



Community Members enjoyed miniature golf at Timber Creek Mini Golf and Fun Centre and a scoop of ice cream too.



Don't miss out!

Active Aging Week

October 4th – 8th

Active Aging Week is a celebration of all the amazing things older adults can do! Join us as we focus on staying active—physically, intellectually, and emotionally.

Thanksgiving Brunch

Saturday, October 9th

1:30 am – 1:30pm

Join us for a traditional Thanksgiving brunch prepared by our Culinary Team.

Humber Bay

Butterfly Habitat

Thursday, October 14th

12:30 pm

Join us for a trip to check out native wildflowers, shrubs, trees, grasses, sedges, and a variety of physical features known to support butterflies throughout all life cycles.

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

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Community Members enjoyed a special BBQ lunch hosted by Chef Amir, the Kitchen staff, and the Lifestyles Team.





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
Sandra Sheffield-Young,
Registered Kinesiologist
& Gerontologist

Why Movement is the Best Medicine

TUESDAY, OCTOBER 19TH | 11:00 AM

Please join Sandra Sheffield-Young, registered Kinesiologist, Gerontologist, STEPS Exercise founder and V!VAfit creator to learn why movement is medicine. Understand the benefits of movement, the moves you should make, and what your personal Movement Prescription could look like.

To register, go to www.vivalife.ca/mentalhealth or call Matthew at (905) 831-2088 or email pickering@vivalife.ca



Walking the line between autumn and winter, Halloween is a time of celebration, costumes, superstition and candy! Do you know how it all began?

History of Halloween

Halloween is thought to have originated with during "Samhain" (pronounced sow-in), when druids would commit pagan ritual sacrifice in the hope of warding off evil spirits. The festival marked the end of summer and the beginning of winter. It was believed the spirits of the dead returned on this eve to play tricks on the living. By 800 A.D., Christianity spread to the Celtic Territories and brought with it another holiday, "All Saints Day," a similar but holier holiday meant to honour saints and martyrs. Later on, All Saints Day was renamed "All Hallows" and thus the day of Samhain (October 31st) began to be called "All Hallows Eve," – and eventually shortened to "Halloween." Over time, Halloween evolved into a community-based event characterized by child-friendly activities. In a number of countries around the world, people continued to usher in the winter season with gatherings, costumes and sweet treats. The first celebrations included "play parties," public events held to celebrate the harvest, where neighbours would share stories, tell each other's fortunes, dance and sing. Colonial Halloween festivities also featured the telling of ghost stories and mischief-making. By the middle of the nineteenth century, annual autumn festivities were common, but Halloween was not celebrated everywhere.

In the 1950s, due to the high numbers of young children during the baby boom, parties moved from town civic centres into the classroom or home, where they could be more easily accommodated. Giving out candy became popular, as it was a

relatively inexpensive way for an entire community to share the Halloween celebration. A tradition was born!

Speaking of Traditions...

You now know when these traditions began, but do you know why? The Halloween tradition of "trick-or-treating" dates back to the early All Souls' Day parades in England. During these festivities, poor citizens would beg for food and families would give them pastries called "soul cakes" in return for their promise to pray for the family. Dressing up in costume dates back hundreds of years ago, when winter was an uncertain and frightening time. Food supplies often ran low and, for the many people afraid of the dark, the short days of winter were full of constant worry. On Halloween, when it was believed that ghosts came back to the earthly world, people thought that they would encounter ghosts if they left their homes. To avoid being recognized by these ghosts, people would wear masks when they left their homes after dark so that the ghosts would mistake them for fellow spirits. To keep ghosts away from their houses, people would place bowls of food outside their homes to appease the ghosts and prevent them from attempting to enter. Some Halloween traditions, such as carving Jack-o'-lanterns, are based on Irish folklore and have been carried on throughout the centuries. In Ireland and Scotland, people began to make their own versions of Jack-o'-lanterns by carving scary faces into turnips or potatoes and placing them into windows or near doors to frighten away wandering evil spirits!

