



11th Anniversary Celebration with Community Members and Magda.



Enjoying lunch with a Friend in the Rutherford Dining Room.

**Don't miss out!**

**The Toronto Blue Jays Home Opener**

Monday, April 8  
7:00 pm – V!VAplex

**Glee Club**

Tuesdays or Thursdays in April  
3:30 pm – V!VAplex

**A Bissel Pesach w/Cantor Edwards**

Tuesday, April 16  
2:00 pm – In the Lobby and Perks! Café

**Senior Safety Fraud Presentation w/Constable Danielle Froud**

Wednesday, April 24  
10:30 am – V!VAplex

**Karaoke Night**

Thursday, April 25  
7:00 pm – Pints! Pub

Receive a cheque\* for every friend you refer to V!VA Thornhill Woods 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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Enjoying the 11th Anniversary Party.



At V!VA Variety Show rehearsal and loving every minute of it.



Cutting the Anniversary Cake with Community and Team Members.



Rehearsing for the V!VA Variety Show.



# Let's Say Hello to April!

## DID YOU KNOW...

The zodiac signs for April are Aries (March 21-April 19) and Taurus (April 20-May 20)

April 6 is considered National Pillow Fight Day! Don't forget to have some fun with this one!

The daisy and the sweet pea are birth flowers for the month of April. The sweet pea signifies blissful pleasure, while daisies represent childhood innocence, loyalty, and purity.

April takes its name from the Latin word aperire, meaning 'to open', just like flowers do in spring.

The diamond is the traditional birthstone for April!

# SUDOKU FUN!

				3	9	2		5
4	9	2					6	
6	5	3		7			8	1
3	6		7	2	5			
				4		5		
		5		6				
2	4	1			6	7		3
			4	9			2	
8		3		2			5	4

	5	7	3	1			9	6
6		1	4		5			
8	2	3	7	9		4		5
9	1				7		5	4
	4	6		5	9	1		
2		5	8		1	9	6	
3	2		7			5		
5		4		2	3	6		1
1	7		5		4	3		8

			7	2	6	8	4	
4	8		5			6	7	2
				3		5		9
				5		7		
	9	4	1	8	3	2		
			6		4	9		
	6	5	3	4	7		2	8
8			9	6		3	5	7
			8	1		4	9	

	4							
8	3	9				1		
			8	9		5		2
9	5	6		3		4		
4				6		3		
		3	5			6		9
5	9				3	7	6	1
	7	8		5		2	4	
	1		4	7			9	5

Each puzzle consists of a 9x9 grid containing given clues in various places. The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3x3 box.

Reserve your spot for events and programs at Concierge.

