



Merry Go Round Fun!

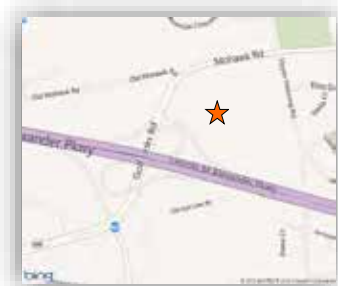
On a lovely summer afternoon, we travelled to Port Dalhousie for a picnic lunch and to take a 5 cent ride on the Carousel.



Northern Bear Teachings – seniors' caring circles & the calming pillow.

presented by the Metis Women's Circle - At a one hour afternoon tea, we enjoyed stories from Elder Rene Meshake and music from his traditional Ojibwe flute. A gift of calming pillows were available for Community Members, their family or friends, to take.

"...among aboriginal and Native people, those with dementia are the spiritual people, beginning to leave this world to enter a world where everything is positive and good. There's no judgment in that world."



Making Today Great!

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Messenger

AUGUST 2018
































Your Community Newsletter

































Red & White!

Showing our Canadian Pride on July 1st, Community Members dressed in Red and White. Complete with our very own parade, the participants indulged the whim of the Lifestyle team. With Flags waving and everyone in patriotic spirit, we sang 'O Canada' in the lobby; everyone joined. Prizes were awarded to everyone for their fabulous participation.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>LEGEND</p> <p> Fitness Class</p> <p> Special Event</p> <p> Excursion</p> <p> Sign Up</p> <p> Cost Required</p> <p> Shuttle</p> <p> Walking</p>	<p>East Wing</p> <p>(VS) V!VAfit Studio (PP) Pints! Pub (CK) V!VAcraft Kitchen (TR) Therapy Room (CC) Community Commons (VP) V!VAplex (MVP)</p> <p>West Wing</p> <p>(PC) Perks! Café (L) Lobby (E) Entrance (P) Pool (FD) Family Den (VL) V!VAlinks Golf Simulator</p>					
<p>1</p> <p>10:15 Catholic Communion (CC) 10:30 Hymn Sing (ML) 2:00 Sunday Matinee (MVP) “The Way We Were” Barbra Streisand, Robert Redford - 1973 2:15 Cribbage (CC) 2:30 CANADA DAY Contest – Best Dressed in Red & White – Meet in West Wing Library 2:45 Canada Day Word Scramble (L)</p>	<p>2</p> <p>10:00 Revitalizing Yoga with Tricia (ML) 2:00 Bridge (CC) 2:00 V!VAlinks – Golf Simulator (VL) 7:00 Lucky 7 Bingo (ML) </p>	<p>3</p> <p>10:00 V!VAfit Swim Fun (P) 2:00 Community Member Town Hall Meeting – Forum to update & discuss current events and concerns (ML) 3:00 Euchre (CC) \$0.25  7:00 Movie Night (MVP) “Breakfast at Tiffanys” with Audrey Hepburn 1961</p>	<p>4</p> <p>10:00 Creative Art with Michelle (CK) 1:00 Shopping at Lynden Park Mall (E)    3:00 Banana Split Ice Cream Sundaes (PC) 7:00 Spelling Bee Challenge (CC)</p>	<p>5</p> <p>9:30 Wayward Walkers goes to McQueston Park (L) 10:00 Water Exercise (P) 11:30 Mystery Dinners Club Lunch Outing (E)    12:45 Walker Repair Clinic (L) 2:00 Bocce (ML) 3:00 Finishing Lyrics (MVP) 7:00 Euchre (CC) \$0.25 </p>	<p>6</p> <p>10:30 Ecumenical Communion (MVP) 11:30 BBQ with Entertainer Sonny Sinclair (E) or (ML) 2:00 HeartBeats Club - fitness with Music (ML) 7:00 SkipBo (CC)</p>	<p>7</p> <p>10:00 V!VAfit Sit & Stand – Class 1 (ML) 10:30 V!VAfit Sit & Stand - Class 2 (ML) 2:00 Shout it Out – BINGO (ML) 3:00 Wacky Wordies (Pick-up at Concierge)</p>
