



Community Members made their very own ugly Christmas sweaters to express their holiday spirit.



Erich and Linda make Christmas cards to send to their loved ones.

Don't miss out!

We are looking for Community Members who would be interested in running a spiritual group on a weekly or monthly basis. We can provide any material or assistance you may need, we just need you! Please reach out to Lifestyles for more details.

Movie and Popcorn
Twice a day – VIVAplex
2:00pm and 7:00pm

Join us for a movie matinee or an evening screening. Please sign up for your spot in the VIVAcraft Kitchen, as we are only permitted a maximum of five Community Members per show. Check your calendar for movie titles. If you have any movie suggestions, please let the Lifestyles Team know.

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

FACE MASKS MUST BE WORN AT ALL TIMES WHEN PARTICIPATING IN ACTIVITIES

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V!VAvoice

YOUR VIVA COMMUNITY NEWSLETTER

January 2021

VIVA Retirement Communities™
WHITBY SHORES



Community Members shaking off the winter blues with a Hawaiian themed beach cart with resort-style cocktails.



Eileen shows off her handmade Christmas centerpiece.



Community Member Margaret's painted Christmas house shines bright with the lights inside.

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 Jessica or Cheryl at (905) 431-7410 or email whitbyshores@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
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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
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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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>LEGEND</p> <p>Orange Fitness Class</p> <p>Purple Special Event</p> <p>Green Excursion</p> <p>✓ Sign Up</p> <p>🚗 Shuttle</p> <p>\$ Cost required</p> <p>▶▶ Walking</p>	<p>This is a sample calendar of what December looks like!</p>	<p>1</p> <p>10:00 – 12:00 Hearing Clinic (TR) ✓</p> <p>10:30 VIVAfit Class for 6th Floor Community Members (PP)</p> <p>11:30 VIVAfit Class for 7th Floor Community Members (PP)</p> <p>2:00 VIVAfit Class for 5th Floor Community Members (PP)</p>	<p>2</p> <p>10:00am VIVAfit Swim Exercises – Sign up in the Craft Kitchen</p> <p>4:00pm TED Talk Video on Info TV Website: How Great Leaders Inspire Action</p> <p>3:00</p> <p>Beach Party Day! Dress in your favourite summer outfit and watch for our Beach Themed Drink cart! Door to door 1:30pm-4:30pm</p>	<p>3</p> <p>10:30 VIVAfit Class for 4th Floor Community Members (PP)</p> <p>11:30 VIVAfit Class for 3rd Floor Community Members (PP)</p> <p>2:00 VIVAfit Class for 2nd Floor Community Members (FD)</p> <p>Play a round of golf with us in our VIVALinks Golf Simulator! (Sign up in Craft Kitchen)</p>	<p>4</p> <p>10:30 VIVAfit Class for 6th Floor Community Members (PP)</p> <p>11:30 VIVAfit Class for 7th Floor Community Members (PP)</p> <p>2:00 VIVAfit Class for 5th Floor Community Members (PP)</p> <p>3:00 Biography on Info TV Website: Loretta Young</p> <p>Christmas Crafts (Sign up Craft Kitchen)</p>	<p>5</p> <p>Christmas Baking with Laura – Bake Your Own Recipes! (Sign up in Craft Kitchen)</p>
