

The Move #2

by Hans Vos, Community Member

When you changed your house-key for a fob,
Adjustment became your major job,
When you hung your pictures on a strange wall,
And suddenly it hit you that all
those things you used to do and know,
Would have to change, that was a blow,
Standing at the entrance to the dining place,
Searching for a familiar face,
You felt alone and totally confused,
As if your brain got over used,
But really all you have to do,
To make life easier for you,
Ask a server "where shall I sit"
That's all there is to it,
Now if you want to discuss
how to enjoy and survive,
Happily at Viva life,
There are Java mentors ready to advise,
They are experienced "V!VA wise".



Community Members showed their artistic side with our spring flower arranging program in the Horticulture Room.



Men's Night
Monday, June 13th
Pints! Pub – 7:00 pm
Blue Jays vs. Orioles

**Father's Day
Whiskey Tasting**
Sunday, June 19th
Pints! Pub – 2:00 pm

**Start of the
Summer Picnic**
Tuesday, June 21st
Victory Garden – 12:00 pm

**The Garden:
The History and Stories
of Famous Flowers**
Wednesday June 22th
V!VAplex – 7:00 pm
Presented by Lianne Harris

**How to be a
People Booster**
Tuesday, June 21st
2:00 pm – V!VAplex
Empower yourself and ignite the
best in those around you. RSVP
with Wendy.

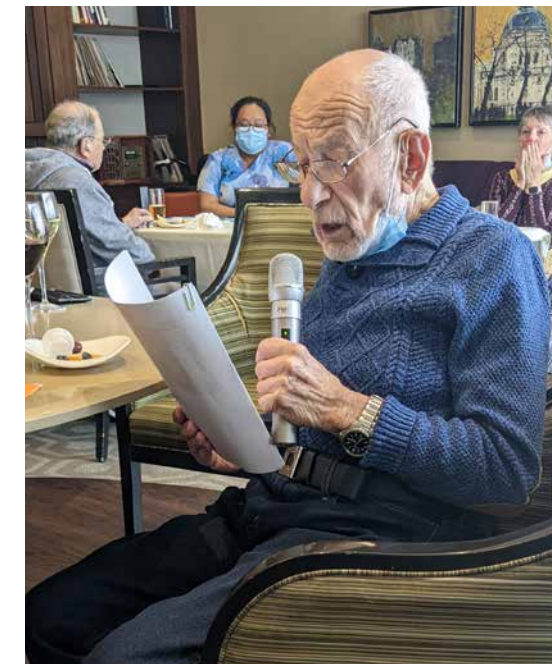
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V!VAvoice

YOUR V!VA COMMUNITY NEWSLETTER

June 2022

V!VA Retirement
Communities™
THORNHILL WOODS



Community Members and Team Members celebrated our precious volunteers with a social, including a poetry reading from our Community's own poet laureate, Hans! Thank you to all our volunteers!



Showing off her hand-made broaches and magnets.



During Passover, Community Members made a delicious chocolatey matza treat in the V!VAcraft Kitchen.



