



Community Members having fun line dancing with Nicole.



Everyone enjoyed a trip to African Lion Safari.

Don't miss out!

Remembrance Day Ceremony

Thursday, November 11th
 Ceremony: 10:45am
 Appreciation Social: 3:00pm
 Pints! Pub

V!VA Carolers

Come sing your heart out at this drop-in Christmas Singalong, every Sunday at 2:30 pm in the Family Den.

V!VA Values Seniors' Mental Health: Resilience and Mental Toughness: Building a Battle-Tested Mindset

Tuesday, November 16th
 11:00 am – 12:00 pm
 Learn how you can develop perseverance and mental toughness even under seemingly impossible odds, with Warrant Officer Patrick Tower. RSVP with Cheryl.

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

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V!VAvoice

YOUR VIVA COMMUNITY NEWSLETTER November 2021

V!VA Retirement Communities™
 WHITBY SHORES



Cora learning Calligraphy during Active Aging Week.



Guest Speaker Lianne Harris shared her passion of history.



Our winners for the Active Aging Challenge: Nancy, Barb and Ann.



Making mini terrariums as one of the challenges for Active Aging Week.



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
Patrick Tower
Warrant Officer, SMV, CD, MBA
and Combat Veteran

Resilience and Mental Toughness: Building a Battle-Tested Mindset

TUESDAY, NOVEMBER 16 | 11:00 AM

If you want to develop perseverance, mental toughness, and the ability to excel under extreme conditions, despite seemingly impossible odds, it is important to know what they look like – Patrick will show you. His personal stories of combat leadership, uncommon valour, steadfast determination, and devoted comradeship will leave you inspired, energized, and focused on accomplishing your true potential. The robust spirit that moves soldiers to confidently push forward and accomplish the extraordinary during life's most tenuous moments are as applicable in your day-to-day life as they are on the battlefield.

