



Jay Vazquez is excited to be our first musical guest of the year.



Community Members enjoy their first outdoor concert of the year from the comfort of their balconies.

**Don't miss out!**

**Outdoor Concerts Every Friday!**

Enjoy musical impersonations of Pasty Klein, Tom Jones and Shania Twain from the comfort of your suite! Please check your calendar for location details and times.

**Mother's Day Photo Tribute May 7th - May 10th on INFO TV**

Submit photos celebrating the mother or mother figure in your life to be featured on our in-house tv channel. Deadline to submit is Friday May 7th, please see Lifestyles for details.

Call (905) 431-7410 or email [whitbyshores@vivalife.ca](mailto: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!VA**voice

YOUR VIVA COMMUNITY NEWSLETTER

May 2021

VIVA Retirement Communities™  
WHITBY SHORES

COVID-19 UPDATE: Due to the ongoing pandemic, there is no events calendar at this time. Please speak with your Community's Lifestyles Team to learn more about what's happening at your Community this month!



VIVA Whitby Shores goes craft crazy for Easter.



Our furry friend, Rufus enjoys wearing his bunny ears on Easter Sunday.





# 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,  
**Patricia Morgan,**  
Spunk Seniorpreneur

## Tips on Resilient Aging from a Spunky Senior

MAY 18 | 11:00 AM - 12:00 PM

Spunky seniorpreneur, Patricia Morgan, shares the VIVA way to resilient aging. **V** is for: *validate your body's wisdom*, **I** is for: *improve your thoughts*, **V** is for: *value your community*, **A** is for: *added fun, smiles, and laughter*.



Guest Speaker,  
**Laura Bourne,**  
Wellness Consultant  
& Holistic Nutritionist

## How Essential Oils Can Support Mental Health

JUNE 15 | 11:00 AM - 12:00 PM

Aromatherapy has played an important role in holistic health and wellness practices for centuries. Join Laura, Workplace Wellness Consultant and Holistic Nutritionist, to learn how using essential oils can offer the body natural and holistic solutions.

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

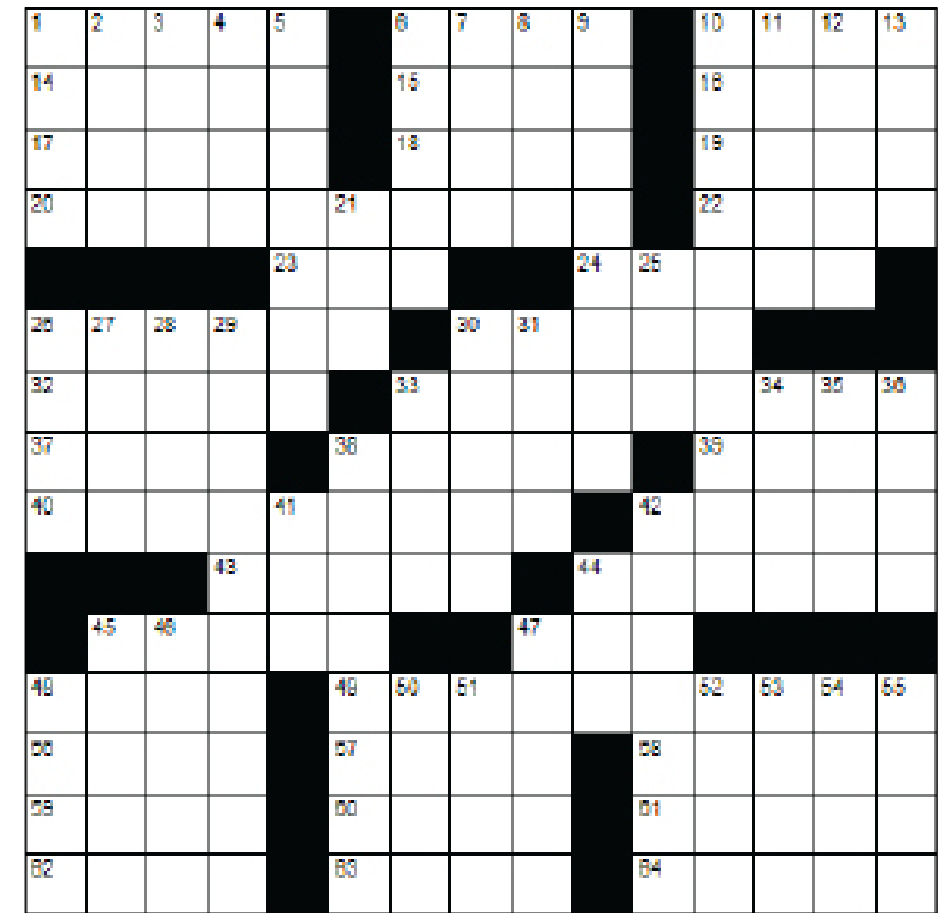


# Crossword!

Take a break with this challenging puzzle! Good luck!

