



Winston getting ready to dunk Team Member Judy.



Don't miss out!

Line Dancing and Zumba with Nicole

Every Thursday
1:30pm – V!VAfit Studio

African Lion Safari

Thursday, October 7th
9:00 am – Meet in Lobby

V!VA Values Seniors' Mental Health Series: Why Movement is the Best Medicine

Tuesday, October 19th
11:00 am – 12:00 pm
Live on Zoom with Sandra Sheffield-Young, registered Kinesiologist, Gerontologist, STEPS Exercise founder and V!VAfit creator to learn why movement is medicine. RSVP with Cheryl.

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

Copyright VIVA Retirement Communities Corporation 2021



Community Members Eileen and Else dining out at the pub.



Barb painting her pinata.



Enjoying the Grandparents Day festivities.





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 Cheryl at (905) 431-7410 or email whitbyshores@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>Main Floor</p> <p>(L) Lobby</p> <p>(PC) Perks! Café</p> <p>(BG) Brain Gym</p> <p>(CK) V!VACraft Kitchen</p> <p>(HR) Horticultural Room</p> <p>(TR) Therapy Room</p> <p>(VS) V!VAfit 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) V!VAplex</p> <p>(CC) Community Commons</p> <p>(VL) V!VALinks Golf Simulator</p>	<p>Happy Hour in Pints! Pub everyday at 3:00pm</p> 		<p>1</p> <p>9:15 V!VAfit Balance Class (VS)</p> <p>10:15 V!VAfit Balance Class (VS)</p> <p>11:00 Cards: Blackjack (BG)</p> <p>2:00 Information Session for 2021 Active Aging Week Challenge (VP)</p> <p>3:00 October Birthday Party (PP)</p>	<p>2</p> <p>10:15 Mental Aerobics: Word in a Word (VP)</p> <p>11:15 Drumfit Class (VS)</p> <p>Classic Movie: The Good, The Bad and The Ugly (VP)</p> <p>2:00 Technology Class (BG) ✓</p> <p>4:15 Nintendo Wii Games (PP)</p> <p>Classic Movie: The Good, The Bad and The Ugly (VP)</p> <p>7:00</p>
<p>3</p> <p>10:00 Virtual Catholic Church Service (VP)</p> <p>10:30 V!VAfit Sit Class (VS)</p> <p>1:30 Fall Scenic Drive (L) ✓ 🚌</p> <p>2:00 Movie: Noises Off (VP)</p> <p>2:30 V!VA Live: Jeopardy (PP)</p> <p>4:15 Left, Right & Center (BG)</p>	<p>4 Active Aging Week</p> <p>9:15 V!VAfit Flow (VS)</p> <p>9:30 Garden Cleanup (VG)</p> <p>10:15 V!VAfit Flow (VS)</p> <p>1:30 News & Views Discussion Group (FD)</p> <p>2:00 Java Social Club (CC)</p> <p>3:00 Active Aging & The 7 Domains of Wellness (VP)</p> <p>4:15 Physical Game: Ladder Ball (VS)</p> <p>6:30 Game Night (PP)</p>	<p>5 Active Aging Week</p> <p>9:15 V!VAfit Strength Class (VS)</p> <p>9:30 Garden Cleanup (VG)</p> <p>10:00 Shopping Shuttle: Walmart (L)</p> <p>10:15 V!VAfit Strength Class (VS)</p> <p>11:15 Drumfit Class (VS)</p> <p>2:00 Fall Scenic Drive (L) ✓ 🚌</p> <p>1:30 Bazaar Crafts (CK)</p> <p>2:00 Doc The Secret to Living Well in Your 90's (VP)</p> <p>3:00 Mindful Meditation (VP)</p> <p>4:00 Open Gym (VS)</p> <p>4:15 Let's Play Poker (PP)</p>	<p>6 Active Aging Week</p> <p>9:15 