



Janet dancing at the Sharon Graham concert.



Getting in physical and mental shape with VIVAfit Balance classes.

Don't miss out!

Ice Cream Floats
Thursday, September
1:45 pm – Victory Garden

Leanne Harris presents:
Vision Quest - A View of
Canadian Indigenous Life
Wednesday, September 14
7:00 pm – Pints! Pub

Rosh Hashana
Celebrations
September 25 – 27
We will host special programs to celebrate the new year over these three days! Check out the calendar for details.

Walker Repair Clinic
with MedPlus
Friday, September 9
1:00 pm – VIVAplex
Hosted by Occupational Therapist Alanna Weil.
Sign-up required.

Meditation in Motion
Every Friday
11:30 am – Victory Garden
Classes will take place in the VIVAfit Studio in case of inclement weather.

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Community Members challenged each other to a friendly game of ladder-ball in the Family Den.



Susan Wong proudly displays her hand-painted jewelry box.



Summer sketching with smiles.



Hilda and her vegetables from the Victory Garden.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LEGEND Orange Fitness Class Purple Special Event Green Excursion ✓ Sign Up 🚗 Shuttle \$ Cost required ▶▶ Walking	(PC) Perks! Café (PP) Pints! Pub (TR) Therapy Room (VP) V!VAplex (VG) Victory Garden (VS) V!VAfit Studio (VL) V!VALinks (L) Lobby (CC) Community Commons (BG) Brain Gym (CK) V!VAcraft Kitchen (FD) Family Den (HR) Horticulture Room (P) Pool	Sweet Treat for All! SEPTEMBER 1 st 1:45pm-2:45pm Join us in the Victory Garden for one last sweet treat of the summer; Ice Cream Floats!	V!VA's Got Talent SEPTEMBER 9 th & 23 rd 2:00pm Do you have a special talent that you would like to share with other Community Members? Perhaps you paint, compose music, or make jewellery? Join us in the Pints! Pub to share your hidden talent with us!	1 10:00 Yoga w/ Mandi (VS) ✓ 10:00 V!VAfit Sit (FD) 11:00 V!VAfit Sit & Stand (VS) 1:45 Ice Cream Floats (VG) 2:00 Audio Book Club (CK) 3:00 BEANO! (PP) 4:00 Yiddish Club (PP) 7:00 Movie Night (VP)	2 10:00 V!VAfit Sit (FD) 11:00 V!VAfit Balance (VS) 11:30 Meditation in Motion (VG) 2:00 Name that Tune (PP) 3:30 V!VA's Happy Hour (PP) 7:00 Movie Night (VP)	3 9:00 Shabbat Service from Beit Rayim on Zoom (VP) 10:00 V!VAfit Sit (FD) 11:00 DrumFit & Music (VS) 2:00 Movie Matinee (VP) 2:30 Trivia Hour (CK) 4:00 Text Twist (PP) 7:00 Movie Night (VP)
4 10:00 V!VAfit Sit (FD) 10:30 Shopping at Walmart(L) ✓ 🚗 11:00 DrumFit & Music (VS) 2:00 Wordle (PP) 2:30 Shopping at Walmart(L) ✓ 🚗 3:00 TV Series: Bridgerton (VP) V!VA's Favourite Music Hour (PP) 3:45 7:00 Movie Night (VP)	5 10:00 V!VAfit Sit (FD) 10:00 Zumba with Mandi (VS) 11:00 V!VAfit Balance (VS) 2:00 Knit & Chat (CK) Life in Colour with David Attenborough: Seeing in Colour (VP) 2:00 2:15 Art w/ Aubrey (PP) 3:30 Current Events Discussion w/ Leon (CK) 7:00 Poker Night (PP) 7:00 Movie Night (VP)	6 10:00 V!VAfit Sit and Stand (VS) 10:00 V!VAfit Sit (FD) 10:30 Pictionary (FD) 11:00 V!VAfit Balance (VS) 2:00 