



Elsie receives cuddles from a furry friend.



Betty and family enjoy a visit with a kitten.

Don't miss out!

Picnic and Games at Heydenshore Park

Wednesday, June 8th
11:30 am – Meet in Lobby
Come enjoy a picnic lunch, then go for a stroll by the water or play some games in the park as we say hello to summer! Please sign up at Concierge.

Father's Day BBQ

Sunday June 19th
11:30 am – Both Dining Rooms
Celebrate the men in your life by joining us for a barbecue lunch with all the fixings! Family and Friends are welcome. RSVP your guests with Kelly Moss at: kelly.moss@vivalife.ca

How to be a People Booster

Tuesday, June 21st
2:00 pm – VIVAplex
Empower yourself and ignite the best in those around you. RSVP with Cheryl or Diana.

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

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51 Whitby Shores Greenway, Whitby, ON
(905) 431-7410 | whitbyshores@vivalife.ca | vivalife.ca

VIVA Whitby Shores Retirement Community



Community Members enjoy our Women's Appreciation High Tea.



Mary celebrates Cinco De Mayo.



The ladies of Whitby Shores enjoy Mother's Day with a rose.

VIVA Whitby Shores Retirement Community

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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.



Patricia Morgan,
Author, Speaker & Therapist

How to be a People Booster

with Guest Speaker: Patricia Morgan
NOW AVAILABLE IN-PERSON* OR ONLINE!

TUESDAY, JUNE 21ST | 2:00 PM
Empower yourself and ignite the best in those around you by learning about these resiliency-enhancing concepts and tools. Prepare to amplify your self-awareness and to improve your presence with others. Join us for a joyful and uplifting session with author, speaker & therapist Patricia Morgan.

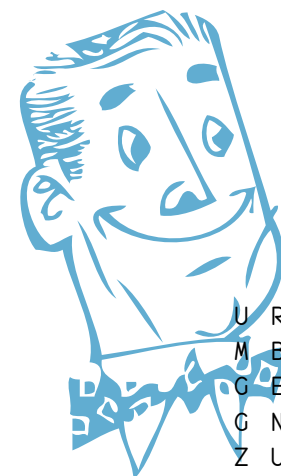
**Conditions apply including public health protocols.*



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

Word Search!

Take a break with this challenging puzzle! Good luck!



FATHER'S DAY

Word Search

U R I E L A R N L P O E V U K R L O J H B T T W T
M B P B H U D K I S S E S H K C L D J U E E H Y M
C E D Q W E N O J C E I S Z S E H L Q S T J Z F A
G N I K R O W D R A H M C T A O Y K V B U H U A G
Z U Y F U N N Y P E T T O R R L Y Q Q A T J E S M
P Q S P L A Y R J W S L N S L O O R Q N Z V E M W
G G P U M M O I G G U G A I D V N I M D N O W E Z
Z N F T P T E T Q P O M S I O N F G A Y F H V R U
V Y M Y E P S L J A R T F N C L A U I B I S W R Y
U E L C U B O L I W E H G T C E O H E D I U G F Y
P L T U X B B R E F N A L R A E P U V C N G Z A T
W T R O F M O C T R E N E M Y E H S O B C A Y H L
Z J N L Z M W R Z E G K V A E G X D Y N N E S K R
T O G E T H E R C H V S O K U U C E Y B D G L E N
S I G N E W O H W T H X L N M C G P B S U G L L T
Z G B T Q T I Q K A P C R S N D M V E H M A T T M
V C S X N L B L Z F R G A J R F N I X X Y A Z H C
U C C E D L O N T X J V Z E E Y R I I X A S K B Y
B G M V J W Y U A J N Z V X T O G B K Z K D Q B C
F A R S O J E C M I M S D Y M T E E W S A F M Q A
H M H E K M C R B G M R Y E E G B A N W L I S L S
V G Q M E T W Z I E I N M B L U W Y B H O X L O Q
A L W A S G C P H I S K G O D Y I N Z Q B E O I Q
P C T G W W N V N J E W S B G H W M R F O J M W W
B W M V X D K I A I I Y C Q B I U N A R Y O T O O

