

## Upcoming Events at Legacy

Brockhouse Choir will be performing on **Monday, January 19th at 2:30pm**. The choir will be singing a rendition of classic songs and bringing song books for everyone to join along in. They will be performing in the main bistro area on the date, so be sure to come early to get a good seat.

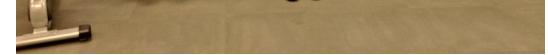


Many people make resolutions each year to improve upon their lifestyle. At Legacy, our focus is on providing the best services and support for our residents to ensure they live a healthy and fulfilling lifestyle. We look at every aspect of wellness and focus on what we can do to improve. For example, we now offer 9 fitness classes per week! We have also added in extra health education



(Tuesday morning circuit training class)

seminars for our residents. Be sure to look at your monthly calendars for more information and upcoming events.



## **Medical Pharmacy Falls Prevention Workshop - Friday, January 23rd @ 2:00pm**

Hans Lin (*R.Ph., B.Sc., B.Sc.Pharm.*) will be coming to Legacy to discuss fall prevention techniques and tips for our residents. Hans will be giving a brief PowerPoint and handing out easy-to-follow information brochures that will help in everyday activities. Julie Demers, Resident Program Manager will be speaking about exercises to strengthen the muscles that can help prevent falls from

happening. We will be having a question period to follow and some snacks to follow after.



## **The Holiday Season at Legacy**

The holiday season was extremely eventful at Legacy! We had a ton of exciting performances including: Julie Lowe's Piano concert, Arbutus Club Nutcracker Ballet, Annette Wertman's Piano recital, Classroom Chaos play, and even TELUS Optik in to film our PERK class with Rosemary Moritz. To stay in the loop with our upcoming events, photos and information please 'like' our Facebook page and follow us on Twitter.



Legacy Senior Living



@LegacySeniorL



# **LEGACY INSIDER**

Legacy Senior Living - The Leo Wertman Residence Newsletter

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## **SUNDAY FAMILY STYLE BUFFET**

At Legacy we value exceptional dining in combination with great company. In January, we will be starting weekly Sunday Family Buffets which will begin at 4:30pm. Each week, Executive Chef, Rob Cleland and his talented team will be preparing a delicious assortment of dishes to choose from. We have had a great turnout from our previous Sunday buffets, so be sure to book a reservation by calling the Concierge desk and connect via our social media for updates on events.



Clockwise from right: New York Striploin and Lamb, Vegetarian Stir-fry with Tofu, Assorted Salads, Free run ross down farms Chermula marinated Chicken, Assorted meats and vegetables.



General Manager  
Walter Downey

*"We had a fantastic holiday season this year! It was great to see all of the residents and families come through and celebrate with us.*

*I have now been with Legacy for a year and I am so pleased with how everything has evolved. The building is beautiful, we have the most incredible residents and the staff is exceptional. Legacy has truly come to fruition and become a home.*

*Thank-you to everyone that has made this year such a success. It has been an amazing first year."*

- Walter Downey

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