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




In Flanders Fields

By John McCrae

*In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.*

*We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.*

*Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.*

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>Holiday Food & Toy Drive</p> <p>November 1st – December 15th</p> <p>Spread some holiday cheer by donating some non-perishable food items or new and unwrapped gifts, to be donated to local families in need.</p> <p>– Donation Box located in Lobby</p>	<p>Remembrance Day Ceremony</p> <p>November 11th</p> <p>Honour our veterans at our in-house Remembrance Day Ceremony and our Veterans Appreciation Social</p> <p>Ceremony: 10:45am Social: 3:00pm Pints Pub</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Lest we forget</p> <p>Thank you for your service and sacrifice</p>  </div>		
<p>VIVA Carolers</p> <p>Sundays at 2:30pm in the Family Den</p> <p>Come and join us for this casual singing program where we get to belt out our favourite holiday tunes.</p> <p>No experience or commitment necessary and every is welcome!</p>	<p>1</p> <p>9:15 V!VAfit Flow (VS)</p> <p>10:15 V!VAfit Flow (VS)</p> <p>11:00 Arts & Crafts: Donation Box for Holiday Food and Toy Drive (CK)</p> <p>1:30 Community Member Cribbage (CC)</p> <p>2:00 Java Social Club (FD)</p> <p>3:00 Balloon Volleyball (VS)</p> <p>4:15 2nd Floor Memory Training (FD)</p> <p>Start of Holiday Food & Toy Drive</p>	<p>2</p> <p>9:15 V!VAfit Strength Class (VS)</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>1:30 Knitting Group (CC)</p> <p>2:00 Documentary: How Your Memory Works (VP)</p> <p>3:00 Information Session on November Fundraising Challenge (PP)</p> <p>4:00 Open Gym (VS)</p>	<p>3</p> <p>9:15 V!VAfit Sit & Stand (VS)</p> <p>10:15 V!VAfit Sit & Stand (VS)</p> <p>11:00 Mental Aerobics: Word Twist (BG)</p> <p>2:00 Movie: Miss Saigon: 25th Anniversary (VP)</p> <p>2:00 V!VAfit Swim (P)</p> <p>3:00 VIVA Live: Wheel of Fortune (PP)</p> <p>4:15 2nd Floor Ladder Ball (FD)</p> <p>7:00 Movie: Miss Saigon: 25th Anniversary (VP)</p> <p>7:00 CM Euchre Night (CC)</p>	<p>4</p> <p>9:15 Seated Dance Class (VS)</p> <p>10:15 Seated Dance Class (VS)</p> <p>11:00 VIVA Book Club (FD)</p> <p>1:30 Line Dancing with Nicole (PP)</p> <p>2:00 Documentary: All About Your Dreams (VP)</p> <p>2:30 Open Gym (VS)</p> <p>3:00 Thirsty Thursday & Bingo with Students (PP)</p> <p>4:15 2nd Floor Nintendo Wii Games (FD)</p>	<p>5</p> <p>9:15 V!VAfit Balance Class (VS)</p> <p>10:15 V!VAfit Balance Class (VS)</p> <p>11:00 Left, Right & Center (BG)</p> <p>2:00 Arts & Crafts: Posterboard for November Fundraiser (CK)</p> <p>2:00 VIVA Choir with Don (PP)</p> <p>3:00 November Birthday Party (PP)</p> <p>4:15 2nd Floor Arts & Crafts: Beaded Keychains (CK)</p> <p>7:00 Community Member Bridge Night (CC)</p>	<p>6</p> <p>10:15 Mental Aerobics: Word in a Word (VP)</p> <p>11:15 Drumfit Class (VS)</p> <p>2:00 Technology Class: You Tube – Bring your smart phone, tablet or laptop (VP)</p> <p>3:00 Baking: Apple Cider & Apple Pie Pops (CK)</p> <p>4:15 Rummikub (PP)</p> <p>7:00 Classic Movie: Kelly's Heroes (VP)</p>
<p>7 Daylight Savings Ends</p> <p>10:00 Virtual Multi-Denominational Church Service (VP)</p> <p>10:30 V!VAfit Sit Class (VS)</p> <p>2:00 Movie: Mrs. Doubtfire (VP)</p> <p>2:30 V!VA Carolers Practice – All Welcome (FD)</p> <p>The History of the Saxophone with Shannon (VP)</p>	<p>8 National Tongue Twister Day</p> <p>9:15 V!VAfit Flow (VS)</p> <p>10:15 V!VAfit Flow (VS)</p> <p>11:00 Mindful Mediation (VP)</p> <p>1:30 Community Member Cribbage (CC)</p> <p>2:00 Java Social Club (FD)</p> <p>3:00 Happy Hour & Tongue Twister Competition (PP)</p> <p>4:15 2nd Floor Cards: Old Maid (FD)</p>	<p>9</p> <p>9:15 V!VAfit Strength Class (VS)</p> <p>10:00 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>1:30 Knitting Group (CC)</p> <p>2:00 Community Member Council Forum (VP)</p> <p>3:00 Team Member Spotlight: Stephanie (PP)</p> <p>4:00 Open Gym (VS)</p>	<p>10</p> <p>9:15 