<p>8</p> <p>10:15 Catholic Communion (CC) 10:30 Hymn Sing (ML) 2:00 Sunday Matinee (MVP) “The Lady in The Van” Maggie Smith 2015 2:15 Cribbage (CC)</p>	<p>9</p> <p>10:00 Better Balance with Bands (ML) 10:30 Better Balance with Bands (ML) 11:00 BOOKMOBILE (E) 2:00 Bridge (CC) 2:00 Shopping Giant Tiger (E)    7:00 Lucky 7 Bingo (ML) </p>	<p>10</p> <p>10:00 V!VAfit Swim Fun (P) 10:30 Catholic Mass St. Ann’s (CC) ** 2:00 Euchre (CC) \$0.25  3:00 National Pina Colada Day – (non-alcoholic) (PC) 7:00 Movie Night (MVP) “Breathe” Andrew Garfield 2017</p>	<p>11</p> <p>10:00 Gems for You (L) Jewellery and More sales 10:30 Tai Chi Fitness (ML) 11:15 Trip to Port Dalhousie for Picnic and Carousel Ride (E)     2:00 Share your Favourite Pet Photo (CC) 4:30 Relax & Reminisce with Krishanthi (L) 7:00 Travel Log – Secret Destinations (MVP)</p>	<p>12</p> <p>9:30 Wayward Walkers (L) 10:00 Water Exercise (P) 10:00 Program Committee (ML) (ideas and concerns for Programs) 10:30 Food For Thought (ML) 2:00 V!VAlinks – Golf Simulator (VL) 2:00 Shopper’s Drug Mart Outing (E)    7:00 Euchre (CC) \$0.25 </p>	<p>13</p> <p>10:00 V!VAfit Sit (ML) 2:00 National French Fry Day – Trivia & an afternoon of fun (PC) 3:00 Popsicles on the Patio (E) 3:00 Dominoes (CC) 7:00 SkipBo (CC)</p>	<p>14</p> <p>10:00 HeartBeats Club - fitness with Music (ML) 2:00 Shout it Out – BINGO (ML) 3:00 Music with Mahima (L) 7:00 Saturday Night at the Movies (MVP) Glyndebourne Festival Presents: “CARMEN” (Opera)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>15</p> <p>10:15 Catholic Communion (CC)</p> <p>10:30 Hymn Sing (ML)</p> <p>2:00 Sunday Matinee (MVP) "Sleepless In Seattle" Tom Hanks & Meg Ryan 1993</p> <p>2:15 Cribbage (CC)</p>	<p>16</p> <p>10:00 Revitalizing Yoga with Tricia (ML)</p> <p>2:00 Bridge (CC)</p> <p>2:00 VIVALinks – Golf Simulator (VL)</p> <p>7:00 Lucky 7 Bingo (ML) </p>	<p>17</p> <p>10:00 Laughter Yoga (ML)</p> <p>2:00 Trip to Ancaster Ice Cream - National Peach Ice Cream Day (E)   </p> <p>7:00 Movie Night (MVP) "Woman in Gold" Helen Mirren 2015</p>	<p>18</p> <p>10:00 Creative Art with Michelle (CK)</p> <p>2:00 VIVAfit Studio Grand Opening (VS) Come in for a Tour</p> <p>3:30 HeartBeats Club - fitness with Music (ML)</p> <p>7:00 Current Events with Laurie on the Patio (E)</p>	<p>19</p> <p>9:30 Wayward Walkers (L)</p> <p>10:00 Water