Audio Book Club (CK) 2:00 Tech Tuesday with Alena (BG) 3:00 BEANO! (PP) 4:15 Meditation in Motion (VG) 7:00 Movie Night (VP)	7 10:00 V!VAfit Balance (VS) 10:00 V!VAfit Sit (FD) 11:00 V!VAfit Sit & Stand (VS) 2:00 Afternoon Concert w/ Antonella Vizzini (L, PC) 3:30 Conversations With The Java Club (VG) 7:00 Movie Night (VP)	8 10:00 Yoga w/ Mandi (VS) ✓ 10:00 V!VAfit Sit (FD) 11:00 V!VAfit Sit & Stand (VS) 11:15 Challah Baking-Pt 1 (CK) 1:30 Challah Baking-Pt 2 (CK) 2:00 Audio Book Club (CK) 3:00 BEANO! (PP) 4:00 Yiddish Club (PP) 7:00 Movie Night (VP)	9 10:00 V!VAfit Sit (FD) 11:00 V!VAfit Balance (VS) 11:30 Meditation in Motion (VG) 1:00-400 Walker Clinic with MedPlus ✓ (VP) 2:00 V!VA's Got Talent (PP) 3:30 V!VA's Happy Hour (PP) 7:00 Movie Night (VP)	10 9:00 Shabbat Service from Beit Rayim on Zoom (VP) 9:30 Pet Therapy Dog Visit (L) 10:00 V!VAfit Sit (FD) 11:00 DrumFit & Music (VS) 2:00 Movie Matinee (VP) 2:30 Trivia Hour (CK) 4:00 Text Twist (PP) 7:00 Movie Night (VP)
11 10:00 V!VAfit Sit (FD) 11:00 DrumFit & Music (VS) 1:00 McMichael Canadian Art Collection Tour (L) ✓ 🚗 2:00 4 Pics 1 Word (PP) 3:00 TV Series: Bridgerton (VP) V!VA's Favourite Music Hour (PP) 3:45 7:00 Movie Night (VP)	12 10:00 V!VAfit Sit (FD) 10:00 Zumba with Mandi (VS) 11:00 V!VAfit Balance (VS) 2:00 Knit & Chat (CK) 2:00 Judy Collins: A Love Letter to Stephen Sondheim (VP) 2:15 Art w/ Aubrey (PP) 3:30 Current Events Discussion w/ Leon (CK) 7:00 Poker Night (PP) 7:00 Movie Night (VP)	13 10:00 V!VAfit Sit and Stand (VS) 10:00 V!VAfit Sit (FD) 10:30 Hangman (FD) 11:00 V!VAfit Balance (VS) 11:00 Nosh and Drosch w/Dalia (CK) 2:00 Audio Book Club (CK) 2:00 Tech Tuesday with Alena (BG) 3:00 BEANO! (PP) 4:15 Meditation in Motion (VG) 7:00 Movie Night (VP)	14 10:00 V!VAfit Balance (VS) 10:00 V!VAfit Sit (FD) 11:00 Community Council Meeting (PP) 2:00 Afternoon concert with Emilio Zarris (L, PC) 7:00 Movie Night (VP) Lecture with Lianne Harris: Vision Quest, A View of Canadian Indigenous Life (PP) 7:00	15 10:00 Yoga w/ Mandi (VS) ✓ 10:00 V!VAfit Sit (FD) 11:00 V!VAfit Sit & Stand (VS) 2:00 Audio Book Club (CK) 3:00 BEANO! (PP) 4:00 Yiddish Club (PP) 7:00 Movie Night (VP)	16 10:00 V!VAfit Sit (FD) 11:00 V!VAfit Balance (VS) 11:30 Meditation in Motion (VG) 2:00 Name that Tune (PP) 3:30 V!VA's Happy Hour (PP) 7:00 Movie Night (VP)	17 9:00 Shabbat Service from Beit Rayim on Zoom (VP) 10:00 V!VAfit Sit (FD) 11:00 DrumFit & Music (VS) 2:00 Movie Matinee (VP) 2:30 Trivia Hour (CK) 4:00 Text Twist (PP) 7:00 Movie Night (VP)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18 10:00 VIVAfit Sit (FD) 11:00 DrumFit & Music (VS) 2:00 Wordle (PP) 3:00 TV Series: Bridgerton (VP) VIVA's Favourite Music Hour (PP) 3:45 7:00 Movie Night (VP)	19 10:00 VIVAfit Sit (FD) 10:00 Zumba with Mandi (VS) 11:00 VIVAfit Balance (VS) 2:00 Knit & Chat (CK) 2:00 Liza in New Orleans (VP) 2:15 Rosh Hashanah Art w/ Aubrey (PP) 3:30 Current Events Discussion w/ Leon (CK) 7:00 Poker Night (PP) 7:00 Movie Night (VP)	20 10:00 