



Scott gets pampered after participating in the Movember Fundraiser with Martha standing by.



The Men of the building raised over \$500 for Movember Fundraiser for Men's Health.

**Don't miss out!**

**VIVA Holiday Brunch followed by Live Entertainment**  
Saturday, January 6  
11:00 am - 4:00 pm

**Presentation: Osteoporosis and Exercises to Build Better Bones**

Monday, January 8  
3:00pm – VIVAplex

**Robbie Burns Day Celebration with Live Bag Piper**

Thursday, January 25  
3:00pm

**Annual Fitness Testing**  
All Month Long  
VIVAfit Studio

Receive a cheque\* for every friend you refer to VIVA Whitby Shores who moves in.

All they need to do is tell us who referred them. That's just our way of saying 'Thanks!' for helping someone else be Happier Here™, too!

\*Conditions apply

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# VIVAvoice

YOUR VIVA COMMUNITY NEWSLETTER

January 2024

**VIVA** Retirement Communities™  
**WHITBY SHORES**



The VIVA Knitting Club shows off their handmade items.



Pat and her Scottish Santa.



Marion and Dave decorate the Family Den Christmas Tree.



The VIVA bus is decorated for the Whitby Santa Claus Parade.





The beginning of a new year is often accompanied by the desire to make positive changes in one's life. As we age, it becomes even more important to take care of our physical, mental, and emotional well-being. To help seniors stay on track with their goals, here is a list of 10 tips to keep in mind when making and keeping New Year's resolutions.

**1. Be Realistic**

As a senior, your energy levels or physical abilities have likely changed. Therefore, setting achievable goals that take into consideration our current capabilities is key to avoiding feeling discouraged or overwhelmed.

**2. Set Specific Goals**

Try setting specific and measurable goals. This could mean instead of saying "I want to exercise more," try setting a goal of "I will walk for 30 minutes, three times a week." This makes the goals more tangible and easier to track progress.

**3. Focus on Health**

As we age, we become more susceptible to injury and illness, so it's important to prioritize our health. This could mean incorporating regular exercise, a balanced and nutritious diet, and regular check-ups with the doctor.

**4. Work as a Team!**

Making resolutions together with friends or family who have similar goals can provide support and motivation throughout the year, and can make a significant difference in staying on track overcoming obstacles that may arise.

**5. Celebrate Small Wins**

It's important to celebrate even the smallest accomplishments when working towards our goals no matter how small it may seem. This can help keep us motivated and focused on the end goal.

**6. Prioritize Self-Care**

Self-care means making time for activities such as reading, practicing a hobby (or picking up a new one!), or simply taking time to relax. Our mental and emotional health is as important as our physical health.

**7. Have Fun!**

Resolutions don't have to feel like a chore. Find ways to make them enjoyable, whether it be by trying new activities or incorporating elements that you already enjoy into your goals. Perhaps a friendly competition to reach a goal before a friend?

**8. Be Patient**

Change takes time, so it's important to be patient with ourselves when working towards goals. Don't get discouraged if there are setbacks or progress is slow. Remember tip n0. 5: Every step, no matter how small, is still a step in the right direction.

**9. Stay Positive**

Lastly, it's important to maintain a positive mindset when working towards resolutions. By focusing on the progress we have made, we can stay motivated and optimistic for ourselves and for the friends who might be sharing the same resolution!

*This article is for informational purposes only and should not be considered medical or professional advice. Always consult with a healthcare professional before starting any new exercise or health routine.*

Five friends - Eliza, Fred, George, Hannah, and Iris, each hail from a different country - Australia, Brazil, Canada, Denmark, and England, and have different resolutions for the New Year: To meditate daily, to adopt a pet, to start a business, to learn to play a musical instrument, and to write a book. Based on the clues below, can you figure out who is from which country and what their resolution is?

- The person who wants to start a business is not from Australia or Canada.
- Fred, who isn't from England or Denmark, does not want to write a book or meditate daily.
- Hannah is either from Brazil or Canada and she doesn't want to start a business or learn a musical instrument.
- The person from Denmark, who isn't George, wants to write a book.
- Iris is from Australia and doesn't want to start a business or adopt a pet.
- The person who wants to meditate daily is from England and it isn't Eliza.

