



Our Community's own Dr. Jill Franks delivered a presentation on the benefits of exercise from head to toe.

### Hans' Poets Corner "Harvest"

Cucumbers, tomatoes, strawberries and more,  
 This lady grows all that galore,  
 She gives all this away for free,  
 When her friend you happen to be,  
 Her production seems to go on non stop,  
 The Victoria garden gives a tremendous crop,  
 It is a pity that Lake Ontario is too far,  
 For pickled herring and cucumbers in a jar,  
 Her husband is famous for his introduction,  
 Of most of Lifestyles artist's production,  
 He always implores us to put our hands together,  
 There is no one who could do this better,  
 Sometimes he surprises us with a song,  
 Despite his age with a voice quite strong,  
 He also was the inspiration,  
 For all my poems at VIVA publication.



### Canada Day BBQ Lunch

Friday, July 1  
 11:30 am – Rutherford Room  
 Celebrate the day with delicious food hot off the grill.

### Canada Day Happy Hour

Friday, July 1  
 3:30 pm – Pints! Pub  
 Enjoy a drink and festive treats.

### Summertime Baking

July 5 & July 26  
 2:00 pm – 2<sup>nd</sup> Floor Kitchen  
 For bakers of all skill-levels, or those wanting to learn.

### Chat with the Java Group

July 6 & July 20  
 3:30 pm – Victory Garden

### VIVA's Sing-A-Long

July 8 & July 22  
 2:00 pm – Pints! Pub  
 No experience necessary. Song sheets will be provided.

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

Copyright VIVA Retirement Communities Corporation 2022

# V!VA voice

YOUR VIVA COMMUNITY NEWSLETTER

July 2022

V!VA Retirement Communities  
 THORNHILL WOODS



Proudly displaying – and having fun with – their hand-decorated frames from the Wall Hanging Art workshop.



Showing off her hand-made card for Father's Day.



Wendy introducing singer Bernice Gopin and her musical accompaniment at VIVA Thornhill Woods' Yiddish Café.