

This Month at Legacy

The Flu season is among us and we want to take every effort to protect our residents and staff from influenza. Please note that we have expanded the hours for our immunization clinic to start at **1:00pm until 4:00pm** on **Monday, November 7th** in the Creative Arts Centre. If you have not already signed up please see the **Concierge desk**. If you are unable to make that date, Mike Tracey our Wellness Navigator will be able to immunize you after November 17th.



On **Friday, November 11th** we will be paying tribute and remembering all of those that fought so bravely for our freedom. This **Remembrance Day** we are fortunate to have Barry Shell come to Legacy with his musical trio to perform "The Force's Sweetheart- Vera Lynn." Songs will include favorites such as 'There'll always be an England', 'A nightingale sang in Berkeley square', 'White cliffs of Dover', 'We'll meet again', etc. - You will not want to miss this show!

Mick Short will be providing a **'Historical Tour of East Vancouver'** on **Monday, November 21st at 1:15pm**. Sign up at the Concierge desk as spaces fill up quickly!



CoCo's Clothing display will be set up on **Wednesday, November 23rd at 11:00am** in our Theatre Room to showcase the latest Fall and Winter fashions. They will be set up until 3:00pm for your shopping pleasure.

Please remember to sign up for all outings, including shopping trips that you wish to attend. It is important that we leave at our scheduled time as our drivers are becoming increasingly busy and to respect other residents time. Thank-you!

YOGA CORNER

ALL ABOUT JOYCE

Age: 85



What do you like about Chair Yoga classes?

- ◆ I like the discipline of yoga
- ◆ The calming effect of the meditation
- ◆ The calming effect of the music
- ◆ Being able to meet our own individual challenges
- ◆ I am happy with the fan...it has helped the temperature of the area

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

- ◆ The breathing helps the asthma
- ◆ I am more conscious of my posture when I am walking



LEGACY INSIDER

Legacy Senior Living - The Leo Wertman Residence Newsletter

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THE DINING EXPERIENCE

Since Legacy has opened, we have tried to create a memorable and enjoyable dining experience each time you step foot in the restaurant.

We have really appreciated the feedback from the residents on how to improve the service during meal times. Going forward, we will be having a host to streamline and improve the seatings. Due to a lot of residents concerns about overwhelming experiences during meals we want to create a calm and organized manner. Along with the new host we will be featuring two show times on movie nights; one at 4:30pm and the regular 7:00pm slot so some of those who want to see a movie do not need to rush to eat before, they can come after.

On Sunday nights, harpist Julia Ham will be playing soft tunes from 6:30-7:30pm. Come down and enjoy the music for a different dining experience. Our goal is to provide the most efficient and comfortable dining experience. By spreading out our most busy dining times, we feel everyone will appreciate their experience much more.



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



Marketing Manager
Barbara Arseneault

"I am very excited to be hosting the dinner this month! Although I have been involved with Legacy since well before it opened, I have not had the chance to sit down and get to know many of you better. My role is to take care of the marketing at Legacy. I would appreciate your feedback and any fun ideas you can come up with."

We have been finding that the table of 12 people is a bit too hard to have intimate conversations so we are narrowing the list down to 8 people going forward. Please feel free to sign up at the Concierge desk if you are interested. I look forward to seeing you there!"

- Barbara Arseneault