



Pat and Frank celebrate the luck of the Irish.



Everyone enjoyed our St. Patrick's Day celebration by attending in festive gear and toasting friends with shamrock cocktails.

Don't miss out!

National Canadian Film Day - YOU ARE HERE

Monday, April 12th
V!VAplex – 3:00pm

This moving documentary shows how the town of Gander, Newfoundland came together to feed, shelter and support 6,600 stranded airline passengers for six days in the wake of the 9/11 attacks.

Virtual Classical Music Presentation: The Strauss Family from Vienna

Tuesday, April 27th
V!VAplex – 3:00pm

Come meet the Strauss Family who dominated the classical music scene, and get to know some of their juicy stories and scandals from 1848.

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

LET'S WORK TOGETHER AND REMEMBER TO WEAR OUR MASKS AND KEEP A SAFE DISTANCE.

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V!VAvoice

YOUR VIVA COMMUNITY NEWSLETTER

April 2021

V!VA Retirement Communities™
WHITBY SHORES



Community Members Bruce and Roxanne love their new home at V!VA Whitby Shores.



Alan and Ann are all smiles at our 1 Year Anniversary photobooth.



Joan P is excited for what the next year holds.



Team Members celebrate their one year working anniversary at V!VA Whitby Shores!



Upcoming Virtual Events

A monthly series to help us feel better together!

Please join us as we continue to increase awareness around mental health as an important issue for older adults, provide seniors and loved ones with relevant education and resources, and raise funds for local organizations supporting seniors' mental health.



Guest Speaker,
Jessie Smith, Instructor and Senior Technology Mentor

The Importance of Connectivity

APRIL 6 | 11:00 AM - 12:00 PM

Explore how connecting online can support your mental health during times when seeing others in person is restricted. Learn how to discover new communities, share with friends and family, and even access mental health services - all online. In partnership with Connected Canadians.



Guest Speaker,
Mary Cook



Guest Speaker,
Michelle Niefer

Finding Purpose through Volunteering

APRIL 20 | 11:00 AM - 12:00 PM

Noted author Mary Cook, and Michelle Niefer, both Senior of the Year Award recipients, share how they found purpose through volunteering and have supported others over the last challenging year.

To register, go to www.vivalife.ca/mentalhealth or call Jessica at (905) 431-7410 or email whitbyshores@vivalife.ca.

CROSSWORD PUZZLE

ACROSS

- 1 President (abbr.)
- 5 Compass point
- 9 Runs
- 13 Traveled by horse
- 14 Excuse me!
- 15 Agricultural
- 16 Detail
- 17 Comedian Jay
- 18 Lamenting poem
- 19 Hilarious or witty
- 21 What children play
- 23 Time period
- 24 Grows acorns
- 25 Warning
- 29 Dekameter
- 30 Siblings
- 32 Contagious disease
- 33 Satisfy
- 36 Cures
- 37 Swamp
- 38 Set of 2
- 39 African skunk
- 40 Eager
- 41 Mismatched
- 42 Tricked or misled
- 43 Grubby
- 44 Bullfight cheer
- 45 Subdivision
- 46 British drink
- 47 Sports car brand
- 49 Masculine pronoun
- 50 Kitten's cry
- 53 Disorder
- 55 Gravestone writing
- 57 Incentive
- 60 Saucy
- 62 Canal
- 63 Chasm
- 64 Convex shape

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63						64					65			
66						67					68			

- 65 Costa ___
- 66 Japanese staple
- 67 Deceptive diversion
- 68 Sail's need
- DOWN**
- 1 Cost
- 2 Helicopter "wings"
- 3 Swelling
- 4 Very large truck
- 5 Curtsy
- 6 Large sea snail
- 7 TV lawyer Matlock
- 8 Air pollution
- 9 Cocktail
- 10 Unrefined metal
- 11 A funny remark
- 12 Wily
- 15 Negligent
- 20 Cola
- 22 Coral reef
- 26 Present for sale
- 27 Group of ships
- 28 Provokes laughter
- 29 Danish krone (abbr.)
- 30 French hat
- 31 Surprise attack
- 33 Parody, prank or joke
- 34 Soup scoop
- 35 Helper
- 36 North American tribe
- 39 Arizona Indian tribe
- 40 Killed in action
- 42 Coercion
- 43 Less in size, power
- 46 Walk quietly
- 48 Occupy pleasingly
- 49 ___ and spices
- 50 Woman's name
- 51 Sagas
- 52 Grain
- 54 Goad
- 56 Time in office
- 57 Tavern
- 58 Kimono sash
- 59 Big Apple (abbr.)
- 61 Flightless bird