V!VAfit Sit & Stand (VS)</p> <p>10:15 V!VAfit Sit & Stand (VS)</p> <p>11:00 Learn How To: Calligraphy (CK)</p> <p>1:30 Riddles & Brain Teasers (BG)</p> <p>2:00 Opera - Carmen (VP)</p> <p>2:00 V!VAfit Swim (P)</p> <p>3:00 Community Member Mix & Mingle – Get to Know Your Neighbor (PP)</p> <p>4:15 Indoor Gardening; Mini Terrariums (HR)</p> <p>7:00 Opera - Carmen (VP)</p>	<p>7 Active Aging Week</p> <p>9:00 African Lion Safari (L) ✓ 🚌 \$</p> <p>9:15 Seated Dance Class (VS)</p> <p>10:15 Seated Dance Class (VS)</p> <p>11:00 Mental Aerobics: Spot the Difference (BG)</p> <p>1:30 Line Dancing with Nicole (PP)</p> <p>2:00 Open Gym (VS)</p> <p>3:00 Thirsty Thursday Pub Games (PP)</p> <p>4:15 Mindful Meditation Class (VP)</p> <p>7:00 Doc: The End of Oil (VP)</p>	<p>8 Active Aging Week</p> <p>9:15 V!VAfit Balance Class (VS)</p> <p>10:15 V!VAfit Balance Class (VS)</p> <p>11:00 Mental Aerobics: Memory Box (VP)</p> <p>1:30 Learn How To: Counting in Other Languages (VP)</p> <p>3:00 Community Member Spotlight: CM Council Co-Chair Pat K (PP)</p> <p>4:15 V!VAfit Strolls (L)</p> <p>7:00 Share Your Faith (FD)</p>	<p>9 Active Aging Week</p> <p>10:15 Mental Aerobics: Word in a Word (VP)</p> <p>11:15 Drumfit Class (VS)</p> <p>11:30 Thanksgiving Brunch – 4:00</p> <p>2:00 Movie: The Party (VP)</p> <p>3:00 Thanksgiving Social (PP)</p> <p>VIVA Gratitude Tree: What Are You Giving Thanks For? (CK)</p> <p>7:00 Classic Movie: The Party (VP)</p>
<p>10 Active Aging Week</p> <p>10:00 Virtual Multi-Denominational Church Service (VP)</p> <p>10:30 V!VAfit Sit Class (VS)</p> <p>11:30 Crafts: Walker Name Tags (CK)</p> <p>1:30 Fall Scenic Drive (L) ✓ 🚌</p> <p>2:00 Movie: Eat, Pray, Love (VP)</p> <p>3:00 V!VA Live: Family Feud (PP)</p> <p>4:15 Zen Colouring (FD)</p>	<p>11 Thanksgiving Day</p> <p>9:15 V!VAfit Flow (VS)</p> <p>10:15 V!VAfit Flow (VS)</p> <p>11:15 Drink Making Pumpkin Spiced Lattes (CK)</p> <p>2:00 Java Social Club (CC)</p> <p>4:15 Music Appreciation (VP)</p>	<p>12</p> <p>9:15 V!VAfit Strength Class (VS)</p> <p>9:30 Garden Cleanup 2nd Floor (VG)</p> <p>10:00 Shopping Shuttle: Giant Tiger (L)</p> <p>10:15 V!VAfit Strength Class (VS)</p> <p>11:15 Drumfit Class (VS)</p> <p>1:30 Hearing Clinic (TR) ✓</p> <p>2:00 Community Member Council Forum (VP)</p> <p>3:00 Farewell Party for Amanda (PP)</p> <p>4:00 Open Gym (VS)</p>	<p>13</p> <p>9:15 V!VAfit Sit & Stand Class (VS)</p> <p>9:30 Garden Cleanup (2nd Floor VG)</p> <p>10:15 V!VAfit Sit & Stand Class (VS)</p> <p>11:00 Active Aging Week Participants Luncheon & Prizes (PP)</p> <p>2:00 Ballet: Spartacus (VP)</p> <p>2:00 V!VAfit Swim (P)</p> <p>3:00 Bazaar Crafts (CK)</p> <p>7:00 Ballet: Spartacus (VP)</p>	<p>14</p> <p>9:15 Seated Dance Class (VS)</p> <p>10:00 Fall Scenic Drive (L) ✓ 🚌</p> <p>10:15 Seated Dance Class (VS)</p> <p>2:00 Food Forum – All Welcome (VP)</p> <p>1:30 Seated Zumba with Nicole (VS)</p> <p>2:00 