Answer Key:  
Eliza is from Brazil and her New Year's resolution is to start a business.  
Fred is from Canada and his New Year's resolution is to adopt a pet.  
George is from England and his New Year's resolution is to meditate daily.  
Hannah is from Denmark and her New Year's resolution is to write a book.  
Iris is from Australia and her New Year's resolution is to learn to play a musical instrument.

Reserve your spot for events and programs at the signup table located outside the Craft Kitchen.

# January 2024

## V!VA Whitby Shores



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Orange Fitness Class</div> <div>Purple Special Event</div> <div>Green Excursion</div> <div>✓ Sign Up</div> <div>🚌 Shuttle</div> <div>\$ Cost required</div> <div>➡ Walking</div>	<div>11:15 Drumfit Class (VS) 1</div> <div>1:30 Movie Matinee: RED 2 (VP)</div> <div>2:30 Board Game Afternoon (BG)</div> <div>7:00 Bridge Night (CC)</div> <div>New Year's Day</div>	<div>10:00 V!VAfit Sit Class (FD) 2</div> <div>10:15 V!VAfit Strength Class (VS)</div> <div>11:00 Mental Aerobics: Word Twist (BG)</div> <div>2:15 V!VAfit Strength Class (VS)</div> <div>3:00 Arts &amp; Crafts: Personalized License Plates (CK)</div> <div>7:00 Bingo Night (CK)</div>	<div>TACKY CLOTHES DAY 3</div> <div>10:00 V!VAfit Sit Class (FD)</div> <div>10:00 Vendor: Hemlock Supplies (CK)</div> <div>10:15 V!VAfit Balance Circuit (VS)</div> <div>1:30 Cribbage (CC)</div> <div>1:30 Knitting Club (FD)</div> <div>2:15 V!VAfit Balance Circuit (VS)</div> <div>2:30 Wine &amp; Paint with Joelle (CK)</div> <div>7:00 Euchre Night (CC)</div>	<div>10:00 V!VAfit Sit Class (FD) 4</div> <div>10:00 Encore Symphonic Concert Band 🚌 ✓ \$</div> <div>10:15 V!VAfit Sit &amp; Stand Class (VS)</div> <div>10:45 Moments of Reflection with Brenda (FD)</div> <div>11:00 Word in a Word (BG)</div> <div>2:00 Chair Yoga with Debbie (VS)</div> <div>3:00 Birthday Party with Live Entertainment (PP)</div> <div>7:00 Bid Euchre Night (CC)</div>	<div>10:00 V!VAfit Sit Class (FD) 5</div> <div>10:15 V!VAfit Strength Class (VS)</div> <div>10:30 V!VA Kitchen Tour (DR) ✓</div> <div>11:15 Who Am I? Famous January Birthdays Trivia (BG)</div> <div>1:15 Line Dancing (VS)</div> <div>1:30 Pickering Casino 🚌 ✓</div> <div>1:30 Documentary: The World in 2050 (VP)</div> <div>2:30 V!VAfit Personalized Workouts (VS)</div> <div>3:00 Book Club Meeting (CC)</div> <div>3:00 Table Tennis (HR)</div> <div>7:00 Bridge Night (CC)</div>	<div>9:30 Visit from Sam the Therapy dog (FD) 6</div> <div>10:15 Learn a Language with Cam (BG)</div> <div>11:00 Drumfit Class (VS)</div> <div>11:00 Holiday Buffet Lunch - Family and Friends Welcome! (DR) ✓ \$</div> <div>1:30 Movie Matinee: Family Switch (VP)</div> <div>3:00 Live Entertainment with Family and Friends: Legends of Folk (PP)</div> <div>7:00 Brain Boosters Pickup (PC)</div>