<p>6</p> <p>1:30 Christmas Concert Video on InfoTV: The Choir of St. John's College, Cambridge</p> <p>Christmas Baking with Laura – Bake Your Own Recipes! (Sign up in Craft Kitchen)</p>	<p>7</p> <p>10:30 VIVAfit Class for 4th Floor Community Members (PP)</p> <p>11:30 VIVAfit Class for 3rd Floor Community Members (PP)</p> <p>2:00 VIVAfit Class for 2nd Floor Community Members (FD)</p> <p>3:00 Documentary on Info TV: Science of the Soul</p> <p>Online holiday shopping and present wrapping (Sign up in Craft Kitchen)</p>	<p>8</p> <p>10:30 VIVAfit Class for 6th Floor Community Members (PP)</p> <p>11:30 VIVAfit Class for 7th Floor Community Members (PP)</p> <p>2:00 VIVAfit Class for 5th Floor Community Members (PP)</p> <p>Christmas Carol Singalong While you eat your lunch! First seating: 11:30am Second Seating: 12:45pm Victoria Room Seating: 1:10pm</p>	<p>9</p> <p>10:00am VIVAfit Swim Exercises – Sign up in the Craft Kitchen</p> <p>4:00pm TED Talk Video on Info TV Website: Why We Do What We Do</p> <p>3:00</p> <p>Happy Hour Cart! Door to Door 1:30 – 4:30pm</p>	<p>10</p> <p>10:30 VIVAfit Class for 4th Floor Community Members (PP)</p> <p>11:30 VIVAfit Class for 3rd Floor Community Members (PP)</p> <p>2:00 VIVAfit Class for 2nd Floor Community Members (FD)</p> <p>Technology Lessons/Video Chat with Your Loved Ones (Sign up in Craft Kitchen)</p>	<p>11</p> <p>10:30 VIVAfit Class for 6th Floor Community Members (PP)</p> <p>11:30 VIVAfit Class for 7th Floor Community Members (PP)</p> <p>2:00 VIVAfit Class for 5th Floor Community Members (PP)</p> <p>3:00 Biography on Info TV Website: St Nicholas - The Wonderworker</p> <p>Christmas Crafts – Make Your Own Christmas Sweater (Sign up in Craft Kitchen)</p>	<p>12</p> <p>Program Make Up Day – For Community Members who were on the waitlist for our week's programs.</p>
<p>13</p> <p>1:30 Christmas Concert Video on InfoTV: Michael Bubl� home for Christmas</p> <p>Board Games with Claire (Sign up in Craft Kitchen)</p>	<p>14</p> <p>10:30 VIVAfit Class for 4th Floor Community Members (PP)</p> <p>11:30 VIVAfit Class for 3rd Floor Community Members (PP)</p> <p>2:00 VIVAfit Class for 2nd Floor Community Members (FD)</p> <p>3:00 Documentary on Info TV: Super Human Geniuses</p> <p>Aromatherapy/Meditation Sessions (Sign up in Craft Kitchen)</p>	<p>15</p> <p>10:30 VIVAfit Class for 6th Floor Community Members (PP)</p> <p>11:30 VIVAfit Class for 7th Floor Community Members (PP)</p> <p>2:00 VIVAfit Class for 5th Floor Community Members (PP)</p> <p>Gingerbread Cookie & Gingerbread House Decorating (Sign up in Craft Kitchen)</p>	<p>16</p> <p>10:00am VIVAfit Swim Exercises – Sign up in the Craft Kitchen</p> <p>4:00pm TED Talk Video on Info TV Website: Why are we happy, and we aren't we?</p> <p>3:00</p> <p>Christmas Outfit Day</p>	<p>17</p> <p>10:30 VIVAfit Class for 4th Floor Community Members (PP)</p> <p>11:30 VIVAfit Class for 3rd Floor Community Members (PP)</p> <p>2:00 VIVAfit Class for 2nd Floor Community Members (FD)</p> <p>Play a round of golf with us in our VIVALinks Golf Simulator! (Sign up in Craft Kitchen)</p>	<p>18</p> <p>10:30 VIVAfit Class for 6th Floor Community Members (PP)</p> <p>11:30 VIVAfit Class for 7th Floor Community Members (PP)</p> <p>2:00 VIVAfit Class for 5th Floor Community Members (PP)</p> <p>3:00 Biography on Info TV Website: Cher</p> <p>Christmas Crafts (Sign up in Craft Kitchen)</p>	<p>19</p> <p>Program Make Up Day – For Community Members who were on the waitlist for our week's programs.</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>20</p> <p>1:30 Christmas Concert Video on InfoTV:</p> <p>2:00 Movie Matinee: White Christmas (VP) ✓</p> <p>7:00 Movie Matinee: White Christmas (VP) ✓</p> <p>Board Games with Claire ✓</p> <p>Sign Up in the Craft Kitchen</p>	<p>21</p> <p>10:30 V!VAfit Class for 4th Floor Community Members (PP)</p> <p>11:30 V!VAfit Class for 3rd Floor Community Members (PP)</p> <p>2:00 V!VAfit Class for 2nd Floor Community Members (FD)</p> <p>2:00 Movie Matinee: White Christmas (VP) ✓</p> <p>3:00 Documentary on Info TV Website:</p> <p>7:00 Movie Matinee: White Christmas (VP) ✓</p>	<p>22</p> <p>10:30 V!VAfit Class for 6th Floor Community Members (PP)</p> <p>11:30 V!VAfit Class for 7th