



Community Members Pat, Barb, and Ernie decorating the pub tree for the holiday season.



Laura prepares holiday goodies and treats with all heart.

**Don't miss out!**

**Robbie Burns Day Social**  
Tuesday, January 25th  
7:00 pm – Pints! Pub  
Celebrate the Scottish tradition of Robbie Burns Day with a live performance by bag piper Dave Mcgonigal.

**Laughter Yoga with Katalin**  
Monday, January 10th & 24th  
3:15 pm – V!VAfit Studio  
Experience the healing power of laughter in this unique virtual class. No experience necessary!

**V!VA Values Mental Health: Protein and it's Healthy Role in Healthy Aging and Longevity**  
Two Part Series  
January 18th & 19th, 2:00 pm  
Online or in-person!  
Call Cheryl to reserve.

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

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The V!VA men get cleaned up at Ashby Groves after growing their moustaches to honour and fundraise money for Movember.



Dick show's off his Movember beard and moustache.



Let's welcome Community Director Scott to the V!VA team.



Madison and Barb gather to make shortbreak cookies for the Christmas Bazaar.

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**

We welcome back Registered Dietitian, educator, and owner of Wellness Simplified, Amanda Li, for a two-part virtual series that focuses on protein and its role in the body, daily targets, protein-rich foods, and meal planning.

