



Brianna Dudley and Alexa celebrate at our 4th year anniversary Country Jamboree.



March break crafts with the grandkids turned out great.

**Don't miss out!**

**Solar Eclipse Watch Party**  
Monday, April 8  
2:15 pm – Meet in the Lobby

**Outing to The Cambridge Butterfly Conservatory**  
Tuesday, April 16  
9:00 am – Sign up in the outing binder

**Community Bridge Tournament**  
Wednesday April 10  
1:30 - 4:30 pm – Community Commons

**Durham Police Fraud Awareness Presentation**  
Thursday, April 18  
3:00 pm – V!VAplex

**Critter Visits**  
Saturday, April 20  
2:00 - 4:00 pm – V!VAplex

Receive a cheque\* for every friend you refer to V!VA 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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The Community Members traveled to see the play Beauty and The Beast in Port Hope.



Frank & Pat enjoy our shrove Tuesday luncheon.



Emil makes a Valentine's Day Card.



Team Members Brenda Victoria Ebony Alexa and Martha get into the spirit for 70's theme day.

# 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 the signup table located outside the Craft Kitchen.

# April 2024

## V!VA Whitby Shores





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Orange Fitness Class</b></p> <p><b>Purple Special Event</b></p> <p><b>Green Excursion</b></p> <p>✓ Sign Up</p> <p>🚗 Shuttle</p> <p>💰 Cost required</p> <p>➡ Walking</p>	<p>9:15 V!VAfit Sit Class (VS) <b>1</b></p> <p>10:00 Chair Yoga with Debbie (VS)</p> <p>11:15 Drumfit Class (VS)</p> <p>1:30 Rabbit Rescue Fundraiser Afternoon (VP)</p> <p>2:30 V!VAfit Studio Exercise Assistance (VS)</p> <p>3:00 Aquafit (P)</p> <p>3:15 Word Game: Bananagrams (BG)</p> <p>6:30 Bridge Night (CC)</p>	<p>9:15 V!VAfit Sit Class (VS) <b>2</b></p> <p>10:15 V!VAfit Strength Class (VS)</p> <p>11:00 Mental Aerobics: Word Twist (BG)</p> <p>1:30 Whitby Library 🚗 ✓</p> <p>2:00 Creative Construction: Building Lego Sculptures (CK)</p> <p>2:15 V!VAfit Strength Class (VS)</p> <p>3:00 Table Tennis (HR)</p> <p>7:00 Bingo Night (CK)</p>	<p>Vendor: Hemlock Supplies (CK) <b>3</b></p> <p>9:15 V!VAfit Sit Class (VS)</p> <p>10:15 V!VAfit Balance Circuit (VS)</p> <p>10:30 Aquafit with Cindy (P)</p> <p>1:30 Cribbage (CC)</p> <p>1:30 Knitting Club (FD)</p> <p>1:30 Ajax Casino 🚗 ✓</p> <p>2:15 V!VAfit Balance Circuit (VS)</p> <p>3:00 Trivia Game: Last Man Standing (PP)</p> <p>6:30 Euchre Night (CC)</p>	<p>9:15 V!VAfit Sit Class (VS) <b>4</b></p> <p>10:00 Encore Symphonic Concert Band 🚗 ✓ \$</p> <p>10:15 V!VAfit Sit &amp; Stand Class (VS)</p> <p>10:45 Moments of Reflection with Brenda (FD)</p> <p>11:00 Word in a Word (BG)</p> <p>2:00 Chair Yoga with Debbie (VS)</p> <p>3:00 Birthday Party with Live Entertainment (PP)</p> <p>6:30 Bid Euchre Night (CC)</p>	<p>9:15 V!VAfit Sit Class (VS) <b>5</b></p> <p>10:15 V!VAfit Strength Class (VS)</p> <p>10:15 Whitefeather Country Market 🚗 ✓</p> <p>11:15 Who Am I? Famous April Birthdays Trivia (BG)</p> <p>1:15 Line Dancing (VS)</p> <p>1:30 Documentary Series: Secrets of Great British Castles - Edinburgh (VP)</p> <p>2:00 Book Club Meeting (CC)</p> <p>2:30 V!VAfit Studio Exercise Assistance (VS)</p> <p>3:00 Wheel of Fortune! (PC)</p> <p>6:30 Bridge Night (CC)</p>	<p>10:15 Let's Play Dominoes (BG) <b>6</b></p> <p>11:00 Drumfit Class (VS)</p> <p>1:30 Movie Matinee: National Treasure 2 (VP)</p> <p>2:00 Trivia: What Am I? Products From the Past (BG)</p> <p>3:15 Guess Who: Community Member Childhood Photos (PC)</p> <p>7:00 Brain Boosters Pickup (PC)</p>
<p>10:00 Virtual Catholic Church Service (VP) <b>7</b></p> <p>10:30 Sunday Morning Retro TV Shows &amp; Treats (BG)</p> <p>1:30 Movie Matinee: Poor Things (VP)</p> <p>2:00 Mental Aerobics: Wordle (BG)</p> <p>3:00 Sunday Afternoon Live Entertainment with Joe (PP)</p> <p>7:00 Zen Colouring (PC)</p>	<p>9:15 V!VAfit Sit Class (VS) <b>8</b></p> <p>10:00 Chair Yoga with Debbie (VS)</p> <p>11:15 Drumfit Class (VS)</p> <p>1:30 V!VA Whitby Shores Drama Club (PP)</p> <p>2:15 Solar Eclipse Watch Party (PC)</p> <p>2:30 V!VAfit Studio Exercise Assistance (VS)</p> <p>5:00 Blue Jays Home Opener Dinner - Hotdogs, Pretzels, and Pre-Game Trivia (PP) ✓ \$</p> <p>6:30 Bridge Night (CC)</p>	<p>9:15 V!VAfit Sit Class (VS) <b>9</b></p> <p>10:15 V!VAfit Strength Class (VS)</p> <p>10:15 Pickering Town Center 🚗 ✓</p> <p>11:00 Mental Aerobics: Word Twist (BG)</p> <p>2:00 Creative Construction: Building Lego Sculptures (CK)</p> <p>2:15 V!VAfit Strength Class (VS)</p> <p>3:00 Community Member Forum Meeting (VP)</p> <p>7:00 Bingo Night (CK)</p>	<p>Vendor: Hemlock Supplies (CK) <b>10</b></p> <p>9:15 V!VAfit Sit Class (VS)</p> <p>9:30 Footcare Clinic (TR) ✓ \$</p> <p>10:15 V!VAfit Balance Circuit (VS)</p> <p>10:15 Walmart 🚗 ✓</p> <p>11:00 Program Meeting (BG)</p> <p>1:30 Knitting Club (FD)</p> <p>1:30 V!VA Bridge Tournament - Guests Welcome (CC)</p> <p>2:15 V!VAfit Balance Circuit (VS)</p> <p>3:00 Technology Help: Smart Phones, Tablets, Computers - Ask Us Anything! (BG)</p> <p>6:30 Euchre Night (CC)</p>	<p>9:15 V!VAfit Sit Class (VS) <b>11</b></p> <p>10:15 V!VAfit Sit &amp; Stand Class (VS)</p> <p>10:15 Shopper's Drug Mart/Dollarama/No Frills 🚗 ✓</p> <p>10:45 Moments of Reflection with Brenda (FD)</p> <p>11:00 Word in a Word (BG)</p> <p>1:30 Flower Bingo (CK)</p> <p>2:00 Chair Yoga with Debbie (VS)</p> <p>3:00 Everlasting Floral Arrangements (HR)</p> <p>6:30 Bid Euchre Night (CC)</p>	<p>9:15 V!VAfit Sit Class (VS) <b>12</b></p> <p>10:15 V!VAfit Strength Class (VS)</p> <p>1:15 Line Dancing (VS)</p> <p>1:30 Documentary Series: Secrets of Great British Castles - Cardif (VP)</p> <p>2:30 V!VAfit Studio Exercise Assistance (VS)</p> <p>3:00 Live Entertainment with Diedrey (PP)</p> <p>6:30 Bridge Night (CC)</p>	<p>10:15 Let's Play Dominoes (BG) <b>13</b></p> <p>11:00 Drumfit Class (VS)</p> <p>1:30 Movie Matinee: Titanic Part 1 (VP)</p> <p>2:00 Nature Relaxation Program: Making a Nature Mandala (HR)</p> <p>3:00 Geographical Trivia: Where In the World? Island Edition (BG)</p> <p>7:00 Brain Boosters Pickup (PC)</p>