Puzzle by Evelyn Johnson gets.com

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>Due to the ongoing pandemic, there is no events calendar at this time, but you can get a sample here of what life is like at VIVA!</p>	<p>2nd Floor</p> <p>(FD) Family Den</p> <p>(HL) Horticultural Room Lounge</p> <p>(WS) Wellness Station</p> <p>7th Floor</p> <p>(PP) Pints! Pub</p> <p>(VP) VIVAplex</p> <p>(CC) Community Commons</p> <p>(VL) VIVALinks Golf Simulator</p>	<p>International Women's Day</p> <p>To celebrate International Women's Day on March 8th, we would like to feature all the women in the building on our Info Television Channel.</p> <p>We also will be creating a "Words of Wisdom" board in the café for the women here to give each other inspiring messages.</p>	<p>Why is March the most popular month to use a trampoline?</p> <p>It's spring-time.</p>		
<p>Scenic Drives – All Month</p> <p>Come and see what nature has to offer with our scenic drives. We ask that you sign up once per destination so that all Community Members get a chance to go.</p> <p>If you have any suggestions on where to go, please come and see Lifestyles.</p>	<p>1</p> <p>10:15 VIVA Kitchen Tour (CK) ✓</p> <p>10:30 VIVAfit Strength Class (PP)</p> <p>11:30 VIVAfit Strength Class (PP)</p> <p>2:00 Knitting Club (FD) ✓</p> <p>2:15 Arts & Crafts: St Patrick's Day Crafts (CK) ✓</p> <p>2:45 Documentary: Prince John - The Windsors Tragic Secret (VP) ✓</p> <p>3:15 Arts & Crafts: St Patrick's Day Crafts (CK) ✓</p>	<p>2</p> <p>10:15 VIVA Kitchen Tour (CK) ✓</p> <p>10:30 VIVAfit Balance Class (PP)</p> <p>11:30 VIVAfit Balance Class (PP)</p> <p>1:45 Scenic Drive: Uxbridge ✓</p> <p>2:00 Movie: Best Exotic Marigold Hotel (VP) ✓</p> <p>2:15 VIVA Drumfit Class(PP) ✓</p> <p>3:15 Trivia: Famous Women (FD) ✓</p> <p>5:30 Tea & Coffee Bar (PC)</p> <p>7:00 Movie: Best Exotic Marigold Hotel (VP) ✓</p>	<p>3</p> <p>10:15 VIVA Kitchen Tour (CK) ✓</p> <p>10:15 Nails with Betsy (CK) ✓</p> <p>10:30 Men Exercise Class (PP)</p> <p>11:30 Gentle Chair Yoga with Lifestyles (PP) ✓</p> <p>1:45 Scenic Drive: Uxbridge ✓</p> <p>2:00 Showing: Alice in Wonderland Ballet (VP) ✓</p> <p>2:15 Nails with Betsy (CK) ✓</p> <p>5:30 Tea & Coffee Bar (PC)</p> <p>7:00 Showing: Alice in Wonderland Ballet (VP) ✓</p>	<p>4</p> <p>10:15 VIVA Kitchen Tour (CK) ✓</p> <p>10:30 VIVAfit Sit/Stand Class (PP)</p> <p>11:30 VIVAfit Sit/Stand Class (PP)</p> <p>2:15 Arriba Seated Dance Class (PP) ✓</p> <p>3:00 Garden Club Meeting (HR) ✓</p> <p>5:30 Tea & Coffee Bar (PC)</p>	<p>5</p> <p>10:15 VIVA Kitchen Tour (CK) ✓</p> <p>10:30 VIVAfit Strength Class (PP)</p> <p>11:30 VIVAfit Strength Class (PP)</p> <p>2:00 Movie: The Terminal (VP) ✓</p> <p>2:15 VIVA's Women's Circle with Betsy (FD) ✓</p> <p>3:00 Biography: Abba - In Their Own Words (L)</p> <p>3:30 VIVA'S Women's Circle with Betsy (FD) ✓</p>	<p>6</p> <p>10:00 Virtual Multi-Denominational Church Service ✓ (VP)</p> <p>11:15 Drumfit Class (PP) ✓</p> <p>2:00 Classic Movie: Guys & Dolls (VP) ✓</p> <p>2:15 Drumfit Class (PP) ✓</p> <p>3:15 Men's Club with Jonathan (PP) ✓</p> <p>7:00 Classic Movie: Guys & Dolls (VP) ✓</p>
