

Having problems with your cell phone, computer or other devices? Stop by the Theatre on



**Tuesday, February 9th and Tuesday, February 23rd from 1:00pm to 1:45pm.** Francisco will be doing one-on-one sessions offering guidance and answering questions about technology.

Special Happy Hours of the month:

- French Themed Happy Hour - **Wednesday, February 3rd at 2:30pm.** (wear blue, red and white)
- Winter Gloves Themed Happy Hour - **Wednesday, February 17th at 2:30pm.** (wear your favourite pair of gloves)



If you are looking to learn, engage in discussion and gain new skills, join our seminars:

- Approach to Growing and Preserving Wealth for Generations - **Wednesday, February 10th at 2:45pm.**
- Nutrition, Fitness and Creative Arts Therapy - **Wednesday, January 24th at 1:00pm.**

February is heart month. Remember to eat healthy, get active and find ways to manage stress.



The second session of our Book Club is on

**Thursday, February 18th at 3:00pm.**

The book to be discussed is "Death in a Darkening Mist" by Iona Wishaw. There will be an audiobook available for those who would like to get familiar with the story before the session. Ask Francisco for details about this.



Annette will be hosting a virtual Purim event on **Friday, February 26th at 2:00pm.** Join us in the Private Dining Room for some hamenstaschen, history, games, and memories.



Music and activities to look forward to:

- **Performance by Saul Berson and Michelle Carlisle - Thursday, February 4th at 2:00pm**
- Science Experiments with Francisco - Friday, February 5th at 2:00pm
- **Family Pictures Display - Monday, February 15th at 1:00pm**
- Men's Club Group Activity - Tuesday, February 16th at 1:00pm
- **Best Vacation Picture Contest - Friday, February 19th at 2:00pm**
- Wine Demo with Suzanne - Sunday, February 21st at 2:00pm
- **Mariachi Band Music - Thursday, February 25th at 2:00pm**
- Ladies Club Group Activity - Sunday, February 28th at 2:00pm



# LEGACY INSIDER

Legacy Senior Living - The Leo Wertman Residence Newsletter

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## Enjoying February

They say the more we celebrate life, the more there is in life to celebrate. We have two big events coming up: Lunar New Year and Valentine's Day. We will have a lot of good music, films, food, drinks and activities for everyone. Check your calendar for all the details. Let's celebrate what we want to see more of!



Danica Evans  
Wellness Nurse

Thank you for such a warm welcome to the Legacy family! I look forward to getting to know all of you and helping you achieve your wellness goals.

Here are 7 ways to improve your mental health:

1. Reduce negativity
2. Daily journaling
3. Regular exercise
4. Practice self-care
5. Read more
6. Reduce screen time
7. Let go of expectations