ADORE
CHILD
COMFORT
FATHER
FUNNY
GAMES
GENEROUS
GUIDE
HANDSOME
HARDWORKING

LEARN
LIFE
LOVE
MEMORIES
MENTOR
PLAY
PROTECT
SILLY
SPECIAL
STRONG



www.saynotsweetanne.com

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>Provincial Election Thursday, June 2nd 9:00 AM – 12:00 PM</p> <p>Sign up at Concierge for our shuttle to take you to cast your vote in the Provincial Election. The shuttle will run every 30 minutes to make casting your vote stress-free.</p> <p>Don't forget your identification and voting card!</p>	<p>1</p> <p>9:30 Vandermeer Nursery 🚌 ✓ ▶▶</p> <p>10:00 V!VAfit Sit & Stand (VS)</p> <p>10:30 2nd Floor V!VAfit Sit (FD)</p> <p>2:00 Giant Tiger 🚌 ✓ ▶▶</p> <p>2:15 V!VAfit Sit & Stand (VS)</p> <p>3:00 Art Class with Judy (CK)</p> <p>4:15 2nd Floor Gardening (2nd Floor Victory Garden)</p> <p>7:00 CM Euchre Night (CC)</p> <p>Egg Hatching Week!</p>	<p>2</p> <p>10:00 V!VAfit Balance Class (VS)</p> <p>10:30 2nd Floor V!VAfit Sit (FD)</p> <p>11:00 Book Club Meeting (VP)</p> <p>1:30 Line Dancing with Nicole (PP)</p> <p>2:00 Planting the Victory Garden (VG)</p> <p>2:15 V!VAfit Balance Class (VS)</p> <p>4:15 2nd Floor Water Balloon Toss (2nd Floor Victory Garden)</p> <p>Egg Hatching Week!</p>	<p>3</p> <p>10:00 V!VAfit Strength Class (VS)</p> <p>10:30 2nd Floor V!VAfit Sit (FD)</p> <p>11:00 Short Video: "How to Live to Be 100+" (VP)</p> <p>2:15 V!VAfit Strength Class (VS)</p> <p>3:00 June Birthday Party with Live Entertainment (PP)</p> <p>4:00 Open Gym (VS)</p> <p>7:00 CM Bridge Night (CC)</p> <p>Egg Hatching Week!</p>	<p>4</p> <p>10:15 Mental Aerobics: Word in a Word (VP)</p> <p>11:15 Drumfit Class (VS)</p> <p>1:30 Award Winning Movie Saturdays: Yentl (VP)</p> <p>3:00 Men's Club – Billiards, Darts, Shuffleboard & Putting (PP)</p> <p>4:15 Rummikub (BG)</p>
<p>5</p> <p>10:00 Virtual Catholic Church Service (VP)</p> <p>10:30 V!VAfit Sit Class (VS)</p> <p>1:30 Movie Matinee: Mother Teresa of Calcutta (VP)</p> <p>2:30 V!VAfit Fun Class (FD)</p> <p>3:45 Dice Challenge: Farkle (BG)</p>	<p>6</p> <p>10:00 V!VAfit Flow Class (VS)</p> <p>10:00 Walmart 🚌 ✓ ▶▶</p> <p>10:30 2nd Floor V!VAfit Sit (FD)</p> <p>11:15 Drumfit Class (VS)</p> <p>1:30 CM Cribbage (CC)</p> <p>1:30 Aquafit with Cindy (P) ✓</p> <p>1:45 Winners 🚌 ✓ ▶▶</p> <p>2:00 Java Social Club (FD)</p> <p>2:15 V!VAfit Flow Class (VS)</p> <p>3:00 Arts & Crafts: Essential Oil Hand Scrubs (CK)</p> <p>4:15 Sundaes on Mondays (FD)</p>	<p>7</p> <p>10:00 V!VAfit Strength Class(VS)</p> <p>10:30 2nd Floor V!VAfit Sit (FD)</p> <p>11:00 Short Video: How to Heal a Divided World (VP)</p> <p>2:00 2nd Floor Baking: Cake Pops (FD)</p> <p>2:15 V!VAfit Strength Class(VS)</p> <p>3:00 Chefs Silken's Gender Reveal Gameshow (PP)</p> <p>4:00 Open Gym (VS)</p> <p>4:15 2nd Floor Meditation (FD)</p> <p>6:30 Bingo with Lucas (CK)</p>	<p>8</p> <p>9:00 Registered Massage Therapy Clinic (TR) ✓ \$</p> <p>10:00 V!VAfit Sit & Stand (VS)</p> <p>10:30 2nd Floor