



Audrey expresses her creative talent through origami.



Community Members love our drumfit exercise class.

Don't miss out!

Step by Step Paint Party at Boston Pizza

Wednesday September 7
4:30 – 8:30 pm

You will create a work of art while enjoying some good food and company. Tickets must be purchased in advance. Please see Laura to book.

Recognizing and Understanding the Progress of Dementia

September 15 and 29
3:00 pm – VIVAplex

We invite all Community Members, family, friends and care givers to attend this two-part educational series presented by Senior's Helpers.

Arthritis and Exercises to Reduce Inflammation

Thursday September 22
3:00 pm – VIVAplex

Don't miss this informative session with Laura.

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

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VIVA Whitby Shores Retirement Community

VIVAvoice

YOUR VIVA COMMUNITY NEWSLETTER

September 2022

VIVA Retirement Communities™
WHITBY SHORES



A huge thank you to our outgoing Community Council Members Aggie, Nick, Alan, Robert, Bev and Pat.



Charlie and Maggie enjoy a scenic view on the Grand River Boat Cruise.



Chef Stephen is the Super BBQ Man.



Team Members Appreciation BBQ had everyone smiling.

VIVA Whitby Shores Retirement Community

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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.



Melisa Cannella
Registered Holistic
Nutritionist

Boost Your Mental Health with Autumn's Bounty

with Guest Speaker: Melisa Cannella
NOW AVAILABLE IN-PERSON* OR ONLINE!

TUESDAY, SEPTEMBER 20 | 2:00 PM
Autumn boasts a cornucopia of rich foods and spices that warm the soul and nourish the brain. Join Mel as she returns to discuss the mental health benefits of these antioxidant-rich foods and how you can easily infuse them into your daily diet. Warning: there may be an abundance of information regarding apples and pumpkins!

**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

BRAIN



TEASER

There's been a theft at the Big Al's Big Kahuna Surfboard Shop. Police have interviewed six suspects. Below is a summary of their statements. Police know that exactly four of them told one lie each and all of the other statements are true. From this information can you tell who committed the crime?

Sneaky Pete said:

It wasn't Fast Eddie
It wasn't Slick Nick
It wasn't Tony Lip

Fast Eddie said:

It wasn't Sneaky Pete
It wasn't Smugs McGee
It wasn't Tony Lip

Smugs McGee said:

It wasn't Fast Eddie
It wasn't Steady Freddie
It wasn't Tony Lip

Slick Nick said:

It wasn't Sneaky Pete
It wasn't Steady Freddie
It wasn't Smugs McGee

Tony Lip said:

It wasn't Smugs McGee
It wasn't Slick Nick
It wasn't Steady Freddie

Steady Freddie said:

It wasn't Smugs McGee
It wasn't Slick Nick
It wasn't Sneaky Pete

WORKSHEET

Brain Teaser Answer: Smugs McGee committed the crime. If any other person had committed the crime there would not be exactly 4 lies told.

