



Sukkot Painting



Flower arranging fun for Thanksgiving.

Don't miss out!

**Remembrance Day Ceremony**

Monday, November 11  
10:30 am – V!VAplex

**Jewelry Making with Aubrey**

Friday, November 15  
2:00 pm – In the Family Den

**November Birthday Celebration**

Wednesday, November 27  
3:15 pm – Pints! Pub

**A Day in Paris**

Thursday, November 28  
All day

**Weekly Baking Club**

Thursdays  
10:30 am – V!VAcraft Kitchen

**Weekly Tamim Academy Visits for Shabbat**

Fridays  
11:00 am – 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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V!VA voice

YOUR V!VA COMMUNITY NEWSLETTER

November 2024

V!VA Retirement Communities™

THORNHILL WOODS

Happier Here™



Congratulations Aria on your award from the RHRA.



Aubrey and Devon. Such good boys.



Birthday Boy Bill's 100th! Mazel tov.



Lianne Harris Presents- Sailors Superstitions & Folklore.

V!VA Thornhill Woods – Happier Here™

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# November 2024

## V!VA Thornhill Woods



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Canada Remembers</p>			<p><b>Locations Legend</b></p> <ul style="list-style-type: none"> <li>V!VAfit Studio (VS)</li> <li>V!VAplex (VP)</li> <li>Family Den (FD)</li> <li>Pints! Pub (PP)</li> <li>Craft Kitchen (CK)</li> <li>Lobby (L)</li> <li>Pool (P)</li> <li>Community Commons (CC)</li> <li>Brain Gym (BG)</li> <li>Perks! Cafe (PC)</li> </ul>	<p>9:30 V!VAfit Studio Open Gym (VS) <b>1</b></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 Weekly Tamim Academy Shabbat Program &amp; Games (PP)</p> <p>2:00 Movie Matinee (VP)</p> <p>2:00 Artful Enrichment with Aubrey (CK)</p> <p>2:15 Name that Tune (PP)</p> <p>3:30 V!VA's Happy Hour (PP)</p> <p>4:15 Shabbat Blessings &amp; Songs (PP)</p> <p>7:00 Movie Night (VP)</p>	<p>9:30 V!VAfit Studio Open Gym (VS) <b>2</b></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>2:00 Movie Matinee (VP)</p> <p>2:15 Connections (PP)</p> <p>3:30 Text Twist (PP)</p> <p>4:30 Mindful Meditation (VS)</p> <p>7:00 Movie Night (VP)</p> <p>7:00 Poker Night (CK)</p> <p>7:00 Piano Bar with Ivan (L)</p>
<p><b>DAYLIGHT SAVINGS ENDS</b> (Turn clock back 1-hour) <b>3</b></p> <p>9:30 V!VAfit Studio Open Gym (VS)</p> <p>10:00 V!VAfit Sit (FD)</p> <p>11:00 V!VAfit Sit &amp; Stand (VS)</p> <p>11:30 Arm Chair Travel (VP)</p> <p>2:00 TV Series: Downton Abbey (VP)</p> <p>2:15 Mandala Therapeutic Coloring (FD)</p> <p>3:30 V!VA's Favourite Music Hour (VP)</p> <p>7:00 Movie Night (VP)</p>	<p>9:30 Talking Over Timbits (PC) <b>4</b></p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:00 Zumba w/Mandi (VS)</p> <p>10:00 Bus Outing: Canadian Superstore (L)</p> <p>11:00 V!VAfit Sit and Stand (VS)</p> <p>2:00 Monday Matinee (VP)</p> <p>3:00 Jewish Discussion w/Rabbi Landa (PP)</p> <p>3:30 News and Views w/Rodney (CK)</p> <p>7:00 Movie Night (VP)</p> <p>7:00 Poker Night (CK)</p>	<p>HELP MOBILITY WALKER &amp; WHEELCHAIR CLINIC 11:00-1:00 (VP) <b>5</b></p> <p>10:00 V!VAfit Balance (VS)</p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:00 Bus Outing: Walmart (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>11:30 Tech Help w/Shiba (BG)</p> <p>2:15 BEANO! (PP)</p> <p>2:30 Open Swim (P)</p> <p>2:30 Card Games with Shiba (FD)</p> <p>3:15 Audio Book Club (CC)</p> <p>3:30 Music Hour (FD)</p> <p>3:30 Glee Club (VP)</p> <p>7:00 Movie Night (VP)</p> <p>7:00 Scattagories (PP)</p>	<p>10:00 V!VAfit Balance (VS) <b>6</b></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>2:00 Concert w/ Andy De Campos (L)</p> <p>3:15 Hearts and Crafts Knitting Group (CK)</p> <p>3:30 Tai Chi (FD)</p> <p>4:30 Mindful Meditation (VS)</p> <p>7:00 Movie Night (VP)</p>	<p>10:00 V!VAfit Balance (VS) <b>7</b></p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:30 Word Mining (FD)</p> <p>10:30 Baking Club (CK)</p> <p>10:45 V!VA Voices (VP)</p> <p>11:00 V!VAfit Sit &amp; Stand (VS)</p> <p>2:15 BEANO! (PP)</p> <p>2:30 Open Swim (P)</p> <p>2:30 Tea &amp; Cookies Social (FD)</p> <p>3:15 Audio Book Club (CC)</p> <p>3:30 Music Hour (FD)</p> <p>3:30 Community Member Run Painting Group (CK)</p> <p>7:00 Movie Night (VP)</p>	<p>9:30 V!VAfit Studio Open Gym (VS) <b>8</b></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 Weekly Tamim Academy Shabbat Program &amp; Games (PP)</p> <p>2:00 Movie Matinee (VP)</p> <p>2:00 Artful Enrichment with Aubrey (CK)</p> <p>2:15 Name that Tune (PP)</p> <p>3:30 V!VA's Happy Hour (PP)</p> <p>4:15 Shabbat Blessings &amp; Songs (PP)</p> <p>7:00 Movie Night (VP)</p>	<p>9:30 V!VAfit Studio Open Gym (VS) <b>9</b></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 Daily Wordle &amp; Globe (PC)</p> <p>2:00 Movie Matinee (VP)</p> <p>2:30 Everything Pumpkin Social (PP)</p> <p>3:30 Text Twist (PP)</p> <p>4:30 Mindful Meditation (VS)</p> <p>7:00 Movie Night (VP)</p> <p>7:00 Poker Night (CK)</p> <p>7:00 Piano Bar with Ivan (L)</p>