Open Gym (VS)</p> <p>2:00 Fall Scenic Drive (L) ✓ 🚌</p> <p>3:00 V!VALinks Golf Simulator with Chef Robert (VL)</p> <p>4:15 Rummikub (CC)</p>	<p>15</p> <p>9:15 V!VAfit Balance Class (VS)</p> <p>10:15 V!VAfit Balance Class (VS)</p> <p>The Life of President-Elect Joe Biden: From Tragedy To Triumph (VP)</p> <p>2:00 Singalong with V!VA Choir Director Don (PP)</p> <p>3:00 VIVA Women's Circle (VP)</p> <p>4:15 Physical Game: Washer Toss (VS)</p>	<p>16</p> <p>10:15 Mental Aerobics: Word in a Word (VP)</p> <p>11:15 Drumfit Class (VS)</p> <p>Port Hope Capitol Theater: The Importance of Being Ernest (L) ✓ 🚌 \$</p> <p>2:00 Classic Movie: James Bond Goldfinger (VP)</p> <p>2:30 Technology Class (BG) ✓</p> <p>7:00 Classic Movie: James Bond Goldfinger (VP)</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>17</p> <p>10:00 Virtual Catholic Church Service (VP)</p> <p>10:30 VIVAfit Sit Class (VS)</p> <p>2:00 Movie: Top Gun (VP)</p> <p>2:30 All About Bees - Interactive Presentation with Virginia (CC)</p> <p>4:15 Nintendo Wii: Bowling (PP)</p>	<p>18</p> <p>9:15 VIVAfit Flow (VS)</p> <p>10:15 VIVAfit Flow (VS)</p> <p>11:30 Men's Club Lunch Outing (L) ✓ 🚗 \$</p> <p>2:00 Java Social Club (CC)</p> <p>3:00 Halloween Costume and Mask Making (CK)</p> <p>4:15 Physical Game: Bean Bag Toss (VS)</p>	<p>19</p> <p>9:15 VIVAfit Strength Class (VS)</p> <p>10:00 Pumpkin Picking & Lunch at Pingle's Farm (L) ✓ 🚗 \$\$\$</p> <p>10:15 VIVAfit Strength Class (VS)</p> <p>11:00 Virtual Presentation: Why Movement is The Best Medicine (VP)</p> <p>11:15 Drumfit Class (VS)</p> <p>2:30 VIVA Live: The Price is Right (PP)</p> <p>4:00 Open Gym (VS)</p> <p>4:15 Memory Training (FD)</p>	<p>20</p> <p>9:15 VIVAfit Sit & Stand Class (VS)</p> <p>10:15 VIVAfit Sit & Stand Class (VS)</p> <p>11:00 Bazaar Crafts (CK)</p> <p>2:00 Concert: Grieg Piano Concerto in A Minor (VP)</p> <p>2:00 VIVAfit Swim (P)</p> <p>3:00 Baking for the High Tea (CK)</p> <p>7:00 Concert: Grieg Piano Concerto in A Minor (VP)</p>	<p>21</p> <p>9:15 Seated Dance Class (VS)</p> <p>10:15 Seated Dance Class (VS)</p> <p>11:00 Fall High Tea (PP) ✓</p> <p>1:30 Line Dancing with Nicole (PP)</p> <p>3:00 Wine & Paint Class (CK)</p> <p>4:00 Open Gym (VS)</p> <p>4:15 Good News Network: Inspirational Stories from Around the World (FD)</p> <p>?</p>	<p>22</p> <p>9:15 VIVAfit Balance Class (VS)</p> <p>10:15 VIVAfit Balance Class (VS)</p> <p>11:00 New Community Member Orientation (VP)</p> <p>1:30 Left, Right & Center (BG)</p> <p>3:00 VIVA Women's Circle (VP)</p> <p>4:15 Baking Class: Flavoured Popcorn (CK)</p>	<p>23</p> <p>10:15 Mental Aerobics: Word in a Word (VP)</p> <p>11:15 Drumfit Class (VS)</p> <p>2:00 Classic Movie: East of Eden (VP)</p> <p>3:00 VIVA Live: Wheel of Fortune (VP)</p> <p>7:00 Classic Movie: East of Eden (VP)</p>	