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>Morning V!VAfit Classes</p> <p>Tuesdays - Fridays</p> <p>10:15 AM – 11:00 AM</p> <p>V!VAfit Studio</p> <p>The time of our morning V!VAfit classes during the week is changing from a 10AM start to a 10:15AM start.</p> <p>We appreciate your understanding for our time change.</p>	<p>Alzheimer's Presentation:</p> <p>Friday September 9th</p> <p>3:00 PM – 4:00 PM</p> <p>V!VAplex</p> <p>The Alzheimer's Society will be coming in person to give us this informative presentation all about living with Dementia and what we can do to support our loved ones, and the ones that take care of us.</p>	<p>1</p> <p>10:15 V!VAfit Balance Circuit (VS)</p> <p>10:30 2nd Floor V!VA Sit (FD)</p> <p>11:00 Book Club Meeting (VP)</p> <p>1:30 Line Dancing w/ Nicole (VS)</p> <p>2:30 V!VAfit Balance Circuit (VS)</p> <p>3:00 V!VA Live: Jeopardy! (VP)</p> <p>4:15 Zen Colouring (FD)</p> <p>5:30 Live Music at Whitby's Station Gallery ✓ 🚌</p>	<p>2</p> <p>10:15 V!VAfit Strength Class(VS)</p> <p>10:30 2nd Floor V!VA Sit (FD)</p> <p>11:15 Left, Right & Center (BG)</p> <p>2:15 V!VAfit Strength Class (VS)</p> <p>September Birthday Party with Live Entertainment (PP)</p> <p>3:00 Open Gym (VS)</p> <p>7:00 CM Bridge Night (CC)</p>	<p>3</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: Dances with Wolves (VP)</p> <p>3:00 Brain Training Game: Sculpt, Act, Sketch & Guess! (BG)</p> <p>4:15 V!VAfit Strolls (L)</p>
<p>4</p> <p>10:00 Virtual Multi-Denominational Church Service (VP)</p> <p>10:30 V!VAfit Sit (VS)</p> <p>1:30 Movie: The Intern (VP)</p> <p>2:30 V!VAfit Fun Class (FD)</p> <p>Men's Club – Billiards, Darts, Shuffleboard & Putting (PP)</p> <p>4:15 Castle Knock 'Em Down Challenge (CK)</p>	<p>5 Labour Day</p> <p>10:30 2nd Floor V!VA Sit (FD)</p> <p>11:15 Technology Help (BG)</p> <p>1:30 CM Cribbage (CC)</p> <p>2:00 Drumfit Class (VS)</p> <p>3:00 Music and Refreshments on the Patio (PC Patio)</p> <p>4:15 2nd Floor Bean Bag Toss (FD)</p>	<p>6</p> <p>10:15 V!VAfit Strength Class(VS)</p> <p>10:00 Oshawa Center 🚌 ✓</p> <p>10:30 2nd Floor V!VA Sit (FD)</p> <p>2:15 V!VAfit Strength Class(VS)</p> <p>3:00 Wheel of Fortune! (PC)</p> <p>4:00 Open Gym (VS)</p> <p>4:15 For the Record: School Adventures (FD)</p> <p>7:00 Bingo with Lucas (CK)</p>	<p>7</p> <p>10:00 Fifth Avenue Jewelry Sale (CK)</p> <p>10:15 V!VAfit Sit & Stand (VS)</p> <p>10:30 2nd Floor V!VA Sit (FD)</p> <p>11:30 Pickle Barrel 🚌 ✓</p> <p>2:15 V!VAfit Sit & Stand (VS)</p> <p>3:00 Meet and Greet with local Candidate Lori Lopes for Municipal Election (PC)</p> <p>4:15 2nd Floor Ladder Ball (FD)</p> <p>4:30 Step by Step Paint Party at Boston Pizza 🚌 ✓ \$</p> <p>7:00 CM Euchre Night (CC)</p>	<p>8</p> <p>10:15 V!VAfit Balance Circuit (VS)</p> <p>10:30 2nd Floor V!VA Sit (FD)</p> <p>11:00 Program Meeting – All Welcome (CK)</p> <p>1:30 Line Dancing w/ Nicole (VS)</p> <p>2:30 V!VAfit Balance Circuit (VS)</p> <p>3:00 Live Entertainment with the Fun-tastic Four (VP)</p>	<p>9</p> <p>10:15 V!VAfit Strength Class(VS)</p> <p>10:30 2nd Floor V!VA Sit (FD)</p> <p>11:15 Short Video: How Societies Can Grow Old Together (VP)</p> <p>Walking Club: Oshawa Botanical Gardens 🚌 ✓ ▶▶</p> <p>2:15 V!VAfit Strength Class (VS)</p> <p>3:00 Alzheimer's Society Presentation: Understanding Dementia (VP)</p> <p>4:00 Open Gym (VS)</p> <p>7:00 CM Bridae Niaht (CC)</p>	<p>10</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: The Imitation Game (VP)</p> <p>3:00 Rummikub (BG)</p> <p>4:15 V!VAfit Strolls (L)</p>