VIVAfit Sit and Stand (VS) 10:00 VIVAfit Sit (FD) 10:30 Pictionary (FD) 11:00 VIVAfit Balance (VS) 2:00 Audio Book Club (CK) Virtual Lecture: How to Boost Mental Health with Autumn's Bounty (VP on zoom) 2:00 Tech Tuesday with Alena (BG) 3:00 BEANO! (PP) 4:15 Meditation in Motion (VG) 7:00 Movie Night (VP)	21 10:00 VIVAfit Balance (VS) 10:00 VIVAfit Sit (FD) 11:00 VIVAfit Sit & Stand (VS) Yiddish Café: Rosh Hashanah Celebration with Cantor Edwards (L, PC) 2:00 3:30 Conversations With The Java Club (VG) 7:00 Movie Night (VP)	22 10:00 Yoga w/ Mandi (VS) ✓ 10:00 VIVAfit Sit (FD) 11:00 VIVAfit Sit & Stand (VS) 2:00 Audio Book Club (CK) 2:00 Rosh Hashanah Card Making with Aubrey (FD) 3:00 BEANO! (PP) 4:00 Yiddish Club (PP) 7:00 Lecture with Dr. Jill Franks: Brain Fitness - Mental Health and Wellbeing Strategies (PP) 7:00 Movie Night (VP)	23 10:00 VIVAfit Sit (FD) 11:00 VIVAfit Balance (VS) 11:30 Meditation in Motion (VG) 2:00 VIVA's Got Talent (PP) 3:30 VIVA's Happy Hour (PP) 7:00 Movie Night (VP)	24 9:00 Shabbat Service from Beit Rayim on Zoom (VP) 9:30 Pet Therapy Dog Visit (L) 10:00 VIVAfit Sit (FD) 11:30 Lunch Outing: Cynthia's Paradise(L) ✓ 🚗 11:00 DrumFit & Music (VS) 2:00 Movie Matinee (VP) 2:30 Trivia Hour (CK) 4:00 Text Twist (PP) 7:00 Movie Night (VP)
25 Erev Rosh Hashanah 10:00 VIVAfit Sit (FD) 10:30 Grodzinski Bakery (L) ✓ 🚗 11:00 DrumFit & Music (VS) 2:00 4 Pics 1 Word (PP) 2:30 Shoppers Drug Mart (L) ✓ 🚗 3:00 TV Series: Bridgerton (VP) Apple Blossom Dessert Demonstration w/Chef Mitchell Lash (CK) 3:00 3:45 Jewish Music Hour (PP) 7:00 Movie Night (VP)	26 Rosh Hashanah 10:00 VIVAfit Sit (FD) 10:00 VIVAfit Sit and Stand (VS) 11:00 VIVAfit Balance (VS) 2:00 Knit & Chat (CK) 2:00 Honey Tasting (PP) 3:30 Current Events Discussion w/ Leon (CK) 7:00 Rosh Hashanah Jeopardy (PP) 7:00 Movie Night (VP)	27 Rosh Hashanah 10:00 VIVAfit Sit and Stand (VS) 10:00 VIVAfit Sit (FD) 10:30-11:30 Vital Signs Clinic (FD) 11:00 VIVAfit Balance (VS) 2:00 Audio Book Club (CK) 3:00 Rosh Hashanah Social (PP) 7:00 Movie Night (VP)	28 10:00 VIVAfit Balance (VS) 10:00 VIVAfit Sit (FD) 11:00 VIVAfit Sit & Stand (VS) 2:00 Songfest with Mickey Lewin (L, PC) 3:15 September Birthday Celebration (PP) 7:00 Movie Night (VP)	29 10:00 Yoga w/ Mandi (VS) ✓ 10:00 VIVAfit Sit (FD) 11:00 VIVAfit Sit & Stand (VS) 2:00 Audio Book Club (CK) 3:00 BEANO! (PP) 4:00 Yiddish Club (PP) 7:00 Movie Night (VP) 7:00 Jeopardy Night (PP)	30 10:00 VIVAfit Sit (FD) 11:00 VIVAfit Balance (VS) 11:30 Meditation in Motion (VG) 2:00 Price is Right (PP) 3:30 VIVA's Happy Hour (PP) 7:00 Movie Night (VP)	McMichael Art Tour SEPTEMBER 11 th 1:00pm This selection of works from the permanent collection aims to convey something of its current breath, taking particular pleasure in placing apparently disparate works in creative conversation with one another.

4 Pics 1 Word
 SEPTEMBER 11th & 25th
 2:00pm-3:00pm

4 images will be displayed on the TV screen. Guess what all the images have in common, to discover the hidden word.

