



Community Member Esther proudly displaying her artwork



Community Director Merav (right), stands with a guest presenter, kinesiologist Judy (left).



Posing during a party.



Chef Mitch preparing a meal.

V!VAvoice



May 2019

Your V!VA Community Newsletter

Welcome to May! There was a lot of activity in our Community this past month! From High Tea to Arts and Crafts, there was a lot to see and do. Check it out!



Delicious spread for High Tea.



Jessie and Hans.



Tasty treats.

Hans' Poets Corner "High Tea"

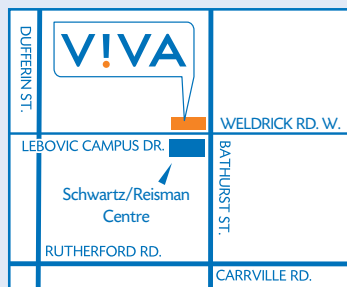
I watched the staff in preparation,
In an attempt to create civilization,
With high tea served in a China cup,
While drinking keep your pinkie up,
And please do not slurp your tea,
Show how refined we can be,
The conversation should not be too loud,
If you do not want to be escorted out,
Many thanks to the creators of this feat,
Those are the people you want to meet.



Friend in High (Tea) places.



Yum!



Making Today Great!

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Queen Victoria & Her Holiday

Victoria Day is a Canadian tradition and doesn't actually exist in most of England. However it is celebrated in parts of Scotland, especially Edinburgh, where it remains an official holiday.

When Victoria was just a little girl, she was known by her nickname, Drina.

Despite being born in England, Victoria only spoke German up until the age of three.

She married Prince Albert in 1840, although they'd known each other since she was 16. And it really was a family affair. Prince Albert of Saxe-Coburg and Gotha was her first cousin and his father was her mother's brother!

Because she was Queen, she had to propose to Albert, and not vice versa.

She took over the throne in 1837, after the death of William IV. She was just 18 years old.

She became a grandma at 39 and a great grandmother twenty years later.

She was the first Queen of Canada, sitting on the throne when this country was founded in 1867.

She liked to drink a concoction called Vin Mariani. One of its main ingredients? Cocaine.

It's said it was Victoria who started the tradition of a bride wearing white. Before her wedding, a woman would simply wear her best dress, no matter what colour it was.

SUDOKU FUN!

1				9	4	7		5
5	7	3	1		2			
	4			5	3	1		8
	8	1	5	6	7	3	4	
			8		1			7
	5	6	4		9			2
4	6						9	
	3		9	1			7	6
9				4				

1	4	2		9				5	
7			4					8	9
8		5						2	4
2					4	8			
	3				1	2	6		
	8			7	2	9	4	1	
	5		2		6				
	2	8			9	4	1		
	7	9	1		8	5	3		

Each puzzle consists of a 9x9 grid containing given clues in various places. The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3x3 box.