<p>11</p> <p>10:00 Virtual Catholic Church Service (VP)</p> <p>10:30 V!VAfit Sit (VS)</p> <p>1:30 Movie: Queen Bees (VP)</p> <p>2:30 V!VAfit Fun Class (FD)</p> <p>Men's Club – Billiards, Darts, Shuffleboard & Putting (PP)</p> <p>Brain Training – 4 Pics 1 Word Find the Connection (BG)</p>	<p>12</p> <p>10:00 Walking Club: Parkwood Estates ✓ 🚌 ▶▶</p> <p>10:00 Chair Yoga with Debbie (VS)</p> <p>10:30 2nd Floor V!VA Sit (FD)</p> <p>11:15 Drumfit Class (VS)</p> <p>1:30 CM Cribbage (CC)</p> <p>2:15 Move to the Music Dance Class (VS)</p> <p>3:00 Live Entertainment Flutist Laura (PP)</p> <p>4:15 2nd Floor Cards: Old Maid (FD)</p>	<p>13</p> <p>10:00 Dollarama/No Frills 🚌 ✓</p> <p>10:15 V!VAfit Strength Class(VS)</p> <p>10:30 2nd Floor V!VA Sit (FD)</p> <p>11:15 Jewellery Cleaning with Saudia (CK)</p> <p>2:15 V!VAfit Strength Class(VS)</p> <p>Community Council Forum Meeting – All Welcome (VP)</p> <p>4:00 Open Gym (VS)</p> <p>4:15 2nd Floor Word Twist (FD)</p> <p>7:00 Bingo with Lucas (CK)</p>	<p>14</p> <p>10:15 V!VAfit Sit & Stand (VS)</p> <p>10:30 2nd Floor V!VA Sit (FD)</p> <p>11:00 BBQ Lunch & Horseracing at Ajax Downs 🚌 ✓ \$ ▶▶</p> <p>2:15 V!VAfit Sit & Stand (VS)</p> <p>3:00 Arts & Crafts: V!VA Scrapbook (CK)</p> <p>4:15 2nd Floor True or False Trivia (FD)</p> <p>7:00 CM Euchre Night (CC)</p>	<p>15</p> <p>10:15 V!VAfit Balance Circuit (VS)</p> <p>10:30 2nd Floor V!VA Sit (FD)</p> <p>11:00 Baking Class: Strawberry Shortcake Cups (CK)</p> <p>1:30 Line Dancing w/ Nicole (VS)</p> <p>2:30 V!VAfit Balance Circuit (VS)</p> <p>Senior's Helpers Presentation: Caring for Loved ones with Beginning to Mid-Stage Alzheimer's (VP)</p> <p>3:00 2nd Floor Memory Games (FD)</p>	<p>16</p> <p>10:15 V!VAfit Strength Class(VS)</p> <p>10:30 2nd Floor V!VA Sit (FD)</p> <p>11:00 Lunch and Shopping in Unionville 🚌 ✓ ▶▶</p> <p>2:15 V!VAfit Strength Class (VS)</p> <p>3:00 Women's Circle Discussion Group (FD)</p> <p>4:00 Open Gym (VS)</p> <p>7:00 CM Bridge Night (CC)</p>	<p>17</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: Pretty Woman (VP)</p> <p>3:00 Brain Training Game: Sculpt, Act, Sketch & Guess! (BG)</p> <p>4:15 V!VAfit Strolls (L)</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>18</p> <p>10:00 Virtual Multi-Denominational Church Service (VP)</p> <p>10:30 V!VAfit Sit (VS)</p> <p>1:30 Movie: Uncharted (VP)</p> <p>2:30 V!VAfit Fun Class (FD)</p> <p>Men's Club – Billiards, Darts, Shuffleboard & Putting (PP)</p> <p>4:15 Snack & Chat (PC)</p>	<p>19</p> <p>10:00 Walmart 🚗 ✓</p> <p>10:00 Chair Yoga with Debbie (VS)</p> <p>10:30 2nd Floor V!VA 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>2:15 Move to the Music Dance Class (VS)</p> <p>3:00 Learn All About Horoscopes & Zodiac Signs (CK)</p> <p>4:15 2nd Floor Sharing our Favourite Short Stories (FD)</p>	<p>20</p> <p>10:15 V!VAfit Strength Class(VS)</p> <p>10:30 2nd Floor V!VA Sit (FD)</p> <p>Virtual Presentation:</p> <p>2:00 Boost Your Mental Health with Autumn Bounty (VP)</p> <p>2:15 V!VAfit Strength Class(VS)</p> <p>Live Entertainment with Darlene and the Shamrockers (PP)</p> <p>3:00 Open Gym (VS)</p> <p>7:00 Bingo with Lucas (CK)</p>	<p>21</p> <p>10:00 Hearing Clinic (TR) ✓</p> <p>10:15 V!VAfit Sit & Stand (VS)</p> <p>10:30 2nd Floor V!VA Sit (FD)</p> <p>11:00 Mental Aerobics: Word Twist (BG)</p> <p>1:30 Demetres Dessert Café 🚗 ✓</p> <p>2:15 V!VAfit Sit & Stand (VS)</p> <p>3:00 Arts & Crafts: Origami (CK)</p> <p>4:15 2nd Floor Bean Bag Toss (FD)</p> <p>7:00 CM Euchre Night (CC)</p>	<p>22</p> <p>10:15 V!VAfit Balance Circuit (VS)</p> <p>10:30 2nd Floor V!VA Sit (FD)</p> <p>11:00 Sew Me Up – Wear and Tear Repairs (CK)</p> <p>1:30 Line