

| August 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 (TR) Therapy Room (VP) VIVAplex (VG) Victory Garden (VS) VIVAfit Studio (L) Lobby (CC) Community Commons (BG) Brain Gym (CK) VIVAcraft Kitchen (FD) Family Den (HR) Horticulture Room (P) Pool | | | 1 10:00 Fit Sit & Stand (VS) 11:00 Catchphrase (BG) 2:00 Chocolat Favoris (ice-cream & chocolate shop) 3:00 Crafts/Painting w/ Chandrika (CK) 4:00 Afternoon Trivia (BG) 7:00 Latin, Bollywood, & Belly Dance show (PP) | 2 9:00 Aquafit (P) 10:00 Fit Sit & Stand (VS) 10:00 VIVAfit Sit (FD) 11:00 Text Twist (PP) 2:00 Concert w/ Matthew Vilord (L) 3:30 Music & Summer Treats (VG) 6:00 Shabbat Service (VP) | 3 10:00 Fit Sit & Stand (VS) 11:00 Words Within A Word (BG) 2:00 iPad, iPhone, & computer assistance (L) 3:00 Name That Tune (PP) 4:00 Strutters Walking Club (L) 7:00 Movie Night: Daddy Day Care (VP) | |
| 4 10:00 VIVAfit Sit (FD) 11:00 Catchphrase (BG) 2:00 Black Jack (L) 3:00 Concert w/ special guest Emilio Zarris (L) 4:15 Happy Hour (PP) 7:00 Movie Night: Elizabeth the Golden Age (VP) | 5 10:00 Fit Sit & Stand (VS) 10:00 VIVAfit Sit (FD) 11:00 Pictionary (BG) 3:00 Knit & Chat (CK) 2:00 Lecture w/ Mickey Lewin (PP) 3:00 Audio Book Club (PDR) 4:00 Sarah Brickman Piano Recital (L) 7:00 BEANO! (CK) 7:00 Movie Night: La La Land (VP) | 6 9:00 Aquafit (P) 9:45 Hillcrest Mall 10:00 Fit Sit & Stand (VS) 10:40 Brain Teasers (PP) 11:15 Chocolate & Chat w/ Merav (PC) 2:00 Black Jack (L) 3:00 Poetry w/ Hans (PP) 7:00 - 8:00 Treasures of the Deep Seas w/ Lianne Harris (PP) | 7 8:45 Aquafit (P) 9:30 Therapy Dog Visit (L) 10:00 Mandi's Yoga (VS) 11:00 Mandi's Muscle Mix (VS) 3:00 Audio Book Club (FD) 4:00 Crafts w/ Nadine (CK) 7:00 BEANO! (CK) 7:00 Movie Night: Mona Lisa Smile (VP) | 8 8:30 Breakfast Club w/ Mitch (CK) 9:45 Shoppers & Bank 10:00 Fit Sit & Stand (VS) 11:00 Presentation "Sleep Tight" by Rexall (VP) 11:45 Men's Club Lunch: Fish & Chips 3:00 Crafts/Painting w/ Chandrika (CK) 4:00 Yiddish Club w/ Joseph 7:00 Concert: Chantelle Epstein (PP) | 9 10:00 Mandi's Zumba (VS) 10:00 Fit Sit (FD) 11:00 Text Twist (PP) 2:00 August Birthday Celebration (MD) 3:00 Tom Hamilton Duo: Jewish Cultural Music Concert (PP) 6:00 Shabbat Service (VP) | 10 10:00 VIVAfit Sit & Stand (VS) 11:00 Words Within A Word (BG) 2:00 Name That Tune (PP) 3:00 Smors in the garden w/ Mitch 7:00 "Fair Machine" w/ guest speaker Dr. Christopher Di Carlo (PP) | |
| 11 10:00 VIVAfit Sit (FD) 11:00 Catchphrase (BG) 2:00 Yummy Market 3:30 Jeopardy Trivia (PP) 7:00 "Between Folk & Classical" lecture w/ special guest Joseph Sharon (PP) | 12 10:00 Fit Sit & Stand (VS) 11:00 TENA @ Home – product presentation by TENA incontinence products (VP) 11:15 Cynthia's Paradise Restaurant (11:45) 1:30 Therapy Dog Visit (L) 3:00 Audio Book Club (PDR) 3:00 Knit & Chat (CK) 7:00 BEANO! (CK) 7:00 Movie Night: Sense & Sensibility (VP) | 13 10:00 VIVAfit Sit & Stand (VS) 10:40 Brain Teasers (PP) 11:15 Snack & Chat w/ Merav (PC) 1:30 Library visit (L) 2:00 Brain Games (PP) 3:00 Choir w/ Mickey Lewin (PP) 7:00 "Behind the Scenes w/ Jacob" -presentation & movie (VP) | 14 8:45 Aquafit (P) 9:30 Therapy Dog Visit (L) 10:00 Fit Sit & Stand (VS) 11:00 Community Council (VP) 2:00-4:00 Lecture w/ Roselin Krieger (L) 3:00 Audio Book Club (PDR) 4:00 Beading w/ Nadine 7:00 BEANO! (CK) 7:00 Movie Night: The Theory of Everything (VP) | 15 9:00 Aquafit (P) 10:00 Fit Sit & Stand (VS) 11:00-4:00 Sonita Accessories, vendor (PP) 11:45 Sofra Mediterranean Restaurant 2:00 Black Jack (PC) 3:00 Crafts/Painting w/ Chandrika (CK) 4:00 Men's Club: Whisky Tasting w/ Neil (PP) 5:00 Interactive Supper w/ Chef Mitch (CK) | 16 10:00 Fit Sit & Stand (VS) 11:00 Text Twist (PP) 2:00 Redemption on the Silver Screen w/ Dr. Christopher DiCarlo (PP) 3:30 Happy Hour (PP) 6:00 Shabbat Service (VP) | 17 10:00 Fit Sit & Stand (VS) 11:00 Words Within A Word (BG) 2:00 Price is Right (PP) 3:00 Ted Talk: Inspirational Videos (VP) 4:00 Name That Tune (PP) 7:00 The Pilgrimage of Franz Liszt w/ Joseph Sharon (PP) | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| 18 10:00 V!VAfit Sit & Stand (VS) 11:00 Catchphrase (BG) 2:00 Concert by Vivianna (L) 3:30 Happy Hour Social (VG) 7:00 Movie Night (VP) | 19 10:00 Fit Sit & Stand (VS) 11:00 Pictionary (BG) 1:30 Therapy Dog Visit (L) 2:00 Crafts w/ Chandrika 3:00 Knit & Chat (CK) 3:30 Audio Book Club 7:00 BEANO! (CK) 7:00 Movie Night (CK) | 20 10:00 Fit Sit & Stand (VS) 10:30-11:30 Wellness Clinic (FD) 10:40 Brain Teasers (PP) 11:15 Chocolate & Chat w/ Merav (PC) 2:00 Black Jack (L) 3:00 Poetry w/ Hans (CK) 7:00 Lecture w/ Mickey Lewin (PP) | 21 8:45 Aquafit (P) 9:30 Therapy Dog Visit (L) 10:00 Mandi's Yoga (VS) 11:00 Mandi's Muscle Mix (VS) 11:00-3:00 EzFit Shoes, vendor (PP) 3:00 Audio Book Club (PDR) 4:00 Crafts w/ Nadine (CK) 7:00 BEANO! (CK) 7:00 Movie Night (VP) | 22 8:30 Breakfast Club w/ Mitch (CK) 10:00 Fit Sit & Stand (VS) 11:30 Lunch: Kotsy's Restaurant 2-4 Yidish Café w/ Klara Bagley 6:00 Mill Street Concert in the Park: Bee Gees | 23 9:00 Aquafit (P) 10:00 V!VAfit Sit (FD) 11:00 Text Twist (PP) 11:45 Captain's Boil Seafood Restaurant 2:00 Robert Testa & Revel Magic show (L) 3:30 Happy Hour (VG) 6:00 Shabbat Service (VP) | 24 10:00 V!VAfit Sit & Stand (VS) 11:00 Words Within A Word (BG) 2:00 Guess the Flavor w/ Chef Mitch (CK) 3:00 Ted Talk: Inspirational Videos (VP) 4:00 Name That Tune (PP) 7:00 Movie Night (VP) |
| 25 10:00 V!VAfit Sit (FD) 11:00 Catchphrase (BG) 2:00 Linda Wells Duo: Keyboard, Guitar, Vocals (PP) 3:30 Summer Treats (VG) 7:00 Movie Night (VP) | 26 10:00 Mandi's Zumba (VS) 10:00 Fit Sit (FD) 11:00 Pictionary (BG) 2:00 Walmart 3:00 Audio Book Club (PDR) 4:00 Balloon Volleyball (VS) 4:45 Dinner Outing 7:00 Movie Night (VP) 7:00 BEANO! (CK) | 27 10:00 Fit Sit & Stand (VS) 10:40 Brain Teasers (PP) 11:15 Snack & Chat w/ Merav (PC) 2:00 - 3:30 Concert w/ special guest musician, Army G. 4:00 Summer Treats (PP) 7:00 Movie Night (VP) | 28 8:45 Aquafit (P) 9:30 Therapy Dog Visit (L) 10:00 Mandi's Yoga (VS) 11:00 Mandi's Muscle Mix (VS) 2:00 Choir w/ Mickey Lewin (PP) 3:00 Audio Book Club (PDR) 4:00 Beading w/ Nadine (CK) 7:00 BEANO! (CK) 7:00 Movie Night (VP) | 29 10:00 Sit & Stand (VS) 9:45 Promenade 11:00 Baking w/ Megan, hands on (CK) 11:30 Lunch outing 2:00 Crafts w/ Chandrika (CK) 3:00 Black Jack (L) 4:00 Yiddish Club w/ Joseph (PP) 7:00 Island Accent Duo (L) | 30 9:00 Aquafit (P) 10:00 Sit & Stand (VS) 10:00 V!VAfit Sit (FD) 11:00 Text Twist (PP) 2:00 Price is Right (PP) 3:30 Happy Hour (VG) 6:00 Shabbat Service (VP) | 31 10:00 V!VAfit Sit & Stand (VS) 11:00 Words Within A Word (BG) 2:00 Wine Tasting w/ AJ (Argentina) 3:00 Ted Talk: Inspirational Videos (VP) 4:00 Name That Tune (PP) 7:00 Movie Night (VP) |

What is the best time to see the dentist?

Tooth – hurty in the afternoon.