Exercise (P)</p> <p>10:00 Trip to LCBO (E)   </p> <p>2:00 Creative Cards with Susan (CC)</p> <p>3:00 Afternoon Social – Meet & Greet - National Daiquiri Day (ML)</p> <p>7:00 Euchre (CC) \$0.25 </p>	<p>20</p> <p>10:00 VIVAfit Sit (ML)</p> <p>11:30 BBQ with Entertainer Kim Atkins (E) or (ML)</p> <p>2:00 Rexall Pharmacy – Discussion / Presentation – Pain Management (MVP)</p> <p>3:00 Shopping at Denninger's (E)   </p> <p>7:00 SkipBo (CC)</p>	<p>21</p> <p>10:00 VIVAfit Sit– Class 1 (ML)</p> <p>10:30 VIVAfit Sit - Class 2 (ML)</p> <p>2:00 Shout it Out – BINGO (ML)</p> <p>3:00 Wacky Wordies (Pick-Up at Concierge)</p>
<p>22</p> <p>10:15 Catholic Communion (CC)</p> <p>10:30 Hymn Sing (ML)</p> <p>2:00 Sunday Matinee (MVP) "Best In Show" Jennifer Coolidge 2000</p> <p>2:15 Cribbage (CC)</p>	<p>23</p> <p>10:00 Better Balance with Bands (ML)</p> <p>10:30 Better Balance with Bands (ML)</p> <p>11:00 BOOKMOBILE (E)</p> <p>2:00 Bridge (CC)</p> <p>2:00 Shopping at Walmart (E)   </p> <p>3:00 National Vanilla Ice cream Day (PC)</p> <p>7:00 Lucky 7 Bingo (ML) </p>	<p>24</p> <p>10:00 VIVAfit Swim Fun (P)</p> <p>2:00 Euchre (CC) \$0.25 </p> <p>2:00 Trip to Dollarama / Rexall Pharmacy – Food Basics (E)   </p> <p>7:00 Movie Night (MVP) "Mr. Beans Holiday" Rowan Atkinson 2007</p>	<p>25</p> <p>10:30 Tai Chi Fitness (CC)</p> <p>2:30 Community Member Birthday Party (ML) with Entertainer Tim Clarke Celebrating June & July Birthday's - All invited</p> <p>7:00 Travel Log – Viewer's Choice (MVP)</p>	<p>26</p> <p>9:30 Wayward Walkers (L)</p> <p>10:00 Water Exercise (P)</p> <p>10:30 Trip to TD / Scotia Banks (E)  </p> <p>2:00 VIVALinks – Golf Simulator (VL)</p> <p>2:00 Bocce (ML)</p> <p>7:00 Euchre (CC) \$0.25 </p>	<p>27</p> <p>10:00 HeartBeats Club - fitness with Music (ML)</p> <p>11:30 Trip to Ridge Berry Farm for High Tea (E)    </p> <p>3:00 Freezie Fridays – Discussion "Memories of Friendships" (E)</p> <p>3:00 Dominoes (CC)</p> <p>7:00 SkipBo (CC)</p>	<p>28</p> <p>10:00 VIVAfit Fun– Class 1 (ML)</p> <p>10:30 VIVAfit Fun - Class 2 (ML)</p> <p>2:00 Shout it Out – BINGO (ML)</p> <p>3:00 Summer Trivia or Word Search (Pick-Up at Concierge)</p> <p>7:00 Saturday Night at the Movies "A New Day" – Celine Dion</p>
<p>29</p> <p>10:15 Catholic Communion (CC)</p> <p>10:30 Hymn Sing (ML)</p> <p>2:00 Sunday Matinee (MVP) "Captain Phillips" Tom Hanks 2013</p> <p>2:15 Cribbage (CC)</p>	<p>30</p> <p>10:00 VIVAfit Balance – (ML)</p> <p>2:00 Bridge (CC)</p> <p>2:00 VIVALinks – Golf Simulator (VL)</p> <p>7:00 Lucky 7 Bingo (ML) </p>	<p>31</p> <p>10:00 VIVAfit Swim Fun (P)</p> <p>12:00 Men's Luncheon (ML) </p> <p>2:00 Euchre (CC) \$0.25 </p> <p>7:00 Movie Night (MVP) "Andre Rieu: The Flying Dutchman" 2005</p>				

*Calendars are subject to change.