Dancing w/ Nicole (VS)</p> <p>1:30 Walker Clinic (TR) ✓</p> <p>2:30 V!VAfit Balance Circuit (VS)</p> <p>Presentation: All About Arthritis and Exercises to Reduce Inflammation (VP)</p> <p>4:15 2nd Floor Famous Phrases (FD)</p>	<p>23</p> <p>10:15 V!VAfit Strength Class(VS)</p> <p>10:00 Avon Beauty Sale (CK)</p> <p>10:30 2nd Floor V!VA Sit (FD)</p> <p>Short Video: The Secret to Living Longer May Be Your Social Life (VP)</p> <p>1:30 Whitby Library 🚗 ✓</p> <p>2:00 Manicures w Saudia ✓ (CK)</p> <p>2:15 V!VAfit Strength Class (VS)</p> <p>3:00 New Community Member Orientation Presentation (VP)</p> <p>4:00 Open Gym (VS)</p> <p>7:00 CM Bridge Night (CC)</p>	<p>24</p> <p>10:15 Mental Aerobics: Word in a Word (VP)</p> <p>11:15 Drumfit Class (VS)</p> <p>Award Winning Movie Saturdays: Waking Ned Divine (VP)</p> <p>1:30 Rummikub (BG)</p> <p>4:15 V!VAfit Strolls (L)</p>
<p>25</p> <p>10:00 Virtual Catholic Church Service (VP)</p> <p>10:30 V!VAfit Sit (VS)</p> <p>1:30 Movie: Just Getting Started (VP)</p> <p>2:30 V!VAfit Fun Class (FD)</p> <p>Men's Club – Billiards, Darts, Shuffleboard & Putting (PP)</p> <p>4:15 Physical Game: Ladder Ball (VS)</p>	<p>26</p> <p>10:00 Chair Yoga with Debbie (VS)</p> <p>10:30 2nd Floor V!VA 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 2nd Floor Spa Party (FD) ✓</p> <p>2:15 Move to the Music Dance Class (VS)</p> <p>3:00 Memory Training with Heather (VP)</p> <p>4:15 2nd Floor Memory Cards (FD)</p>	<p>27</p> <p>11:00 Ripley's Aquarium 🚗 ✓ \$ ▶▶</p> <p>10:15 V!VAfit Strength Class(VS)</p> <p>10:30 2nd Floor V!VA Sit (FD)</p> <p>2:15 V!VAfit Strength Class(VS)</p> <p>Java Social Club – Get to Know Your Fellow Community Members (FD)</p> <p>4:00 Open Gym (VS)</p> <p>4:15 2nd Floor TV Trivia (FD)</p> <p>7:00 Bingo with Lucas (CK)</p>	<p>28</p> <p>9:00 Registered Massage Therapy Clinic (TR) ✓ \$</p> <p>10:15 V!VAfit Sit & Stand (VS)</p> <p>10:30 2nd Floor V!VA Sit (FD)</p> <p>11:00 Mental Aerobics: Word Twist (BG)</p> <p>2:15 V!VAfit Sit & Stand (VS)</p> <p>History Presentation with Lianne "Meso America: The Americas Before the Europeans" (VP)</p> <p>3:00 Left, Right & Center (FD)</p> <p>7:00 CM Euchre Night (CC)</p>	<p>29 International Coffee Day</p> <p>10:15 V!VAfit Balance Circuit (VS)</p> <p>10:30 2nd Floor V!VA Sit (FD)</p> <p>11:00 Baking Class: Coffee-Cocoa Snack Cake (CK)</p> <p>1:30 Line Dancing w/ Nicole (VS)</p> <p>2:30 V!VAfit Balance Circuit (VS)</p> <p>Presentation: Caring for Loved ones with Mid-Stage to Late Stage Alzheimer's (VP)</p> <p>3:00 2nd Floor Card Bingo (FD)</p>	<p>30 National Truth and Reconciliation Day</p> <p>10:15 V!VAfit Strength Class(VS)</p> <p>10:30 2nd Floor V!VA Sit (FD)</p> <p>Short Video: "Namwayut: we are all one. Truth and reconciliation in Canada" (VP)</p> <p>11:15 1:30 Giant Tiger 🚗 ✓</p> <p>2:15 V!VAfit Strength Class (VS)</p> <p>3:00 Women's Circle Discussion Group (FD)</p> <p>4:00 Open Gym (VS)</p> <p>7:00 CM Bridge Night (CC)</p>	<p>Women's Circle Discussion Group</p> <p>SEPTEMBER 16th & 30th</p> <p>3:00 PM – 4:00 PM</p> <p>Family Den</p> <p>Calling all ladies! Come join in our Women's Circle where we come together as women, sip some wine and discuss topics and issues that affect all of us.</p>

History Presentation with Lianne
 SEPTEMBER 28th
 3:00 PM – 4:00 PM

Join Lianne Harris for a 1-hour presentation on Mesoamerican life before 1492 and see whether our beliefs and ideas about these cultures are fact or fiction-- and how the world, on either side of the Atlantic, would never be the same again

What's green, and smells like red paint?

Green paint.