### ACROSS

1. Bedouin
6. Fellow
10. Geographic illustrations
14. 3-banded armadillo
15. Christmas season
16. Small island
17. Compassion
18. Family group
19. Protruding part of the lower jaw
20. Charmed
22. Marsh plant
23. Lyric poem
24. Long times
26. Walk quietly
30. Parental sisters
32. Ignominy
33. Dismantled
37. Clairvoyant
38. Prods
39. A single time
40. Sign of things to come
42. Seasoning
43. Mammary gland of bovids
44. Move unsteadily
45. Of the cheekbone
47. Woman
48. Venician magistrate
49. Exhilaration
56. Distinctive flair
57. Allies' foe
58. Hot chocolate
59. Nonclerical
60. Fog
61. Fortuneteller's card
62. Sea eagle
63. Chickadees
64. Spurns



### DOWN

- |                              |                               |                          |
|------------------------------|-------------------------------|--------------------------|
| 1. What a person is called   | 13. Transmit                  | 38. Unimagined           |
| 2. Not closed                | 21. Citrus drink              | 41. Actress Lupino       |
| 3. Shopping place            | 25. Estimated time of arrival | 42. Chooses              |
| 4. Ogee                      | 26. Nonsense (British)        | 44. Make lace            |
| 5. A hospital common room    | 27. Bright thought            | 45. Back tooth           |
| 6. Pedal                     | 28. Jetty                     | 46. Encore               |
| 7. Body of a ship            | 29. Instability               | 47. Central points       |
| 8. Wings                     | 30. Cholera                   | 48. Expunge              |
| 9. Necklaces                 | 31. End ___                   | 50. 22 in Roman numerals |
| 10. Used to see small things | 33. Desire                    | 51. A box or chest       |
| 11. Pale with fright         | 34. Make a sweater            | 52. Groan                |
| 12. Layers                   | 35. Behold, in old Rome       | 53. Beige                |
|                              | 36. Bucks and does            | 54. Newbie (slang)       |
|                              |                               | 55. Makes lace           |

