of providing the highest standard of luxury living. You may have seen us around as we have been involved a lot behind the scenes since day one. Going forward I will be here a lot more to oversee the day-to-day occurrences at Legacy.*

*I want to assure you that even though we have experienced a few changes as of late, assisting you and your needs is still of utmost importance to our more than capable staff.*

*Please continue to feel free seeing Kathleen, Veronica or Julie for any issues or concerns that you may have. I look forward to getting to know you each more.*

*Happy Family Day, Valentines Day and Gung Hay Fat Choi!*

-Jason Wertman