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 Wendy at (905) 417-8585
or email thornhillwoods@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>(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>FATHER'S DAY WHISKEY TASTING JUNE 19th 2:15 PM</p> <p>Join Neil Meirovich, Whiskey Connoisseur, for a Father's Day whiskey cocktail tasting.</p> <p>Snacks and non-alcoholic beverages will be served as well.</p> <p>L'chaim!</p>	<p>1</p> <p>9:30 V!VAfit Balance (VS)</p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:00 AquaFit w/ Jan (P)</p> <p>10:45 Walking Group (L)</p> <p>11:00 V!VAfit Sit & Stand (VS)</p> <p>2:00 Concert w/ Jay Vazquez (L, PC)</p> <p>3:30 Conversations With The Java Club (VG)</p> <p>7:00 Wheel of Fortune and Jeopardy (FD)</p> <p>7:00 Movie Night (VP)</p>	<p>2 Provincial Elections – Voting station in main lobby</p> <p>10:00 Zumba w/ Mandi (VS) ✓</p> <p>10:00 V!VAfit Sit (FD)</p> <p>11:00 V!VAfit Sit & Stand (VS)</p> <p>11:15 Challah Baking – Pt1 (CK)</p> <p>1:30 Challah Baking – Pt2 (CK)</p> <p>2:00 Audio Book Club (CK)</p> <p>2:00 Therapeutic Colouring (FD)</p> <p>3:00 BEANO! (PP)</p> <p>4:00 Yiddish Club (PP)</p> <p>7:00 A Night at the Movies w/ Aubrey (VP)</p>	<p>3</p> <p>10:00 V!VAfit Sit (FD)</p> <p>11:00 V!VAfit Balance (VS)</p> <p>11:30 Advanced Walking Group (L)</p> <p>2:00 Name That Tune (PP)</p> <p>3:30 V!VA's Happy Hour (PP)</p> <p>6:00 Shabbat Service w/ Rabbi Corber (VS)</p> <p>7:00 Movie Night (VP)</p>	<p>4 Shavuot Begins</p> <p>9:00 Shabbat Service from Beit Rayim on Zoom (VP)</p> <p>10:00 V!VAfit Sit (FD)</p> <p>11:00 DrumFit & Music (VS)</p> <p>2:00 Musical entertainment w/ Sharon Harding (VP)</p> <p>3:00 Trivia Hour (CK)</p> <p>4:00 Text Twist (VP)</p> <p>7:00 Movie Night (VP)</p>
<p>5</p> <p>10:00 V!VAfit Sit (FD)</p> <p>11:00 DrumFit & Music (VS)</p> <p>10:45 Shoppers/Longos (L) ✓</p> <p>2:00 Billiards & Pub Games & Shavuot Snacks (PP)</p> <p>3:00 TV Series: The Crown (VP)</p> <p>2:30 Shoppers/Longos (L) ✓</p> <p>V!VA's Favourite Jewish Music Hour (PP)</p> <p>7:00 Movie Night (VP)</p>	<p>6 Shavuot Ends</p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:00 Zumba w/ Mandi (VS) ✓</p> <p>11:00 V!VAfit Balance (VS)</p> <p>11:00 Java Mentorship Group (CK)</p> <p>2:00 Knit & Chat (CK)</p> <p>2:00 Concert: Frank Sinatra- Ol' Blue Eyes is Back (VP)</p> <p>2:15 Shavuot Art w/ Aubrey (PP) ✓</p> <p>3:30 Current Events Discussion w/ Leon (PP)</p> <p>7:00 Shavuot Jeopardy Night (PP)</p>	<p>7</p> <p>9:30 V!VAfit Sit & Stand (VS)</p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:30 Pictionary (FD)</p> <p>11:00 V!VAfit Sit & Stand (VS)</p> <p>11:15 Nosh & Drosh w/ Dalia (CK)</p> <p>2:00 Audio Book Club (CK)</p> <p>3:00 BEANO! (PP)</p> <p>4:00 Meditation in Motion (VG)</p> <p>7:00 Movie Night (VP)</p>	<p>8</p> <p>9:30 V!VAfit Balance (VS)</p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:00 AquaFit w/ Jan (P)</p> <p>10:45 Walking Group (L)</p> <p>11:00 V!VAfit Sit & Stand (VS)</p> <p>2:00 Concert w/ Fern Dworkin (L, PC)</p> <p>3:30 You Be The Judge (CK)</p> <p>7:00 Wheel of Fortune and Jeopardy (FD)</p> <p>7:00 Movie Night (VP)</p>	<p>9</p> <p>10:00 Zumba w/ Mandi (VS) ✓</p> <p>10:00 V!VAfit Sit (FD)</p> <p>11:00 V!VAfit Sit & Stand (VS)</p> <p>2:00 Audio Book Club (CK)</p> <p>2:00 DrumFit & Music (FD)</p> <p>3:00 BEANO! (PP)</p> <p>4:00 Yiddish Club (PP)</p> <p>7:00 Jewish Film Festival Movie w/ Aubrey (VP)</p>	<p>10</p> <p>10:00 V!VAfit Sit (FD)</p> <p>11:00 V!VAfit Balance (VS)</p> <p>11:30 Advanced Walking Group (L)</p> <p>10-3 Vendor: Fifth Avenue Jewelry (PP)</p> <p>2:00 Name That Tune (PP)</p> <p>3:30 V!VA's Happy Hour (PP)</p> <p>6:00 Shabbat Service w/ Rabbi Corber (VS)</p> <p>7:00 Movie Night (VP)</p>	<p>11</p> <p>9:00 Shabbat Service from Beit Rayim on Zoom (VP)</p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:00 AquaFit w/ Jill (P)</p> <p>11:00 Stouffville Flea Market (L) ✓</p> <p>11:00 DrumFit & Music (VS)</p> <p>2:00 Jewish Film Festival Movie Matinee (VP)</p> <p>3:00 Trivia Hour (CK)</p> <p>4:00 Text Twist (VP)</p> <p>7:00 Movie Night (VP)</p>