May 2019 WEEKS 1, 2 & 3 VIVA Thornhill Woods

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LEGEND						
Orange Fitness Class Purple Special Event Green Excursion Sign Up Cost Required Shuttle Walking	(PC) Perks! Café (PP) Pints! Pub (VP) V!VAplex (VG) Victory Garden (VS) V!VAfit Studio (L) Lobby (CC) Community Commons (BG) Brain Gym (CK) V!VAcraft Kitchen (FD) Family Den (HR) Horticulture Room (P) Pool (MDR) Mackenzie Dining Room		1 9:30 Therapy Dog Visit (L) 10:00 Mandi's Yoga (VS) 10:00 V!VAfit Sit (FD) 10:00 - Kinderlach Daycare Visits (CK) 11:30 Mandi's Muscle Mix (VS) 2:00 Making: Warm Nachos & Dip (CK) 3:00 Cino De Mayo Social w/ Entertainment (L) 3:00 Audio Book Club (PDR) 4:00 Crafts w/ Nadine (CK) 7:00 BEANO! (CK) 7:00 Movie: "Hello, My Name Is Doris" (2015) (FD)	2 8:45 Yom HaShoah Commemoration at Bialik Hebrew Day School 10:00 V!VAfit Balance (VS) 11:00 Word Twist (PP) 11:45 Lunch at The Spoon and Fork 3:30 Musical Wonders of Ritchie Valens (PP) 4:00 Yiddish Club (PP) 5:00 Interactive Supper with Chef Mitch (CK) 7:00 Games Night (L)	3 10:00 V!VAfit & Stand (VS) 10:00 V!VAfit Sit (FD) 11:00-3:00 Ezfit Shoes (PC) 11:00 Game Show Live: The Price Is Right (PP) 2:00 Current Events with the Harris's (PP) 3:15 Cocktail Hour: Program Meeting with Stephanie (PP) 4:00 Spot Light with Stephanie (Lifetyles) (PP) 6:00 Shabbat Service at Beit Rayim Synagogue	4 10:00 V!VAfit Sit (VS) 11:00 Word Twist (PP) 2:00 Rummikub: Advanced and beginners (L) 3:00 Audio Book Club (PDR) 4:00 Crafts with Lifestyles: Flowerpots (CK) 7:00 Poker (BG) 7:00 New Release Movie: "Mary Poppins Returns" (2018) (VP)
5 10:00 V!VAfit Sit and Stand (VS) 11:00 Catchphrase (BG) 2:00 Black Jack! (PC) 3:00 Shtisel Series: Episode #1 (VP) 4:00 Strutters Walking Club (Meet in Lobby) 7:00 New Release Movie: "The Favourite" (2018) (VP)	6 9:00 Memory Tray (FD) 10:00 Mandi's Zumba (VS) 10:00 V!VAfit Sit (FD) 11:00 Wheel of Fortune (PP) 1:30 Therapy Dog Visits (L) 2:00 Nosh & Drosh with Dalia (CK) 3:00 Knit and Chat (CK) 3:00 Audio Book Club (PDR) 4:00 Sarah Brickman Piano Recital (L) 7:00 BEANO! (CK) 7:00 Documentary: "History's Greatest Hoaxes" (VP)	7 9:00 Concentration (FD) 10:00 Center Point Mall (L) 10:00 V!VAfit Strength (VS) 10:40 Catchphrase (PP) 11:15 Chocolate and chat with Merav (PC) 1:30 Library Visit (L) 2:00-3:30 Presentation: Musical Stars of Stage and Screen with Rosalin Krieger (VP) 4:00 Friendly Bola Ball (VS) 7:00 Lianne Harris History Presents: The Victorians (VP)	8 9:00 Spot the Difference and Morning Coffee (PC) 9:30 Therapy Dog Visit (L) 10:00 Mandi's Yoga (VS) 10:00 V!VAfit Sit (FD) 11:00 Community Council Meeting (VP) 2:00 Billiards with Bruce: Tips and Tricks (PP) 3:00 Audio Book Club (PDR) 4:00 Beading with Nadine (CK) 7:00 BEANO! (CK)	9 8:30 Breakfast Club with Chef Mitch (CK) 