



Community Members brought in the holiday season with song and dance to one of their favourite entertainers: Emilio Zarris.



Cheers! Community Members welcomed Chris via Zoom from the 40 Creek distillery to sample four different types of whiskey.

Don't miss out!

**Zumba Mornings**  
Mondays and Thursdays  
V!VAfit Studio – 10:00 am  
Reach your 2022 fitness goals with Mandi!

**Monthly High Tea**  
Wednesday, January 12th  
Pints! Pub – 3:00 pm  
Don't forget to wear your best hat, or fascinator!

**Lecture: Jewish Philosopher Spinoza with Dr. Chris DiCarlo**  
Thursday, January 12th  
V!VAplex – 7:00 pm

**Tu BiShvat Celebration with Rabbi Corber**  
Monday, January 17th  
Pints! Pub – 2:15 pm

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

Copyright VIVA Retirement Communities Corporation 2022



Throughout Chanukah, Community Members joined in with blessings and songs around the Community's Chanukah Menorah.



Community Member Frank sings a special song.



Chef Lash prepared traditional latkes in the V!VAcraft Kitchen.



Serving up some Sufgonyot.



## Upcoming 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.



**Amanda Li,**  
Registered Dietitian  
& Educator

### Protein & its Role in Healthy Aging and Longevity

**Two Part Series with Guest Speaker:**  
**Amanda Li, Registered Dietitian & Educator**  
**NOW AVAILABLE IN-PERSON OR ONLINE!**

**TUESDAY, JANUARY 18 | 2:00 PM**

Executive Chef Mitchell Lash prepares a nutritious lunch followed by the V!VA Values Seniors' Mental Health presentation with Registered Dietitian Amanda Li that focuses on protein and its role in the body, and more. Limited space. RSVP required.

**WEDNESDAY, JANUARY 19 | 2:00 PM**

Amanda prepares three protein-rich delicious meals and snacks you'll keep making on repeat! In-person guests will be treated to a healthy protein snack!

To register, go to  
[www.vivalife.ca/mentalhealth](http://www.vivalife.ca/mentalhealth)  
or call Wendy at (905) 417-8585 or  
email [thornhillwoods@vivalife.ca](mailto:thornhillwoods@vivalife.ca)

# Start to Finish

## Brain Teasers

**Directions:** for each clue, find a corresponding word that starts and finishes with the same letter. There is one word for each of the alphabet except for i, j, q, u, v and z.

Spend time in front of the mirror.	<b>PRIMP</b>
Intuitive inkling,	
Pioneer in photocopying.	
Bitterly sarcastic.	
Gas in some signs.	
Inuit transportation.	
Chinese medicinal root.	
Where a rubber duckie lives.	<b>BATHTUB</b>
Roll in the mind.	
Please traveller.	
Temporary loss of memory.	
Deadly.	
Pizza herb.	
Vert knowledgeable.	
Forty-eight hours before tomorrow.	
The most.	
Excessive.	
Feudal land.	
Trepidation.	
Water storage area.	