<p>12</p> <p>10:00 V!VAfit Sit (FD)</p> <p>11:00 DrumFit & Music (VS)</p> <p>12:45 Illusionist at the Meridian Arts Centre: Vitaly – Afternoon of Wonders (L) \$ ✓</p> <p>2:00 Billiards & Pub Games (PP)</p> <p>3:00 TV Series: The Crown (VP)</p> <p>V!VA's Favourite Music and Movement Hour (PP)</p> <p>7:00 Movie Night (VP)</p>	<p>13</p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:00 Zumba w/ Mandi (VS) ✓</p> <p>11:00 V!VAfit Balance (VS)</p> <p>11:00 Java Mentorship Group (CK)</p> <p>2:00 Knit & Chat (CK)</p> <p>2:00 Concert: Barbra Streisand –One Night Only At the Village Vanguard (VP)</p> <p>2:15 Art w/ Aubrey (FD) ✓</p> <p>3:30 Current Events Discussion w/ Leon (PP)</p> <p>7:00 Men's Night: Blue Jays vs. Orioles (PP)</p>	<p>14</p> <p>9:30 V!VAfit Sit & Stand (VS)</p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:30 Pictionary (FD)</p> <p>11:00 V!VAfit Sit & Stand (VS)</p> <p>11:15 Nosh & Drosh w/ Dalia (CK)</p> <p>2:00 Audio Book Club (CK)</p> <p>3:00 BEANO! (PP)</p> <p>4:00 Meditation in Motion (VG)</p> <p>7:00 Lecture: Aged to Perfection: Benefits of Exercise from Head to Toe w/ Dr. Jill Franks (VP)</p>	<p>15</p> <p>9:30 V!VAfit Balance (VS)</p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:45 Walking Group (L)</p> <p>11:00 Community Council Meeting (VP) ✓</p> <p>1:00-3:30 Hearing Clinic (FD) ✓</p> <p>2:00 Concert w/ Bruce Tournay (L, PC)</p> <p>3:30 Conversations With The Java Club (VG)</p> <p>7:00 Movie Night (VP)</p>	<p>16</p> <p>10:00 Zumba w/ Mandi (VS) ✓</p> <p>10:00 V!VAfit Sit (FD)</p> <p>11:00 V!VAfit Sit & Stand (VS)</p> <p>11:15 Challah Baking – Pt1 (CK)</p> <p>1:30 Challah Baking – Pt2 (CK)</p> <p>2:00 Yiddish Café with Rhonda Silver (L, PC)</p> <p>2:00 Therapeutic Colouring (FD)</p> <p>3:30 BEANO! (PP)</p> <p>7:00 Jewish Film Festival Movie (VP)</p>	<p>17</p> <p>10:00 V!VAfit Sit (FD)</p> <p>11:00 V!VAfit Balance (VS)</p> <p>11:30 Advanced Walking Group (L)</p> <p>2:00 Name That Tune (PP)</p> <p>3:30 V!VA's Happy Hour (PP)</p> <p>6:00 Shabbat Service w/ Rabbi Corber (VS)</p> <p>7:00 Movie Night (VP)</p>	<p>18</p> <p>9:00 Shabbat Service from Beit Rayim on Zoom (VP)</p> <p>10:00 V!VAfit Sit (FD)</p> <p>11:00 DrumFit & Music (VS)</p> <p>2:00 Jewish Film Festival Movie Matinee (VP)</p> <p>3:00 Trivia Hour (CK)</p> <p>4:00 Text Twist (VP)</p> <p>7:00 Movie Night (VP)</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>19 Father's Day</p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:45 Walmart (L) ✓</p> <p>11:00 DrumFit & Music (VS)</p> <p>2:15 Father's Day Whiskey Tasting (PP)</p> <p>2:30 Walmart (L) ✓</p> <p>3:00 TV Series: The Crown (VP)</p> <p>VIVA's Favourite Music and Movement Hour (PP)</p> <p>3:45</p> <p>4:30-7:00 Father's Day BBQ Dinner (RD)</p> <p>7:00 Movie Night (VP)</p>	<p>20</p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:00 Zumba w/ Mandi (VS) ✓</p> <p>11:00 V!VAfit Balance (VS)</p> <p>11:00 Java Mentorship Group (CK)</p> <p>2:00 Knit & Chat (CK)</p> <p>2:00 Concert: The Three Tenors in Concert 1994 (VP)</p> <p>2:15 Art w/ Aubrey (PP) ✓</p> <p>3:30 Current Events Discussion w/ Leon (PP)</p> <p>7:00 Movie Night (VP)</p>	<p>21</p> <p>9:30 V!VAfit Sit & Stand (VS)</p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:30 Pictionary (FD)</p> <p>11:00 V!VAfit Sit & Stand (VS)</p> <p>12:00 Sun n' Summer Picnic (VG) ✓</p> <p>Mental Health Lecture: How to be a People Booster (VP) ✓</p> <p>2:00</p> <p>3:00 BEANO! (PP)</p> <p>4:00 Meditation in Motion (VG)</p> <p>7:00 Movie Night (VP)</p>	<p>22</p> <p>9:30 V!VAfit Balance (VS)</p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:00 AquaFit w/ Jan (P)</p> <p>10:45 Walking Group (L)</p> <p>11:00 V!VAfit Sit & Stand (VS)</p> <p>2:00 Concert w/ Emilio Zarris (L, PC)</p> <p>3:30 You Be The Judge (CK)</p> <p>7:00 Lecture: The Garden: The History and Stories of Famous Flowers w/ Lianne Harris (VP)</p>	<p>23</p> <p>10:00 Zumba w/ Mandi (VS) ✓</p> <p>10:00 V!VAfit Sit (FD)</p> <p>11:00 V!VAfit Sit & Stand (VS)</p> <p>2:00 Audio Book Club (CK)</p> <p>2:00 DrumFit & Music (FD)</p> <p>3:00 BEANO! (PP)</p> <p>4:00 Yiddish Club (PP)</p> <p>7:00 Jewish Film Festival Movie w/ Aubrey (VP)</p>	<p>24</p> <p>10:00 V!VAfit Sit (FD)</p> <p>11:00 V!VAfit Balance (VS)</p> <p>11:30 Advanced Walking Group (L)</p> <p>2:00 Name That Tune (PP)</p> <p>3:30 V!VA's Happy Hour (PP)</p> <p>7:00 Movie Night (VP)</p>	<p>25</p> <p>9:00 Shabbat Service from Beit Rayim on Zoom (VP)</p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:00 AquaFit w/ Jill (P)</p> <p>11:00 DrumFit & Music (VS)</p> <p>2:00 Jewish Film Festival Movie Matinee (VP)</p> <p>3:00 Trivia Hour (CK)</p> <p>4:00 Ice Breakers: Get to know your Community Members (PP)</p> <p>7:00 Movie Night (VP)</p>
<p>26</p> <p>10:00 V!VAfit Sit (FD)</p> <p>11:00 DrumFit & Music (VS)</p> <p>2:00 Billiards & Pub Games (PP)</p> <p>3:00 TV Series: The Crown (VP)</p> <p>VIVA's Favourite Music and Movement Hour (PP)</p> <p>3:45</p> <p>7:00 Movie Night (VP)</p>	<p>27</p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:00 Zumba w/ Mandi (VS) ✓</p> <p>11:00 V!VAfit Balance (VS)</p> <p>11:00 Java Mentorship Group (CK)</p> <p>2:00 Knit & Chat (CK)</p> <p>2:00 Performance: Maurice Bejart – Ninth Symphony Ballet (VP)</p> <p>2:15 Art w/ Aubrey (FD) ✓</p> <p>3:30 Current Events Discussion w/ Leon (PP)</p> <p>7:00 BEANO! Night (PP)</p>	<p>28</p> <p>9:30 V!VAfit Sit & Stand (VS)</p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:30 Pictionary (FD)</p> <p>10:30-11:30 Vital Signs Clinic (FD) ✓</p> <p>11:00 V!VAfit Sit & Stand (VS)</p> <p>11-3 Vendor: Nelly's Comfort Shoes (L)</p> <p>2:00 Audio Book Club (CK)</p> <p>3:00 Price Is Right (PP)</p> <p>4:00 Meditation in Motion (VG)</p> <p>7:00 Movie Night (VP)</p>	<p>29</p> <p>9:30 V!VAfit Balance (VS)</p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:00 AquaFit w/ Jan (P)</p> <p>10:45 Walking Group (L)</p> <p>11:00 V!VAfit Sit & Stand (VS)</p> <p>2:00 Summertime Painting w/ Your Expressive Self (CK)</p> <p>3:30 June Birthday Celebration (PP)</p> <p>7:00 Concert w/ Viktor Orshansky (L, PC)</p>	<p>30</p> <p>10:00 Zumba w/ Mandi (VS) ✓</p> <p>10:00 V!VAfit Sit (FD)</p> <p>11:00 V!VAfit Sit & Stand (VS)</p> <p>11:15 Challah Baking – Pt1 (CK)</p> <p>1:30 Challah Baking – Pt2 (CK)</p> <p>2:00 Audio Book Club (CK)</p> <p>2:00 Therapeutic Colouring (FD)</p> <p>3:00 BEANO! (PP)</p> <p>4:00 Yiddish Club (PP)</p> <p>7:00 A Night at the Movies w/ Aubrey (VP)</p>	<p>2022 JEWISH FILM FESTIVAL June 9 – 29th</p> <p>Every Thursday and Saturday we will be playing films from the 2022 Jewish Film Festival!</p> <p>Want to watch a film in your suite? No problem, see Lifestyles and we'll set it up!</p>	<p>SUN n' SUMMER PICNIC June 21st @ 12 PM</p> <p>Start summer off with a picnic in our beautiful Victory Garden.</p> <p>Sign up at Concierge required. Only 20 spots available!</p>



happy
Father's Day

What does a baby computer call his father?

Data.