

News at Legacy

As many of you know, Yoga has an abundance of benefits. Annette teaches Yoga with Chair five times a week at 11:15am and it has been a huge hit amongst the residents since it started. Here are some of the reviews:

"I was feeling lousy when I came in but I am feeling much better now!"

"I find that yoga is a relaxing experience in both physical and mental dimensions."

"I am told by my family that I am less feeble since I took up yoga!"

"Yoga is a new experience and worth the effort."

"Our yoga teacher inspires us....come and get fit!"

"Yoga makes me more flexible – which is a good thing."

"I feel more flexible and not so stiff."

"I love yoga. I feel very relaxed after each class I come to."



We are very pleased to have CoCo's Clothing come to Legacy on *Thursday, February 26th from 11:00am-3:00pm*. CoCo's is a mobile clothing service that has been serving seniors in the comfort of their own homes throughout the lower mainland and Vancouver Island for the past 18 years. They carry lines such as Tan Jay, Alia, Koret, Juli, 24K and many more. CoCo's offers a range of sizes from 6-24, petite, regular and plus. Feel free to come and do some spring shopping!

*CoCo's
Clothes To You Inc.*

We offer 'Happy Hour' specials daily between the hours of 4:00-6:00pm. Starting in February we will be hosting a special 'Happy Hour' every Tuesday from 4:00-6:00pm which will include featured entertainment, light bar snacks and plenty of tasty drink specials. It doesn't matter if you do not drink, there are many non-alcoholic options as well.



Buffets in February

We have been having great success with our Sunday Family Buffets and as we continue on, we will be doing a different theme each week. Take a look at the weekly selections to try out different cuisines. Reservations are encouraged; please call 604-240-8550 to book a table.

February 1st-
Super Bowl Sunday Tailgate Buffet! Join us for the big game in our Theatre Room, followed by some tasty tailgate food.

February 8th-
What better way to spend the Family Day long weekend than dining together with delicious food and good company?

February 15th-
After a big Valentine's Day feast on the 14th we will be keeping it light and serving up a variety of tapas.

February 22nd-
We are going to kick off our Chinese New Year festivities with a traditional dance performance by Jessica Yen at 3:30pm. The dance will be followed with an array of Chinese cuisine.

Legacy
SENIOR LIVING

LEGACY INSIDER

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'An Evening in Paris'

Join us for an elegant Valentine's Day dinner on *Saturday, February 14th at 5:30pm.*

5:30pm- One Seating

Executive Chef, Rob Cleland and his impressive team will be preparing a Five Course Dinner that will be sure to awaken your taste buds. For this event we will only be doing one seating, so please ensure you come down promptly at 5:30pm.

Top off the evening with carefully selected wine pairings from our Maitre'd, Guillaume Biset.

Entertainment provided by Susan Skemp

Cost \$35.00 per person

Free for Residents

Please reserve by February 5th, 2015 at the Concierge desk to ensure your seating.



General Manager
Walter Downey

"I can't believe it is already February; time is flying! Just a friendly reminder for everyone to do their morning check-ins each day. It is a very important safety feature for our residents and ensures everyone is accounted for."

We have a lot of great things happening at Legacy so be sure to come to my monthly 'Fireside Chat' to discuss upcoming events and voice any questions you may have."

We are also gearing up for the Chutzpah Festival starting February 19th and are very excited about being the Music Sponsor for the event. Check out our bulletin for more details and we hope to see you all there!"

- Walter Downey



Legacy Senior Living - The Leo Wertman Residence, 611 W 41st Avenue