V!VAfit Sit (FD)</p> <p>Picnic & Games at Heydenshore Park 🚌 ✓ ▶▶</p> <p>11:30 Heydenshore Park</p> <p>2:15 V!VAfit Sit & Stand (VS)</p> <p>3:00 Art Class with Judy (CK)</p> <p>4:15 2nd Floor Word Twist (FD)</p> <p>7:00 CM Euchre Night (CC)</p>	<p>9</p> <p>10:00 V!VAfit Balance Class (VS)</p> <p>10:00 Vendor Sale: Sally's – 2:00 Baubles (CK)</p> <p>10:30 2nd Floor V!VAfit Sit (FD)</p> <p>11:00 Program Meeting – All Welcome (VP)</p> <p>1:30 Line Dancing with Nicole (PP)</p> <p>2:00 2nd Floor Gardening (2nd Floor Victory Garden)</p> <p>2:15 V!VAfit Balance Class (VS)</p> <p>3:00 Summer Beach Party with Live Entertainment (PP)</p>	<p>10</p> <p>10:00 V!VAfit Strength Class (VS)</p> <p>10:30 2nd Floor V!VAfit Sit (FD)</p> <p>11:00 Short Video: Living with Chronic Illness (VP)</p> <p>Walking Club: Lynde Shores Conservation Area 🚌 ✓ ▶▶</p> <p>1:30 Walking Club: Lynde Shores Conservation Area</p> <p>2:15 V!VAfit Strength Class (VS)</p> <p>3:00 In House Parkinson's Support Group (VP)</p> <p>4:00 Open Gym (VS)</p> <p>7:00 CM Bridge Night (CC)</p>	<p>11</p> <p>10:15 Mental Aerobics: Word in a Word (VP)</p> <p>11:15 Drumfit Class (VS)</p> <p>1:30 Award Winning Movie Saturdays: Singin' In the Rain (VP)</p> <p>1:30 Pickering Classic Car Show 🚌 ✓ ▶▶</p> <p>3:00 Men's Club – Billiards, Darts, Shuffleboard & Putting (PP)</p> <p>4:15 Left, Right & Center (BG)</p>
<p>12</p> <p>10:00 Virtual Multi-Denominational Church Service (VP)</p> <p>10:30 V!VAfit Sit Class (VS)</p> <p>1:30 Movie Matinee: Once Upon a Time in the West (VP)</p> <p>2:30 V!VAfit Fun Class (FD)</p> <p>3:45 Outdoor Castle Knock 'Em Down Challenge (PC Patio)</p>	<p>13</p> <p>9:00 Cambridge Butterfly Conservatory 🚌 ✓ \$</p> <p>10:00 V!VAfit Flow Class (VS)</p> <p>10:30 2nd Floor V!VAfit Sit (FD)</p> <p>11:15 Drumfit Class (VS)</p> <p>1:30 CM Cribbage (CC)</p> <p>1:30 Aquafit with Cindy (P) ✓</p> <p>2:00 Java Social Club (FD)</p> <p>2:15 V!VAfit Flow Class (VS)</p> <p>3:00 Sound Therapy with Shannon (VP)</p> <p>4:15 Sundaes on Mondays (FD)</p>	<p>14</p> <p>10:00 V!VAfit Strength Class(VS)</p> <p>10:30 2nd Floor V!VAfit Sit (FD)</p> <p>High Tea at Victorian Tea House 🚌 ✓ \$</p> <p>11:00 High Tea at Victorian Tea House</p> <p>2:00 2nd Floor Crafts: Hand Scrubs (FD)</p> <p>2:15 V!VAfit Strength Class(VS)</p> <p>3:00 Community Council Forum Meeting – All Welcome (VP)</p> <p>4:00 Open Gym (VS)</p> <p>4:15 2nd Floor Ladder Ball (FD)</p>	<p>15</p> <p>9:00 Registered Massage Therapy Clinic (TR) ✓ \$</p> <p>10:00 V!VAfit Sit & Stand (VS)</p> <p>10:00 Vendor Sale: Traditions Alive Unique Items (CK)</p> <p>10:30 2nd Floor V!VAfit Sit (FD)</p> <p>11:00 Biography: Madonna (VP)</p> <p>1:30 Community Euchre Tournament (PP) ✓</p> <p>2:15 V!VAfit Sit & Stand (VS)</p> <p>3:00 Art Class with Judy (CK)</p> <p>4:15 2nd Floor Snack & Chat (FD)</p> <p>7:00 CM Euchre Night (CC)</p>	<p>16</p> <p>9:15 9 Holes of Golf 🚌 ✓ ▶▶ \$</p> <p>10:00 V!VAfit Balance