**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 samples prepared by V!VA's own Red Seal Certified Chefs!

**To register, go to**  
**[www.vivalife.ca/mentalhealth](http://www.vivalife.ca/mentalhealth)**  
**or call Cheryl at (613) 823-0220**  
**or email [whitbyshores@vivalife.ca](mailto:whitbyshores@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</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>(FC) Petal Café</p> <p>(PP) Pintal Pub</p> <p>(TR) Therapy Room</p> <p>(VP) VVAplex</p> <p>(VG) Victory Garden</p> <p>(VS) VVAfit Studio</p> <p>(VL) VVAlinks</p> <p>(L) Lobby</p> <p>(CC) Community Commons</p> <p>(BG) Brain Gym</p> <p>(CK) VVAcraft Kitchen</p> <p>(FD) Family Den</p> <p>(HR) Horticulture Room</p> <p>(P) Pool</p>	<p><b>Breaking the Winter Blues Beach Party Monday, January 17<sup>th</sup> 3:00pm Pintal Pub</b></p> <p>Put on your best summer beachwear and join us for our indoor beach party! There will be live entertainment with the steel pan drums and a photobooth so we can break away our winter blues!</p>	<p><b>New Community Member Meet &amp; Greet Friday, January 21<sup>st</sup> 3:15pm Pintal Pub</b></p> <p>Come and get to know the new Community Members in the building – everyone welcome!</p>			<p><b>1 New Year's Day</b></p> <p>10:15 Mental Aerobics: Word in a Word (VP)</p> <p>11:15 <b>Drumfit Class (VS)</b></p> <p>2:00 Classic Movie: Queens Who's Coming to Dinner (VP)</p> <p>3:00 Rummilub (FD)</p> <p>4:15 Annual Fitness Testing (VS) ✓</p>
<p><b>2</b></p> <p>10:00 Virtual Multi-Denominational Church Service (VP)</p> <p>10:30 <b>VVAfit Sit Class (VS)</b></p> <p>2:00 Movie: Yesterday (VP)</p> <p>3:00 Arts &amp; Crafts: 1822 Vision Boards (CK)</p> <p>4:15 Physical Game: Washer Toss (VS)</p>	<p><b>3</b></p> <p>10:00 <b>VVAfit Flow Class (VS)</b></p> <p>11:00 Documentary: The Mind Explained – How to Focus (VP)</p> <p>1:30 Community Member Critique (CC)</p> <p>1:30 <b>Grant Tiger 🚌 ✓</b></p> <p>2:00 <b>Java Social Club (FD)</b></p> <p>Presentation: Living a Life with Chronic Pain Pt 1 (VP)</p> <p>3:15 2<sup>nd</sup> Floor Memory Training (FD)</p>	<p><b>4</b></p> <p>10:00 <b>VVAfit Strength Class (VS)</b></p> <p>11:15 <b>Drumfit Class (VS)</b></p> <p>1:30 Knitting Group (FD)</p> <p>2:00 Sound Therapy with Shannon (VP)</p> <p>3:00 Learn to Draw with Judy (CK)</p> <p>4:30 <b>Open Gym (VS)</b></p>	<p><b>5</b></p> <p>10:00 <b>VVAfit Sit &amp; Stand (VS)</b></p> <p>11:00 Annual Fitness Testing (VS) ✓</p> <p>2:00 Showing: Les Misérables: the Staged Concert (VP)</p> <p>2:00 <b>VVAfit Swim (P)</b></p> <p>3:00 Community Member Spotlight: Bev (PP)</p> <p>4:15 2<sup>nd</sup> Floor Craft: Name Wordies (FD)</p>	<p><b>6</b></p> <p>10:00 <b>Seated Dance Class (VS)</b></p> <p>11:00 VVA Book Club (FD)</p> <p>1:30 <b>Line Dancing with Nicole (PP)</b></p> <p>2:00 <b>Station Art Gallery 🚌 ✓</b></p> <p>2:30 <b>Open Gym (VS)</b></p> <p>Bingo with Volunteer Linda (PP)</p> <p>3<sup>rd</sup> Floor Wt. Bowling (FD)</p>	<p><b>7</b></p> <p>10:00 <b>VVAfit Balance Class (VS)</b></p> <p>11:00 Annual Fitness Testing (VS) ✓</p> <p>2:00 VVA Choir with Don (PP)</p> <p>3:00 <b>January Birthday Party with Live Entertainment (PP)</b></p> <p>4:15 2<sup>nd</sup> Floor Physical Game: Horseshoes (FD)</p> <p>7:00 Community Member Bridge Night (BG)</p>	<p><b>8</b> <b>Elvis' Birthday</b></p> <p>10:15 Mental Aerobics: Word in a Word (VP)</p> <p>11:15 <b>Drumfit Class (VS)</b></p> <p>2:00 Classic Movie: Viva Las Vegas (VP)</p> <p>3:00 VVA Women's Circle (VP)</p> <p>4:15 Wt Bowling (PP)</p>