Reserve your spot for events and programs at Concierge.

# November 2024

## V!VA Thornhill Woods



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 V!VAfit Studio Open Gym (VS) <b>10</b></p> <p>10:00 V!VAfit Sit (FD)</p> <p>11:00 V!VAfit Sit &amp; Stand (VS)</p> <p>11:00 Letter Association Game (PP)</p> <p>11:30 Arm Chair Travel (VP)</p> <p>2:00 TV Series: Downton Abbey (VP)</p> <p>2:15 Mandala Therapeutic Coloring (FD)</p> <p>3:30 V!VA's Favourite Music Hour (VP)</p> <p>7:00 Movie Night (VP)</p>	<p>REMEMBRANCE DAY <b>11</b></p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:00 Bus Outing: Longo's Plaza (L)</p> <p>10:30 Remembrance Day Ceremony (VP)</p> <p>11:00 V!VAfit Sit and Stand (VS)</p> <p>2:00 Monday Matinee (VP)</p> <p>3:30 News and Views w/Rodney (CK)</p> <p>7:00 Movie Night (VP)</p> <p>7:00 Poker Night (CK)</p>	<p>EYECARE EXPRESS CLINIC 9:30AM-3:30PM (VP) <b>12</b></p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:00 Bus Outing: Hillcrest Mall (L)</p> <p>10:00 Zumba w/Mandi (VS)</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>11:30 Tech Help w/Shiba (BG)</p> <p>2:15 BEANO! (PP)</p> <p>2:30 Open Swim (P)</p> <p>2:30 Card Games with Shiba (FD)</p> <p>3:15 Audio Book Club (CC)</p> <p>3:30 Music Hour (FD)</p> <p>3:30 Glee Club (VP)</p> <p>7:00 Movie Night (VP)</p> <p>7:00 Giant Crossword Puzzle (PP)</p>	<p>10:00 V!VAfit Balance (VS) <b>13</b></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>2:00 Music with Anat Kriger (L)</p> <p>3:15 Hearts and Crafts Knitting Group (CK)</p> <p>3:30 Tai Chi (FD)</p> <p>4:30 Mindful Meditation (VS)</p> <p>7:00 Movie Night (VP)</p> <p>7:00 Lianne Harris Presents (PP)</p>	<p>10:00 V!VAfit Balance (VS) <b>14</b></p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:30 Word Mining (FD)</p> <p>10:30 Baking Club (CK)</p> <p>10:45 V!VA Voices : Sandra Sheffield-Young "Wheel of Fitness" (VP)</p> <p>11:00 V!VAfit Sit &amp; Stand (VS)</p> <p>2:15 BEANO! (PP)</p> <p>2:30 Open Swim (P)</p> <p>2:30 Tea &amp; Cookies Social (FD)</p> <p>3:15 Audio Book Club (CC)</p> <p>3:30 Music Hour (FD)</p> <p>3:30 Community Member Run Painting Group (CK)</p> <p>7:00 Movie Night (VP)</p>	<p>9:30 V!VAfit Studio Open Gym (VS) <b>15</b></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 Weekly Tamim Academy Shabbat Program &amp; Games (PP)</p> <p>2:00 Movie Matinee (VP)</p> <p>2:00 Jewelry Making with Aubrey! (FD)</p> <p>2:15 Name that Tune (PP)</p> <p>3:30 V!VA's Happy Hour (PP)</p> <p>4:15 Shabbat Blessings &amp; Songs (PP)</p> <p>7:00 Movie Night (VP)</p>	<p>9:30 V!VAfit Studio Open Gym (VS) <b>16</b></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>2:00 Movie Matinee (VP)</p> <p>2:15 Connections (PP)</p> <p>3:30 Text Twist (PP)</p> <p>4:30 Mindful Meditation (VS)</p> <p>7:00 Movie Night (VP)</p> <p>7:00 Poker Night (CK)</p> <p>7:00 Piano Bar with Ivan (L)</p>
