



Alida crafts some painted wine bottle lamps.



Dorothy makes a custom wine bottle lamp.

Don't miss out!

Cinco De Mayo Party with live Entertainment
Saturday, May 4
2:30 pm – Pints! Pub

Ladies Spa Day
Wednesday, May 8
2:00 - 4:00 pm – V!VAp!ex Theatre

ELVIS LIVE!
Friday, May 17
3:00 pm – Pints! Pub

Outing to Royal Botanical Gardens Hamilton
Tuesday, May 21
10:00 am - 4:00 pm

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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V!VA Whitby Shores – Happier Here™



Our Irish Whiskey tasting event was enjoyed by all.



Barb Leslie and Eileen get into the St. Patrick's spirit.



Victoria Diane and Sami get a visit from the Easter Bunny.



The Easter bunny pays a visit to Community Member and Team Members.

V!VA Whitby Shores – Happier Here™

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Queen Victoria & Her Holiday

Victoria Day is a Canadian tradition and doesn't actually exist in most of England. But it is celebrated in parts of Scotland, especially Edinburgh, where it remains an official holiday.

When Victoria was just a little girl, she was known by her nickname, Drina.

Despite being born in England, Victoria only spoke German up until the age of three.

She married Prince Albert in 1840, although they'd known each other since she was 16. And it really was a family affair. Prince Albert of Saxe-Coburg and Gotha was her first cousin and his father was her mother's brother!

Because she was Queen, she had to propose to Albert, and not vice versa.

She took over the throne in 1837, after the death of William IV. She was just 18 years old.

She became a grandma at 39 and a great grandmother twenty years later.

She was the first Queen of Canada, sitting on the throne when this country was founded in 1867.

She liked to drink a concoction called Vin Mariani. One of its main ingredients? Cocaine.

It's said it was Victoria who started the tradition of a bride wearing white. Before her wedding a woman would simply wear her best dress, no matter what colour it was.

SUDOKU FUN!

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

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

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.