V!VAfit Sit & Stand (VS)</p> <p>10:15 V!VAfit Sit & Stand (VS)</p> <p>11:00 Acts of Kindness Challenge (CK)</p> <p>2:00 Beethoven's symphony N0 6 (Pastorale) (VP)</p> <p>2:00 V!VAfit Swim (P)</p> <p>3:00 Remembrance Day Discussion Panel with Guest Speakers (VP)</p> <p>4:15 2nd Floor Bean Bag Toss (FD)</p> <p>7:00 Beethoven's symphony N0 6 (Pastorale) (VP)</p> <p>7:00 CM Euchre Night (CC)</p>	<p>11 Remembrance Day</p> <p>9:15 Seated Dance Class (VS)</p> <p>10:45 In House Remembrance Day Service (PP)</p> <p>1:30 Seated Zumba with Nicole (VS)</p> <p>2:30 Open Gym (VS)</p> <p>3:00 V!VAlinks Golf Simulator with Chef Robert (VL)</p> <p>3:00 Veteran's Appreciation Social (PP)</p> <p>4:15 2nd Floor Cards: Blackjack (FD)</p>	<p>12</p> <p>9:15 V!VAfit Balance Class (VS)</p> <p>10:15 V!VAfit Balance Class (VS)</p> <p>11:00 Biography: Betty White - The Lady of Television (VP)</p> <p>2:00 VIVA Choir with Don (PP)</p> <p>2:00 Arts & Crafts: Christmas Crafts with Sonia (CK) ✓</p> <p>3:00 V!VA Women's Circle (VP)</p> <p>4:15 Ladder Ball (VS)</p> <p>7:00 Community Member Bridge Night (CC)</p>	<p>13 World Kindness Day</p> <p>10:15 Mental Aerobics: Word in a Word (VP)</p> <p>11:15 Drumfit Class (VS)</p> <p>2:00 Technology Class: Facebook Privacy & Making Posts – Bring your smart phone, tablet or laptop (VP)</p> <p>3:00 Happy Hour & Acts of Kindness Challenge Prizes & Review (CK)</p> <p>4:15 News & Views (BG)</p> <p>7:00 Classic Movie: Singin' in the Rain (VP)</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>14</p> <p>10:00 Virtual Catholic Church Service (VP)</p> <p>10:30 V!VAfit Sit Class (VS)</p> <p>2:00 Movie: Good Will Hunting (VP)</p> <p>2:30 V!VA Carolers Practice – All Welcome (FD)</p> <p>4:15 Washer Toss (VS)</p>	<p>15</p> <p>9:15 V!VAfit Flow (VS)</p> <p>10:15 V!VAfit Flow (VS)</p> <p>11:00 Giant Jenga (PP)</p> <p>1:30 Community Member Cribbage (CC)</p> <p>2:00 Java Social Club (FD)</p> <p>3:00 V!VA Live: Jeopardy (VP)</p> <p>4:15 2nd Floor Memory Training (FD)</p>	<p>16 International Fast Food Day</p> <p>9:15 V!VAfit Strength Class (VS)</p> <p>10:15 V!VAfit Strength Class (VS)</p> <p>11:00 Lunch at The Pickle Barrel (L) ✓ 🚗 \$</p> <p>Virtual Presentation “Building Resilience and Mental Toughness” (VP)</p> <p>11:00 Drumfit Class (VS)</p> <p>1:30 Doc: Super-Size Me (VP)</p> <p>1:30 Knitting Group (CC)</p> <p>2:00 Baking Class: Timbits (CK)</p> <p>3:00 Community Member Spotlight: Robert P (PP)</p> <p>4:00 Open Gym (VS)</p>	<p>17</p> <p>9:15 V!VAfit Sit & Stand (VS)</p> <p>10:15 V!VAfit Sit & Stand (VS)</p> <p>11:00 Mental Aerobics: Word Twist (BG)</p> <p>2:00 Rachmaninoff's Piano concerto No 3 (VP)</p> <p>2:00 V!VAfit Swim (P)</p> <p>3:00 Arts & Crafts: Christmas Gift Bath Bombs (CK) ✓</p> <p>4:15 2nd Floor Bucket Ball (FD)</p> <p>7:00 Rachmaninoff's Piano concerto No 3 (VP)</p> <p>7:00 CM Euchre Night (CC)</p>	<p>18 World Philosophy Day</p> <p>9:15 Seated Dance Class (VS)</p> <p>10:00 Shopping Shuttle: Pickering Town Center (L) ✓ 🚗 ➡</p> <p>10:15 Seated Dance Class (VS)</p> <p>1:30 Line Dancing with Nicole (PP)</p> <p>Diabetes Presentation with Consultant Pharmacist Sam Kwan (VP)</p> <p>2:00 Open Gym (VS)</p> <p>The Most Debated Philosophical Questions of All Time (FD)</p> <p>3:00</p> <p>4:15 2nd Floor Sing Along (FD)</p>	<p>19 International Men's Day</p> <p>9:15 V!VAfit Balance Class (VS)</p> <p>10:15 V!VAfit Balance Class (VS)</p> <p>11:00 Baking for Men's Day Tournament (CK)</p> <p>2:00 V!VA Choir with Don (PP)</p> <p>2:00 V!VA Scrapbooking (CK)</p> <p>3:00 Men's Day – Driving Range Tournament (VL)</p> <p>4:15 2nd Floor Washer Toss (CK)</p> <p>7:00 Community Member Bridge Night (CC)</p>	<p>20</p> <p>10:15 Mental Aerobics: Word in a Word (VP)</p> <p>11:15 Drumfit Class (VS)</p> <p>Technology Class: Shopping on Amazon – Bring your smart phone, tablet or laptop (VP)</p> <p>2:00 Musical Yoga (VS)</p> <p>4:15 Zen Colouring (CK)</p> <p>7:00 Classic Movie: The Music Man (VP)</p>