<p>9:30 V!VAfit Studio Open Gym (VS) <b>17</b></p> <p>10:00 V!VAfit Sit (FD)</p> <p>11:00 V!VAfit Sit &amp; Stand (VS)</p> <p>11:30 Arm Chair Travel (VP)</p> <p>2:00 TV Series: Downton Abbey (VP)</p> <p>2:15 Mandala Therapeutic Coloring (FD)</p> <p>3:30 V!VA's Favourite Music Hour (VP)</p> <p>7:00 Movie Night (VP)</p>	<p>9:30 Talking Over Timbits (PC) <b>18</b></p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:00 Zumba w/Mandi (VS)</p> <p>10:00 Bus Outing: Walmart &amp; Civic Centre Resource Library (L)</p> <p>10:00 Bijoux Treasury by Inga (Vendor) (PP)</p> <p>11:00 V!VAfit Sit and Stand (VS)</p> <p>2:00 Monday Matinee (VP)</p> <p>3:30 News and Views w/Rodney (CK)</p> <p>7:00 Poker Night (CK)</p> <p>7:30 Oilers at Canadiens Hockey Game (VP)</p>	<p>10:00 V!VAfit Balance (VS) <b>19</b></p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:00 Bus Outing: No Frills &amp; Dollarama (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>11:30 Tech Help w/Shiba (BG)</p> <p>2:15 BEANO! (PP)</p> <p>2:30 Open Swim (P)</p> <p>2:30 Card Games with Shiba (FD)</p> <p>3:15 Audio Book Club (CC)</p> <p>3:30 Music Hour (FD)</p> <p>3:30 Glee Club (VP)</p> <p>7:00 The Straus Family Presentation with Joseph Sharon (VP)</p>	<p>10:00 V!VAfit Balance (VS) <b>20</b></p> <p>10:00 Aquafit w/Jan (P)</p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:00 Vendor: Nelly's Comfort Shoes (PP)</p> <p>10:30 Brain Games (FD)</p> <p>11:00 V!VAfit Sit &amp; Stand (VS)</p> <p>2:00 Concert w/ Zachary Erickson (L)</p> <p>3:15 Hearts and Crafts Knitting Group (CK)</p> <p>3:30 Tai Chi (FD)</p> <p>3:30 The Price is Right (PP)</p> <p>4:30 Mindful Meditation (VS)</p> <p>7:00 Movie Night (VP)</p> <p>7:00 Comedy Corner (PP)</p>	<p>10:00 V!VAfit Balance (VS) <b>21</b></p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:30 Word Mining (FD)</p> <p>10:30 Baking Club (CK)</p> <p>10:45 V!VA Voices : Lucy Becker "What Every Resident Needs to Know About the RHRA" (VP)</p> <p>11:00 V!VAfit Sit &amp; Stand (VS)</p> <p>2:00 RHRA Resident Champion Award Celebration (L)</p> <p>2:30 Open Swim (P)</p> <p>3:30 Community Member Run Painting Group (CK)</p> <p>7:00 Movie Night (VP)</p>	<p>9:30 V!VAfit Studio Open Gym (VS) <b>22</b></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 Weekly Tamim Academy Shabbat Program &amp; Games (PP)</p> <p>2:00 Movie Matinee (VP)</p> <p>2:00 Artful Enrichment with Aubrey (CK)</p> <p>2:15 Name that Tune (PP)</p> <p>3:30 V!VA's Happy Hour (PP)</p> <p>4:15 Shabbat Blessings &amp; Songs (PP)</p> <p>7:00 Movie Night (VP)</p>	<p>9:30 V!VAfit Studio Open Gym (VS) <b>23</b></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>2:00 Movie Matinee (VP)</p> <p>2:15 Connections (PP)</p> <p>3:30 Text Twist (PP)</p> <p>4:30 Mindful Meditation (VS)</p> <p>7:00 Poker Night (CK)</p> <p>7:00 Hockey Night in Canada (VP)</p> <p>7:00 Piano Bar with Ivan (L)</p>