<p>7</p> <p>10:00 Virtual Catholic Church Service (VP) ✓</p> <p>11:15 Gentle Chair Yoga (VP & PP) ✓</p> <p>2:00 Movie: Billy Elliot</p> <p>2:15 VIVAfit Sit Class (FD)</p> <p>3:15 & 4:15 Creating International Women's Day Display Board (CK) ✓</p>	<p>8 International Women's Day</p> <p>10:30 VIVAfit Strength Class (PP)</p> <p>11:00 Celebrating International Women's Day Display (PC)</p> <p>11:30 VIVAfit Strength Class (PP)</p> <p>2:00 Knitting Club (FD) ✓</p> <p>2:15 International Day Women's Slideshow (Lobby)</p> <p>3:00 Virtual Presentation with Historian Lianne Harris: Luck of the Irish (VP, PP & FD) ✓</p> <p>4:00 Arts & Crafts: St Patrick's Day Crafts (2nd Floor Only)</p>	<p>9</p> <p>10:30 VIVAfit Balance Class (PP)</p> <p>11:30 VIVAfit Balance Class (PP)</p> <p>2:00 Movie: Fried Green Tomatoes (VP) ✓</p> <p>1:45 Scenic Drive: Port Perry ✓</p> <p>2:15 VIVA Drumfit Class(PP) ✓</p> <p>3:15 Arts & Crafts: St Patrick's Day Decorations ✓</p> <p>4:00 Brain Game: Word Twist (2nd Floor Only)</p> <p>5:30 Tea & Coffee Bar (PC)</p> <p>7:00 Movie: Fried Green Tomatoes (VP) ✓</p>	<p>10</p> <p>10:30 Men Exercise Class (PP)</p> <p>11:30 Gentle Chair Yoga with Lifestyles (PP) ✓</p> <p>2:00 Showing: Opera -Barber of Seville (Rossini) (VP) ✓</p> <p>3:15 Brain Game: Word Twist (BG) ✓</p> <p>4:00 Drumfit Class (2nd Floor Only)</p> <p>5:30 Tea & Coffee Bar (PC)</p> <p>7:00 Showing: Opera -Barber of Seville (Rossini) (VP) ✓</p>	<p>11</p> <p>10:30 VIVAfit Sit & Stand Class (PP)</p> <p>11:30 VIVAfit Sit & Stand Class (PP)</p> <p>1:45 Scenic Drive: Port Perry ✓</p> <p>2:00 Movie: La Bamba (VP) ✓</p> <p>2:15 Arriba Seated Dance Class (PP) ✓</p> <p>Decorating for St. Pat's Day (L)</p> <p>2:30</p> <p>5:30 Tea & Coffee Bar (PC)</p> <p>4:00 Arriba Seated Dance Class (2nd Floor Only)</p> <p>7:00 Movie: La Bamba (VP) ✓</p>	<p>12</p> <p>10:30 VIVAfit Strength Class (PP)</p> <p>11:30 VIVAfit Strength Class (PP)</p> <p>2:00 Movie: Father of the Bride (VP) ✓</p> <p>2:15 VIVA's Women's Circle with Betsy (FD) ✓</p> <p>3:00 Biography: The Life Of President-Elect Joe Biden: From Tragedy To Triumph (L)</p> <p>3:30 VIVA'S Women's Circle with Betsy (FD) ✓</p>	<p>13</p> <p>10:00 Virtual Multi-Denominational Church Service ✓ (VP)</p> <p>11:15 Drumfit Class (PP) ✓</p> <p>2:00 Classic Movie: To Kill a Mockingbird (VP) ✓</p> <p>2:15 Drumfit Class (PP) ✓</p> <p>3:30 Word in a Word with Betsy (PP) ✓</p> <p>7:00 Classic Movie: To Kill a Mockingbird (VP) ✓</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>14</p> <p>10:00 Virtual Catholic Church Service (VP) ✓</p> <p>11:15 Gentle Chair Yoga (PP) ✓</p> <p>2:00 Movie: Elizabeth – The Golden Age (VP) ✓</p> <p>2:15 VIVAfit Sit Class (FD)</p> <p>3:15 Nintendo Wii Bowling & (PP) ✓</p> <p>4:15</p>	