# April 2024

## V!VA Thornhill Woods



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>10:00 Zumba w/Mandi (VS)</p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:00 Bus Outing (L)</p> <p>11:00 V!VAfit Sit and Stand (VS)</p> <p>2:00 Monday Matinee (VP)</p> <p>2:15 Walking Group (L)</p> <p>3:30 Viva's Music Hour (FD)</p> <p>3:30 News and Views with Rodney (CK)</p> <p>7:00 Movie Night (VP)</p> <p>7:00 Poker Night (CK)</p>	<p>Community Council Elections (PP)</p> <p>10:00 V!VAfit Balance (VS)</p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:00 Bus Outing (L)</p> <p>10:30 Movement and Motion (FD)</p> <p>11:00 V!VAfit Sit &amp; Stand (VS)</p> <p>11:30 Torah Discussions w/Dalia (CK)</p> <p>2:15 BEANO! (PP)</p> <p>3:00 Open Swim (P)</p> <p>3:15 Audio Book Club (CK)</p> <p>3:30 Music Hour (FD)</p> <p>3:30 Glee Club (VP)</p> <p>4:30 Mindful Meditation (VS)</p> <p>7:00 Movie Night (VP)</p>	<p>10:00 V!VAfit Balance (VS)</p> <p>10:00 Aquafit w/Jan (P)</p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:30 Brain Games (FD)</p> <p>11:00 V!VAfit Sit &amp; Stand (VS)</p> <p>11:00 Tech Help (BG)</p> <p>11:00 Community Conversational Hebrew (CK)</p> <p>2:00 Wednesday Concert Series (L)</p> <p>3:15 Tai Chi (FD)</p> <p>3:30 Lifestyles Program Planning Meeting (CK)</p> <p>7:00 Movie Night (VP)</p>	<p>10:00 V!VAfit Balance (VS)</p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:30 Pictionary (FD)</p> <p>10:45 V!VA Voices (PP)</p> <p>11:00 V!VAfit Sit &amp; Stand (VS)</p> <p>2:15 BEANO! (PP)</p> <p>3:15 Audio Book Club (CK)</p> <p>3:30 Music Hour w/Shiba (FD)</p> <p>3:30 Garden Clean Up and Conversation (VG)</p> <p>3:30 Wordle (VP)</p> <p>7:00 Movie Night (VP)</p> <p>7:00 Game Night: Scattergories (PP)</p>	<p>10:00 V!VAfit Sit (FD)</p> <p>10:00 V!VAfit Flow (VS)</p> <p>10:30 Music w/Aubrey (FD)</p> <p>11:00 V!VAfit Sit &amp; Stand (VS)</p> <p>11:00 Triple 8 Clothing Vendor (PP)</p> <p>2:00 Mandala Therapeutic Colouring (FD)</p> <p>2:00 Movie Matinee (VP)</p> <p>2:15 Name that Tune (PP)</p> <p>3:30 V!VA's Happy Hour (PP)</p> <p>4:30 Shabbat Blessings &amp; Songs (PP)</p> <p>7:00 Movie Night (VP)</p>	<p>10:00 V!VAfit Sit (FD)</p> <p>10:30 Virtual Shabbat Service (VP)</p> <p>11:00 V!VAfit Sit &amp; Stand (VS)</p> <p>11:00 Tech Help (BG)</p> <p>2:00 Movie Matinee (VP)</p> <p>2:15 Jeopardy (PP)</p> <p>3:00 Brain Games (FD)</p> <p>3:30 Text Twist (PP)</p> <p>4:30 Mindful Meditation (VS)</p> <p>7:00 Movie Night (VP)</p>