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>LEGEND</b></p> <p><b>Orange</b> Fitness Class</p> <p><b>Purple</b> Special Event</p> <p><b>Green</b> 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><b>1</b></p> <p>10:30 <b>VIVAfit Strength Class (PP)</b></p> <p>11:30 <b>VIVAfit Strength Class (PP)</b></p> <p>1:45 <b>Outing: Scenic Drive in the Country</b> ✓</p> <p>2:00 <b>Movie: 50 First Dates (VP)</b> ✓</p> <p>2:15 <b>Seated Dance Class(PP)</b> ✓</p> <p>2:45 Arts &amp; Crafts: Painting Easter Eggs (CK) ✓</p> <p>4:15 Arts &amp; Crafts: Painting Easter Eggs (CK) ✓</p> <p>5:30 Tea &amp; Coffee Bar (PC)</p> <p>7:00 <b>Movie: 50 First Dates (VP)</b> ✓</p>	<p><b>2 Good Friday</b></p> <p>10:30 <b>VIVAfit Balance Class (PP)</b></p> <p>11:30 <b>VIVAfit Balance Class (PP)</b></p> <p>2:00 <b>Movie: Jesus Christ Superstar (VP)</b> ✓</p> <p>2:15 Arts &amp; Crafts: Painting Easter Eggs (CK) ✓</p> <p>3:00 Biography: Barbra Streisand- The Music, The Memories, The Magic (L)</p> <p>4:15 VIVAfit Strolls Around the Neighborhood (L) ✓</p>	<p><b>3</b></p> <p>10:00 <b>Virtual Multi-Denominational Church Service</b> ✓ (VP)</p> <p>11:15 <b>Drumfit Class (PP)</b> ✓</p> <p>2:00 <b>Classic Movie: Avanti (VP)</b> ✓</p> <p>2:15 Word in a Word (PP) ✓</p> <p>3:15 <b>New Program: Golfing Buddies Club (VL)</b> ✓</p> <p>7:00 <b>Virtual Easter Catholic Church Service (VP)</b> ✓</p>
<p><b>4 Easter Sunday</b></p> <p>10:00 <b>Virtual Catholic Church Service (VP)</b> ✓</p> <p>11:15 <b>Gentle Chair Yoga (PP)</b> ✓</p> <p>2:00 <b>Movie: The Passion of the Christ (VP)</b> ✓</p> <p>2:15 <b>VIVAfit Sit Class (FD)</b></p> <p>3:15 Nintendo Wii Bowling ✓ &amp; (PP)</p> <p>4:15</p> <p><b>Building Easter Egg Hunt – Lobby (All Day)</b></p>	<p><b>5</b></p> <p>10:30 <b>VIVAfit Balance Class (PP)</b></p> <p>11:30 <b>VIVAfit Balance Class (PP)</b></p> <p>2:00 <b>Knitting Club (FD)</b> ✓</p> <p>2:15 Horseshoes (VS) ✓</p> <p>2:45 &amp; <b>Presentation: Osteoporosis and Exercises to Build Better Bones (VP)</b> ✓</p> <p>3:30</p>	<p><b>6</b></p> <p>10:30 <b>VIVAfit Strength Class (PP)</b></p> <p>11:30 <b>VIVAfit Strength Class (PP)</b></p> <p>1:45 <b>Outing: Bowmanville Creek</b> ✓</p> <p>2:00 <b>Movie: Beaches (VP)</b> ✓</p> <p>2:15 <b>Drumfit Class (PP)</b> ✓</p> <p>VIVA Time Capsule Project (CK) ✓</p> <p>3:30</p> <p>4:15 (FD) Horseshoes (FD) ✓</p> <p>5:30 Tea &amp; Coffee Bar (PC)</p> <p>7:00 <b>Movie: Beaches (VP)</b> ✓</p>	<p><b>7</b></p> <p>10:30 <b>VIVAfit Sit/Stand Class (PP)</b></p> <p>11:30 <b>VIVAfit Sit/Stand Class (PP)</b></p> <p>2:00 <b>Showing: Classical &amp; Gospel Musical Performance (VP)</b> ✓</p> <p>3:00 Golfing Buddies ✓ (VL)</p> <p>4:15 Golfing with Lifestyles (FD) ✓</p> <p>5:30 Tea &amp; Coffee Bar (PC)</p> <p>7:00 <b>Showing: Classical &amp; Gospel Musical Performance (VP)</b> ✓</p>	<p><b>8</b></p> <p>10:30 <b>VIVAfit Strength Class (PP)</b></p> <p>11:30 <b>VIVAfit Strength Class (PP)</b></p> <p>1:45 <b>Outing: Bowmanville Creek</b> ✓</p> <p>2:00 <b>Movie: Unfinished Song (VP)</b> ✓</p> <p>2:15 <b>Seated Dance Class(PP)</b> ✓</p> <p>4:15 Seated Dance Class(FD) ✓</p> <p>5:30 Tea &amp; Coffee Bar (PC)</p> <p>7:00 <b>Movie: Unfinished Song (VP)</b> ✓</p>	<p><b>9</b></p> <p>10:30 <b>VIVAfit Balance Class (PP)</b></p> <p>11:30 <b>VIVAfit Balance Class (PP)</b></p> <p><b>VIVA's Women's Circle with Betsy &amp; Heather (PP &amp; FD)</b> ✓</p> <p>2:15 <b>Movie: Good Morning Vietnam (VP)</b> ✓</p> <p>3:00 Biography: Condoleeza Rice (L)</p> <p>4:15 VIVAfit Strolls Around the Neighborhood (L) ✓</p>	<p><b>10</b></p> <p>10:00 <b>Virtual Multi-Denominational Church Service</b> ✓ (VP)</p> <p>11:15 <b>Drumfit Class (PP)</b> ✓</p> <p>2:00 <b>Classic Movie: The Philadelphia Story (VP)</b> ✓</p> <p>2:15 <b>Program Meeting (PP)</b> ✓</p> <p>3:15 <b>Men's Club with Ryan (PP)</b> ✓</p> <p>7:00 <b>Classic Movie: The Philadelphia Story (VP)</b> ✓</p>
<p><b>11</b></p> <p>10:00 <b>Virtual Catholic Church Service (VP)</b> ✓</p> <p>11:15 <b>Gentle Chair Yoga (PP)</b> ✓</p> <p>2:00 <b>Movie: Paddington (VP)</b> ✓</p> <p>2:15 <b>VIVAfit Sit Class (FD)</b></p> <p>3:15 &amp; Wheel of Fortune (L) ✓</p> <p>4:15</p>	<p><b>12</b></p> <p>10:30 <b>VIVAfit Balance Class (PP)</b></p> <p>11:30 <b>VIVAfit Balance Class (PP)</b></p> <p>2:00 <b>Knitting Club (FD)</b> ✓</p> <p>2:15 Ladderball (VS) ✓</p> <p>3:00 <b>Documentary: YOU ARE HERE; How Gander NFLD Came Together on 9/11 (VP)</b> ✓</p> <p>4:15 Ladderball (FD) ✓</p>	<p><b>13</b></p> <p>10:30 <b>VIVAfit Strength Class (PP)</b></p> <p>11:30 <b>VIVAfit Strength Class (PP)</b></p> <p>1:45 <b>Outing: Ajax Rotary Park</b> ✓</p> <p>2:00 <b>Movie: Patch Adams (VP)</b> ✓</p> <p>2:15 <b>Drumfit Class (PP)</b> ✓</p> <p>3:00 Crafts: Tie Dyeing (CK) ✓</p> <p>4:15 Bean Bag Toss (FD) ✓</p> <p>5:30 Tea &amp; Coffee Bar (PC)</p> <p>7:00 <b>Movie: Patch Adams (VP)</b> ✓</p>	<p><b>14</b></p> <p>10:30 <b>VIVAfit Sit/Stand Class (PP)</b></p> <p>11:30 <b>VIVAfit Sit/Stand Class (PP)</b></p> <p>2:00 <b>Opera Showing: L'Elisir d'Amore by Donizetti (VP)</b> ✓</p> <p>Penny for Your Thoughts; Global Food Shortage (PP) ✓</p> <p>3:15</p> <p>4:15 Crafts: Tie Dyeing (CK) ✓</p> <p>5:30 Tea &amp; Coffee Bar (PC)</p> <p>7:00 <b>Opera Showing: L'Elisir d'Amore by Donizetti (VP)</b> ✓</p>	<p><b>15</b></p> <p>10:30 <b>VIVAfit Strength Class (PP)</b></p> <p>11:30 <b>VIVAfit Strength Class (PP)</b></p> <p>1:45 <b>Outing: Rotary Park</b> ✓</p> <p>2:00 <b>Movie: Our Souls at Night (VP)</b> ✓</p> <p>2:15 <b>Seated Dance Class(PP)</b> ✓</p> <p>2:30 <b>Golfing with Robert (VL)</b> ✓</p> <p>3:00 Crafts: Tie Dyeing (CK) ✓</p> <p>4:15 Golfing w/ Lifestyles (FD) ✓</p> <p>5:30 Tea &amp; Coffee Bar (PC)</p> <p>7:00 <b>Movie: Our Souls at Night (VP)</b> ✓</p>	<p><b>16</b></p> <p>10:30 <b>VIVAfit Balance Class (PP)</b></p> <p>11:30 <b>VIVAfit Balance Class (PP)</b></p> <p>2:00 <b>Movie: Sister Act (VP)</b> ✓</p> <p>2:15 Music Reminisce with Betsy &amp; 3:15 (PP) ✓</p> <p>3:00 Biography: Mickey Rooney (L)</p> <p>4:15 VIVAfit Strolls Around the Neighborhood (L) ✓</p> <p><b>Tie Dye Day</b></p>	