Over the years, Halloween has transitioned from a pagan ritual to a fun day of candy and costumes. Family traditions have been established with pumpkin carving, trick-or-treating, and parties. How are you going to celebrate?

Happy Halloween!

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>(PC) Perks! Café</p> <p>(PP) Pints! Pub</p> <p>(TR) Therapy Room</p> <p>(VP) V!VAplex</p> <p>(VG) Victory Garden</p> <p>(VS) V!VAfit Studio</p> <p>(VL) V!VALinks</p> <p>(L) Lobby</p> <p>(CC) Community Commons</p> <p>(BG) Brain Gym</p> <p>(CK) V!VAcraft Kitchen</p> <p>(FD) Family Den</p> <p>(HR) Horticulture Room</p> <p>(P) Pool</p>	<p>Active Aging Week Challenge October 4th – 8th</p> <p>Active Aging week is a celebration of all the amazing things older adults can do!</p> <p>Join us as we focus on staying active-physically, intellectually, mentally, and emotionally, and in your social life.</p>	<p>Humber Bay Butterfly Habitat Thursday, October 28th</p> <p>Join us for a trip to Humber Bay Butterfly Habitat and check out their native wildflowers, shrubs, tress, grasses, sedges, and a variety of physical features known to support butterflies throughout all life cycles.</p>		<p>1</p> <p>10:00 & 2:00 V!VAfit Sit & Stand (TV)</p> <p>10:15 Exercise Class (CC)</p> <p>10:45 Intro: Active Aging Week Challenge (CK)</p> <p>11:00 Drum Fit with Nicole (PP)</p> <p>12:00 2nd Floor: AL BBQ (FD)</p> <p>3:00 4th Floor Wine & Cheese Get to Know Each Other (PP)</p> <p>4:00 Game: Bola Ball (CC)</p> <p>7:00 Ted Talk: Who are you, really? The Puzzle of Personality (TV)</p>	<p>2</p> <p>8:00-5:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Flow (TV)</p> <p>10:15 V!VAfit Flow (CC)</p> <p>11:15 2nd FL Exercise Class (FD)</p> <p>1:15 Technology Class (BG) ✓</p> <p>2:00 V!VAfit Flow (TV)</p> <p>3:00 Ballroom Dancing with Georgia (PP)</p> <p>4:00 Mental Aerobics: Spot the Difference (FD)</p> <p>7:00 Movie Night: Thunderball (VP)</p>
<p>3</p> <p>8:00-5:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Sit (TV)</p> <p>10:15 Exercise Class (CC)</p> <p>2:00 Mental Aerobics: Word Twist (PP)</p> <p>2:00 V!VAfit Sit (TV)</p> <p>3:00 Sunday Mass: St. Michael's Cathedral (TV)</p> <p>3:00 Happy Hour Games (PP)</p> <p>4:00 Ping Pong (PP)</p> <p>7:00 Movie Night: Worth (VP)</p>	<p>4 Active Aging Week</p> <p>9:30 Scenic Drive: Fall Colours (L) 🚗 ✓</p> <p>10:00 & 2:00 V!VAfit Sit & Stand (TV)</p> <p>10:15 Exercise Class (CC)</p> <p>10:55 Hymn Sing with Patricia (PP)</p> <p>1:30 Pres: Benefits of Recreation (VP)</p> <p>3:00 Active Aging Week Challenge (PC)</p> <p>4:00 2nd FL: Mini Manicures (FD)</p> <p>7:00 Series: Downton Abbey Season 2, Episode 3 (VP)</p>	<p>5 Active Aging Week</p> <p>10:00 & 2:00 V!VAfit Combo/Strength (TV)</p> <p>10:15 Exercise Class (CC)</p> <p>11:15 2nd FL Exercise Class (FD)</p> <p>1:00 Outing: Driving Range (L) 🚗 ✓ \$</p> <p>1:15 Technology Class (BG) ✓</p> <p>2:00 Book Club (CK) ✓</p> <p>3:00 Active Aging Week Challenge (PC)</p> <p>4:00 Game: Washer Toss (CC)</p> <p>7:00 Bio: The Life & Times of Brenda Lee (TV)</p>	<p>6 Active Aging Week</p> <p>8:00-5:00 V!VAfit Open Gym (VS)</p> <p>10:00 & 2:00 V!VAfit Sit (TV)</p> <p>10:15 Exercise Class (CC)</p> <p>10:30 Needlecrafts (CK)</p> <p>11:00 Danz/Sit with Matti (PP)</p> <p>2:00 Creative Drawing with Joan (CK)</p> <p>3:00 Active Aging Week Challenge (PC)</p> <p>4:00 Garden Meeting (CK)</p> <p>7:00 Bingo Night with Karen (CK)</p>	<p>7 Active Aging Week</p> <p>8:00 V!VAfit Open Gym (VS)</p> <p>10:00 & 2:00 V!VAfit Combo/Strength (TV)</p> <p>10:15 Exercise Class (CC)</p> <p>11:15 2nd FL Exercise Class (FD)</p> <p>1:00 Outing: Loblaws (L) 🚗 ✓</p> <p>1:15 Technology Class (BG) ✓</p> <p>3:00 Active Aging Week Challenge (PC)</p> <p>4:00 Physical Game: Flying Disc (CC)</p> <p>7:00 Doc: World's Most Dangerous Plane Landings (TV)</p>	<p>8 Active Aging Week</p> <p>8:00-5:00 V!VAfit Open Gym (VS)</p> <p>10:00 & 2:00 V!VAfit Sit & Stand (TV)</p> <p>10:15 Exercise Class (CC)</p> <p>11:00 Drum Fit with Nicole (PP)</p> <p>12:30 Pringles Harvest Festival (L) 🚗 ✓ \$</p> <p>3:00 Active Aging Week Social (PC)</p> <p>4:00 Intro: V!VA's Cook Book (CK)</p> <p>7:00 Ted Talk: Why you feel what you feel (TV)</p>	<p>9</p> <p>8:00-5:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Flow (TV)</p> <p>10:15 V!VAfit Flow (CC)</p> <p>11:15 2nd FL Exercise Class (FD)</p> <p>1:15 Technology Class (BG) ✓</p> <p>2:00 V!VAfit Flow (TV)</p> <p>3:00 Ballroom Dancing with Georgia (PP)</p> <p>4:00 Poetry Reading (PP)</p> <p>7:00 Movie Night: You Only Live Twice (VP)</p>
<p>10</p> <p>8:00-5:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Sit (TV)</p> <p>10:15 Exercise Class (CC)</p> <p>2:00 Mental Aerobics: Word Twist (PP)</p> <p>2:00 V!VAfit Sit (TV)</p> <p>3:00 Sunday Mass: St. Michael's Cathedral (TV)</p> <p>3:00 V!VA Live: Jeopardy (PP)</p> <p>4:00 Physical Game: Bean Bag Toss (CC)</p> <p>7:00 Movie Night: Yesterday (VP)</p>	<p>11 Thanksgiving</p> <p>8:00-5:00 V!VAfit Open Gym (VS)</p> <p>10:00 & 2:00 V!VAfit Sit & Stand (TV)</p> <p>10:15 Exercise Class (CC)</p> <p>1:30 Crafts: Beaded Lanyards (CK) ✓</p> <p>3:00 Thanksgiving Day Social (PC)</p> <p>7:00 Series: Downton Abbey Season 2, Episode 4 (VP)</p>	<p>12</p> <p>8:00-5:00 V!VAfit