

Upcoming Events at Legacy

It is with great sadness that we say goodbye to two of our incredible fitness instructors, Ariel Ziv and Grace. Together, they have been very important members of the Legacy team. We want to thank them for all of their hard work and dedication in keeping our residents happy and healthy. We wish them all the best in the future and hopefully our paths will cross again soon.



"My name is Lissette Guajardo and I am a Personal Trainer and a Yoga teacher for seniors. I teach Adapted Chair and Foundational Yoga plus fitness, weight training, and cardio. I also have many private clients that I teach "one on one" in fitness, weight training, and Yoga. I am an ACE certified trainer and a registered Yoga practitioner.



Seniors require a unique fitness approach. With age, loss of calcium results in decreased bone mass, but weight-bearing exercise has been shown to help maintain bone mass. There is also some evidence that physical activity prevents or delays cognitive impairment and disability and improves sleep. Physical activity has been shown to improve balance and coordination in older adults, especially activities that focus on the mind-body connection, such as yoga. I look forward to meeting you all. My FIT classes will feature a variety of exercises that will be taught on Wednesday, Thursday and Friday's in the fitness centre at 10:00am."

Join Barry Shell and his group on **Wednesday, January 25th at 3:00pm** 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.



The Yoga Corner



ALL ABOUT SUSAN CHAN

What do you like about Chair Yoga classes?

- I like the massages at the end of yoga
- I do enjoy everything about the yoga class

Are you enjoying any benefits to your health from Chair Yoga?

- Yes, after the Chair Yoga I feel better
- My circulation is better
- I can move my legs better
- My muscles feel so good after the massage.

A YEAR IN REVIEW

We are so thankful to all of the residents and staff at Legacy for making 2016 such an exciting year!

We look back at the wonderful parties, entertainment and food throughout the year, but most importantly the friendships and community that has been created amongst all of you. We look forward to kicking off 2017 with our annual **Chinese New Year Buffet on Saturday, January 28th**. We wish you all a prosperous year of health and happiness into 2017!



Executive Chef
Rob Cleland



I will be hosting this months dinner on Thursday, January 12th at 5:00pm for a table of 8 people. I will be cooking alongside the table so please sign up ahead of time due to the limited number of space. This meal is great for people wanting to try some new and interesting dishes; it will be a surprise meal—'Chef's Choice' so bring your appetites. Due to the nature of the dishes there will be no modifications and no A La Carte options for those seated at the table. I look forward to seeing you then."

Rob Cleland