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# November 2024

## V!VA Thornhill Woods



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 V!VAfit Studio Open Gym (VS) <b>24</b></p> <p>10:00 V!VAfit Sit (FD)</p> <p>11:00 V!VAfit Sit &amp; Stand (VS)</p> <p>11:30 Arm Chair Travel (VP)</p> <p>2:00 TV Series: Downton Abbey (VP)</p> <p>2:15 Mandala Therapeutic Coloring (FD)</p> <p>3:30 V!VA's Favourite Music Hour (VP)</p> <p>7:00 Movie Night (VP)</p>	<p>10:00 V!VAfit Sit (FD) <b>25</b></p> <p>10:00 Zumba w/Mandi (VS)</p> <p>10:00 Bus Outing: Yummy Market Plaza (L)</p> <p>11:00 V!VAfit Sit and Stand (VS)</p> <p>2:00 Monday Matinee (VP)</p> <p>2:00 Food Demo with Chef Mitch (CK)</p> <p>3:30 News and Views w/Rodney (CK)</p> <p>7:00 Poker Night (CK)</p> <p>7:00 Movie Night (VP)</p>	<p>10:00 V!VAfit Balance (VS) <b>26</b></p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:00 Bus Outing: Winners &amp; Homesense (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>11:30 Tech Help w/Shiba (BG)</p> <p>2:15 BEANO! (PP)</p> <p>2:30 Open Swim (P)</p> <p>2:30 Card Games with Shiba (FD)</p> <p>3:15 Audio Book Club (CC)</p> <p>3:30 Music Hour (FD)</p> <p>3:30 Glee Club (VP)</p> <p>7:00 Hot Toddy, Mulled Wine, Tea &amp; Biscuits Social (PP)</p> <p>7:00 Movie Night (VP)</p>	<p>10:00 V!VAfit Balance (VS) <b>27</b></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>2:00 Concert with Fanny Maciel (L)</p> <p>3:15 Hearts and Crafts Knitting Group (CK)</p> <p>3:15 November Birthday Celebration (PP)</p> <p>3:30 Tai Chi (FD)</p> <p>4:30 Mindful Meditation (VS)</p> <p>7:00 Movie Night (VP)</p> <p>7:00 You Be The Judge (PP)</p>	<p>A DAY IN PARIS <b>28</b></p> <p>10:00 V!VAfit Balance (VS)</p> <p>10:00 V!VAfit Sit (FD)</p> <p>10:30 Word Mining (FD)</p> <p>10:30 Baking Club - La Pâtisserie (CK)</p> <p>10:45 V!VA Voices : "French Theme" (VP)</p> <p>11:00 V!VAfit Sit &amp; Stand (VS)</p> <p>11:30 Tour De France Bike Race (VS)</p> <p>2:15 BEANO! (PP)</p> <p>2:30 Open Swim (P)</p> <p>3:15 Audio Book Club (CC)</p> <p>3:15 Wine &amp; Cheese Social (PP)</p> <p>3:30 Music Hour (FD)</p> <p>3:30 Community Member Run Painting Group (CK)</p> <p>7:00 Movie Night (VP)</p>	<p>9:30 V!VAfit Studio Open Gym (VS) <b>29</b></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 Weekly Tamim Academy Shabbat Program &amp; Games (PP)</p> <p>11:30 Book Club Meeting (CK)</p> <p>2:00 Movie Matinee (VP)</p> <p>2:15 Name that Tune (PP)</p> <p>3:15 V!VA's Happy Hour with Musical Guests Bayview Secondary School (L)</p> <p>4:15 Shabbat Blessings &amp; Songs (PP)</p> <p>7:00 Movie Night (VP)</p>	<p>9:30 V!VAfit Studio Open Gym (VS) <b>30</b></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>2:00 Movie Matinee (VP)</p> <p>2:15 Connections (PP)</p> <p>3:30 Text Twist (PP)</p> <p>4:30 Mindful Meditation (VS)</p> <p>7:00 Poker Night (CK)</p> <p>7:00 Hockey Night in Canada (VP)</p> <p>7:00 Piano Bar with Ivan (L)</p>

### Locations Legend

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