<p>10:00 V!VAfit Sit (FD)</p> <p>11:00 V!VAfit Sit &amp; Stand (VS)</p> <p>1:00 Open Gym (VS)</p> <p>2:00 TV Series: Virgin River Season 1 (VP)</p> <p>2:15 DrumFit and Music (VS)</p> <p>3:30 V!VA's Favourite Music Hour (VP)</p> <p>7:00 Movie Night (VP)</p>	<p>10:00 Zumba w/Mandi (VS)</p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:00 Bus Outing (L)</p> <p>10:00 Foot Care Clinic (FD)</p> <p>11:00 V!VAfit Sit and Stand (VS)</p> <p>2:00 Monday Matinee (VP)</p> <p>2:15 Bird Watching Group (L)</p> <p>3:30 Viva's Music Hour (FD)</p> <p>3:30 News and Views with Rodney (CK)</p> <p>7:00 Blue Jays Home Opener Game (VP)</p> <p>7:00 Poker Night (CK)</p>	<p>10:00 V!VAfit Balance (VS)</p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:00 Bus Outing (L)</p> <p>10:30 Movement and Motion (FD)</p> <p>11:00 V!VAfit Sit &amp; Stand (VS)</p> <p>11:30 Torah Discussions w/Dalia (CK)</p> <p>2:15 BEANO! (PP)</p> <p>3:00 Open Swim (P)</p> <p>3:15 Audio Book Club (CK)</p> <p>3:30 Music Hour (FD)</p> <p>3:30 Glee Club (VP)</p> <p>4:30 Mindful Meditation (VS)</p> <p>7:00 Movie Night (VP)</p>	<p>10:00 V!VAfit Balance (VS)</p> <p>10:00 Aquafit w/Jan (P)</p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:00 Visit from Grade 4 Class @ CTK Elementary School (CK)</p> <p>10:30 Brain Games (FD)</p> <p>11:00 V!VAfit Sit &amp; Stand (VS)</p> <p>11:00 Tech Help (BG)</p> <p>11:00 Community Conversational Hebrew (CK)</p> <p>2:00 Art with Lifestyles (CK)</p> <p>3:15 Tai Chi (FD)</p> <p>3:30 Garden Meeting (CK)</p> <p>7:00 Movie Night (VP)</p>	<p>10:00 V!VAfit Balance (VS)</p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:30 Pictionary (FD)</p> <p>10:45 V!VA Voices (PP)</p> <p>11:00 V!VAfit Sit &amp; Stand (VS)</p> <p>2:15 BEANO! (PP)</p> <p>3:15 Audio Book Club (CK)</p> <p>3:30 Music Hour w/Shiba (FD)</p> <p>3:30 Wordle (VP)</p> <p>4:00 Garden Meet up and Conversation (VG)</p> <p>7:00 Movie Night (VP)</p>	<p>10:00 V!VAfit Sit (FD)</p> <p>10:00 V!VAfit Flow (VS)</p> <p>10:30 Music w/Aubrey (FD)</p> <p>11:00 V!VAfit Sit &amp; Stand (VS)</p> <p>2:00 Movie Matinee (VP)</p> <p>2:00 The Price is Right (PP)</p> <p>3:30 V!VA's Happy Hour (PP)</p> <p>4:30 Shabbat Blessings &amp; Songs (PP)</p> <p>7:00 Movie Night (VP)</p>	<p>10:00 V!VAfit Sit (FD)</p> <p>10:30 Virtual Shabbat Service (VP)</p> <p>11:00 V!VAfit Sit &amp; Stand (VS)</p> <p>11:00 Tech Help (BG)</p> <p>2:00 Movie Matinee (VP)</p> <p>2:15 Giant Crossword Puzzle (PP)</p> <p>3:00 Mandala Therapeutic Colouring (FD)</p> <p>3:30 Text Twist (PP)</p> <p>4:30 Mindful Meditation (VS)</p> <p>7:00 Movie Night (VP)</p>