<p><b>9</b></p> <p>10:00 Virtual Catholic Church Service (VP)</p> <p>10:30 <b>VVAfit Sit Class (VS)</b></p> <p>2:00 Movie: Just Like Heaven (VP)</p> <p>3:00 VVAlinks Golf Simulator (VL)</p> <p>4:15 Physical Game: Ladder Ball (VS)</p>	<p><b>10</b></p> <p>10:00 <b>VVAfit Flow Class (VS)</b></p> <p>10:00 <b>Oshewa Center 🚌 ✓</b></p> <p>11:00 Documentary: The Mind Explained – Personality (VP)</p> <p>1:30 Community Member Critique (CC)</p> <p>2:00 <b>Java Social Club (FD)</b></p> <p>3:15 Laughter Yoga with Kathleen (VS)</p> <p>4:15 2<sup>nd</sup> Floor Word Takt (FD)</p>	<p><b>11</b></p> <p>10:00 <b>VVAfit Strength Class (VS)</b></p> <p>11:15 <b>Drumfit Class (VS)</b></p> <p>1:30 Knitting Group (FD)</p> <p>1:30 Hearing Clinic (TR) ✓</p> <p>2:00 Community Council Forum Meeting (VP)</p> <p>3:00 Learn to Draw with Judy (CK)</p> <p>4:30 <b>Open Gym (VS)</b></p>	<p><b>12</b></p> <p>10:00 <b>VVAfit Sit &amp; Stand (VS)</b></p> <p>10:30 Nelly's Comfort Shoe Sale (CK)</p> <p><b>New Community Member Orientation Presentation (VP)</b></p> <p>2:00 Showing: Claret the Musical (VP)</p> <p>2:00 <b>VVAfit Swim (P)</b></p> <p>3:00 <b>Hot Chocolate Party with Live Entertainment (PP)</b></p> <p>4:15 2<sup>nd</sup> Floor Physical Game: Bean Bag Toss (FD)</p> <p>7:00 <b>Old Fashion Night (CC)</b></p>	<p><b>13</b></p> <p>10:00 <b>Seated Dance Class (VS)</b></p> <p>11:00 Annual Fitness Testing (VS) ✓</p> <p>1:30 <b>Line Dancing with Nicole (PP)</b></p> <p>Let's Get Quirky at: The Life Sized Board Game (VS)</p> <p>2:30 <b>Open Gym (VS)</b></p> <p>Bingo with Volunteer Linda (PP)</p> <p>3<sup>rd</sup> Floor Cards: Blackjack (FD)</p>	<p><b>14</b></p> <p>10:00 <b>VVAfit Balance Class (VS)</b></p> <p>10:30 <b>Walmart at Taunton Road 🚌 ✓</b></p> <p>11:00 Annual Fitness Testing (VS) ✓</p> <p>2:00 VVA Choir with Don (PP)</p> <p>3:00 <b>Wine &amp; Paint with Laura (CK) ✓</b></p> <p>3<sup>rd</sup> Floor - Let's Get Quirky at: The Life Sized Board Game (FD)</p> <p>7:00 Community Member Bridge Night (BG)</p>	<p><b>15</b></p> <p>10:15 Mental Aerobics: Word in a Word (VP)</p> <p>11:15 <b>Drumfit Class (VS)</b></p> <p>2:00 Classic Movie: Smokey and the Bandit (VP)</p> <p>3:00 Beauty Talk: Skin Care with Daisy (FD)</p> <p>4:15 Annual Fitness Testing (VS) ✓</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>15</p> <p>Virtual Mass-Denominational Church Service (VP)</p> <p>10:30 <b>VVA&amp;V Sit Class (VS)</b></p> <p>2:00 Movie: The Other Boleyn Girl (VP)</p> <p>3:00 Arts &amp; Crafts: Name Wordles (CK)</p> <p>4:15 Annual Fitters Testing (VS) ✓</p>	<p>17</p> <p>10:00 <b>VVA&amp;V Flow Class (VS)</b></p> <p>10:00 <b>White Feather Country Market</b> (M) ✓</p> <p>11:00 Documentary: The Mind Explained – Creativity (VP)</p> <p>1:30 Community Member Cabbage (CC)</p> <p>2:00 <b>Java Social Club (FD)</b></p> <p>3:00 <b>Breaking the Winter Blues Beach Party with Live Entertainment (PP)</b></p> <p>4:15 <b>2<sup>nd</sup> Floor Zen Colouring (FD)</b></p>	<p>18</p> <p>10:00 <b>VVA&amp;V Strength Class (VS)</b></p> <p>11:15 <b>Drumfit Class (VS)</b></p> <p>1:30 Knitting Group (FD)</p> <p>Virtual Presentation: The Right Nutrition with Amanda Li Pt. 1 (VP)</p> <p>2:00 <b>Learn to Draw with Judy (CK)</b></p> <p>4:00 <b>Open Gym (VS)</b></p>	<p>19 World Flower Day</p> <p>10:00 <b>VVA&amp;V Sit &amp; Stand (VS)</b></p> <p>11:00 Presentation: Famous Artists and their Flowers (VP)</p> <p>Virtual Presentation: The Right Nutrition with Amanda Li Pt. 2 (VP)</p> <p>2:00 <b>VVA&amp;V Swim (P)</b></p> <p>3:00 <b>Indoor Gardening: Flower Arranging (HR)</b> ✓</p> <p>4:15 <b>2<sup>nd</sup> Floor Flower Crafts (FD)</b></p> <p>7:00 <b>CM Echoes Night (CC)</b></p>	<p>20</p> <p>10:00 <b>Seated Dance Class (VS)</b></p> <p>11:00 Annual Fitness Testing (VS) ✓</p> <p>1:30 <b>Live Dancing with Nicole (PP)</b></p> <p>2:00 <b>VVA&amp;V Golf Simulator (VL)</b></p> <p>2:30 <b>Open Gym (VS)</b></p> <p>3:00 <b>Bingo with Volunteer Linda (PP)</b></p> <p>4:15 <b>2<sup>nd</sup> Floor Left, Right &amp; Center (FD)</b></p>	<p>21</p> <p>10:00 <b>VVA&amp;V Balance Class (VS)</b></p> <p>11:00 Annual Fitness Testing (VS) ✓</p> <p>2:00 <b>VVA Choir with Don (PP)</b></p> <p>3:15 <b>New Community Member Meet &amp; Great (PP)</b></p> <p>4:15 <b>Java Social Club Mentors' Ceremony (PP)</b></p> <p>7:00 <b>Community Member Bridge Night (BG)</b></p>	<p>22</p> <p>10:15 <b>Mental Aerobics: Word in a Word (VP)</b></p> <p>11:15 <b>Drumfit Class (VS)</b></p> <p>2:00 <b>Classic Movie: Sense and Sensibility (VP)</b></p> <p>3:00 <b>VVA Women's Circle (VP)</b></p> <p>4:15 <b>Shuffleboard (PP)</b></p>	
<p>23</p> <p>10:00 Virtual Catholic Church Service (VP)</p> <p>10:30 <b>VVA&amp;V Sit Class (VS)</b></p> <p>2:00 Movie: Jane Eyre (VP)</p> <p>3:00 <b>Shuffleboard (PP)</b></p> <p>4:15 <b>Mindful Meditation (VP)</b></p>	<p>24</p> <p>10:00 <b>VVA&amp;V Flow Class (VS)</b></p> <p>11:00 Documentary: The Mind Explained – Dreams (VP)</p> <p>1:00 <b>Reptile Indoor Zoo</b> (M) ✓</p> <p>1:30 Community Member Cabbage (CC)</p> <p>2:00 <b>Java Social Club (FD)</b></p> <p>3:15 <b>Laughter Yoga with Katalin (VS)</b></p> <p>4:15 <b>2<sup>nd</sup> Floor Tea &amp; Trivia (FD)</b></p>	<p>25 Robbie Burns Day</p> <p>10:00 <b>VVA&amp;V Strength Class (VS)</b></p> <p>11:15 <b>Drumfit Class (VS)</b></p> <p>1:30 Knitting Group (FD)</p> <p>2:00 <b>Learn to Draw with Judy (CK)</b></p> <p>Team Member Spotlight: Services Manager Ruth Ann (PP)</p> <p>4:00 <b>Open Gym (VS)</b></p> <p>7:00 <b>Robbie Burns Social with Live Bagpiper (PP)</b></p>	<p>26</p> <p>10:00 <b>VVA&amp;V Sit &amp; Stand (VS)</b></p> <p>11:00 Annual Fitness Testing (VS) ✓</p> <p>2:00 <b>Showing: Dirty Dancing – Live in Concert (VP)</b></p> <p>2:00 <b>VVA&amp;V Swim (P)</b></p> <p>3:00 <b>Sound Therapy with Shannon (VP)</b></p> <p>4:15 <b>2<sup>nd</sup> Floor Cards: Old Maid (FD)</b></p> <p>7:00 <b>CM Echoes Night (CC)</b></p>	<p>27</p> <p>10:00 <b>Seated Dance Class (VS)</b></p> <p>11:00 Annual Fitness Testing (VS) ✓</p> <p>1:30 <b>Walker Clinic (HR)</b> ✓</p> <p>1:30 <b>Live Dancing with Nicole (PP)</b></p> <p>2:30 <b>Open Gym (VS)</b></p> <p>3:00 <b>Bingo with Volunteer Linda (PP)</b></p> <p>4:15 <b>2<sup>nd</sup> Floor Bill Bowling (FD)</b></p>	<p>28</p> <p>10:00 <b>VVA&amp;V Balance Class (VS)</b></p> <p>10:00 <b>Walrus at Taunton</b> (M) ✓</p> <p>11:00 Annual Fitness Testing (VS) ✓</p> <p>2:00 <b>VVA Choir with Don (PP)</b></p> <p>3:00 <b>Team Member Spotlight: Lifestyles Manager Laura (PP)</b></p> <p>4:15 <b>2<sup>nd</sup> Floor: Memory Training (FD)</b></p> <p>7:00 <b>Community Member Bridge Night (BG)</b></p>	<p>29</p> <p>10:15 <b>Mental Aerobics: Word in a Word (VP)</b></p> <p>11:15 <b>Drumfit Class (VS)</b></p> <p>2:00 <b>Classic Movie: The Mirror Has Two Faces (VP)</b></p> <p>3:00 <b>Beauty Talk: Make-Up with Betsy (FD)</b></p> <p>4:15 <b>Annual Fitters Testing (VS) ✓</b></p>	
<p>30</p> <p>Virtual Mass-Denominational Church Service (VP)</p> <p>10:30 <b>VVA&amp;V Sit Class (VS)</b></p> <p>2:00 Movie: Definitely, Maybe (VP)</p> <p>3:00 <b>VVA&amp;V Golf Simulator (VL)</b></p> <p>4:15 <b>Cards: Blackjack (BG)</b></p>	<p>31</p> <p>10:00 <b>VVA&amp;V Flow Class (VS)</b></p> <p>10:00 <b>Pickering Town Center</b> (M) ✓</p> <p>11:00 Documentary: The Mind Explained – Mindfulness (VP)</p> <p>1:30 Community Member Cabbage (CC)</p> <p>2:00 <b>Java Social Club (FD)</b></p> <p>3:15 <b>Presentation: Living a Life with Chronic Pain Pt 2 (VP)</b></p> <p>4:15 <b>2<sup>nd</sup> Floor News &amp; Views (FD)</b></p>	<p>What is corn's favourite holiday?</p>				<p>New Year's Day!</p>	