<p>15</p> <p>10:30 VIVAfit Strength Class (PP)</p> <p>11:30 VIVAfit Strength Class (PP)</p> <p>2:00 Knitting Club (FD) ✓</p> <p>2:15 Wine & Paint with Laura (CK) ✓</p> <p>4:00 Nintendo Wii Bowling (FD) ✓</p>	<p>16</p> <p>10:30 VIVAfit Balance Class (PP)</p> <p>11:30 VIVAfit Balance Class (PP)</p> <p>2:00 Movie: (VP) Ghost ✓</p> <p>1:45 Scenic Drive in the Country ✓</p> <p>2:15 Drumfit Class (PP) ✓</p> <p>Wine & Paint with Laura (CK) ✓</p> <p>3:15</p> <p>4:00 Drumfit Class (FD) ✓</p> <p>5:30 Tea & Coffee Bar (PC)</p> <p>7:00 Movie: Ghost (VP) ✓</p>	<p>17 St Patrick's Day</p> <p>10:30 Men Exercise Class (PP)</p> <p>1:30 – St Patrick's Day Games & Drinks (PP & CC) ✓</p> <p>2:00 Showing: Lord of The Dance (VP) ✓</p> <p>5:30 Tea & Coffee Bar (PC)</p> <p>7:00 Showing: Lord Of The Dance (VP) ✓</p> <p>Green Outfit Day</p>	<p>18</p> <p>10:30 VIVAfit Sit & Stand Class (PP)</p> <p>11:30 VIVAfit Sit & Stand Class (PP)</p> <p>1:45 Scenic Drive in the Country ✓</p> <p>2:00 Movie: The Second Best Marigold Hotel (VP) ✓</p> <p>2:15 Seated Dance Class (PP) ✓</p> <p>4:00 Seated Dance Class (FD) ✓</p> <p>5:30 Tea & Coffee Bar (PC)</p> <p>7:00 Movie: The Second Best Marigold Hotel (VP) ✓</p>	<p>19</p> <p>10:30 VIVAfit Strength Class (PP)</p> <p>11:30 VIVAfit Strength Class (PP)</p> <p>2:00 Movie: Woman in Gold (VP) ✓</p> <p>2:15 VIVA's Women's Circle with Betsy (PP) ✓</p> <p>Biography: Judi Dench - All The World's Her Stage (L)</p> <p>3:00</p> <p>3:30 VIVA'S Women's Circle with Betsy (PP) ✓</p>	<p>20</p> <p>Virtual Multi-Denominational Church Service ✓ (VP)</p> <p>10:00</p> <p>11:15 Drumfit Class (PP) ✓</p> <p>2:00 Classic Movie: South Pacific (VP) ✓</p> <p>2:15 Drumfit Class (PP) ✓</p> <p>Men's Club with Jonathan (PP) ✓</p> <p>3:15</p> <p>7:00 Classic Movie: South Pacific (VP) ✓</p>
<p>21</p> <p>10:00 Virtual Catholic Church Service (VP) ✓</p> <p>11:15 Gentle Chair Yoga (PP) ✓</p> <p>2:00 Movie: The Pursuit of Happyness (VP) ✓</p> <p>2:15 VIVAfit Sit Class (FD)</p> <p>3:15 & Ladderball (VS) ✓</p> <p>4:15</p>	<p>22</p> <p>10:15 VIVA Kitchen Tour (CK) ✓</p> <p>10:30 VIVAfit Strength Class (PP)</p> <p>11:30 VIVAfit Strength Class (PP)</p> <p>2:00 Knitting Club (FD) ✓</p> <p>Arts & Crafts: Easter Decorations (CK) ✓</p> <p>2:15</p> <p>3:00 Documentary: Italy, The Eternal Country (VP) ✓</p> <p>4:00 Arts & Crafts: Easter Decorations (FD) ✓</p>	<p>23</p> <p>10:30 VIVAfit Balance Class (PP)</p> <p>11:30 VIVAfit Balance Class (PP)</p> <p>2:00 Movie: Maid in Manhattan (VP) ✓</p> <p>1:45 Scenic Drive in the Country ✓</p> <p>2:15 Drumfit Class (PP) ✓</p> <p>Welcoming Committee (PP) ✓</p> <p>3:15</p> <p>4:00 Ladderball (FD) ✓</p> <p>5:30 Tea & Coffee Bar (PC)</p> <p>7:00 Movie: Maid in Manhattan (VP) ✓</p>	<p>24</p> <p>10:30 Men Exercise Class (PP)</p> <p>1:30 Hearing Clinic (TR) ✓</p> <p>1:45 Scenic Drive in the Country ✓</p> <p>2:00 Showing: Jesus Christ Superstar (VP) ✓</p> <p>3:15 Garden Meeting (HR) ✓</p> <p>4:00 