



Musician Jay Vazquez becomes is a V!VA hit!

As we begin to enjoy more indoor musical performances, one fantastic performance by musician Jay Vazquez stood out amongst the crowd. Playing various instruments, Jay got the whole room up and dancing, which was a delight to see as this was the first time we had a performer in our Pub since opening. We were very happy to have Jay christen our *Pints!* pub, and look forward to his upcoming performance for our Thanksgiving Social!

Don't miss out!



Grandparents Day Celebration

Sunday, September 13th, 12:00pm - 5:00pm

Don't miss out on our fun-filled parking lot social as we celebrate Grandparent's Day. Book your time slot to come and have your family picture professional taken in our gazebo photobooth, and enjoy a visit in your own private visitation pod. For more information and to RSVP, please see your Lifestyles Team. We look forward to seeing everyone there!

V!VA voice

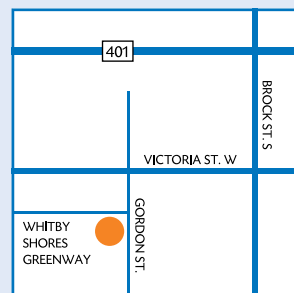
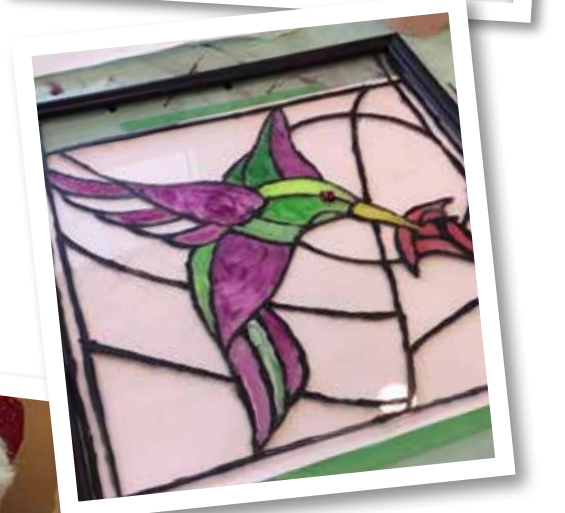


September 2020

Your V!VA Community Newsletter

Artistic Expressions

This past month, Community Members expressed their creativity and artistic skills by participating in the creation of several different pieces of art. Classes were guided by our Lifestyles Team, who taught Community Members how to blend various materials to create stain glass art and beach inspired paintings. Community Members were proud of their work and look forward to our up-coming art classes.



Making Today Great!

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AUTUMN WORD SEARCH

FIVE FALL FOLIAGE FACTS

1 Although we notice the leaves change color in the fall, the red, orange and yellow pigments are actually present in leaves all year round! The only difference is that during other seasons, the pigments are primarily underneath the leaves' surface.

2 The reason these beautiful colors come out in the fall has to do with the change in sunlight. As the summer sun starts to die down, the chemical chlorophyll breaks down, which brings out the hidden colors.

3 Some suspect that global warming may have a negative impact on fall foliage, since part of the reason leaves change has to do with the change in temperature.

4 A leaf's color is typically a result of the species of tree it can be found on – for example, the leaves on aspen trees are generally a golden yellow during the fall months.

5 Leaves that fall to the ground during this time of year are extremely important for the ecosystem, as they become a form of protection for tree seeds as they germinate during the winter.

G O S T D P M R E K L K V E A M R E D V M A S A Q
 E Y B A B E G K Z O Q N P P P G S Z I R Z C P J B
 N Z P E U F A N N J C K Q J P J X W Q N J O V S Z
 C K S L O T B C K K I R X G L Q Z H P K Y R V J P
 J I J H F W U D L M D C E T E Z M H K J X N C M J
 L W F G Q O Y M B X E N O H S H T Y H D W S O E J
 E O M I L D M D N N R B L B G I I E H Z C V L W G
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 U Z P J A F A X R H X D G E O C F A R B Y P U H E
 S J U B Q S D V M W L Y D B A H O R B O Q W R Q T
 I R F O H B E O E B M O W Z F W H W Y O W Y S K R
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 U G N N D A U W U K V N M O V A X D N L Q K E O O
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 P B G Z B E C N F T P V T G C R U N C H W N H R C

