



A door-to-door sangria and cheese cart visits Community Members for an afternoon snack.



Don't miss out!

V!VAfit 1:1 Exercises
Monday – Saturday
10:00am – 5:00pm
(Please sign up for your slot.)

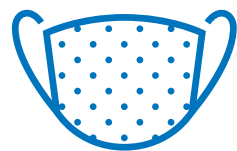
Grab and Go Activity Bags
Available in the V!VAcraft Kitchen – help yourself!

Themed Snack Carts
Offered once a week to your suite.

Remembrance Day Ceremony with Bag Piper
Wednesday, November 11th
10:45am – 11:15am

Caribbean Day with Steel Pan Drum Duo
Wednesday, November 27th
2:00pm – 3:00pm

Call (905) 431-7410 or email whitbyshores@vivalife.ca to learn more.



FACE MASKS MUST BE WORN WHEN PARTICIPATING IN ACTIVITIES

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51 Whitby Shores Greenway, Whitby, ON
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V!VA Whitby Shores Retirement Community



Enjoying a western-themed day in costume with a chance to shine in front of the camera in our photo booth.



A country band entertains us under the sun on our western-themed day.



Spaghetti Western watch out.



The three amigos western style.

V!VA Whitby Shores Retirement Community

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In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

BY LT. COL. JOHN MCCRAE

Sudoku Challenge

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.

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	

October 2020 WEEKS 1, 2 & 3 VIVA Whitby Shores


Sunday Monday Tuesday Wednesday Thursday Friday Saturday


LEGEND


Orange Fitness Class


Purple Special Event

Green Excursion

 Sign Up

 Cost Required

 Shuttle

 Walking

As we continue to maintain the health and safety of our community, there will be no November calendar. Here's a sample calendar featuring all the fun events, activities and programs from October!