<https://www.puzzles-to-print.com/printable-brain-teasers/word-brain-teaser.shtml>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>LEGEND</b></p> <p><b>Orange Fitness Class</b></p> <p><b>Purple Special Event</b></p> <p><b>Green Excursion</b></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>(VP) V!VAplex</p> <p>(VG) Victory Garden</p> <p>(VS) V!VAfit Studio</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>(PD) Private Dining Room</p>	<p><b>LECTURE: JEWISH PHILOSOPHER SPINOZA</b>  <b>JANUARY 13<sup>th</sup> at 7:00 PM</b></p> <p><b>Dr. Chris DiCarlo, PhD, an award-winning lecturer on philosophy will be coming to V!VA on December 13<sup>th</sup> for a presentation on the Jewish Philosopher, Spinoza.</b></p>	<p><b>BEANO! NIGHT</b>  <b>JANUARY 19<sup>th</sup> at 7:00 PM</b></p> <p><b>BEANO is coming to the evening!</b></p> <p><b>Get your daubers ready because we're calling your number!</b></p>			<p><b>1</b></p> <p><b>9:00 Shabbat Service from Beit Rayim on Zoom (VP)</b></p> <p><b>10:00 V!VAfit Sit &amp; Stand (VS)</b></p> <p><b>11:00 V!VAfit Sit &amp; Stand (VS)</b></p> <p>2:00 Movie Matinee (VP)</p> <p><b>2:15 Meditation in Motion (FD)</b></p> <p>3:00 Trivia Hour (CK)</p> <p>4:00 Text n Twist (VP)</p>
<p><b>2</b></p> <p><b>10:00 V!VAfit Sit (FD)</b></p> <p><b>11:00 DrumFit Music &amp; Exercise (VS)</b></p> <p>2:00 Rummikub w/ RYANNE (PP)</p> <p><b>3:00 TV Series: The Bureau (VP)</b></p> <p>3:45 V!VA's Favourite Music Hour (PP)</p>	<p><b>3</b></p> <p><b>10:00 V!VAfit Sit (FD)</b></p> <p><b>10:00 Zumba w/ Mandi (VS) ✓</b></p> <p><b>11:00 DrumFit Music &amp; Exercise (VS)</b></p> <p>11:00 Java Mentorship Group (CK)</p> <p>2:00 Knit &amp; Chat (CK)</p> <p><b>2:00 Afternoon Documentary (VP)</b></p> <p>2:15 Pub Games (PP)</p> <p>3:30 Current Events Discussion w/ Leon (PP)</p> <p>7:00 Movie Night (VP)</p>	<p><b>4</b></p> <p><b>9:30 V!VAfit Sit &amp; Stand (VS)</b></p> <p><b>10:00 V!VAfit Sit (FD)</b></p> <p><b>11:00 Tai Chi (FD)</b></p> <p>2:00 Audio Book Club (PD)</p> <p>3:00 BEANO! (PP)</p> <p><b>4:15 Meditation in Motion (VS)</b></p> <p><b>7:00 Art Night: Tree of Life (PP) ✓</b></p>	<p><b>5</b></p> <p><b>9:30 V!VAfit Balance (VS)</b></p> <p><b>10:00 V!VAfit Sit (FD)</b></p> <p><b>10:00 Aquafit w/ Jan (P)</b></p> <p><b>11:00 V!VAfit Sit &amp; Stand (VS)</b></p> <p><b>2:00 Concert w/ Shannon Graham (L)</b></p> <p>3:00 You Be The Judge (CK)</p> <p>4:00 Jeopardy (PP)</p>	<p><b>6</b></p> <p><b>10:00 Zumba w/ Mandi (VS) ✓</b></p> <p><b>10:00 V!VAfit Sit (FD)</b></p> <p><b>11:00 V!VAfit Balance (VS)</b></p> <p>2:00 Audio Book Club (PD)</p> <p>3:00 BEANO! (PP)</p> <p>4:00 Yiddish Club (VP)</p> <p><b>7:00 Coffee and Conversation w/ the Java Group (CK)</b></p>	<p><b>7</b></p> <p><b>10:00 V!VAfit Sit (FD)</b></p> <p><b>11:00 V!VAfit Balance (VS)</b></p> <p>2:00 Name That Tune (PP)</p> <p>3:30 V!VA's Happy Hour (PP)</p> <p><b>5:00 Shabbat Service w/ Rabbi Corber (VS)</b></p>	<p><b>8</b></p> <p><b>9:00 Shabbat Service from Beit Rayim on Zoom (VP)</b></p> <p><b>10:00 V!VAfit Sit &amp; Stand (VS)</b></p> <p><b>11:00 V!VAfit Sit &amp; Stand (VS)</b></p> <p>2:00 Movie Matinee (VP)</p> <p><b>2:15 Meditation in Motion (FD)</b></p> <p>3:00 Trivia Hour (CK)</p> <p><b>4:00 Ice Breakers: Get to know your Community Members (PP)</b></p>
<p><b>9</b></p> <p><b>10:00 V!VAfit Sit (FD)</b></p> <p><b>11:00 DrumFit Music &amp; Exercise (VS)</b></p> <p>2:00 Rummikub w/ RYANNE (PP)</p> <p><b>3:00 TV Series: The Bureau (VP)</b></p> <p>3:45 V!VA's Favourite Music Hour (PP)</p>	<p><b>10</b></p> <p><b>10:00 V!VAfit Sit (FD)</b></p> <p><b>10:00 Zumba w/ Mandi (VS) ✓</b></p> <p><b>11:00 DrumFit Music &amp; Exercise (VS)</b></p> <p>11:00 Java Mentorship Group (CK)</p> <p>2:00 Knit &amp; Chat (CK)</p> <p><b>2:00 Afternoon Documentary (VP)</b></p> <p><b>2:15 Pub Games (PP)</b></p> <p>3:30 Current Events Discussion w/ Leon (PP)</p> <p>7:00 Movie Night (VP)</p>	<p><b>11</b></p> <p><b>9:30 V!VAfit Sit &amp; Stand (VS)</b></p> <p><b>10:00 V!VAfit Sit (FD)</b></p> <p><b>11:00 Tai Chi (FD)</b></p> <p><b>11:00 Nosh &amp; Drosh w/ Dalia (CK)</b></p> <p>2:00 Audio Book Club (PD)</p> <p>3:00 BEANO! (PP)</p> <p><b>4:15 Meditation in Motion (VS)</b></p>	<p><b>12</b></p> <p><b>9:30 V!VAfit Balance (VS)</b></p> <p><b>10:00 V!VAfit Sit (FD)</b></p> <p><b>11:00 Community Council Meeting (VP) ✓</b></p> <p><b>2:00 Concert w/ Vivianna (L)</b></p> <p><b>3:00 High Tea (PP) ✓</b></p> <p>4:00 You Be The Judge (CK)</p> <p>7:00 Movie Night (VP)</p>	<p><b>13</b></p> <p><b>10:00 Zumba w/ Mandi (VS) ✓</b></p> <p><b>10:00 V!VAfit Sit (FD)</b></p> <p><b>11:00 V!VAfit Balance (VS)</b></p> <p><b>2:00 Virtual Yiddish Café w/ Reuven &amp; Bernice (VP)</b></p> <p>3:00 BEANO! (PP)</p> <p><b>7:00 Lecture: Jewish Philosopher Spinoza w/ Dr. Chris DiCarlo (VP) ✓</b></p>	<p><b>14</b></p> <p><b>10:00 V!VAfit Sit (FD)</b></p> <p><b>11:00 V!VAfit Balance (VS)</b></p> <p><b>2:00 Poetry with Hans (CK)</b></p> <p>3:30 V!VA's Happy Hour (PP)</p> <p><b>5:00 Shabbat Service w/ Rabbi Corber (VS)</b></p>	<p><b>15</b></p> <p><b>9:00 Shabbat Service from Beit Rayim on Zoom (VP)</b></p> <p><b>10:00 V!VAfit Sit &amp; Stand (VS)</b></p> <p><b>11:00 V!VAfit Sit &amp; Stand (VS)</b></p> <p><b>2:00 Behind the Scenes of a Documentary w/ Jacob, Movie Aficionado (VP) ✓</b></p> <p><b>2:15 Meditation in Motion (FD)</b></p> <p>3:00 Trivia Hour (CK)</p> <p>4:00 Text n Twist (VP)</p>