<p>10:00 Virtual Multi-Denominational Church Service (VP) <b>14</b></p> <p>10:30 Sunday Morning Retro TV Shows &amp; Treats (BG)</p> <p>1:30 Movie Matinee: Titanic Part 2 (VP)</p> <p>2:00 Mental Aerobics: Wordle (BG)</p> <p>3:00 Volunteer Appreciation - Gifts, Snacks and Thank Yous (PC)</p> <p>7:00 Zen Colouring (PC)</p>	<p>Vendor: Bijoux Treasures (CK) <b>15</b></p> <p>9:15 V!VAfit Sit Class (VS)</p> <p>10:00 Chair Yoga with Debbie (VS)</p> <p>11:15 Drumfit Class (VS)</p> <p>2:00 Coffee Chat with Scott (PC)</p> <p>2:30 V!VAfit Studio Exercise Assistance (VS)</p> <p>3:00 Aquafit (P)</p> <p>3:15 Documentary: Investigating The Titanic (BG)</p> <p>6:30 Bridge Night (CC)</p>	<p>9:00 Outing: Cambridge Butterfly Conservatory 🚗 ✓ \$ <b>16</b></p> <p>9:15 V!VAfit Sit Class (VS)</p> <p>10:15 V!VAfit Strength Class (VS)</p> <p>11:00 Mental Aerobics: Word Twist (BG)</p> <p>2:00 Creative Construction: Building Lego Sculptures (CK)</p> <p>2:15 V!VAfit Strength Class (VS)</p> <p>3:00 Test your Senses Challenge (VP)</p> <p>7:00 Bingo Night (CK)</p>	<p>Vendor: Hemlock Supplies (CK) <b>17</b></p> <p>9:15 V!VAfit Sit Class (VS)</p> <p>10:00 Hearing Clinic (TR)</p> <p>10:15 V!VAfit Balance Circuit (VS)</p> <p>10:15 Giant Tiger 🚗 ✓</p> <p>10:30 Aquafit with Cindy (P)</p> <p>1:30 Cribbage (CC)</p> <p>1:30 Knitting Club (FD)</p> <p>2:00 Ballroom Dancing with Stephannie (VS)</p> <p>3:00 Nature Walk with Brianna (L)</p> <p>6:30 Euchre Night (CC)</p>	<p>Vendor: Fifth Avenue Jewelry (CK) <b>18</b></p> <p>9:15 V!VAfit Sit Class (VS)</p> <p>10:15 V!VAfit Sit &amp; Stand Class (VS)</p> <p>10:45 Moments of Reflection with Brenda (FD)</p> <p>11:00 Word in a Word (BG)</p> <p>12:00 Spring High Tea Party (PP) ✓ \$</p> <p>2:00 Chair Yoga with Debbie (VS)</p> <p>3:00 Durham Police Services Fraud Awareness Presentation (VP)</p> <p>6:30 Bid Euchre Night (CC)</p>	<p>Vendor: Triple Eight Clothing (CK) <b>19</b></p> <p>9:15 V!VAfit Sit Class (VS)</p> <p>10:15 V!VAfit Strength Class (VS)</p> <p>1:15 Line Dancing (VS)</p> <p>1:30 Documentary Series: Secrets of Great British Castles - York Castle (VP)</p> <p>2:30 V!VAfit Studio Exercise Assistance (VS)</p> <p>3:00 Creative Writing Club with Cameron (CC)</p> <p>6:30 Bridge Night (CC)</p>	<p>9:30 Visit from Sam the Therapy dog (FD) <b>20</b></p> <p>10:15 Let's Play Dominoes (BG)</p> <p>11:00 Drumfit Class (VS)</p> <p>2:00 Critter Visits - Family and Friends Welcome! (VP)</p> <p>3:00 Card Game: Spoons (BG)</p> <p>7:00 Brain Boosters Pickup (PC)</p>