<p>10:00 V!VAfit Sit (FD)</p> <p>11:00 V!VAfit Sit &amp; Stand (VS)</p> <p>1:00 Open Gym (VS)</p> <p>2:00 TV Series: Virgin River Season 1 (VP)</p> <p>2:15 DrumFit and Music (VS)</p> <p>3:30 V!VA's Favourite Music Hour (VP)</p> <p>7:00 Movie Night (VP)</p>	<p>10:00 Zumba w/Mandi (VS)</p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:00 Bus Outing (L)</p> <p>11:00 V!VAfit Sit and Stand (VS)</p> <p>2:00 Monday Matinee (VP)</p> <p>2:15 Walking Group (L)</p> <p>3:30 Viva's Music Hour (FD)</p> <p>3:30 News and Views with Rodney (CK)</p> <p>7:00 Movie Night (VP)</p> <p>7:00 Poker Night (CK)</p>	<p>10:00 V!VAfit Balance (VS)</p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:00 Bus Outing (L)</p> <p>10:30 Movement and Motion (FD)</p> <p>11:00 V!VAfit Sit &amp; Stand (VS)</p> <p>11:30 Torah Discussions w/Dalia (CK)</p> <p>2:00 A Bissel Pesach w/Cantor Edwards (L)</p> <p>3:00 Open Swim (P)</p> <p>4:30 Mindful Meditation (VS)</p> <p>7:00 BEANO @ NIGHT (PP)</p>	<p>10:00 V!VAfit Balance (VS)</p> <p>10:00 Aquafit w/Jan (P)</p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:30 Brain Games (FD)</p> <p>11:00 V!VAfit Sit &amp; Stand (VS)</p> <p>11:00 Tech Help (BG)</p> <p>11:00 Community Conversational Hebrew (CK)</p> <p>2:00 Wednesday Concert Series (L)</p> <p>3:15 Tai Chi (FD)</p> <p>3:15 Passover Art with Lifestyles (CK)</p> <p>7:00 Lianne Harris Presents (PP)</p>	<p>10:00 V!VAfit Balance (VS)</p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:30 Pictionary (FD)</p> <p>10:45 V!VA Voices (PP)</p> <p>11:00 V!VAfit Sit &amp; Stand (VS)</p> <p>2:15 BEANO! (PP)</p> <p>3:15 Audio Book Club (CK)</p> <p>3:30 Music Hour w/Shiba (FD)</p> <p>3:30 Walking Group (L)</p> <p>3:30 Glee Club (VP)</p> <p>7:00 Movie Night (VP)</p>	<p>10:00 V!VAfit Sit (FD)</p> <p>10:00 V!VAfit Flow (VS)</p> <p>10:30 Music w/Aubrey (FD)</p> <p>11:00 V!VAfit Sit &amp; Stand (VS)</p> <p>2:00 Mandala Therapeutic Colouring (FD)</p> <p>2:00 Movie Matinee (VP)</p> <p>2:15 Name that Tune (PP)</p> <p>3:30 V!VA's Happy Hour (PP)</p> <p>4:30 Shabbat Blessings &amp; Songs (PP)</p> <p>7:00 Movie Night (VP)</p>	<p>10:00 V!VAfit Sit (FD)</p> <p>10:30 Virtual Shabbat Service (VP)</p> <p>11:00 V!VAfit Sit &amp; Stand (VS)</p> <p>11:00 Tech Help (BG)</p> <p>2:00 Movie Matinee (VP)</p> <p>2:15 Scattergories (PP)</p> <p>3:00 Brain Games (PP)</p> <p>3:30 Text Twist (PP)</p> <p>4:30 Mindful Meditation (VS)</p> <p>7:00 Movie Night (VP)</p>



