



Our Chanukah décor, including our giant Chanukiah.



Winter wonderful musical entertainment.

**Don't miss out!**

**"Summer in the Winter" Concert**

**January 6th, 2:00 pm**

Virtual through Zoom. Contact Lifestyles to receive the link to join in!

**Virtual Yiddish Café**

**January, 21st, 2:00 pm**

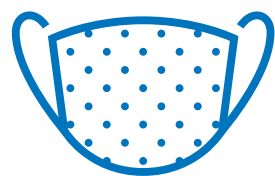
Virtual through Zoom. Contact Lifestyles to receive the link to join in!

**Tu BiShvat Social**

**January 28th, 2:30pm**

See Lifestyles for location!

**Check with Lifestyles for details on these and other events, programs, and activities happening this month**



**FACEMASKS MUST BE WORN WHEN PARTICIPATING IN ACTIVITIES**

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**V!VA**voice

YOUR VIVA COMMUNITY NEWSLETTER

January 2021

**V!VA** Retirement Communities™  
THORNHILL WOODS

Due to the ongoing pandemic, there is no events calendar. Please speak to your Community's Lifestyles Team to learn more about what's happening at your Community this month!



Community Member Doni enjoyed creating some beaded-jewelry.



Chef Mitchell demonstrates baking Mediterranean flatbreads.



Sufganiyot was delivered to each Community Member's suite.



We have so many talented knitters who create lovely pieces of warm winter clothing which are then donated to local charities.

# Upcoming Virtual Events

A new monthly series to help us feel better together!



Guest Speaker  
**Amanda Li, Registered Dietician & Educator**

## The Role of Nutrition in Seniors' Mental Health and Wellbeing

Two Part Series with Guest Speaker:  
**Amanda Li**

**TUESDAY, JANUARY 19 | 10:00 - 11:00 AM**

Join us on Zoom as Registered Dietitian, educator, and owner of Wellness Simplified, Amanda Li, examines key nutrients for older adults and their role in mental health and wellbeing. Participants will be entered to WIN a virtual 30 minute nutrition consult with Amanda!

**TUESDAY, JANUARY 26 | 10:00 - 11:00 AM**

Now that we have discussed the key nutrients, let's put this knowledge into practice! Amanda prepares two easy, nutritious, and mouth-watering recipes rich in important nutrients



Guest Speaker  
**Mike Stroh, MACP, Registered Psychotherapist**

## Kindness and Compassion

**TUESDAY, FEBRUARY 16 | 10:00 - 11:00 AM**

Join us as MACP, Registered Psychotherapist, Mike Stroh, explores why exercising self compassion and cultivating kindness can make us feel more connected and motivated while enhancing personal wellbeing.

To register for these events, please call Wendy at (905) 417-8585 or email [thornhillwoods@vivalife.ca](mailto:thornhillwoods@vivalife.ca).

# Word Search

The New Year is almost here! Get into the spirit searching for festive words in the block below.

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

CHAMPAGNE

CONFETTI

COUNTDOWN

DANCING

FIREWORKS

HANGOVER

HOLIDAY

JANUARY

MIDNIGHT

MUSIC

PARTY

RESOLUTION

RESOLUTIONS

STREAMERS

TUXEDO