Class (VS)</p> <p>10:30 2nd Floor V!VA Sit (FD)</p> <p>11:00 Cards: Old Maid (BG)</p> <p>1:30 Line Dancing with Nicole (PP)</p> <p>2:00-4:30 Summer Spa Party- Nails, Facials, Meditation & Refreshments (VP) ✓</p> <p>2:15 V!VAfit Balance Class (VS)</p>	<p>17</p> <p>10:00 V!VAfit Strength Class (VS)</p> <p>10:30 2nd Floor V!VAfit Sit (FD)</p> <p>11:00 Short Video: World Class Healthcare (VP)</p> <p>Walking Club: Valleyview Gardens 🚌 ✓ ▶▶</p> <p>1:30 Walking Club: Valleyview Gardens</p> <p>2:15 V!VAfit Strength Class (VS)</p> <p>3:00 Arts & Crafts: Making Father's Day Gifts for the V!VA Whitby Shores Men (CK)</p> <p>4:00 Open Gym (VS)</p> <p>7:00 CM Bridge Night (CC)</p>	<p>18</p> <p>10:15 Mental Aerobics: Word in a Word (VP)</p> <p>11:15 Drumfit Class (VS)</p> <p>1:30 Award Winning Movie Saturdays: Funny Girl (VP)</p> <p>Guest Speaker Clinical Psychologist Dr. Nicole Murray: Cognitive Changes As We Age and How to Stay Sharp (VP)</p> <p>3:00 Guest Speaker Clinical Psychologist Dr. Nicole Murray: Cognitive Changes As We Age and How to Stay Sharp (VP)</p> <p>4:15 Water Balloon Target Toss (Parking Lot)</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>19 Father's Day</p> <p>10:00 Virtual Catholic Church Service (VP)</p> <p>10:30 VIVAfit Sit Class (VS)</p> <p>Father's Day Barbeque</p> <p>11:30-(Both Dining Rooms) – Family & Friends Welcome \$</p> <p>Movie Matinee: Indiana Jones and the Last Crusade (VP)</p> <p>Father's Day Party with Live Band "The Pepper Shakers" (Parking Lot)</p>	<p>20</p> <p>10:00 VIVAfit Flow Class (VS)</p> <p>10:00 Ikea 🚗 ✓ ▶▶</p> <p>10:30 2nd Floor VIVAfit Sit (FD)</p> <p>11:15 Drumfit Class (VS)</p> <p>1:30 CM Cribbage (CC)</p> <p>1:30 Aquafit with Cindy (P) ✓</p> <p>2:00 Java Social Club (FD)</p> <p>2:15 VIVAfit Flow Class (VS)</p> <p>3:00 Coffee Chat with Scott (PC)</p> <p>4:15 Sundaes on Mondays (FD)</p>	<p>21</p> <p>10:00 VIVAfit Strength Class(VS)</p> <p>10:00 Hearing Clinic (TR) ✓</p> <p>10:30 2nd Floor VIVAfit Sit (FD)</p> <p>11:00 Word Twist (BG)</p> <p>Virtual Presentation: How to Be a People Booster (VP)</p> <p>2:00 VIVAfit Strength Class(VS)</p> <p>3:00 Water Balloon Target Toss (Parking Lot)</p> <p>4:00 Open Gym (VS)</p> <p>4:15 2nd Floor Cards (FD)</p> <p>6:30 Bingo with Lucas (CK)</p>	<p>22</p> <p>9:00 Registered Massage Therapy Clinic (TR) ✓ \$</p> <p>10:00 VIVAfit Sit & Stand (VS)</p> <p>10:30 2nd Floor VIVAfit Sit (FD)</p> <p>10:45 Whitefeather Market 🚗 ✓ ▶▶</p> <p>2:15 VIVAfit Sit & Stand (VS)</p> <p>3:00 Art Class with Judy (CK)</p> <p>4:15 2nd Floor Balloon Volleyball (FD)</p> <p>7:00 CM Euchre Night (CC)</p>	<p>23</p> <p>10:00 Edwards Botanical Gardens 🚗 ✓ \$▶▶</p> <p>10:00 VIVAfit Balance Class (VS)</p> <p>10:30 2nd Floor VIVA Sit (FD)</p> <p>11:00 Biography: John Gotti (VP)</p> <p>1:30 Walker Clinic (HR) ✓</p> <p>Line Dancing with Nicole (PP)</p> <p>2:15 VIVAfit Balance Class (VS)</p> <p>3:00 Farewell Party for Co-op Students