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# April 2024

## V!VA Whitby Shores



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Virtual Catholic Church Service (VP) <b>21</b></p> <p>10:30 Sunday Morning Retro TV Shows &amp; Treats (BG)</p> <p>1:30 Movie Matinee: Forest Gump (VP)</p> <p>2:00 Mental Aerobics: Wordle (BG)</p> <p>3:00 Movie and TV Trivia (PC)</p> <p>7:00 Zen Colouring (PC)</p>	<p>9:15 V!VAfit Sit Class (VS) <b>22</b></p> <p>10:00 Chair Yoga with Debbie (VS)</p> <p>10:15 Whitby Library (L)</p> <p>11:15 Drumfit Class (🚌) ✓</p> <p>2:00 V!VA Art Studio - Drop In Art Sessions (CK)</p> <p>2:30 V!VAfit Studio Exercise Assistance (VS)</p> <p>3:00 Aquafit (P)</p> <p>3:15 Short Earth Day Video (BG)</p> <p>6:30 Bridge Night (CC)</p> <p style="text-align: center;">Earth Day</p>	<p>9:15 V!VAfit Sit Class (VS) <b>23</b></p> <p>10:15 V!VAfit Strength Class (VS)</p> <p>11:00 Mental Aerobics: Word Twist (BG)</p> <p>1:00 Euchre Tournament at V!VA Pickering (🚌) ✓</p> <p>2:00 Creative Construction: Building Lego Sculptures (CK)</p> <p>2:15 V!VAfit Strength Class (VS)</p> <p>3:00 Presentation: All About Tulips (VP)</p> <p>7:00 Bingo Night (CK)</p>	<p>Vendor: Hemlock Supplies (CK) <b>24</b></p> <p>9:15 V!VAfit Sit Class (VS)</p> <p>10:15 V!VAfit Balance Circuit (VS)</p> <p>10:30 Aquafit with Cindy (P)</p> <p>1:30 Cribbage (CC)</p> <p>1:30 Knitting Club (FD)</p> <p>2:00 Open Food Forum (VP)</p> <p>2:15 V!VAfit Balance Circuit (VS)</p> <p>3:00 Live Entertainment with Robert (PP)</p> <p>6:30 Euchre Night (CC)</p>	<p>Vendor: Fifth Avenue Jewelry (CK) <b>25</b></p> <p>9:15 V!VAfit Sit Class (VS)</p> <p>10:15 V!VAfit Sit &amp; Stand Class (VS)</p> <p>10:45 Moments of Reflection with Brenda (FD)</p> <p>11:00 Word in a Word (BG)</p> <p>11:30 Men's Club Lunch Outing at One Eyed Jack's (🚌) ✓ \$</p> <p>1:30 Walker Clinic (HR)</p> <p>2:00 Chair Yoga with Debbie (VS)</p> <p>3:00 Arts &amp; Crafts: Jewelry Making (CK)</p> <p>6:30 Bid Euchre Night (CC)</p>	<p>9:15 V!VAfit Sit Class (VS) <b>26</b></p> <p>10:15 V!VAfit Strength Class (VS)</p> <p>1:15 Line Dancing (VS)</p> <p>1:30 Documentary Series: Secrets of Great British Castles - 🚌 Computer (VP) ✓</p> <p>2:00 Walmart (L)</p> <p>2:30 V!VAfit Studio Exercise Assistance (VS)</p> <p>3:00 Technology Help: Smart Phones, Tablets, Computers - Ask Us Anything! (BG)</p> <p>6:30 Bridge Night (CC)</p>	<p>10:15 Let's Play Dominoes (BG) <b>27</b></p> <p>11:00 Drumfit Class (VS)</p> <p>1:30 Movie Matinee: The Colour Purple (VP)</p> <p>2:00 Pickle Ball (VS)</p> <p>3:00 Scrabble (BG)</p> <p>7:00 Brain Boosters Pickup (PC)</p>