<div>10:00 Virtual Multi-Denominational Church Service (VP) 7</div> <div>10:30 Sunday Morning Retro TV Shows &amp; Treats (BG)</div> <div>11:00 Program Meeting (BG)</div> <div>1:30 Movie Matinee: A Star Is Born (VP)</div> <div>2:45 Chess Club -- All are Welcome (BG)</div> <div>7:00 Zen Colouring (PC)</div>	<div>10:00 V!VAfit Sit Class (FD) 8</div> <div>10:00 Chair Yoga with Debbie (VS)</div> <div>11:15 Drumfit Class (VS)</div> <div>1:30 Whitby Library 🚌 ✓</div> <div>2:00 Annual Fitness Testing (VS) ✓</div> <div>2:30 V!VAfit Personalized Workouts (L)</div> <div>3:00 Osteoporosis &amp; Exercises to Build Better Bones (VP)</div> <div>7:00 Bridge Night (CC)</div>	<div>10:00 V!VAfit Sit Class (FD) 9</div> <div>10:15 V!VAfit Strength Class (VS)</div> <div>11:00 Mental Aerobics: Word Twist (BG)</div> <div>1:30 Giant Tiger 🚌 ✓</div> <div>2:15 V!VAfit Strength Class (VS)</div> <div>2:30 Friendly Euchre (CC)</div> <div>3:00 Armchair Travel to Morroco (VP)</div> <div>7:00 Bingo Night (CK)</div>	<div>SPORTS DAY 10</div> <div>9:30 Footcare Clinic (TR) ✓ \$</div> <div>10:00 V!VAfit Sit Class (FD)</div> <div>10:00 Vendor: Hemlock Supplies (CK)</div> <div>10:15 V!VAfit Balance Circuit (VS)</div> <div>10:30 Aquafit with Cindy (P)</div> <div>11:00 Lunch and Learn with Chef Silken (CK)</div> <div>1:30 Cribbage (CC)</div> <div>1:30 Knitting Club (FD)</div> <div>2:00 Walmart 🚌 ✓</div> <div>2:15 V!VAfit Balance Circuit (VS)</div> <div>3:00 V!VA Whitby Shores Drama Club Information Session (PP)</div> <div>7:00 Euchre Night (CC)</div>	<div>Vendor: Avon Beauty Products (CK) 11</div> <div>10:00 V!VAfit Sit Class (FD)</div> <div>10:15 V!VAfit Sit &amp; Stand Class (VS)</div> <div>10:15 Bata Shoe Museum (L)</div> <div>10:45 Moments of Reflection with Brenda (FD)</div> <div>11:00 Word in a Word (BG)</div> <div>2:00 Chair Yoga with Debbie (VS)</div> <div>3:00 Live Entertainment: Darlene and the Shamrockers (PP)</div> <div>7:00 Bid Euchre Night (CC)</div>	<div>10:00 V!VAfit Sit Class (FD) 12</div> <div>10:15 V!VAfit Strength Class (VS)</div> <div>10:15 Whitefeather Country Market 🚌 ✓</div> <div>10:30 V!VA Kitchen Tour (DR) ✓</div> <div>1:15 Line Dancing (VS)</div> <div>1:30 The Dead Sea Scrolls // Ancient History Documentary (VP)</div> <div>2:30 Indoor Gardening (HR)</div> <div>2:30 V!VAfit Personalized Workouts (VS)</div> <div>3:00 Creative Writing Club with Cameron (CC)</div> <div>7:00 Bridge Night (CC)</div>	<div>10:15 Learn to Play Wordle (BG) 13</div> <div>11:00 Drumfit Class (VS)</div> <div>1:30 Movie Matinee: 27 Dresses (VP)</div> <div>2:00 Stroll Down Memory Lane (HR)</div> <div>3:15 Arts &amp; Crafts: Ping-Pong Ball Tea Lights (CK)</div> <div>7:00 Brain Boosters Pickup (PC)</div>