<p>24</p> <p>10:00 Virtual Multi-Denominational Church Service (VP)</p> <p>10:30 VIVAfit Sit Class (VS)</p> <p>2:00 Movie: Rain Man (VP)</p> <p>2:30 Physical Game: Giant Jenga (VS)</p> <p>4:15 Drink Making: Milkshakes (CK)</p>	<p>25</p> <p>9:15 VIVAfit Flow (VS)</p> <p>10:15 VIVAfit Flow (VS)</p> <p>11:00 Decorating for Halloween (PP)</p> <p>1:00 VIVA Gives Back: Charity Ideas with Kelly (CK)</p> <p>2:00 Java Social Club (CC)</p> <p>3:00 Decorating for Halloween (L)</p> <p>4:15 Zen Colouring (FD)</p>	<p>26</p> <p>9:15 VIVAfit Strength Class (VS)</p> <p>10:00 Shopping Shuttle: Taunton Plaza (L)</p> <p>10:15 VIVAfit Strength Class (VS)</p> <p>11:15 Drumfit Class (VS)</p> <p>11:00 Murder Mystery Lunch (PP) ✓</p> <p>1:30 Bazaar Crafts (CK)</p> <p>3:00 Super Fantastic Halloween Gameshow (PP)</p> <p>4:00 Open Gym (VS)</p>	<p>27</p> <p>9:15 VIVAfit Sit & Stand Class (VS)</p> <p>10:15 VIVAfit Sit & Stand Class (VS)</p> <p>2:00 Comedic Musical: Forever Plaid (VP)</p> <p>2:00 VIVAfit Swim (P)</p> <p>3:00 Pumpkin Carving & Painting (CK)</p> <p>7:00 Comedic Musical: Forever Plaid (VP)</p>	<p>28</p> <p>9:15 Seated Dance Class (VS)</p> <p>10:15 Seated Dance Class (VS)</p> <p>10:45 Whitefeather Country Market (L) ✓ 🚗</p> <p>1:30 Seated Zumba with Nicole (VS)</p> <p>1:30 Walker Clinic (HR) ✓</p> <p>2:00 Influenza Presentation with Consultant Pharmacist Sam Kwan (VP)</p> <p>3:00 VIVALinks Golf Simulator with Chef Robert (VL)</p> <p>4:00 Open Gym (VS)</p>	<p>29</p> <p>9:15 VIVAfit Balance Class (VS)</p> <p>10:15 VIVAfit Balance Class (VS)</p> <p>11:00 Candy Haunted House Building (CK)</p> <p>1:30 Program Meeting – All Welcome (PP)</p> <p>2:00 Virtual Presentation with Respiratory Therapist Anneliese (VP)</p> <p>3:00 Community Member and Team Member Halloween Costume Contest (PP)</p>	<p>30</p> <p>10:15 Mental Aerobics: Word in a Word (VP)</p> <p>11:15 Drumfit Class (VS)</p> <p>2:00 Classic Movie: Young Frankenstein (VP)</p> <p>3:00 Baking Class: Pumpkin Tarts (CK)</p> <p>7:00 Classic Movie: Young Frankenstein (VP)</p>	
<p>31 Happy Halloween</p> <p>10:00 Virtual Catholic Church Service (VP)</p> <p>10:30 VIVAfit Sit Class (VS)</p> <p>2:00 Movie: The Addams Family (VP)</p> <p>3:00 Halloween Party with Live Music (PP)</p>	<p>Weekly:</p> <ul style="list-style-type: none"> Knitting club - Tuesdays at 1:30pm (FD) Billiards Club - Fridays at 1:30pm (PP) <p>Bi-Weekly Meetings:</p> <ul style="list-style-type: none"> Book Club - Thursday the 7th and 21st at 1:30pm (CC) <p>Monthly Meetings:</p> <ul style="list-style-type: none"> Garden Club - Thursday the 21st at 3:00pm Garden Club (HR) 	<p>New Program: Open Gym</p> <p>Open Gym is a time where a VIVA Lifestyles Team Member will be present in the VIVAfit Studio to for anyone requiring assistance on the exercise machines, learn new machines/routines and answer any questions you may have.</p> <p>Tuesdays: 4:00pm – 5:00pm Thursdays: 2:00pm-3:00pm</p>	<p>HAPPY HALLOWEEN!</p>				