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|--------------------|----------------|---------------|---------------|--------------|
| <i>Chlorophyll</i> | <i>Hayride</i> | <i>Orange</i> | <i>Chilly</i> | <i>Red</i> |
| <i>Labour</i> | <i>Foliage</i> | <i>Autumn</i> | <i>Brown</i> | <i>Trees</i> |
| <i>Day</i> | <i>Pumpkin</i> | <i>Leaves</i> | <i>Crunch</i> | <i>Hay</i> |
| <i>Pigment</i> | <i>Colours</i> | <i>Acorns</i> | <i>Cider</i> | |
| <i>Harvest</i> | <i>Yellow</i> | <i>Apples</i> | <i>Rake</i> | |

LEGEND

- **Orange Fitness Class**
- **Purple Special Event**
- **Green Excursion**
- Sign Up
- Cost Required
- Shuttle
- Walking

Main Floor

- (L) Lobby
- (PC) Perks! Café
- (BG) Brain Gym
- (CK) V!VAcraft Kitchen
- (HR) Horticulture Room
- (TR) Therapy Room
- (VS) V!VAfit Studio
- (P) Pool
- (VG) Victory Garden

2nd Floor

- (FD) Family Den
- (HL) Horticultural Room Lounge
- (WS) Wellness Station

7th Floor

- (PP) Pints! Pub
- (VP) V!VAplex
- (CC) Community Commons
- (VL) V!VAlinks Golf Simulator

Here's a sample calendar featuring all the fun events, activities and programs from August!

2

- 10:15 Croissants, Coffee and Current Events (PC)
- 11:00 V!VAfit Sit Class (VS)
- 2:00 V!VAfit Sit Class (FD)
- 3:00 **Movie Matinee:** Shall We Dance? (VP)
- 7:00 **Movie Night:** Shall We Dance? (VP)

3

- 10:30 V!VAfit Sit & Stand Class (VS)
- 11:30 V!VAfit Sit & Stand Class (VS)
- 3:00 **Travelogue with Claire: Germany (VP)**
- 4:30 V!VAfit Strolls: Ontario Shores Grounds (L)

4

- 10:30 V!VAfit Strength Class (VS)
- 11:15 Knitting Club (CK)
- 11:30 V!VAfit Strength Class (VS)
- 2:00 V!VAfit Sit Class (FD)
- 3:00 Arts & Crafts: DIY Stained Glass (CK)
- 7:00 **V!VA Women's Circle with Betsy (VP)**

5

- 10:15 **Walking Club: Outing to McLaughlin Bay Wildlife Reserve (L)**
- 10:30 V!VAfit Combo Class (VS)
- 11:30 V!VAfit Combo Class (VS)
- 3:00 **Classic Movie Matinee:** Swing Time (VP)
- 7:00 **Classic Movie Night:** Swing Time (VP)

6

- 10:15 **Shopping Shuttle: Walmart (L)**
- 10:30 V!VAfit Strength Class (VS)
- 11:30 V!VAfit Strength Class (VS)
- 2:00 V!VAlinks Golf Simulator with Robert (VL)
- 2:00 V!VAfit Sit Class (FD)
- 3:00 Brain Workout: Trivia with Numbers (PC)

7

- 10:30 V!VAfit Balance Class (VS)
- 11:30 V!VAfit Balance Class (VS)
- 2:00 V!VAfit Open Gym (VS)
- 3:00 **Presentation: The History of the CN Tower (VP)**
- 4:30 Technology Class (CK)

Community Member Council Elections 9:00am – 4:00pm (HR)

8

- 10:15 Brain Workout: Word in a Word (PC)
- 11:00 V!VAfit Sit Class (VS)
- 3:00 **Movie Matinee:** Saving Mr. Banks (VP)
- 7:00 **Movie Night:** Saving Mr. Banks (VP)