10:00 V!VAfit Balance (VS) 11:00 Word Twist (PP) 2:00 Rexall Presentation: Kimberley "Healthy Eyes" (VP) 3:00 Discussion: Mother's Know Best (CK) 3:15 Gardening Club (VG) 4:00 Yiddish Club to Celebrate Yom Ha'atzmaut (PP) 7:00 Entertainment: Sima (PC)	10 9:30 Yummy Market & Dollerama 10:00 V!VAfit Sit (FD) 11:00 Mandi's Muscle Mix (VS) 12:00 Toronto Jewish Film Festival: Forgotten Soldier 2:00 Current Events with the Harris's (PP) 3:15 Cocktail Hour: Laugh Lounge (PP) 4:00 Favourite Music Hour Buddy Holly (PP) 6:00 Shabbat Service (VP)	11 10:00 V!VAfit Sit (VS) 11:00 Word Twist: Mother's Day theme (PP) 2:00 Rummikub: Advanced and beginners (L) 3:00 Audio Book Club (PDR) 4:00 Mother's Day Crafts with Lifestyles: (CK) 7:00 Poker (BG) 7:00 Sheldon Glass Movie (VP)
12 Mother's Day 10:00 V!VAfit Sit and Stand (VS) 11:00 Catchphrase: Mother's Day theme (BG) 12:00-2:00 Mother's Day Brunch 12:15-1:45 Mother's Day Entertainment: Dianne Parke-Jones 3:00 Shtisel Series: Episode #2 (VP) 4:00 Strutters Walking Club (Meet in Lobby) 7:00 Mother's Day Movie: "Mother's Day" (2016)	13 10:00 Mandi's Zumba (VS) 10:00 V!VAfit Sit (FD) 11:00 Wheel of Fortune (PP) 12:00 Magnotta Winery Tour and Tasting 1:30 Therapy Dog Visits (L) 2:00 Nosh & Drosh with Dalia (CK) 3:00 Knit and Chat (CK) 3:00 Audio Book Club (PDR) 7:00 BEANO! (CK) 7:00 Documentary: "Secrets of Great British Castles" (VP)	14 9:00 Giant Crossword and Morning Coffee (PC) 10:00 V!VAfit Strength (VS) 10:40 Catchphrase (PP) 11:00 Richmond Hill Public Library 11:15 Snack and chat with Merav (PC) 2:00-3:30 Presentation: "Growing up Jewish in Jamaica" with Willy Lindo (VP) 4:00 Friendly Bola Ball (VS) 5:00 Supper: Sofra 7:00 Pub Social Trivia (PP)	15 9:00 Concentration (FD) 10:00 Mandi's Yoga (VS) 10:00 V!VAfit Sit (FD) 11:00 Mandi's Muscle Mix (VS) 11:00 Woodbine Casino 1:30 Hearing Clinic with Martin (FD) 2:00 Book Club (FD) 3:00 Audio Book Club (PDR) 4:00 Crafts w/ Nadine (CK) 7:00 BEANO! (CK) 7:00 "Jackie" (2016) (FD)	16 9:00 Word Search and Morning Coffee (PC) 10:00 Bank and Shoppers Drug Mart 10:00 V!VAfit Balance (VS) 11:00 Word Twist (PP) 1:30 Walmart 2:00 Presentation: "Sunkin' Treasures" with Gerry Lasky (PP) 3:30 Spelling Bee (BG) 4:00 Yiddish Club (PP) 5:00 Interactive Supper with Chef Mitch (CK) 7:00 Games Night (L)	17 10:00 V!VAfit & Stand (VS) 10:00 V!VAfit Sit (FD) 11:00 Game Show Live: The Price Is Right (PP) 11:00 Lunch Outing: Cynthia 2:00 Current Events with the Harris's (PP) 3:00 New Community Members Welcome Tea (PC) 4:00 Favourite Music Hour with The Big Popper(PP) 6:00 Shabbat Service (VP)	18 10:00 V!VAfit Sit (VS) 11:00 Word Twist (PP) 2:00 Rummikub: Advanced and beginners (L) 3:00 Audio Book Club (PDR) 4:00 Crafts with Lifestyles: Bird Feeders (CK) 7:00 Poker (BG) 7:00 New Release Movie: "Dog Days" (2017)

