This Month at Legacy

At Legacy, we are proud to see our residents so devoted to the fitness and wellness classes. In September we will be offering a few more times slots:

- **'Yoga at 10' Wednesday's @ 10:00am—10:45am** with Annette.

A second Chair Yoga class offered at 10:00 a.m. on Wednesday mornings for Legacy residents. Depending on attendance and resident's concerns, this class may have a limit on participation.

- '**Group Fitness with Ariel**' @ 11:30am on Thursday's.
- '**CrossFun Strength Training with Julie'** moved to Friday mornings @ 10:00am
- **'Group Fitness with Grace'** will be moved to Sunday's @ 10:30am beginning September 4th.

Pet Therapy with Sasha—Monday's at 1:45pm

Many of you may already have seen Sasha, the chocolate brown mini labradoodle. She was born on Feb 18, 2015 and is now full grown weighing 26 lbs. Her parents are Barry and Tomo and her grandmother is Joan, who lives at Legacy.

Sasha has a beautiful wavy coat and her distinctive feature is her white chest. She also loves to earn her treats by sitting, giving her paw or giving you a high five! Sasha loves people and is very gentle but can be a little shy at first. Please give her a chance to get to know you on Monday's at 1:45pm.

Additional Programs

We are adding in some exciting new programs!

Every other Friday in the Theatre room join **Chadwick Walker from Odlum Brown** as he discusses current events including: technology, politics, economics, etc.

On the other Friday's join Anabell as she teaches **'Spanish for Beginners.'** Whether you already know Spanish or are wanting to learn it will be a fun class for all!

Please note that movie nights will now be featured three times a week: Monday, Thursday & Saturday's.

The Vaudevillians Performance—September 13th @ 2:00pm

We are fortunate to have "BC's #1 Seniors Entertainment Troupe" perform at Legacy for an afternoon of singing, dancing and laughs. Join us in the Bistro for a show that you will not want to miss!

PERK CORNER

"In the Perk Activities program, every couple of months, we discuss a poem or the participants are asked to recite a short poem as homework. Why poetry?

There are studies to support the cognitive benefit to analyzing a poem, which is called 'close reading'. Close reading, different from pleasure reading, is paying close attention to the literary form. At Stanford University, graduate students did close readings with the use of MRI imagining. The study showed a significant difference in brain activity from pleasure reading to close reading. Also, poetry speaks to the heart and soul. Poetry is best appreciated from a perspective of experience.
Poetry can also help to waken us from the daydream of ordinary life and remind us of our true nature."
-Rosemary Moritz

LEGACY INSIDER

Legacy Senior Living - The Leo Wertman Residence Newsletter Volume 4 Issue 9 September 2016

LEGACY CELEBRATES 2ND ANNIVERSARY

Since opening in July of 2014, we have had a wonderful time growing and getting to know all of the special residents that have moved into Legacy.

On Wednesday, September 21st we will be celebrating two years since our Grand Opening party. Please join us at 5:00pm for a decadent five course meal prepared by Executive Chef, Rob Cleland and his team. Saul Berson will be performing some smooth jazz tunes to accompany your dinner.

From all of us, we would like to thank every one of the residents that have made Legacy their home.

Vice President
Jason Wertman

"As many of you are aware, our staff at Legacy care deeply about all of our residents and take pride in the work that they do.

We are planning our annual staff appreciation BBQ on Thursday, September 22nd. You will notice on your calendar we have scheduled dinner at an earlier time on the night at 4:30pm. In order to accommodate the event, we will need to finish meal service earlier—we apologize for any inconvenience this may cause. If you would like to order your meal ahead of time to have in your suite you are more than welcome to do so.

I hope to see you all at our 2nd Anniversary Party!"

- Jason Wertman