May 2024

V!VA Whitby Shores



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>Locations Legend</p> <p>V!VAfit Studio (VS) V!VAplex (VP) Craft Kitchen (CK) Brain Gym (BG) Lobby (L) Family Den (FD) Community Commons (CC) Pints! Pub (PP)</p> <p>Pool (P) Perks! Cafe (PC) Horticulture Room (HR) Treatment Room (TR) Victory Garden- Main Floor (VG) Parking Lot (PL) V!VALinks (VL)</p>		<p>Vendor: Hemlock Supplies (CK) 1</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 Knitting Club (FD)</p> <p>1:30 Cribbage & Cards (BG)</p> <p>2:15 V!VAfit Balance Circuit (VS)</p> <p>3:00 Garden Club Meeting (HR)</p> <p>6:30 Euchre Night (CC)</p>	<p>9:15 V!VAfit Flow Class (VS) 2</p> <p>10:00 Encore Symphonic Concert Band 🚌 ✓ \$</p> <p>10:15 V!VAfit Sit & 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) 3</p> <p>10:15 V!VAfit Strength Class (VS)</p> <p>10:15 Giant Tiger 🚌 ✓</p> <p>11:15 Who Am I? Famous May Birthdays Trivia (BG)</p> <p>1:15 Line Dancing (VS)</p> <p>1:30 Documentary Series: Secrets of Great British Castles - Leeds (VP)</p> <p>1:30 Walking Club: Ajax Rotary Park 🚌 ✓</p> <p>2:00 Book Club Meeting (CC)</p> <p>2:30 V!VAfit Studio Exercise Assistance (VS)</p> <p>3:00 Baking Class with Cassidy (CK)</p>	<p>9:30 Visit from Sam the Therapy dog (FD) 4</p> <p>10:15 Let's Play Dominoes (BG)</p> <p>11:00 Drumfit Class (VS)</p> <p>1:30 Movie Matinee: The Help (VP)</p> <p>2:30 Cinco De Mayo Party with Live Entertainment (PP)</p> <p>7:00 Night at The Movies: The Help (VP)</p>
<p>10:00 Virtual Catholic Church Service (VP) 5</p> <p>10:30 Travelogue: Key West, Florida (BG)</p> <p>1:30 Movie Matinee The King and I (VP)</p> <p>2:00 Mental Aerobics: Wordle (BG)</p> <p>3:00 V!VAstrolls - Come for A Walk Around the Neighbourhood! (L)</p> <p>7:00 Brain Boosters Pickup (PC)</p>	<p>9:15 V!VAfit Sit Class (VS) 6</p> <p>10:00 Chair Yoga with Debbie (VS)</p> <p>11:15 Drumfit Class (VS)</p> <p>2:00 Making Emergency Preparedness Kits (CK)</p> <p>2:30 V!VAfit Studio Exercise Assistance (VS)</p> <p>3:00 Aquafit (P)</p> <p>3:00 Table Tennis (HR)</p> <p>3:30 Short Video: Why It's so Hard to Make Healthy Decisions (VP)</p>	<p>9:15 V!VAfit Flow Class (VS) 7</p> <p>10:15 V!VAfit Strength Class (VS)</p> <p>11:00 Mental Aerobics: Word Twist (BG)</p> <p>12:45 Mother's Day Card Making with Grade 3 Students (CK)</p> <p>2:00 Creative Construction: Building Lego Sculptures (CK)</p> <p>2:15 V!VAfit Strength Class (VS)</p> <p>3:00 Introduction to Tapping Meditation with Heather (VP)</p> <p>7:00 Bingo Night (CK)</p>	<p>Vendor: Hemlock Supplies (CK) 8</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>10:30 Aquafit with Cindy (P)</p> <p>11:00 Program Meeting (BG)</p> <p>1:30 Knitting Club (FD)</p> <p>1:30 Cribbage & Cards (BG)</p> <p>2:00 Ladies Spa Day! Foot Soaks, Nail Painting, Light Massages, Face Masks (VP) ✓</p> <p>6:30 Euchre Night (CC)</p>	<p>Vendor: Worldwide Clothing (CK) 9</p> <p>9:15 V!VAfit Flow Class (VS)</p> <p>10:15 V!VAfit Sit & Stand Class (VS)</p> <p>10:15 Walmart 🚌 ✓</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 Nature Walk with Brenda (L)</p> <p>6:30 Bid Euchre Night (CC)</p>	<p>Vendor: Traditions Alive (CK) 10</p> <p>9:15 V!VAfit Sit Class (VS)</p> <p>10:15 V!VAfit Strength Class (VS)</p> <p>10:15 Whitefeather Country Market 🚌 ✓</p> <p>1:15 Line Dancing (VS)</p> <p>1:30 Documentary Series: Secrets of Great British Castles - Arundel (VP)</p> <p>2:30 V!VAfit Studio Exercise Assistance (VS)</p> <p>3:00 Retired Nurses Appreciation Ice Cream Social (PP)</p>	<p>10:15 Let's Play Dominoes (BG) 11</p> <p>11:00 Drumfit Class (VS)</p> <p>1:30 Live Entertainment: Classical Music by The Neapolitan Connection (L)</p> <p>1:30 Movie Matinee: Senior Moment (VP)</p> <p>2:45 Guess Who: Mamas & Babies (PC)</p> <p>3:45 Bean Bag Toss (VS)</p> <p>7:00 Night at The Movies: Senior Moment (VP)</p>
<p>10:00 Virtual Multi-Denominational Church Service (VP) 12</p> <p>10:30 Travelogue: Sahara Desert, Africa (BG)</p> <p>1:30 Movie Matinee: Mother's Day (VP)</p> <p>2:00 Mental Aerobics: Wordle (BG)</p> <p>3:00 V!VAstrolls - Come for A Walk Around the Neighbourhood! (L)</p> <p>7:00 Brain Boosters Pickup (PC)</p> <p>Mother's Day</p>	<p>10:00 Chair Yoga with Debbie (VS) 13</p> <p>11:15 Drumfit Class (VS)</p> <p>1:30 Whitby Library 🚌 ✓</p> <p>1:30 V!VA Whitby Shores Drama Club (PP)</p> <p>1:30 Walking Club: Purple Woods 🚌 ✓</p> <p>2:00 Presentation: Legacy Books (VP)</p> <p>2:30 V!VAfit Studio Exercise Assistance (VS)</p> <p>3:00 V!VAfit Swim (P)</p> <p>3:30 Short Video: The Power of Appreciation (VP)</p>	<p>Vendor: Avon Beauty Products (CK) 14</p> <p>9:15 V!VAfit Flow Class (VS)</p> <p>10:15 V!VAfit Strength Class (VS)</p> <p>10:15 Oshawa 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) 15</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 Vandermeer Nursery 🚌 ✓</p> <p>10:30 Aquafit with Cindy (P)</p> <p>1:30 Knitting Club (FD)</p> <p>1:30 Cribbage & Cards (BG)</p> <p>2:15 V!VAfit Balance Circuit (VS)</p> <p>2:30 Wine & Paint: Cherry Blossom Paintings (CK)</p> <p>6:30 Euchre Night (CC)</p>	<p>9:15 V!VAfit Flow Class (VS) 16</p> <p>10:15 V!VAfit Sit & 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>2:00 Chair Yoga with Debbie (VS)</p> <p>3:00 Arts & Crafts: Fabric Tissue Holders (HR)</p> <p>6:30 Bid Euchre Night (CC)</p>	<p>Vendor: Gemini Jewelry (CK) 17</p> <p>9:15 V!VAfit Sit Class (VS)</p> <p>10:15 V!VAfit Strength Class (VS)</p> <p>10:15 Kingsway Nursery 🚌 ✓</p> <p>1:15 Line Dancing (VS)</p> <p>1:30 Documentary Series: Leaders of Our Time - Ruth Bader Ginsburg (VP)</p> <p>2:00 Elvis Trivia (PP)</p> <p>2:30 V!VAfit Studio Exercise Assistance (VS)</p> <p>3:00 Entertainment: Elvis LIVE! (PP)</p>	<p>9:30 Visit from Sam the Therapy dog (FD) 18</p> <p>10:15 Let's Play Dominoes (BG)</p> <p>11:00 Drumfit Class (VS)</p> <p>12:00 Bake Sale for Alzheimer's Society Durham (CK)</p> <p>1:30 Movie Matinee: Greyhound (VP)</p> <p>2:00 Arts & Crafts: Paper Parasols (CK)</p> <p>3:00 Planting in the Victory Garden (VG)</p> <p>7:00 Night at The Movies: Greyhound (VP)</p>