May 2019		WEEKS 3 & 4					VIVA Thornhill Woods
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
19 10:00 V!VAfit Sit and Stand (VS) 11:00 Catchphrase (BG) 2:00 Black Jack! (PC) 3:00 Shtisel Series: Episode #3 (VP) 4:00 Strutters Walking Club (Meet in Lobby) 7:00 New Release Movie: "Green Book" (2018) (VP)	20 10:00 Mandi's Zumba (VS) 10:00 V!VAfit Sit (FD) 11:00 Wheel of Fortune (PP) 2:00 Did you Know Facts about the Royal Family (PP) 3:00 Knit and Chat (CK) 3:00 Victoria Day Entertainment: David Wildsmith (L) 7:00 BEANO! (CK) 7:00 Documentary: "The Royal House of Windsor" (VP)	21 10:00 V!VAfit Strength (VS) 10:00 Hilcrest Mall (L)  10:40 Catchphrase (PP) 11:15 Chocolate and chat with Merav (PC) 1:00 Shopping: Windflower Gate Plaza  2:00 Poetry with Hans (CK) 3:00 Never Have I Ever Show (PP) 4:00 Friendly Bola Ball (VS) 7:00 Pub Social Trivia (PP)	22 9:30 Therapy Dog Visit (L) 10:00 Mandi's Yoga (VS) 10:00 V!VAfit Sit (FD) 10:00-12:00 Kinderlach -Schwartz/Reisman daycare at the JCC  11:00 Mandi's Muscle Mix 2:00 Billiards with Bruce: Tips and Tricks (PP) 2:00 Black Jack! (PC) 3:00 Audio Book Club (PDR) 4:00 Beading Nadine(CK) 7:00 Dog Obedience Club	23 9:00 Laughter Hour (PP) 10:00 V!VAfit Balance (VS) 10:00 Outing: Angelo's Garden Centre (L)  11:00 Word Twist (PP) 12:00 Men's Lunch Club: Lone Star (L)  2:00 Yiddish Café Entertainment: Yitznak Argaman (L) 3:15 Game Show: Name that Food (PP) 4:00 Gardening Club (VG)	24 10:00 Walking Program at Lake Wilcox  10:00 V!VAfit & Stand (FD) 11:00 Mandi's Muscle Mix (VS) 11:00 Memory Tray (FD) 2:00 Current Events with the Harris's (PP) 3:00 Crafts with Lifestyles: Wine and Paint (CK) 4:00 Musical Wonders of Elvis (PP) 6:00 Shabbat Service (VP)	25 10:00 V!VAfit Sit (VS) 11:00 Word Twist (PP) 2:00 Rummikub: Advanced and beginners (L) 3:00 Audio Book Club (PDR) 4:00 Zen Colouring (FD) 7:00 Poker (BG) 7:00 Sheldon Glass Movie (VP)	
26 10:00 V!VAfit Sit and Stand (VS) 11:00 Catchphrase (BG) 2:00 Black Jack! (PC) 3:00 Shtisel Series: Episode #4 (VP) 4:00 Strutters Walking Club (Meet in Lobby) 7:00 New Release Movie: "A Private War" (2018) (VP)	27 10:00 Mandi's Zumba (VS) 10:00 V!VAfit Sit (FD) 11:00-3:00 "The \$10 Sale" with Judy and Gerry (PC) 11:00 Wheel of Fortune (PP) 1:30 Therapy Dog Visits (L) 2:00 Nosh & Drosh w/ Dalia (CK) 2:00 Birthday Social (MDR) 3:00 Birthday Social with Matthew Vilord (PC) 3:00 Knit and Chat (CK) 7:00 BEANO! (CK) 7:00 Doc: The World's Most Extraordinary Homes (VP)	28 9:00 Giant Crossword and Morning Coffee (PC) 10:00 V!VAfit Strength (VS) 10:40 Catchphrase (PP) 11:15 Snack and chat with Merav (PC) 1:00 Ceramic Outing to Art Time  2:00 3:00 Men's Club: Beer Tasting (PP) 4:00 Friendly Bola Ball (VS) 5:00 Supper: Steeles Deli 	29 9:30 Therapy Dog Visit (L) 10:00 Mandi's Yoga (VS) 10:00 V!VAfit Sit (FD) 11:00 Mandi's Muscle Mix (VS) 2:00-3:30 Presentation: "Frauds and Scams Towards Seniors" with Constable Bussie Wood (VP) 3:00 Audio Book Club(PDR) 4:00 Crafts w/ Nadine (CK) 7:00 BEANO! (CK) 7:00 Papa Jo's Movie: "Manchester by the Sea" (2016) (FD)	30 10:00 Bank and Shoppers Drug Mart  10:00 V!VAfit Balance (VS) 11:00 Word Twist (PP) 12:00 BBQ Lunch (PP)  2:00 Entertainment: "The Golden Age of Radio" 3:30 Spelling Bee (BG) 4:00 Yiddish Club (PP)	31 10:00 V!VAfit & Stand (VS) 10:00 Walmart  10:00 V!VAfit Sit (FD) 2:00 Current Events with the Harris's (PP) 3:15 Cocktail Hour and Team Member Spotlight: Jennie (PP) (PP) 4:00 Musical Wonders of Ritchie Valens (PP) 6:00 Shabbat Service (VP)		



Happy Victoria Day
&
Happy Yom HaAtzmaut