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# April 2024

## V!VA Thornhill Woods



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>10:00 V!VAfit Sit (FD) 21</b> <b>11:00 V!VAfit Sit &amp; Stand (VS)</b> <b>1:00 Open Gym (VS)</b> <b>2:00 TV Series: Virgin River Season 1 (VP)</b> <b>2:15 DrumFit and Music (VS)</b> <b>3:30 V!VA's Favourite Music Hour (VP)</b> <b>7:00 Movie Night (VP)</b>	<b>Passover First Seder EARTH DAY! 22</b> <b>10:00 Zumba w/Mandi (VS)</b> <b>10:00 V!VAfit Sit (FD)</b> <b>10:00 Bus Outing (L)</b> <b>10:00 Hearing Clinic w/Martin (TR)</b> <b>11:00 V!VAfit Sit and Stand (VS)</b> <b>2:00 Monday Matinee (VP)</b> <b>2:15 Bird Watching Group (L)</b> <b>3:30 Viva's Music Hour (FD)</b> <b>3:30 News and Views with Rodney (CK)</b>	<b>Passover Second Seder 23</b> <b>10:00 V!VAfit Balance (VS)</b> <b>10:00 V!VAfit Sit (FD)</b> <b>10:00 Bus Outing (L)</b> <b>10:30 Movement and Motion (FD)</b> <b>11:00 V!VAfit Sit &amp; Stand (VS)</b> <b>11:30 Torah Discussions w/Dalia (CK)</b> <b>2:00 V!VAfit Flow (VS)</b> <b>2:30 Mindful Meditation (VS)</b> <b>3:00 Open Swim (P)</b> <b>3:15 Audio Book Club (CK)</b> <b>3:30 Music Hour (FD)</b> <b>7:00 Movie Night (VP)</b>	<b>10:00 V!VAfit Balance (VS) 24</b> <b>10:00 Aquafit w/Jan (P)</b> <b>10:00 V!VAfit Sit (FD)</b> <b>10:30 Brain Games (FD)</b> <b>10:30 Senior's Safety Fraud Presentation w/Constable Danielle Froud (VP)</b> <b>11:00 V!VAfit Sit &amp; Stand (VS)</b> <b>11:00 Tech Help (BG)</b> <b>11:00 Community Conversational Hebrew (CK)</b> <b>2:00 Celebrating Pesach Concert w/Rita (L)</b> <b>3:15 Tai Chi (FD)</b> <b>3:15 Nature Sketching (VG)</b> <b>7:00 Movie Night (VP)</b>	<b>10:00 V!VAfit Balance (VS) 25</b> <b>10:00 V!VAfit Sit (FD)</b> <b>10:30 Pictionary (FD)</b> <b>10:45 V!VA Voices (PP)</b> <b>11:00 V!VAfit Sit &amp; Stand (VS)</b> <b>2:15 BEANO! (PP)</b> <b>3:15 Audio Book Club (CK)</b> <b>3:30 Music Hour w/Shiba (FD)</b> <b>3:30 Walking Group (L)</b> <b>3:30 Glee Club (VP)</b> <b>7:00 Karaoke Night! (PP)</b>	<b>10:00 V!VAfit Sit (FD) 26</b> <b>10:00 V!VAfit Flow (VS)</b> <b>10:30 Music w/Aubrey (FD)</b> <b>11:00 V!VAfit Sit &amp; Stand (VS)</b> <b>2:00 Mandala Therapeutic Colouring (FD)</b> <b>2:00 Movie Matinee (VP)</b> <b>2:15 Name that Tune (PP)</b> <b>3:30 V!VA's Happy Hour (PP)</b> <b>4:30 Shabbat Blessings &amp; Songs (PP)</b> <b>7:00 Movie Night (VP)</b>	<b>10:00 V!VAfit Sit (FD) 27</b> <b>10:30 Virtual Shabbat Service (VP)</b> <b>11:00 V!VAfit Sit &amp; Stand (VS)</b> <b>11:00 Tech Help (BG)</b> <b>2:00 Movie Matinee (VP)</b> <b>2:15 Wordle (PP)</b> <b>3:00 Brain Games (PP)</b> <b>3:30 Text Twist (PP)</b> <b>4:30 Mindful Meditation (VS)</b> <b>7:00 Movie Night (VP)</b>	
<b>10:00 V!VAfit Sit (FD) 28</b> <b>11:00 V!VAfit Sit &amp; Stand (VS)</b> <b>1:00 Open Gym (VS)</b> <b>2:00 TV Series: Virgin River Season 1 (VP)</b> <b>2:15 DrumFit and Music (VS)</b> <b>3:30 V!VA's Favourite Music Hour (VP)</b> <b>7:00 Movie Night (VP)</b>	<b>10:00 Zumba w/Mandi (VS) 29</b> <b>10:00 V!VAfit Sit (FD)</b> <b>10:00 Bus Outing (L)</b> <b>11:00 V!VAfit Sit and Stand (VS)</b> <b>11:00 Vendor: Sonita's Jewellery (PP)</b> <b>2:00 Monday Matinee (VP)</b> <b>2:00 Book Club Meeting (CK)</b> <b>2:15 Walking Group (L)</b> <b>3:30 Viva's Music Hour (FD)</b> <b>3:30 News and Views with Rodney (CK)</b> <b>7:00 Movie Night (VP)</b> <b>7:00 Poker Night (CK)</b>	<b>10:00 V!VAfit Balance (VS) 30</b> <b>10:00 V!VAfit Sit (FD)</b> <b>10:00 Bus Outing (L)</b> <b>10:30 Movement and Motion (FD)</b> <b>11:00 V!VAfit Sit &amp; Stand (VS)</b> <b>11:30 Torah Discussions w/Dalia (CK)</b> <b>2:15 BEANO! (PP)</b> <b>3:00 Open Swim (P)</b> <b>3:30 April Birthday Celebration! (PP)</b> <b>4:30 Mindful Meditation (VS)</b> <b>7:00 Movie Night (VP)</b>	<b>Locations Legend</b> V!VAfit Studio (VS) Family Den (FD) V!VAplex (VP) Pints! Pub (PP) Craft Kitchen (CK) Lobby (L) Pool (P) Brain Gym (BG) Victory Garden (VG) Treatment Room (TR)				

**HAPPY  
PASSOVER  
TO OUR  
V!VA FAMILY  
AND  
FRIENDS**