Open Gym (VS)</p> <p>10:00 & 2:00 V!VAfit Combo/Strength (TV)</p> <p>10:15 Exercise Class (CC)</p> <p>11:15 2nd FL Exercise Class (FD)</p> <p>1:15 Technology Class (BG) ✓</p> <p>2:00 Community Member Council Meeting (VP)</p> <p>3:00 Happy Hour Pub & Grub (PP)</p> <p>4:00 Billiards (PP)</p> <p>7:00 Bio: Ella Fitzgerald – Something to Live For (TV)</p>	<p>13</p> <p>10:00 Outing Walmart (L) 🚗 ✓</p> <p>10:00 & 2:00 V!VAfit Sit (TV)</p> <p>10:15 Exercise Class (CC)</p> <p>10:30 Needlecrafts (PC)</p> <p>11:30 Lifestyles BBQ (CK) (PP) ✓</p> <p>2:00 Creative Drawing with Joan (CK)</p> <p>3:00 Community Member Tea & Chat (PP)</p> <p>4:00 2nd FL Craft: Silhouette (FD)</p> <p>7:00 Bingo Night with Karen (CK)</p>	<p>14</p> <p>8:00-5:00 V!VAfit Open Gym (VS)</p> <p>10:00 & 2:00 V!VAfit Combo/Strength (TV)</p> <p>10:15 Exercise Class (CC)</p> <p>11:15 2nd FL Exercise Class (FD)</p> <p>1:15 Technology Class (BG) ✓</p> <p>3:00 Bingo with Lifestyles (VP)</p> <p>4:00 Physical Game: Spring Fling (CC)</p> <p>7:00 Doc: A History of Horror with Mark Gatiss Part 1 (TV)</p>	<p>15</p> <p>8:00-5:00 V!VAfit Open Gym (VS)</p> <p>10:00 & 2:00 V!VAfit Sit & Stand (TV)</p> <p>10:15 Exercise Class (CC)</p> <p>11:00 Drum Fit with Nicole (PP)</p> <p>1:00 Outing: Whitefeather (L) 🚗 ✓</p> <p>3:00 Wine & Paint: Autumn Theme (CK) ✓</p> <p>4:00 Garden Clean Up (VG)</p> <p>7:00 Ted Talk: The most important lesson from 83,000 brain scans (TV)</p>	<p>16</p> <p>8:00-5:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Flow (TV)</p> <p>10:15 V!VAfit Flow (CC)</p> <p>11:15 2nd FL Exercise Class (FD)</p> <p>1:15 Technology Class (BG) ✓</p> <p>2:00 V!VAfit Flow (TV)</p> <p>3:00 Make your Own Chocolate Bar (CK) ✓</p> <p>4:00 Left, Right & Center (BG)</p> <p>7:00 Movie Night: Diamonds are Forever (VP)</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>17</p> <p>8:00-5:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Sit (TV)</p> <p>10:15 Exercise Class (CC)</p> <p>1:30 Mental Aerobics: Word Twist (PP)</p> <p>2:00 V!VAfit Sit (TV)</p> <p>2:30 Snack & Chat: Pumpkin Spice Latte (CK)</p> <p>3:00 Sunday Mass: St. Michael's Cathedral (TV)</p> <p>4:00 Game: Magnetic Darts: (CC)</p> <p>7:00 Movie Night: The Peanut Butter Falcon (VP)</p>	<p>18</p> <p>10:00 & 2:00 V!VAfit Sit & Stand (TV)</p> <p>10:15 Exercise Class (CC)</p> <p>10:55 Hymn Sing with Patricia (PP)</p> <p>11:15 Men's Club: Lunch Outing (L) 🚌 ✓ \$</p> <p>2:00 Line Dancing w Metta Dance (PP)</p> <p>3:00 History Presentation with Lianne: Superstitions (VP)</p> <p>4:00 Garden Clean UP (VG)</p> <p>7:00 Series: Downton Abbey Season 2, Episode 5 (VP)</p>	