<p><b>17</b></p> <p>10:00 <b>Virtual Multi-Denominational Church Service</b> ✓ (VP)</p> <p>11:15 <b>Drumfit Class (PP)</b> ✓</p> <p>2:00 <b>Classic Movie: The Adventures of Robin Hood (VP)</b> ✓</p> <p>2:15 <b>Word in a Word (PP)</b> ✓</p> <p>VIVA Time Capsule Project (CK) ✓</p> <p>3:15</p> <p>7:00 <b>Classic Movie: The Adventures of Robin Hood (VP)</b> ✓</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>18</b></p> <p><b>10:00 Virtual Catholic Church Service (VP) ✓</b></p> <p><b>11:15 Gentle Chair Yoga (PP) ✓</b></p> <p>2:00 <b>Movie: All the Money in the World (VP) ✓</b></p> <p>2:15 <b>VIVAfit Sit Class (FD)</b></p> <p>3:15 &amp; Jeopardy (L) ✓</p> <p>4:15</p>	<p><b>19</b></p> <p><b>10:30 VIVAfit Balance Class (PP)</b></p> <p><b>11:30 VIVAfit Balance Class (PP)</b></p> <p><b>2:00 Knitting Club (FD) ✓</b></p> <p>2:15 Billiards (PP) ✓</p> <p><b>3:00 Rexall Presentation: Laughter is the Best Medicine (VP) ✓</b></p> <p>3:15 Baking Class: Fruit and Yogurt Parfaits (CK) ✓</p> <p>4:15 Physical Game: Ladder Ball (FD) ✓</p>	<p><b>20</b></p> <p><b>10:30 VIVAfit Strength Class (PP)</b></p> <p><b>11:00 Senior Mental Health Presentation (VP) ✓</b></p> <p><b>11:30 VIVAfit Strength Class (PP)</b></p> <p>1:45 <b>Outing: Heydenshore Park ✓</b></p> <p>2:00 <b>Movie: All The Money in the World (VP) ✓</b></p> <p><b>2:15 Drumfit Class (PP) ✓</b></p> <p>4:15 Nintendo Wii: Bowling (FD) ✓</p> <p>5:30 Tea &amp; Coffee Bar (PC)</p> <p><b>7:00 Movie: Patch Adams (VP) ✓</b></p>	<p><b>21</b></p> <p><b>10:30 VIVAfit Sit/Stand Class (PP)</b></p> <p><b>11:30 VIVAfit Sit/Stand Class (PP)</b></p> <p>1:30 <b>Hearing Clinic (TR) ✓</b></p> <p>2:00 <b>Showing: Vox Lumiere's Hunchback of Notre Dame (VP) ✓</b></p> <p>3:15 Golfing Buddies Club ✓ (VL)</p> <p>4:15 Scrabble Challenge (FD) ✓</p> <p>5:30 Tea &amp; Coffee Bar (PC)</p> <p><b>7:00 Showing: Vox Lumiere's Hunchback of Notre Dame (VP) ✓</b></p>	<p><b>22 Earth Day</b></p> <p><b>10:30 VIVAfit Strength Class (PP)</b></p> <p><b>11:30 VIVAfit Strength Class (PP)</b></p> <p>2:00 <b>Earth Day Community Clean Up – Help Us Make Whitby Shores Beautiful! (Outside) ✓</b></p> <p>2:00 <b>Movie: Romeo &amp; Juliet (VP) ✓</b></p> <p>5:30 Tea &amp; Coffee Bar (PC)</p> <p><b>7:00 Movie: Romeo &amp; Juliet (VP) ✓</b></p>	<p><b>23</b></p> <p><b>10:30 VIVAfit Balance Class (PP)</b></p> <p><b>11:30 VIVAfit Balance Class (PP)</b></p> <p>2:00 <b>Movie: Under the Tuscan Sun (VP) ✓</b></p> <p><b>2:15 VIVA's Women's Circle with Betsy &amp; Laura (PP) ✓</b></p> <p>3:00 Biography: Johnny Carson (L)</p> <p>4:15 Physical Game: Horseshoes (FD) ✓</p>	<p><b>24</b></p> <p><b>10:00 Virtual Multi-Denominational Church Service ✓ (VP)</b></p> <p><b>11:15 Drumfit Class (PP) ✓</b></p> <p>2:00 <b>Classic Movie: Funny Girl (VP) ✓</b></p> <p>2:15 <b>Word in a Word (PP) ✓</b></p> <p><b>3:15 Men's Club with Jonathan (PP) ✓</b></p> <p><b>7:00 Classic Movie: Funny Girl (VP) ✓</b></p>