Floor Community Members (PP)</p> <p>2:00 V!VAfit Class for 5th Floor Community Members (PP)</p> <p>2:00 Movie Matinee: White Christmas (VP) ✓</p> <p>7:00 Movie Matinee: White Christmas (VP) ✓</p> <p>Holiday Bingo with Prizes ✓ –</p> <p>Sign Up in the Craft Kitchen</p>	<p>23</p> <p>10:15am V!VAfit Swim Exercises – Sign up in the Craft Kitchen</p> <p>4:15pm</p> <p>2:00 Movie Matinee: It's A Wonderful Life (VP) ✓</p> <p>3:00 TED Talk Video on Info TV Website:</p> <p>7:00 Movie Matinee: It's A Wonderful Life (VP) ✓</p> <p>Get your Nails done with Betsy –</p> <p>Sign Up in the Craft Kitchen</p>	<p>24 Christmas Eve</p> <p>2:00 Movie Matinee: It's A Wonderful Life (VP) ✓</p> <p>7:00 Movie Matinee: It's A Wonderful Life (VP) ✓</p> <p>V!VA Women's Circle Holiday Edition with Betsy ✓</p> <p>Sign Up in the Craft Kitchen</p>	<p>25 Christmas Day</p> <p>10:30 – 4:30 Christmas Day Photobooth</p> <p>2:00 Movie Matinee: It's A Wonderful Life (VP)</p> <p>7:00 Movie Matinee: It's A Wonderful Life (VP)</p> <p>Christmas Day Games; Reindeer Shoot-out, Snowball in the Hole, Jingle Bell Toss plus Hot Chocolate, Egg Nog & Snacks!</p> <p>Sign Up in the Craft Kitchen, 5 people maximum per time slot</p>	<p>26 Boxing Day</p> <p>2:00 Movie Matinee: It's A Wonderful Life (VP) ✓</p> <p>7:00 Movie Matinee: It's A Wonderful Life (VP) ✓</p> <p>Holiday Game: Guess What & Charades ✓</p> <p>Sign Up in the Craft Kitchen</p>
<p>27</p> <p>1:30 Christmas Concert Video on InfoTV:</p> <p>2:00 Movie Matinee: Home Alone (VP) ✓</p> <p>7:00 Movie Matinee: Home Alone (VP) ✓</p> <p>Holiday Song Game ✓ –</p> <p>Sign Up in the Craft Kitchen</p>	<p>28</p> <p>10:30 V!VAfit Class for 4th Floor Community Members (PP)</p> <p>11:30 V!VAfit Class for 3rd Floor Community Members (PP)</p> <p>2:00 V!VAfit Class for 2nd Floor Community Members (FD)</p> <p>2:00 Movie Matinee: Home Alone (VP) ✓</p> <p>3:00 Documentary on Info TV Website:</p> <p>7:00 Movie Matinee Home Alone (VP) ✓</p> <p>V!VA Men's Club with Jonathan ✓</p>	<p>29</p> <p>10:30 V!VAfit Class for 6th Floor Community Members (PP)</p> <p>11:30 V!VAfit Class for 7th Floor Community Members (PP)</p> <p>2:00 V!VAfit Class for 5th Floor Community Members (PP)</p> <p>2:00 Movie Matinee: New Years Eve (VP) ✓</p> <p>7:00 Movie Matinee: New Years Eve (VP) ✓</p> <p>Scavenger Hunt with Prizes – Pick up Your Sheet from the Lifestyles Office</p>	<p>30</p> <p>10:15am V!VAfit Swim Exercises – Sign up in the Craft Kitchen</p> <p>4:15pm</p> <p>2:00 Movie Matinee: (VP) New Years Eve ✓</p> <p>3:00 TED Talk Video on Info TV Website:</p> <p>7:00 Movie Matinee: (VP) New Years Eve ✓</p> <p>Knitting Group ✓ –</p> <p>Sign Up in the Craft Kitchen</p>	<p>31</p> <p>10:30 V!VAfit Class for 4th Floor Community Members (PP)</p> <p>11:30 V!VAfit Class for 3rd Floor Community Members (PP)</p> <p>2:00 V!VAfit Class for 2nd Floor Community Members (FD)</p> <p>2:00 Movie Matinee: (VP) New Years Eve ✓</p> <p>7:00 Movie Matinee: (VP) New Years Eve ✓</p> <p>7:00 – 9:00 New Year's Eve drink cart coming door to door</p> <p>New Year's Eve Formal Dinner; dress in your best to bid farewell</p>	<p>Christmas Day Dinner Friday, December 24th Chef Robert will be making a traditional Christmas meal with all the fixings.</p> <p>Attention Community Members: If you see a checkmark icon ✓ beside a program, it means it requires a signup to attend. Please signup in the Craft Kitchen.</p>	<p>New Years Eve Dinner Party Thursday, December 31st</p> <p>Dress in your best to celebrate New Year's Eve in Harbour 51 and The Victoria Room. We will have a photobooth outside the dining room and a champagne toast for everyone. This is an open event occurring during dinner hours. We look forward to seeing you there!</p>