<p>19</p> <p>8:00-5:00 V!VAfit Open Gym (VS)</p> <p>10:00 & 2:00 V!VAfit Combo/Strength (TV)</p> <p>10:15 Exercise Class (CC)</p> <p>11:15 2nd FL Exercise Class (FD)</p> <p>1:15 Technology Class (BG) ✓</p> <p>2:00 Walker Clinic (PP) ✓</p> <p>3:00 October Birthday Party (PC)</p> <p>4:00 Physical Game: Bucket Ball (CC)</p> <p>7:00 Bio: Walt Disney (TV)</p>	<p>20</p> <p>9:30 Footcare (In-suite) ✓ \$</p> <p>10:00 & 2:00 V!VAfit Sit (TV)</p> <p>10:15 Exercise Class (CC)</p> <p>10:30 Needlecrafts (PP)</p> <p>11:00 Danz/Sit with Matti (PP)</p> <p>11:30 Harvest Home Cooking with Chef Amir (CK) ✓</p> <p>2:00 Creative Drawing with Joan (CK)</p> <p>3:00 V!VA LIVE: Battle of the Generations (PC)</p> <p>7:00 Bingo Night with Karen (CK)</p>	<p>21</p> <p>8:00-5:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Combo/Strength (TV)</p> <p>10:15 Exercise Class (CC)</p> <p>11:15 2nd FL Exercise Class (FD)</p> <p>1:00 Outing: Loblaws (L) 🚌 ✓</p> <p>1:15 Technology Class (BG) ✓</p> <p>2:00 Why Movement is the Best Medicine (VP)</p> <p>3:00 Bingo with Lifestyles (VP)</p> <p>4:00 Game: Tower Toss (CC)</p> <p>7:00 Doc: A History of Horror with Mark Gatiss Part 2 (TV)</p>	<p>22</p> <p>8:00 V!VAfit Open Gym (VS)</p> <p>10:00 & 2:00 V!VAfit Sit & Stand (TV)</p> <p>10:15 Exercise Class (CC)</p> <p>11:00 Drum Fit with Nicole (PP)</p> <p>1:00 Scenic Drive: Fall Colours (L) 🚌 ✓</p> <p>1:30 Decorating Perks for Halloween (PC)</p> <p>3:00 Wine Tasting with Shannon (PC) ✓</p> <p>4:00 Garden Clean Up (VG)</p> <p>7:00 Ted Talk: You are contagious (TV)</p>	<p>23</p> <p>8:00-5:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Flow (TV)</p> <p>10:15 Exercise Class (CC)</p> <p>11:15 2nd FL Exercise Class (FD)</p> <p>1:15 Technology Class (BG) ✓</p> <p>2:00 V!VAfit Flow (TV)</p> <p>3:00 Nintendo Wii Bowling (PP)</p> <p>4:00 News & Views (BG)</p> <p>7:00 Movie Night: On the Beach (VP)</p>	
<p>24</p> <p>8:00-5:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Sit (TV)</p> <p>10:15 Exercise Class (CC)</p> <p>1:30 VP Euchre Tournament (PP)</p> <p>2:00 Mental Aerobics: Word Twist (BG)</p> <p>2:00 V!VAfit Sit (TV)</p> <p>3:00 Sunday Mass: St. Michael's Cathedral (TV)</p> <p>3:00 Baking: Pumpkin Tarts (CK)</p> <p>4:00 Game: Bean Bag Toss (CC)</p> <p>7:00 Movie: Green Book (VP)</p>	<p>25</p> <p>8:00-5:00 V!VAfit Open Gym (VS)</p> <p>10:00 & 2:00 V!VAfit Sit & Stand (TV)</p> <p>10:15 Exercise Class (CC)</p> <p>1:00 Scenic Drive: Fall Colours (L) 🚌 ✓</p> <p>2:00 Line Dancing w Metta Dance (PP)</p> <p>3:00 Casino Day (PC)</p> <p>4:00 Cards: Old Maid (BG)</p> <p>7:00 Series: Downton Abbey Season 2, Episode 6 (VP)</p>	