

## Upcoming Events at Legacy

Gale Pirie, an Accredited Appraiser best known for her appearances on CBC's 'Canadian Antique Roadshow' will be coming to Legacy on **Wednesday, January 13th from 2:00-3:00pm**. Come down to the Bistro at 1:30pm with your own small antique item or enjoy watching and being a part of Legacy's very own Antique Roadshow!

Join Annette Wertman with her group 'The Grace Notes' on **Saturday, January 23rd at 1:30pm** as they perform an afternoon of classical and popular piano music. Refreshments will be served after the performance.



The Vera Lynn War Musical was such a huge hit on Remembrance Day that the group will be coming back again to Legacy! Join Barry Shell and his group on **Monday, January 25th at 2:00pm** for a special Robbie Burns Day performance. The group will be singing a series of songs written by **Robbie Burns** which will be sure to get the audience singing along.



There are several new programs added to the calendar of events in January. Keep an eye out for extra fitness classes, evening board games, extra outings and even a Tech class for our savvy learners. By popular request we have added a weekly happy hour with hor d'oeuvres on **Thursdays at 3:00pm**. This is a great time for the residents to get to know one another and enjoy a cocktail in our beautiful bistro.

It's  
**HAPPY HOUR**  
COME & JOIN US

## The Yoga Corner

Flexibility, strength, balance & good breathing are the focus of the **CHAIR YOGA** classes that happen at 'The Yoga Lounge' on the 2<sup>nd</sup> floor.

Classes are offered Monday, Wednesday, Friday and Saturday at 11:15 am.

*(Saturday classes are open to the public for a \$5.00 drop-in fee).*

We practice with intensity and laughter. The benefits are simply wonderful!

Come join us.

-Annette Wertman  
(Yoga Instructor)



Legacy  
SENIOR LIVING

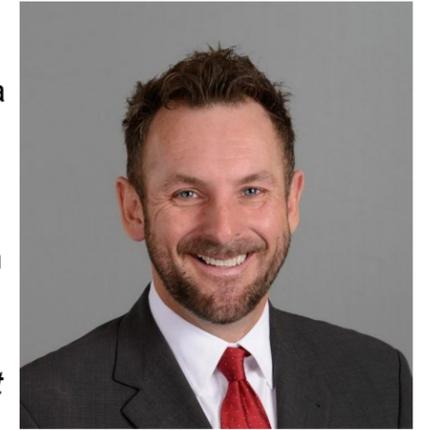
# LEGACY INSIDER

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## SHOWCASING RESIDENTS TALENT

At Legacy, we have many talented and inspiring people and Maria Van Loenen is definitely one of them! Maria has always had a love for art and took up painting seriously over 25 years ago. With her children grown up now and enjoying her free time in retirement she can commonly be found painting in her suite. From January 4<sup>th</sup> till the end of the month, her art work will be displayed in the Legacy Library. If interested, she is willing to teach residents how to paint. "You don't need to know how to paint, you just need to have the passion." -Maria Van Loenen, Legacy Resident



General Manager  
Walter Downey



"Another year is coming to an end and we have lots to be proud of this year! Thank-you to all of our incredible residents and staff for making this year truly special.

As discussed at our last Fireside Chat, residents are now being offered a full meal package at a special reduced rate of \$395.00. This package includes continental breakfast, enhanced breakfast, lunch and dinner if you choose to partake. Please let us know if you are interested in taking part.

Have a happy New Year's everyone!

-Walter Downey