<p>10:00 Virtual Multi-Denominational Church Service (VP) <b>28</b></p> <p>10:30 Sunday Morning Retro TV Shows &amp; Treats (BG)</p> <p>1:30 Movie Matinee: Barbie (VP)</p> <p>2:00 Mental Aerobics: Wordle (BG)</p> <p>3:00 Name That Tune with The Piano Man (PP)</p> <p>7:00 Zen Colouring (PC)</p>	<p>Vendor: Mobile Senior's Shop (CK) <b>29</b></p> <p>9:15 V!VAfit Sit Class (VS)</p> <p>10:00 Chair Yoga with Debbie (VS)</p> <p>10:15 Centennial Park Conservatory Greenhouse and Gardens (🚌) ✓ \$</p> <p>11:15 Drumfit Class (VS)</p> <p>1:30 V!VA Whitby Shores Drama Club (PP)</p> <p>2:30 V!VAfit Studio Exercise Assistance (VS)</p> <p>3:00 Aquafit (P)</p> <p>3:15 Short Video: Journey to The End of Time (BG)</p> <p>6:30 Bridge Night (CC)</p>	<p>9:15 V!VAfit Sit Class (VS) <b>30</b></p> <p>10:15 V!VAfit Strength Class (VS)</p> <p>11:00 Mental Aerobics: Word Twist (BG)</p> <p>1:30 Value Village (🚌) ✓</p> <p>2:00 Creative Construction: Building Lego Sculptures (CK)</p> <p>2:15 V!VAfit Strength Class (VS)</p> <p>3:00 Armchair Travel: Australia (VP)</p> <p>7:00 Bingo Night (CK)</p>	<p style="text-align: center;"><b>Solar Eclipse Watch Party</b> Monday April 8th 2:15-3:30pm Meet in Lobby</p> <p>Put on your eclipse glasses and watch this event that won't occur again in our area until 2399!</p> <p>ISO certified Eclipse Glasses will be provided to the first 50 guests.</p>		<p style="text-align: center;"><b>Blue Jays Home Opener Dinner</b> Monday April 8th 5:30pm Pints! Pub</p> <p>Enjoy your favourite ball park foods as we do some Blue Jays trivia and watch the Home Opener baseball game. Cost \$12 per person Please sign up in the event binder.</p>	



**Critter Visits!**  
Saturday April 20th  
2:00-4:00pm  
V!VAplex Theater  
Invite your loved ones to come and pet your favourite farm animals including goats, baby piggies, bunnies and ducks!



**Outing to Centennial Park Conservatory**  
Monday April 29th  
10:15am - 4:00pm  
Hop on the bus to head to Etobicoke to visit the Centennial Park Conservatory. It consists of three greenhouses, including a cactus house, a tropical house and a show house which features seasonal displays.  
*Please sign up in the outing binder.*

### Locations Legend

- |                        |                        |
|------------------------|------------------------|
| V!VAfit Studio (VS)    | Perks! Cafe (PC)       |
| Brain Gym (BG)         | Pints! Pub (PP)        |
| V!VAplex (VP)          | Family Den (FD)        |
| Community Commons (CC) | Pool (P)               |
| Craft Kitchen (CK)     | Horticulture Room (HR) |
| Lobby (L)              | Treatment Room (TR)    |