<p>21 World TV Day</p> <p>10:00 Virtual Multi-Denominational Church Service (VP)</p> <p>10:30 V!VAfit Sit Class (VS)</p> <p>1:30 Outing to Whitby Legion Craft Bazaar (L) ✓ 🚗</p> <p>2:30 V!VA Carolers Practice – All Welcome (FD)</p> <p>4:15 Ladder Ball (VS)</p> <p>Classic Tv Marathon Day (VP): 11:00am – 1:00pm: I Love Lucy 1:00pm – 3:00pm: Bewitched 3:00pm – 5:00pm: Bonanza 5:00pm – 7:00pm: The Brady Bunch 7:00pm – 9:00pm: Gilligan's Island</p>	<p>22</p> <p>9:15 V!VAfit Flow (VS)</p> <p>10:15 V!VAfit Flow (VS)</p> <p>11:00 Biography: Dolly Parton – Here I am (VP)</p> <p>1:30 Community Member Cribbage (CC)</p> <p>2:00 Java Social Club (FD)</p> <p>3:15 Let's Get Quizzical: The Life-Sized Board Game (VS)</p> <p>4:15 2nd Floor Musical Yoga (FD)</p>	<p>23</p> <p>9:15 V!VAfit Strength Class (VS)</p> <p>10:15 V!VAfit Strength Class (VS)</p> <p>11:15 Drumfit Class (VS)</p> <p>1:30 Balloon Volleyball (VS)</p> <p>1:30 Knitting Group (CC)</p> <p>2:00 Presentation: Diwali - The Festival of Lights (VP)</p> <p>3:00 Topsy Tuesday & Bingo with Students (PP)</p> <p>4:00 Open Gym (VS)</p>	<p>24</p> <p>9:15 V!VAfit Sit & Stand (VS)</p> <p>10:15 V!VAfit Sit & Stand (VS)</p> <p>11:00 Mental Aerobics: Spot the Difference (BG)</p> <p>2:00 Opera: Tosca by Puccini (VP)</p> <p>2:00 V!VAfit Swim (P)</p> <p>3:00 Arts & Crafts: Christmas Cards (CK)</p> <p>4:15 2nd Floor Cards: Blackjack (FD)</p> <p>7:00 Opera: Tosca by Puccini (VP)</p> <p>7:00 CM Euchre Night (CC)</p>	<p>25</p> <p>9:15 Seated Dance Class (VS)</p> <p>10:15 Seated Dance Class (VS)</p> <p>10:30 Whitefeather Country Market (L) ✓ 🚗 ➡</p> <p>1:30 Walker Clinic (HR) ✓</p> <p>1:30 Seated Zumba with Nicole (VS)</p> <p>2:30 Open Gym (VS)</p> <p>3:00 V!VAlinks Golf Simulator with Chef Robert (VL)</p> <p>4:15 2nd Floor Seated Dancing (FD)</p>	<p>26</p> <p>9:15 V!VAfit Balance Class (VS)</p> <p>10:15 V!VAfit Balance Class (VS)</p> <p>11:00 Memory Training (BG)</p> <p>2:00 V!VA Choir with Don (PP)</p> <p>2:00 Musical Trivia (PP)</p> <p>3:00 V!VA Women's Circle (VP)</p> <p>4:15 2nd Floor Nintendo Wii Games (FD)</p> <p>7:00 Community Member Bridge Night (CC)</p>	<p>27</p> <p>10:15 Mental Aerobics: Word in a Word (VP)</p> <p>11:15 Drumfit Class (VS)</p> <p>Technology Class: Email Basics; Sending, Receiving and Attachments – Bring your smart phone, tablet or laptop (VP)</p> <p>2:00 Drink Making: Flavoured Hot Chocolate & Sugar Cookies (CK)</p> <p>3:00 Rummikub (PP)</p> <p>7:00 Classic Movie: Good Morning Vietnam (VP)</p>
<p>28</p> <p>10:00 Virtual Catholic Church Service (VP)</p> <p>10:30 V!VAfit Sit Class (VS)</p> <p>2:00 Movie: Five Feet Apart (VP)</p> <p>2:30 V!VA Carolers Practice – All Welcome (FD)</p> <p>2nd Floor - Let's Get Quizzical: The Life-Sized Board Game (FD)</p> <p>4:15</p>	<p>29</p> <p>9:15 V!VAfit Flow (VS)</p> <p>10:15 V!VAfit Flow (VS)</p> <p>11:00 Mindful Mediation (VP)</p> <p>1:30 Community Member Cribbage (CC)</p> <p>2:00 Java Social Club (FD)</p> <p>3:00 Presentation: Osteoporosis & Exercises to Build Better Bones (VP)</p> <p>4:15 2nd Floor Memory Training (FD)</p>	<p>30</p> <p>9:15 V!VAfit Strength Class (VS)</p> <p>10:00 Shopping Shuttle: Thickson Plaza (L) ✓ 🚗 ➡</p> <p>10:15 V!VAfit Strength Class (VS)</p> <p>11:15 Drumfit Class (VS)</p> <p>1:30 Decorating for Christmas (PP)</p> <p>1:30 Knitting Group (CC)</p> <p>3:00 Movember Social with Live Entertainment (PP)</p> <p>4:00 Open Gym (VS)</p>	<p>Weekly Community Member Led Programs:</p> <ul style="list-style-type: none"> Knitting Club - Tuesdays at 1:30pm (FD) Billiards Club - Fridays at 1:30pm (PP) Cribbage – Mondays at 1:30pm (CC) Euchre – Wednesdays at 7:00pm (CC) Bridge – Fridays at 7:00pm (CC) 	<p>V!VA Open Gym:</p> <p>Open Gym is a time where a V!VA Lifestyles Team Member will be present in the V!VAfit 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: 2:30pm-3:30pm</p>	<div style="background-color: #f4a460; padding: 20px; text-align: center; border-radius: 15px;"> <p>What's the opposite of a croissant?</p> </div> <div style="background-color: #f4a460; padding: 20px; text-align: center; border-radius: 15px; margin-top: 10px;"> <p>A happy uncle.</p> </div>	