9

- 10:15 Croissants, Coffee and Current Events (PC)
- 11:00 V!VAfit Sit Class (VS)
- 2:00 V!VAfit Sit Class (FD)
- 3:00 **Movie Matinee:** Marley & Me (VP)
- 7:00 **Movie Night:** Marley & Me (VP)

10

- 10:30 V!VAfit Sit & Stand Class (VS)
- 11:30 V!VAfit Sit & Stand Class (VS)
- 2:00 V!VAfit Open Gym (VS)
- 3:00 **Program Meeting: Everyone Welcome! (VP)**
- 4:30 Brain Workout: Jokes, Riddles & Brain Teasers (PC)

11

- 10:30 V!VAfit Strength Class (VS)
- 11:15 Knitting Club (CK)
- 11:30 V!VAfit Strength Class (VS)
- 2:00 V!VAfit Sit Class (FD)
- 3:00 **Team Member Spotlight: Maggie (PC)**
- 7:00 **V!VA Women's Circle with Betsy (VP)**

12

- 10:15 **Walking Club: Outing to Kiwanis Heydenshore Park (L)**
- 10:30 V!VAfit Combo Class (VS)
- 11:30 V!VAfit Combo Class (VS)
- 2:00 V!VAfit Open Gym (VS)
- 3:00 **Classic Movie Matinee:** Mary Poppins (VP)
- 7:00 **Classic Movie Night:** Mary Poppins (VP)

13

- 10:15 **Shopping Shuttle: Costco Plaza (Winners, Michael's HomeSense) (L)**
- 10:30 V!VAfit Strength Class (VS)
- 11:30 V!VAfit Strength Class (VS)
- 2:00 V!VAlinks Golf Simulator with Robert (VL)
- 2:00 V!VAfit Sit Class (FD)
- 3:00 **Garden Party with Live Entertainment (VG)**

14

- 10:30 V!VAfit Balance Class (VS)
- 11:30 V!VAfit Balance Class (VS)
- 2:00 V!VAfit Open Gym (VS)
- 3:00 **Cooking Demo with Chef Robert: Duck (CK)**
- 4:30 Drinks on the Patio (PC)

15

- 10:15 Brain Workout: Word in a Word (PC)
- 11:00 V!VAfit Sit Class (VS)
- 2:00 Gardening with Laura (VG)
- 3:00 **Movie Matinee:** Me Before You (VP)
- 7:00 **Movie Night:** Me Before You (VP)