<p><b>25</b></p> <p><b>10:00 Virtual Catholic Church Service (VP) ✓</b></p> <p><b>11:15 Gentle Chair Yoga (PP) ✓</b></p> <p>2:00 <b>Movie: Drumline (VP) ✓</b></p> <p>2:15 <b>VIVAfit Sit Class (FD)</b></p> <p>3:15 &amp; Family Feud (PP) ✓</p> <p>4:15</p>	<p><b>26</b></p> <p><b>10:30 VIVAfit Balance Class (PP)</b></p> <p><b>11:30 VIVAfit Balance Class (PP)</b></p> <p><b>2:00 Knitting Club (FD) ✓</b></p> <p>2:15 Shuffleboard (PP) ✓</p> <p><b>3:00 Documentary: The Last Blockbuster (VP) ✓</b></p> <p>3:15 VIVA Time Capsule Project (CK) ✓</p> <p>4:15 Physical Game: Washer Toss (FD) ✓</p>	<p><b>27</b></p> <p><b>10:30 VIVAfit Strength Class (PP)</b></p> <p><b>11:30 VIVAfit Strength Class (PP)</b></p> <p>1:45 <b>Walking Club: Lynde Shores ✓</b></p> <p>2:00 <b>Movie: The Shawshank Redemption (VP) ✓</b></p> <p><b>2:15 Drumfit Class (PP) ✓</b></p> <p><b>Virtual Classical Music Presentation: The Strauss Family (PP)</b></p> <p>3:00 Tea &amp; Coffee Bar (PC)</p> <p><b>5:30 Movie: The Shawshank Redemption (VP) ✓</b></p> <p><b>7:00</b></p>	<p><b>28</b></p> <p><b>10:30 VIVAfit Sit/Stand Class (PP)</b></p> <p><b>11:30 VIVAfit Sit/Stand Class (PP)</b></p> <p>2:00 <b>Showing: Swan Lake Ballet (VP) ✓</b></p> <p>Penny for Your Thoughts; The Future of Space Travel (PP) ✓</p> <p>3:15 Physical Game: Bucket Ball (FD) ✓</p> <p>5:30 Tea &amp; Coffee Bar (PC)</p> <p><b>7:00 Showing: Swan Lake Ballet (VP) ✓</b></p>	<p><b>29</b></p> <p><b>10:30 VIVAfit Strength Class (PP)</b></p> <p><b>11:30 VIVAfit Strength Class (PP)</b></p> <p>1:45 <b>Walking Club: Lynde Shores ✓</b></p> <p>2:00 <b>Movie: Anna and the King (VP) ✓</b></p> <p><b>2:15 Seated Dance Class(PP) ✓</b></p> <p><b>2:30 Golfing with Robert (VL) ✓</b></p> <p><b>3:30 Walker Clinic (HR) ✓</b></p> <p>4:15 Mindful Meditation (FD) ✓</p> <p>5:30 Tea &amp; Coffee Bar (PC)</p> <p><b>7:00 Movie: Anna and the King (VP) ✓</b></p>	<p><b>30</b></p> <p><b>10:30 VIVAfit Balance Class (PP)</b></p> <p><b>11:30 VIVAfit Balance Class (PP)</b></p> <p>2:00 <b>Movie: I Am Woman (VP) ✓</b></p> <p>2:15 <b>Community Council Meeting (CC)</b></p> <p>3:00 Biography: Audrey Hepburn (L)</p> <p>3:30 Scrabble Challenge (FD) ✓</p> <p>4:15 VIVAfit Strolls Around the Neighborhood (L) ✓</p>	<p><b>Virtual Multi-Denominational Church Service ✓ (VP)</b></p> <p><b>10:00</b></p> <p><b>11:15 Drumfit Class (PP) ✓</b></p> <p>2:00 <b>Classic Movie: Gone with the Wind (VP) ✓</b></p> <p>2:15 <b>Word in a Word (PP) ✓</b></p> <p>3:15 <b>Baking Class: Hot Chocolate Bombs (CK) ✓</b></p> <p><b>7:00 Classic Movie: Gone with the Wind (VP) ✓</b></p>

- (PC) Perks! Café
- (PP) Pints! Pub
- (TR) Therapy Room
- (VP) VIVAplex
- (VG) Victory Garden
- (VS) VIVAfit Studio
- (VL) VIVALinks
- (L) Lobby
- (CC) Community Commons
- (BG) Brain Gym
- (CK) VIVAcraft Kitchen
- (FD) Family Den
- (HR) Horticulture Room
- (P) Pool

**Walking Clubs**  
Tuesdays & Thursdays  
at 1:45pm

**Come and stretch your legs and get some fresh air by joining us as we go to local parks for a walk, or park yourself on a bench and get some sun!**

**Sign up for all outings at our signup table, located outside the Craft Kitchen**