<div>10:00 Virtual Catholic Church Service (VP) 14</div> <div>10:30 Sunday Morning Retro TV Shows &amp; Treats (BG)</div> <div>1:30 Movie Matinee: Lethal Weapon (VP)</div> <div>3:45 Mental Aerobics: Wordle (BG)</div> <div>7:00 Zen Colouring (PC)</div>	<div>10:00 V!VAfit Sit Class (FD) 15</div> <div>10:00 Chair Yoga with Debbie (VS)</div> <div>11:15 Drumfit Class (VS)</div> <div>11:30 Men's Club Lunch Outing at the Melanie Pringles 🚌 ✓ \$</div> <div>2:00 Annual Fitness Testing (VS) ✓</div> <div>2:30 V!VAfit Personalized Workouts (L)</div> <div>3:00 Coffee Chat with Scott (PC)</div> <div>7:00 Bridge Night (CC)</div>	<div>10:00 V!VAfit Sit Class (FD) 16</div> <div>10:15 V!VAfit Strength Class (VS)</div> <div>11:00 Mental Aerobics: Word Twist (BG)</div> <div>2:00 Scenic Country Drive 🚌 ✓</div> <div>2:15 V!VAfit Strength Class (VS)</div> <div>3:00 Snack &amp; Craft: Paint by Numbers &amp; Flavoured Hot Chocolate (CK)</div> <div>7:00 Bingo Night (CK)</div>	<div>BEACH DAY 17</div> <div>10:00 V!VAfit Sit Class (FD)</div> <div>10:00 Hearing Clinic (TR) ✓</div> <div>10:00 Vendor: Hemlock Supplies (CK)</div> <div>10:15 V!VAfit Balance Circuit (VS)</div> <div>10:15 Oshawa Center 🚌 ✓</div> <div>10:30 Aquafit with Cindy (P)</div> <div>1:30 Cribbage (CC)</div> <div>1:30 Knitting Club (FD)</div> <div>2:00 V!VA Live: Wheel Of Fortune (BG)</div> <div>2:15 V!VAfit Balance Circuit (VS)</div> <div>7:00 Euchre Night (CC)</div>	<div>10:00 V!VAfit Sit Class (FD) 18</div> <div>10:15 V!VAfit Sit &amp; Stand Class (VS)</div> <div>10:15 Hockey Hall of Fame 🚌 ✓ \$</div> <div>10:45 Moments of Reflection with Brenda (FD)</div> <div>11:00 Word in a Word (BG)</div> <div>1:30 Flower Arranging (HR)</div> <div>2:00 Chair Yoga with Debbie (VS)</div> <div>3:00 Singing Group with Brenda (PP)</div> <div>7:00 Bid Euchre Night (CC)</div>	<div>10:00 V!VAfit Sit Class (FD) 19</div> <div>10:15 V!VAfit Strength Class (VS)</div> <div>10:30 V!VA Kitchen Tour (DR) ✓</div> <div>1:15 Line Dancing (VS)</div> <div>1:30 Documentary: Behind the Curtain Cirque du Soleil (VP)</div> <div>2:30 Baking Lesson: Healthy Breakfast Options (CK)</div> <div>2:30 V!VAfit Personalized Workouts (VS)</div> <div>3:00 Target Golf Competition (PP)</div> <div>7:00 Bridge Night (CC)</div>	<div>9:30 Visit from Sam the Therapy dog (FD) 20</div> <div>10:15 Mental Aerobics: Boggle (BG)</div> <div>11:00 Drumfit Class (VS)</div> <div>1:30 Movie Matinee: The Notebook (VP)</div> <div>2:00 Trivial Pursuit (BG)</div> <div>3:30 Bean Bag Toss (VS)</div> <div>7:00 Brain Boosters Pickup (PC)</div>