August 2020 WEEKS 4, 5 & 6 V!VA Whitby Shores

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
16 10:15 Croissants, Coffee and Current Events (PC) 11:00 V!VAfit Sit Class (VS) 2:00 V!VAfit Sit Class (FD) 3:00 Movie Matinee: Mr. Bean's Holiday (VP) 7:00 Movie Night: Mr. Bean's Holiday (VP)	17 10:30 V!VAfit Sit & Stand Class (VS) 11:30 V!VAfit Sit & Stand Class (VS) 2:00 Travelogue with Claire: Australia (VP) 3:00 V!VAfit Open Gym (VS) 4:30 Welcoming Committee Meeting (CK)	18 10:30 V!VAfit Strength Class (VS) 11:15 Knitting Club (CK) 11:30 V!VAfit Strength Class (VS) 2:00 V!VAfit Sit Class (FD) 3:00 Rexall Presentation: Healthy Sleep (VP) 4:30 Nintendo Wii Bowling (FD) 7:00 V!VA Women's Circle with Betsy (VP)	19 10:15 Walking Club: Lynde Shores Conservation Area 10:30 V!VAfit Combo Class (VS) 11:30 V!VAfit Combo Class (VS) 3:00 Classic Movie Matinee: How to Marry a Millionaire (VP) 4:30 Tea & Chat (FD) 7:00 Classic Movie Night: How to Marry a Millionaire (VP)	20 10:15 Shopping Shuttle: Pickering Town Center & Loblaws 10:30 V!VAfit Strength Class (VS) 11:30 V!VAfit Strength Class (VS) 2:00 V!VAlinks Golf Simulator with Robert (VL) 2:00 V!VAfit Sit Class (FD) 3:00 Live Entertainment by David (Victory Garden)	21 10:30 V!VAfit Balance Class (VS) 11:30 V!VAfit Balance Class (VS) 2:00 Food Committee Meeting (VP) 3:00 V!VAfit Open Gym (VS) 4:30 Scrabble (FD)	22 10:15 Brain Workout: Word in a Word (PC) 11:00 V!VAfit Sit Class (VS) 2:00 Charades with Kelly (PC) 3:00 Movie Matinee: Moulin Rouge (VP) 7:00 Movie Night: Moulin Rouge (VP)	
23 10:15 Croissants, Coffee and Current Events (PC) 11:00 V!VAfit Sit Class (VS) 2:00 V!VAfit Sit Class (FD) 3:00 Movie Matinee: Four Weddings & A Funeral (VP) 7:00 Movie Night: Four Weddings & A Funeral (VP)	24 10:30 V!VAfit Sit & Stand Class (VS) 11:30 V!VAfit Sit & Stand Class (VS) 2:00 Zen Colouring (FD) 3:00 V!VAfit Open Gym (VS) 4:30 Discussion: The Meaning and Origins of Precious Stones (CK)	25 10:30 V!VAfit Strength Class (VS) 11:15 Knitting Club (CK) 11:45 Picnic & Games at Heydonshore Park 2:00 V!VAfit Sit Class (FD) 3:00 Team Member Spotlight: Community Relations Manager Jessica (PC) 4:30 Arts & Crafts: Scratch Art (CK) 7:00 V!VA Women's Circle with Betsy (VP) No 11:30am exercise class this day due to outing	26 10:15 Walking Club: Cullen Central Park 10:30 V!VAfit Combo Class (VS) 11:30 V!VAfit Combo Class (VS) 3:00 Classic Movie Matinee: An American in Paris (VP) 4:30 Rummikub (FD) 7:00 Classic Movie Night: An American in Paris (VP)	27 10:15 Shopping Shuttle: Walmart Plaza & Giant Tiger 10:30 V!VAfit Strength Class (VS) 11:30 V!VAfit Strength Class (VS) 2:00 V!VAlinks Golf Simulator with Robert (VL) 2:00 V!VAfit Sit Class (FD) 3:00 History Presentation with Lianne Harris: Royal Scandals (VP) 4:30 Physical Game: Ladder Ball (VS)	28 10:30 V!VAfit Balance Class (VS) 11:30 V!VAfit Balance Class (VS) 2:00 Hearing Presentation with Martin from Mobile Hearing Services (VP) 3:00 V!VAfit Open Gym (VS) 4:30 Technology Class (CK)	29 10:15 Brain Workout: Word in a Word (PC) 11:00 V!VAfit Sit Class (VS) 2:00 Scattegories with Ruth-Ann (PC) 3:00 Movie Matinee: Tootsie (VP) 7:00 Movie Night: Tootsie (VP)	
30 10:15 Croissants, Coffee and Current Events (PC) 11:00 V!VAfit Sit Class (VS) 2:00 V!VAfit Sit Class (FD) 3:00 Movie Matinee: Two Weeks' Notice (VP) 7:00 Movie Night: Two Weeks' Notice (VP)	31 10:30 V!VAfit Sit & Stand Class (VS) 11:30 V!VAfit Sit & Stand Class (VS) 2:00 Town Hall Meeting with Community Director Amanda (VP) 3:00 V!VAfit Open Gym (VS) 4:30 Introduction to V!VA Book Club (FD)	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="background-color: #f4a460; padding: 20px; border-radius: 15px; text-align: center; width: 30%;"> What happened after scientists watched the earth turn for 24 hours? </div> <div style="background-color: #f4a460; padding: 20px; border-radius: 15px; text-align: center; width: 30%;"> They got bored and called it a day. </div> </div>					

*Calendars are subject to change.