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

May 2024

V!VA Whitby Shores



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Virtual Catholic Church Service (VP) 19</p> <p>10:30 Travelogue: Nevada, USA (BG)</p> <p>1:30 Movie Matinee: The Electrical Life of Louis Wain (VP)</p> <p>2:00 Mental Aerobics: Wordle (BG)</p> <p>2:30 Planting in the Victory Garden (VG)</p> <p>3:00 Let's Play Pool (PP)</p> <p>7:00 Brain Boosters Pickup (PC)</p>	<p>10:15 V!VAfit Sit Class (VS) 20</p> <p>11:15 Drumfit Class (VS)</p> <p>2:00 Water Balloon Target Toss (PL)</p> <p>3:00 Aquafit (P)</p> <p>3:15 Video: Queen Victoria; Young Princess & Young Queen (VP)</p> <p style="text-align: center;">Victoria Day</p>	<p>9:15 V!VAfit Flow Class (VS) 21</p> <p>10:00 Outing: Royal Botanical Gardens Hamilton \$</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 Armchair Travel: Iceland (VP)</p> <p>7:00 Bingo Night (CK)</p>	<p>Vendor: Hemlock Supplies (CK) 22</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 Knitting Club (FD)</p> <p>1:30 Cribbage & Cards (BG)</p> <p>2:00 Walking Club: Reflection Park </p> <p>2:15 V!VAfit Balance Circuit (VS)</p> <p>2:30 Superfoods Cooking Demonstration & Presentation (VP)</p> <p>6:30 Euchre Night (CC)</p>	<p>Vendor: Adrian's Family Clothing (CK) 23</p> <p>9:15 V!VAfit Flow Class (VS)</p> <p>10:15 V!VAfit Sit & 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 Mackenzie's Pub Ajax \$</p> <p>1:30 Walker Clinic (HR) </p> <p>2:00 Chair Yoga with Debbie (VS)</p> <p>3:00 Singing Group with Brenda (PP)</p> <p>6:30 Bid Euchre Night (CC)</p>	<p>Vendor: Nelly's Comfort Shoes (CK) 24</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 Walking Club: Lynde Shores </p> <p>1:30 Documentary Series: Leaders of Our Time - Greta Thunberg (VP)</p> <p>2:30 V!VAfit Studio Exercise Assistance (VS)</p> <p>3:00 Celebrating the Serving Team!! (PP)</p>	<p>9:00 Walk For Alzheimer's at Cullen Central Park 25</p> <p>10:15 Let's Play Dominoes (BG)</p> <p>11:00 Drumfit Class (VS)</p> <p>1:30 Movie Matinee: Killers of the Flower Moon (VP)</p> <p>2:00 Putting Green Contest (VL)</p> <p>3:00 Creative Writing Club with Cameron (CC)</p> <p>7:00 Night at The Movies: Killers of the Flower Moon (VP)</p>
<p>10:00 Virtual Multi-Denominational Church Service (VP) 26</p> <p>10:30 Video: 30 Most Beautiful Cities in the World (BG)</p> <p>1:30 Movie Matinee: Joe Maddison's War (VP)</p> <p>2:00 Mental Aerobics: Wordle (BG)</p> <p>3:00 V!VAstrolls - Come for A Walk Around the Neighbourhood! (L)</p> <p>7:00 Brain Boosters Pickup (PC)</p>	<p>10:00 Chair Yoga with Debbie (VS) 27</p> <p>11:15 Drumfit Class (VS)</p> <p>12:30 Outing to see Mamma Mia at Henry Street High </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 Coffee Chat with Scott (PC)</p> <p>3:30 Short Video: The Generosity Experiment (VP)</p> <p>7:00 Presentation by Shannon: Vaudeville Burlesque and Freak Shows (VP)</p>	<p>9:15 V!VAfit Flow Class (VS) 28</p> <p>10:15 V!VAfit Strength Class (VS)</p> <p>11:00 Mental Aerobics: Word Twist (BG)</p> <p>11:30 Lunch at The Pickle Barrel \$</p> <p>2:00 Creative Construction: Building Lego Sculptures (CK)</p> <p>2:15 V!VAfit Strength Class (VS)</p> <p>3:00 Grief Support Group with Heather (VP)</p> <p>7:00 Bingo Night (CK)</p>	<p>Vendor: Hemlock Supplies (CK) 29</p> <p>9:15 V!VAfit Sit Class (VS)</p> <p>10:15 V!VAfit Balance Circuit (VS)</p> <p>10:15 Walmart </p> <p>10:30 Aquafit with Cindy (P)</p> <p>1:30 Knitting Club (FD)</p> <p>1:30 Pickering Casino </p> <p>1:30 Cribbage & Cards (BG)</p> <p>2:15 V!VAfit Balance Circuit (VS)</p> <p>3:00 Aromatherapy & Memories (HR)</p> <p>6:30 Euchre Night (CC)</p>	<p>9:15 V!VAfit Flow Class (VS) 30</p> <p>10:15 V!VAfit Sit & Stand Class (VS)</p> <p>10:15 Outing: McMichael Art Gallery Kleinburg \$</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 Fashion Lessons with Brenda (CK)</p> <p>6:30 Bid Euchre Night (CC)</p>	<p>9:15 V!VAfit Sit Class (VS) 31</p> <p>10:15 V!VAfit Strength Class (VS)</p> <p>10:15 Lunch and Shopping in Port Perry \$</p> <p>1:15 Line Dancing (VS)</p> <p>1:30 Documentary Series: Leaders of Our Time - Bryan Stevenson (VP)</p> <p>2:30 V!VAfit Studio Exercise Assistance (VS)</p> <p>3:00 Girls Empowerment Kits (CK)</p>	<p style="text-align: center;">Nurse and PSW Appreciation!</p> <p>Join us as we celebrate all of our amazing Wellness Team Members as well as all of the retired nurses and PSWs that live at V!VA Whitby Shores!</p> <p style="text-align: center;">Nurse & PSW Icecream Social Friday May 12th 3:00pm Pints! Pub</p>