1

10:30 **VIVAfit Strength Class (VS)**

11:30 **VIVAfit Strength Class (VS)**

2:00 **VIVALinks Golf Simulator with Robert (VL)**

2:00 **VIVAfit Sit Class (FD)**

3:00 **Staying Safe & Healthy with Amanda (VP)**

4:30 **Fall Garden Cleanup (HR)**

2

10:30 **VIVAfit Balance (VS)**

11:30 **VIVAfit Balance (VS)**

2:00 **Information Session on Full Evacuation Drill (VP)**

3:00 **VIVAfit Open Gym (VS)**

4:30 **VIVA Live: Jeopardy (VP)**

3

10:15 **Brain Workout: Word in a Word (PC)**

11:00 **VIVAfit Sit Class (VS)**

3:00 **Movie Matinee: Les Misérables: The Dream Cast in Concert (VP)**

7:00 **Movie Night: Les Misérables: The Dream Cast in Concert (VP)**

4

10:15 **Coffee & Current Events (CK)**

11:00 **VIVAfit Sit Class (VS)**

2:00 **VIVAfit Sit Class (FD)**

3:00 **Movie Matinee: The King's Speech (VP)**

7:00 **Movie Night: The King's Speech (VP)**

5

10:30 **VIVAfit Sit & Stand Class (VS)**

11:30 **VIVAfit Sit & Stand Class (VS)**

11:30 **Lunch in Pints! Pub - The Pickle Barrel**

2:00 **Welcoming Committee Meeting (CK)**

3:00 **Information Session on Full Evacuation Drill (VP)**

3:00 **VIVAfit Open Gym (VS)**

4:30 **Annual Fitness Testing (VS)**

6

10:30 **VIVAfit Strength Class (VS)**

11:15 **Knitting Club (CK)**

11:30 **VIVAfit Strength Class (VS)**

2:00 **Annual Fitness Testing (VS)**

2:00 **VIVAfit Sit Class (FD)**

3:00 **Travelogue: Japan (VP)**

4:30 **Arts & Crafts: Fall Mason Jars (CK)**

7

10:30 **VIVAfit Combo (VS)**

11:30 **VIVAfit Combo (VS)**

2:00 **FULL EVACUATION DRILL (L)**

4:30 **Physical Game: Ladder Ball (VS)**

7:00 **Classic Movie Night: A Streetcar Named Desire (VP)**

8

10:15 **Walking Club: Purple Woods Conservation Area (L)**

10:30 **VIVAfit Strength Class (VS)**

11:30 **VIVAfit Strength Class (VS)**

2:00 **Annual Fitness Testing (VS)**

2:00 **VIVAfit Sit Class (FD)**

3:00 **Fall Garden Cleanup (HR)**

4:30 **Technology Class – Ask Us Anything! (CK)**

9

10:30 **VIVAfit Balance (VS)**

11:30 **VIVAfit Balance (VS)**

1:30 **Scenic Drive to see the Fall Colours (L)**

2:00 **Documentary: Ruth Bader Ginsberg (RBG) (VP)**

3:00 **VIVAfit Open Gym (VS)**

4:30 **Annual Fitness Testing (VS)**

10

10:15 **Brain Workout: Word in a Word (PC)**

11:00 **VIVAfit Sit Class (VS)**

3:00 **Movie Matinee: On The Basis of Sex (VP)**

7:00 **Movie Night: On The Basis of Sex (VP)**

11

10:15 **Coffee & Current Events (CK)**

11:00 **VIVAfit Sit Class (VS)**

2:00 **VIVAfit Sit Class (FD)**

3:00 **Movie Matinee: Greenbook (VP)**

7:00 **Movie Night: Greenbook (VP)**

12 Thanksgiving

10:30 **VIVAfit Sit & Stand Class (VS)**

2:00 **Documentary: The Real Story of Thanksgiving (VP)**

3:00 **Thanksgiving Charades (PC)**

4:30 **Drink Making: Hot Apple Cider (CK)**

13

10:15 **Walking Club: Heber Downs Conservation Areas (L)**

10:30 **VIVAfit Strength Class (VS)**

11:15 **Knitting Club (CK)**

11:30 **VIVAfit Strength Class (VS)**

2:00 **VIVAfit Sit Class (FD)**

3:00 **Community Council Forum Meeting (VP)**

4:30 **VIVA Women's Circle with Betsy (PP)**

14

10:30 **VIVAfit Combo (VS)**

11:30 **VIVAfit Combo (VS)**

3:00 **Classic Movie Matinee: Avanti (VP)**

4:30 **Rummikub (FD)**

7:00 **Classic Movie Night: Avanti (VP)**

15

10:30 **VIVAfit Strength Class (VS)**

11:30 **VIVAfit Strength Class (VS)**

11:30 **Lunch in Pints! Pub - Red Lobster**

2:00 **VIVALinks Golf Simulator with Robert (VL)**

2:00 **VIVAfit Sit Class (FD)**

3:00 **Staying Safe & Healthy with Amanda (VP)**

4:30 **Arts & Crafts: Scratch Art (CK)**

16

10:30 **VIVAfit Balance (VS)**

11:30 **VIVAfit Balance (VS)**

1:30 **Scenic Drive to see the Fall Colours (L)**

2:00 **VIVAfit Open Gym (VS)**

3:00 **VIVAfit Open Gym (VS)**

4:30 **Annual Fitness Testing (VS)**

17

10:15 **Brain Workout: Word in a Word (PC)**