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# January 2024

## V!VA Whitby Shores

Activity Professionals  
Appreciation Week  
January 22th-28th



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Virtual Multi-Denominational Church Service (VP) <b>21</b> 10:30 Sunday Morning Retro TV Shows & Treats (BG) 1:30 Movie Matinee: The Highway Men (VP) 2:15 Arts & Crafts: Painted Coasters (CK) 3:30 Scrabble (BG) 7:00 Zen Colouring (PC)	10:00 V!VAfit Sit Class (FD) <b>22</b> 10:00 Chair Yoga with Debbie (VS) 11:15 Drumfit Class (VS) 11:30 Swiss Chalet 2:00 Art Hive -- Drop in Art Sessions until 4pm (CK) 2:00 Annual Fitness Testing (VS) 2:30 V!VAfit Personalized Workouts (L) 7:00 Bridge Night (CC)	10:00 V!VAfit Sit Class (FD) <b>23</b> 10:15 V!VAfit Strength Class (VS) 11:00 Mental Aerobics: Word Twist (BG) 2:15 V!VAfit Strength Class (VS) 2:30 V!VA Activities Fair: Come Out and Try Something New! (PP) 7:00 Bingo Night (CK)	VIVA COLOURS DAY <b>24</b> 10:00 V!VAfit Sit Class (FD) 10:00 Vendor: Hemlock Supplies (CK) 10:15 V!VAfit Balance Circuit (VS) 10:30 Aquafit with Cindy (P) 1:30 Cribbage (CC) 1:30 Knitting Club (FD) 2:15 V!VAfit Balance Circuit (VS) 3:00 A Better You - Exercises to Stay Independant (VP) 7:00 Euchre Night (CC)	10:00 V!VAfit Sit Class (FD) <b>25</b> 10:15 V!VAfit Sit & Stand Class (VS) 10:45 Moments of Reflection with Brenda (FD) 11:00 Word in a Word (BG) 1:30 Walker Clinic (HR) 2:00 Chair Yoga with Debbie (VS) 3:00 Robbie Burns Day Celebration with Bag Piper (PP) 7:00 Bid Euchre Night (CC)	ACTIVITY PROFESSIONALS APPRECIATION DAY <b>26</b> 10:00 V!VAfit Sit Class (FD) 10:15 V!VAfit Strength Class (VS) 10:15 Walmart 10:30 V!VA Kitchen Tour (DR) 1:15 Line Dancing (VS) 1:30 Presentation: Old Wives - Tales Fact or Fiction? (VP) 2:30 V!VAfit Personalized Workouts (VS) 3:00 Celebrating the Lifestyles Team!! (PP) 7:00 Bridge Night (CC)	10:15 Mental Aerobics: Wordle (BG) <b>27</b> 11:00 Drumfit Class (VS) 1:30 Movie Matinee: Dirty Dancing (VP) 2:00 Indoor Horseshoe Toss (VS) 3:00 Cards: Cheat! (BG) 7:00 Brain Boosters Pickup (PC)
10:00 Virtual Catholic Church Service (VP) <b>28</b> 10:30 Sunday Morning Retro TV Shows & Treats (BG) 1:30 Movie Matinee: The Tree of Life (VP) 2:00 Ladder Ball (VS) 3:00 Mental Aerobics: Boggle (BG) 7:00 Zen Colouring (PC)	10:00 V!VAfit Sit Class (FD) <b>29</b> 10:00 Chair Yoga with Debbie (VS) 11:15 Drumfit Class (VS) 1:30 Whitby Library 2:00 Annual Fitness Testing (VS) 2:30 V!VAfit Personalized Workouts (L) 3:00 Arts & Crafts: Lavender Scented Sachets (CK) 7:00 Bridge Night (CC) 7:00 Presentation by Shannon: All About Opera (VP)	10:00 V!VAfit Sit Class (FD) <b>30</b> 10:15 V!VAfit Strength Class (VS) 11:00 Mental Aerobics: Word Twist (BG) 1:30 Outing to Reptillia Indoor Zoo 2:15 V!VAfit Strength Class (VS) 3:00 V!VA Whitby Shores Drama Club (PP) 7:00 Bingo Night (CK)	TWIN DAY <b>31</b> 10:00 V!VAfit Sit Class (FD) 10:00 Vendor: Hemlock Supplies (CK) 10:15 V!VAfit Balance Circuit (VS) 10:30 Aquafit with Cindy (P) 1:30 Cribbage (CC) 1:30 Knitting Club (FD) 1:30 No Frills/Shoppers/Dollar Store 2:15 V!VAfit Balance Circuit (VS) 3:00 Live Entertainment: Just Us Jazz Band (PP) 7:00 Euchre Night (CC)	<div>Annual Fitness Testing All Month Long Every Monday at 2pm V!VAfit Studio</div> <div>Come and see where you rank for your gender and age for your strength, agility, balance, flexibility and endurance -- and get tips on how to improve these!</div>		



Presentation by Shannon: Opera Choruses  
Monday January 29th 7:00pm

In this historical and humorous presentation, Shannon talks all about Opera, one of our most respected and ridiculed art forms. Why was Opera invented? Why are so many operas about Greek mythology? Why do opera singers sing the way they do? HOW do they sing the way they do?! Who is the greatest one hit wonder of opera? Why were some opera singers big celebrities in their time and what was the secret behind their success? Shannon answers everything you could possibly want to know about Opera in this fun multimedia presentation

Orange Fitness Class		Locations Legend	
Purple	Special Event	V!VAfit Studio (VS)	Pints! Pub (PP)
Green	Excursion	Family Den (FD)	Perks! Cafe (PC)
✓	Sign Up	Brain Gym (BG)	Dining Room (DR)
🚌	Shuttle	Community Commons (CC)	Horticulture Room (HR)
\$	Cost required	V!VAplex (VP)	Pool (P)
▶▶	Walking	Craft Kitchen (CK)	Treatment Room (TR)
		Lobby (L)	