Server Appreciation Day!

Join us as we recognize and thank all of our hardworking Serving Team!

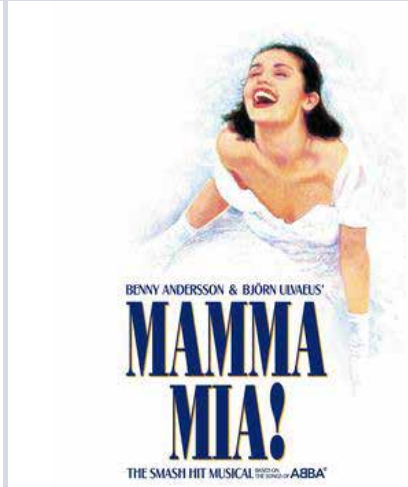
Friday May 24th
3:00pm Pints! Pub



Fundraisers for Alzheimer's Society of Durham

Bake Sale: Saturday May 18th
 12:00-2:00pm
 V!VAcraft Kitchen

Walk for Alzheimer's at Cullen Central Park
 Saturday May 25th 9:00am - 12:00pm
Sign up in the events binder



Outing to see Mamma Mia at Henry Street Highschool

Hop on the bus to visit the local high school and see their production of Mamma Mia!

Monday May 27th 12:30pm
Sign up in the events binder

Locations Legend

- V!VAfit Studio (VS)
- V!VAplex (VP)
- Craft Kitchen (CK)
- Brain Gym (BG)
- Lobby (L)
- Family Den (FD)
- Community Commons (CC)
- Pints! Pub (PP)
- Pool (P)
- Perks! Cafe (PC)
- Horticulture Room (HR)
- Treatment Room (TR)
- Victory Garden- Main Floor (VG)
- Parking Lot (PL)
- V!VALinks (VL)