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>16</b></p> <p>10:00 VIVAfit Sit (FD)</p> <p>11:00 DrumFit Music &amp; Exercise (VS)</p> <p>2:00 Tu BiShvat Lecture w/ Rabbi Cohen (VP) ✓</p> <p>VIVA's Favourite Music Hour (PP)</p> <p>3:45</p>	<p><b>17 Tu BiShvat</b></p> <p>10:00 VIVAfit Sit (FD)</p> <p>10:00 Zumba w/ Mandi (VS) ✓</p> <p>11:00 DrumFit Music &amp; Exercise (VS)</p> <p>11:00 Java Mentorship Group (CK)</p> <p>2:00 Knit &amp; Chat (CK)</p> <p>2:15 Tu BiShvat Celebration w/ Rabbi Corber (PP) ✓</p> <p>3:30 Current Events Discussion w/ Leon (PP)</p> <p>7:00 Movie Night (VP)</p>	<p><b>18</b></p> <p>9:30 VIVAfit Sit &amp; Stand (VS)</p> <p>10:00 VIVAfit Sit (FD)</p> <p>11:00 Tai Chi (FD)</p> <p>11:00 Nosh &amp; Drosh w/ Dalia (CK)</p> <p>A Taste of Life: Virtual Cooking Demo on Zoom (VP)</p> <p>2:00</p> <p>3:00 BEANO! (PP)</p> <p>4:15 Meditation in Motion (VS)</p> <p>7:00 Paint Night: Winter Wonderland (PP) ✓</p>	<p><b>19</b></p> <p>9:30 VIVAfit Balance (VS)</p> <p>10:00 VIVAfit Sit (FD)</p> <p>10:00 Aquafit w/ Jan (P)</p> <p>11:00 VIVAfit Sit &amp; Stand (VS)</p> <p>A Taste of Life: Virtual Cooking Demo on Zoom (VP)</p> <p>2:00</p> <p>3:00 Concert w/ Mickey Lewin (L)</p> <p>4:15 Price is Right (PP)</p> <p>7:00 BEANO! NIGHT (PP)</p>	<p><b>20</b></p> <p>10:00 Zumba w/ Mandi (VS) ✓</p> <p>10:00 VIVAfit Sit (FD)</p> <p>11:00 VIVAfit Balance (VS)</p> <p>2:00 Audio Book Club (PD)</p> <p>3:00 BEANO! (PP)</p> <p>4:00 Yiddish Club (VP)</p> <p>7:00 Coffee and Conversation w/ the Java Group (CK)</p>	<p><b>21</b></p> <p>10:00 VIVAfit Sit (FD)</p> <p>11:00 VIVAfit Balance (VS)</p> <p>2:00 Name That Tune (PP)</p> <p>3:30 VIVA's Happy Hour (PP)</p> <p>5:00 Shabbat Service w/ Rabbi Corber (VS)</p>	<p><b>22</b></p> <p>9:00 Shabbat Service from Beit Rayim on Zoom (VP)</p> <p>10:00 VIVAfit Sit &amp; Stand (VS)</p> <p>11:00 VIVAfit Sit &amp; Stand (VS)</p> <p>2:00 Movie Matinee (VP)</p> <p>2:15 Meditation in Motion (FD)</p> <p>3:00 Trivia Hour (CK)</p> <p>4:00 Text n Twist (VP)</p>
<p><b>23</b></p> <p>10:00 VIVAfit Sit (FD)</p> <p>11:00 DrumFit Music &amp; Exercise (VS)</p> <p>2:00 Rummikub w/ RYANNE (PP)</p> <p>3:00 Whiskey Tasting w/ Neil (PP)</p> <p>VIVA's Favourite Music Hour (PP)</p> <p>3:45</p>	<p><b>24</b></p> <p>10:00 VIVAfit Sit (FD)</p> <p>10:00 Zumba w/ Mandi (VS) ✓</p> <p>11:00 DrumFit Music &amp; Exercise (VS)</p> <p>11:00 Java Mentorship Group (CK)</p> <p>2:00 Knit &amp; Chat (CK)</p> <p>2:00 Afternoon Documentary (VP)</p> <p>2:15 Pub Games (PP)</p> <p>3:30 Current Events Discussion w/ Leon (PP)</p> <p>7:00 Movie Night (VP)</p>	<p><b>25</b></p> <p>9:30 VIVAfit Sit &amp; Stand (VS)</p> <p>10:00 VIVAfit Sit (FD)</p> <p>11:00 Tai Chi (FD)</p> <p>11:00 Nosh &amp; Drosh w/ Dalia (CK)</p> <p>2:00 Audio Book Club (PD)</p> <p>3:00 BEANO! (PP)</p> <p>4:15 Meditation in Motion (VS)</p>	<p><b>26</b></p> <p>9:30 VIVAfit Balance (VS)</p> <p>10:00 VIVAfit Sit (FD)</p> <p>10:00 Aquafit w/ Jan (P)</p> <p>11:00 VIVAfit Sit &amp; Stand (VS)</p> <p>2:00 Concert w/ Pops with the Posners (L)</p> <p>3:00 January Birthday Celebration (PP)</p> <p>4:15 Jeopardy (PP)</p> <p>7:00 Lecture: Myth &amp; Media: Greek Myths and Modern Consumerism w/ Lianne Harris (VP) ✓</p>	<p><b>27</b></p> <p>10:00 Zumba w/ Mandi (VS) ✓</p> <p>10:00 VIVAfit Sit (FD)</p> <p>11:00 VIVAfit Balance (VS)</p> <p>2:00 Audio Book Club (PD)</p> <p>3:00 BEANO! (PP)</p> <p>4:00 Yiddish Club (VP)</p>	<p><b>28</b></p> <p>10:00 VIVAfit Sit (FD)</p> <p>11:00 VIVAfit Balance (VS)</p> <p>2:00 Poetry with Hans (CK)</p> <p>3:30 VIVA's Happy Hour (PP)</p> <p>5:00 Shabbat Service w/ Rabbi Corber (VS)</p>	<p><b>29</b></p> <p>9:00 Shabbat Service from Beit Rayim on Zoom (VP)</p> <p>10:00 VIVAfit Sit &amp; Stand (VS)</p> <p>11:00 VIVAfit Sit &amp; Stand (VS)</p> <p>2:00 Movie Matinee (VP)</p> <p>2:15 Meditation in Motion (FD)</p> <p>3:00 Trivia Hour (CK)</p> <p>4:00 Text n Twist (VP)</p>
<p><b>30</b></p> <p>10:00 VIVAfit Sit (FD)</p> <p>11:00 DrumFit Music &amp; Exercise (VS)</p> <p>2:00 Rummikub w/ RYANNE (PP)</p> <p>3:00 TV Series: The Bureau (VP)</p> <p>VIVA's Favourite Music Hour (PP)</p> <p>3:45</p>	<p><b>31</b></p> <p>10:00 VIVAfit Sit (FD)</p> <p>10:00 Zumba w/ Mandi (VS) ✓</p> <p>11:00 DrumFit Music &amp; Exercise (VS)</p> <p>11:00 Java Mentorship Group (CK)</p> <p>2:00 Knit &amp; Chat (CK)</p> <p>2:00 Afternoon Documentary (VP)</p> <p>2:15 Book Club Meeting (PP)</p> <p>3:30 Current Events Discussion w/ Leon (PP)</p> <p>7:00 Movie Night (VP)</p>	<div data-bbox="1174 1433 1930 1903" data-label="Text"> <p>What is corn's favourite holiday?</p> </div> <div data-bbox="2038 1433 2794 1903" data-label="Text"> <p>New Year's Day!</p> </div>				