Drumfit Class (FD) ✓</p> <p>5:30 Tea & Coffee Bar (PC)</p> <p>7:00 Showing: Jesus Christ Superstar (VP) ✓</p> <p>Twin Day</p>	<p>25</p> <p>10:15 VIVA Kitchen Tour (CK) ✓</p> <p>10:30 VIVAfit Sit & Stand Class (PP)</p> <p>11:30 VIVAfit Sit & Stand Class (PP)</p> <p>1:30 Walker Clinic (HR) ✓</p> <p>2:00 Movie: Quartet (VP) ✓</p> <p>2:15 Seated Dance Class (PP) ✓</p> <p>4:00 Seated Dance Class (FD) ✓</p> <p>5:30 Tea & Coffee Bar (PC)</p> <p>7:00 Movie: Quartet (VP) ✓</p>	<p>26</p> <p>10:15 VIVA Kitchen Tour (CK) ✓</p> <p>10:30 VIVAfit Strength Class (PP)</p> <p>11:30 VIVAfit Strength Class (PP)</p> <p>2:00 Movie: Battle of the Sexes (VP) ✓</p> <p>2:15 VIVA's Women's Circle with Betsy (PP) ✓</p> <p>Biography: Michelle Obama - Forward Motion (L)</p> <p>3:00</p> <p>3:30 VIVA'S Women's Circle with Betsy (PP) ✓</p>	<p>27 Passover Begins</p> <p>Virtual Multi-Denominational Church Service ✓ (VP)</p> <p>10:00</p> <p>11:15 Drumfit Class (PP) ✓</p> <p>Classic Movie: Guess Who's Coming to Dinner (VP) ✓</p> <p>2:00</p> <p>2:15 Drumfit Class (PP) ✓</p> <p>Men's Club with Ryan (PP) ✓</p> <p>3:15</p> <p>7:00 Classic Movie: Guess Who's Coming to Dinner (VP) ✓</p>
<p>28</p> <p>10:00 Virtual Catholic Church Service (VP) ✓</p> <p>11:15 Gentle Chair Yoga (PP) ✓</p> <p>2:00 Movie: Before I Go To Sleep (VP) ✓</p> <p>2:15 VIVAfit Sit Class (FD)</p> <p>3:15 & Easter Flower Arrangements (HR) ✓</p> <p>4:15</p>	<p>29</p> <p>10:30 VIVAfit Strength Class (PP)</p> <p>11:30 VIVAfit Strength Class (PP)</p> <p>2:00 Knitting Club (FD) ✓</p> <p>2:15 Decorating for Spring (PC)</p> <p>3:00 Documentary: Indo-Pacific: The World of the Sulu Sea (VP) ✓</p> <p>3:15 Bean Bag Toss (PP) ✓</p> <p>4:00 Decorating for Spring (FD) ✓</p>	<p>30</p> <p>10:30 VIVAfit Balance Class (PP)</p> <p>11:30 VIVAfit Balance Class (PP)</p> <p>1:45 Scenic Drive in the Country ✓</p> <p>2:00 Movie: Young Victoria (VP) ✓</p> <p>2:15 Drumfit Class (PP) ✓</p> <p>3:15 Billiards (PP) ✓</p> <p>Easter Flower Arrangements (FD) ✓</p> <p>4:00</p> <p>5:30 Tea & Coffee Bar (PC)</p> <p>7:00 Movie: Young Victoria (VP) ✓</p>	<p>31</p> <p>10:30 Men Exercise Class (PP)</p> <p>2:00 Mendelssohn Violin Concerto & Schubert Symphony (VP) ✓</p> <p>2:15 & VIVA Book Club Meeting (PP) ✓</p> <p>3:15</p> <p>4:00 Bean Bag Toss (FD) ✓</p> <p>5:30 – Tea & Coffee Bar (PC)</p> <p>7:00</p> <p>Mendelssohn Violin Concerto & Schubert Symphony (VP) ✓</p> <p>Matching Mask & Clothes Day</p>	<p>Main Floor</p> <p>(L) Lobby</p> <p>(PC) Perks! Café</p> <p>(BG) Brain Gym</p> <p>(CK) VIVAcraft Kitchen</p> <p>(HR) Horticulture Room</p> <p>(TR) Therapy Room</p> <p>(VS) VIVAfit Studio</p> <p>(P) Pool</p> <p>(VG) Victory Garden</p>	<p>2nd Floor</p> <p>(FD) Family Den</p> <p>(HL) Horticultural Room Lounge</p> <p>(WS) Wellness Station</p> <p>7th Floor</p> <p>(PP) Pints! Pub</p> <p>(VP) VIVAplex</p> <p>(CC) Community Commons</p> <p>(VL) VIVALinks Golf Simulator</p>	<p>HAPPY ST. PATRICK'S DAY</p> 