11:00 **VIVAfit Sit Class (VS)**

2:00 **Making Candied & Caramel Apple Treats with Kelly (CK)**

3:00 **Movie Matinee: On Golden Pond (VP)**

7:00 **Movie Night: On Golden Pond (VP)**

October 2020		WEEKS 4 & 5					VIVA Whitby Shores
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
18 10:15 Coffee & Current Events (CK) 11:00 VIVAfit Sit Class (VS) 2:00 VIVAfit Sit Class (FD) 3:00 Movie Matinee: Sully (VP) 7:00 Movie Night: Sully (VP)	19 10:30 VIVAfit Sit & Stand Class (VS) 11:30 Chair Yoga with Len (VS) 1:30 Hearing Clinic (TR) 3:00 VIVAfit Open Gym (VS) 3:00 Refreshments and Family Feud (PP) 4:30 Annual Fitness Testing (VS)	20 10:30 VIVAfit Strength Class (VS) 11:15 Knitting Club (CK) 11:30 VIVAfit Strength Class (VS) 2:00 VIVAfit Sit Class (FD) 3:00 Guest Speaker: Respiratory Therapist Anneliese Andrews (VP) 4:30 VIVA Women's Circle with Betsy (PP)	21 10:30 VIVAfit Balance Class (VS) 11:30 VIVAfit Balance Class (VS) 3:00 Classic Movie Matinee: To Sir, With Love (VP) 4:30 Drink Making: Pumpkin Spiced Latee (CK) 7:00 Classic Movie Night: To Sir, With Love (VP)	22 10:15 Walking Club: Heber Downs Conservation Areas (L) 10:30 VIVAfit Strength Class (VS) 11:30 VIVAfit Strength Class (VS) 2:00 VIVAfit Sit Class (FD) 2:30 Virtual Bingo with Home Instead (VP) 4:30 Arts & Crafts: Clay Art (CK)	23 10:30 VIVAfit Sit & Stand Class (VS) 11:30 Seated Zumba Dance Class with Nicole (VS) 2:00 New Community Member Information Session (VP) 3:00 VIVAfit Open Gym (VS) 4:30 Annual Fitness Testing (VS)	24 10:15 Brain Workout: Word in a Word (PC) 11:00 VIVAfit Sit Class (VS) 3:00 Movie Matinee: Kate and Leopold (VP) 7:00 Movie Night: Kate and Leopold (VP)	
25 10:15 Coffee & Current Events (CK) 11:00 VIVAfit Sit Class (VS) 2:00 VIVAfit Sit Class (FD) 3:00 Movie Matinee: Some Like It Hot (VP) 7:00 Movie Night: Some Like It Hot (VP)	26 10:30 VIVAfit Sit & Stand Class (VS) 11:30 Chair Yoga with Andrea (VS) 2:00 VIVA Live: Jeopardy (VP) 3:00 VIVAfit Open Gym (VS) 4:30 VIVA Book Club Meeting (FD) 4:30 Annual Fitness Testing (VS)	27 10:30 VIVAfit Strength Class (VS) 11:15 Knitting Club (CK) 11:30 VIVAfit Strength Class (VS) 2:00 VIVAfit Sit Class (FD) 3:00 Pumpkin Carving Contest (CK + PP) 4:30 VIVA Women's Circle with Betsy (PP)	28 10:30 VIVAfit Balance Class (VS) 11:30 VIVAfit Balance Class (VS) 3:00 Classic Movie Matinee: (VP) 4:30 Brain Workout: Drop A Hint (FD) 7:00 Classic Movie Night: (VP)	29 10:30 VIVAfit Strength Class (VS) 11:30 VIVAfit Strength Class (VS) 2:00 VIVAlinks Golf Simulator with Robert (VL) 2:00 VIVAfit Sit Class (FD) 3:00 Rexall Presentation: Preparing for the Flu Season (VP) 4:30 Annual Fitness Testing (VS)	30 10:30 VIVAfit Sit & Stand Class (VS) 11:30 Line Dancing Class with Nicole (VS) 2:00 Staying Safe & Healthy with Amanda (VP) 2:30 VIVA Halloween Party – Costume Contest, Snacks * Live Music (VP) 4:30 VIVAfit Open Gym (VS)	31 10:15 Brain Workout: Word in a Word (PC) 11:00 VIVAfit Sit Class (VS) 3:00 Movie Matinee: The Addams Family (VP) 7:00 Movie Night: The Addams Family (VP)	
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) VIVAcraft Kitchen (HR) Horticulture Room (TR) Therapy Room (VS) VIVAfit Studio (P) Pool (VG) Victory Garden	2nd Floor (FD) Family Den (HL) Horticultural Room Lounge (WS) Wellness Station 7th Floor (PP) Pints! Pub (VP) VIVAplex (CC) Community Commons (VL) VIVAlinks Golf Simulator	<div style="border: 1px solid black; padding: 10px;"> <p>Due to the new group activity guidelines as outlined by the Ministry of Health, all group programs are limited to 10 Community Members per room.</p> <p>Please sign up for any programs that have a pencil icon beside it at the front desk to save your spot in that program.</p> <p>We truly appreciate your patience and understanding.</p> </div>				

*Calendar Subject to Change