<p>26</p> <p>8:00-5:00 V!VAfit Open Gym (VS)</p> <p>10:00 & 2:00 V!VAfit Combo/Strength (TV)</p> <p>10:15 Exercise Class (CC)</p> <p>11:15 2nd FL Exercise Class (FD)</p> <p>1:00 Outing Walmart (L) 🚌 ✓</p> <p>1:15 Technology Class (BG) ✓</p> <p>3:00 Pumpkin Carving (CK)</p> <p>4:00 Physical Game Disc Golf (CC)</p> <p>7:00 Bio: Ray Charles – The Genius of Soul (TV)</p>	<p>27</p> <p>8:00-5:00 V!VAfit Open Gym (VS)</p> <p>10:00 & 2:00 V!VAfit Sit (TV)</p> <p>10:15 Exercise Class (CC)</p> <p>10:30 Needlecrafts (CK)</p> <p>11:00 Danz/Sit with Matti (PP)</p> <p>2:00 Creative Drawing with Joan (CK)</p> <p>3:00 Autumn Social (PC)</p> <p>4:00 Garden Clean Up (VG)</p> <p>7:00 Bingo Night with Karen (CK)</p>	<p>28</p> <p>10:00 & 2:00 V!VAfit Combo/Strength (TV)</p> <p>10:15 Exercise Class (CC)</p> <p>11:15 2nd FL Exercise Class (FD)</p> <p>12:30 Outing: Humber Bay Butterfly Habitat 🚌 ✓ \$</p> <p>1:15 Technology Class (BG) ✓</p> <p>2:00 Pres: Healthy Eating-Foods to Reduce Inflammation (VP)</p> <p>3:00 Bingo with Lifestyles (VP)</p> <p>4:00 Game: Bola Ball (CC)</p> <p>7:00 Doc: A History of Horror with Mark Gatiss Part 3 (TV)</p>	<p>29</p> <p>10:00 & 2:00 V!VAfit Sit & Stand (TV)</p> <p>10:15 Exercise Class (CC)</p> <p>10:30 Glengrove School Costume Parade (PC)</p> <p>2:00 Pres: Respiratory Seminar (VP)</p> <p>3:00 Super Funtastic Halloween Team Member Gameshow (PC)</p> <p>4:00 TM & CM Costume Contest (CK)</p> <p>7:00 Ted Talk: Powers foods for the brain (TV)</p>	<p>30</p> <p>8:00-5:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Flow (TV)</p> <p>10:15 V!VAfit Flow (CC)</p> <p>11:15 2nd FL Exercise Class (FD)</p> <p>1:15 Technology Class (BG) ✓</p> <p>2:00 V!VAfit Flow (TV)</p> <p>3:00 Ballroom Dancing with Georgia (PP)</p> <p>4:00 Mental Aerobics: Memory Tray (FD)</p> <p>7:00 Movie Night: Murder Mystery (VP)</p>	
<p>31 Halloween</p> <p>8:00-5:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Sit (TV)</p> <p>10:15 Exercise Class (CC)</p> <p>2:00 Mental Aerobics: Word Twist (PP)</p> <p>2:00 V!VAfit Sit (TV)</p> <p>3:00 Sunday Mass: St. Michael's Cathedral (TV)</p> <p>3:00 Halloween Social (PC)</p> <p>7:00 Movie Night: Beetlejuice (VP)</p>	<p>Harvest Home Cooking with Chef Amir October 20th</p> <p>Calling all foodies! Yup, that's YOU!</p> <p>Enjoy a delicious meal prepared by Chef Amir. Sign up at the front desk.</p>	<p>Line Dancing with Metta Dance October 18th & 25th</p> <p>Dancing is fun! It is also a great way to meet new friends.</p> <p>Put on your dancing shoes and join us for a fun hour of line dancing. Any dancing level is welcome.</p>	<p>HAPPY HALLOWEEN!</p>				