Iya & Sami</p>	<p>24</p> <p>10:00 VIVAfit Strength Class (VS)</p> <p>10:30 2nd Floor VIVAfit Sit (FD)</p> <p>11:00 Left, Right & Center (BG)</p> <p>2:00 Dollarama 🚗 ✓</p> <p>2:15 VIVAfit Strength Class (VS)</p> <p>3:00 Arts & Crafts: Photo Coasters (CK) ✓</p> <p>4:00 Open Gym (VS)</p> <p>7:00 CM Bridge Night (CC)</p>	<p>25</p> <p>10:15 Mental Aerobics: Word in a Word (VP)</p> <p>11:15 Drumfit Class (VS)</p> <p>1:30 Award Winning Movie Saturdays: Shine (VP)</p> <p>Men's Club – Billiards, Darts, Shuffleboard & Putting (PP)</p> <p>4:15 VIVAfit Strolls (L)</p>
<p>26</p> <p>10:00 Virtual Multi-Denominational Church Service (VP)</p> <p>10:30 VIVAfit Sit Class (VS)</p> <p>1:30 Movie Matinee: James Bond – No Time to Die (VP)</p> <p>2:30 VIVAfit Fun Class (FD)</p> <p>3:45 Trivia & Drinks on the Patio (PC Patio)</p>	<p>27</p> <p>9:30 Walking Club: Rosetta McClain's Gardens 🚗 ✓ ▶▶</p> <p>10:00 VIVAfit Flow Class (VS)</p> <p>10:30 2nd Floor VIVAfit Sit (FD)</p> <p>11:15 Drumfit Class (VS)</p> <p>1:30 CM Cribbage (CC)</p> <p>1:30 Aquafit with Cindy (P) ✓</p> <p>2:00 Java Social Club (FD)</p> <p>2:15 VIVAfit Flow Class (VS)</p> <p>3:00 Friendly Bridge Game (PP)</p> <p>4:15 Sundaes on Mondays (FD)</p>	<p>28</p> <p>10:00 VIVAfit Strength Class(VS)</p> <p>10:30 2nd Floor VIVAfit Sit (FD)</p> <p>2nd Floor Crafts: Painting Mini Bird Houses (FD)</p> <p>2:00 VIVAfit Strength Class(VS)</p> <p>Presentation: Safer Skincare & Better Beauty with Nicole (CK)</p> <p>3:00 Open Gym (VS)</p> <p>4:15 2nd Floor Memory Training (FD)</p> <p>6:30 Bingo with Lucas (CK)</p>	<p>29</p> <p>9:30 Whitby Farmer's Market 🚗 ✓ ▶▶</p> <p>10:00 VIVAfit Sit & Stand (VS)</p> <p>10:30 2nd Floor VIVAfit Sit (FD)</p> <p>11:00 Jokes, Riddles & Brain Teasers (BG)</p> <p>2:00 HomeSense 🚗 ✓</p> <p>2:15 VIVAfit Sit & Stand (VS)</p> <p>3:00 Art Class with Judy (CK)</p> <p>4:15 2nd Floor Word Twist (FD)</p> <p>7:00 CM Euchre Night (CC)</p>	<p>30</p> <p>10:00 VIVAfit Strength Class (VS)</p> <p>10:30 2nd Floor VIVAfit Sit (FD)</p> <p>11:00 Short Video: Happiness & It's Surprises (VP)</p> <p>1:30 Line Dancing with Nicole (PP)</p> <p>2:15 VIVAfit Balance Class (VS)</p> <p>3:00 Memory Training (VP)</p> <p>4:15 2nd Floor Left, Right & Center (FD)</p>	<p>Father's Day Events Sunday, June 19th 3:00pm – Parking Lot</p> <p>Join us in the parking lot for an outdoor concert by live band The Pepper Shakers! Cold refreshments will be served and we will be seated under the shade of our tents.</p> <p>Family and friends are welcome to join, no RSVP necessary.</p>	<p>Guest Speaker Dr. Nicole Murray Saturday, June 18th 3:00pm – 4:00pm VIVAplex Theater</p> <p>Clinical Psychologist Dr Nicole Murray gives us a presentation all about how our brain changes as we age, the secrets to maintaining brain health.</p> <p>Families are welcome to join us for this informative presentation.</p>



happy
Father's Day

What does a baby computer call his father?

Data.