



Village News

A Newsletter from the Village to Our Members

Issue 63 August 2011

Variety Village

Presents

WALK ROLL RUN

Sunday, October 30, 9am

Hosted by Tom Brown of CTV Toronto

- Chip timing
- Well marked, fast, flat 5km course
- Post race Fall Fun Fair
- Supporting a great cause
- Last fast 5K this year!



Will Griffiths Donates \$15,000



Will Griffiths (pictured right between CEO John Willson and Bill Phelan) has graciously donated \$15,000 for the purchase of new water wheelchairs for the swimming pool. Variety wishes to thank her for her incredible generosity.

WEIGHT 2 GO Welcomes New Sports Nutrition Specialist- Bobby Bonner

Weight 2 Go Health and Wellness Inc. is pleased to announce that Bobby Bonner will be joining Corinna Purdy as a Specialist in Sports Nutrition. Bobby will provide nutrition consultation and programs for all individuals but will specialize in designing high performance nutrition plans for athletes of various disciplines as well as providing consultations and programs involving various forms of nutritional supplementation. For more info, visit www.weight2go.ca.

Village Person of the Month Terry (Number 5) Carson



A self appointed Private in the Variety Village Army, Terry (Number 5) Carson is a face that most, if not all of you know from Variety Village.

Terry has been a part of Variety Village for the past 11 years! In that time he has served as a member of our maintenance staff, volunteered for many events as well as participated in many of the various sporting events

held at Variety Village.

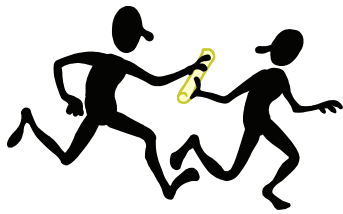
Terry is a man of many talents. He plays in the Scarborough Cyclones Ringette League where he is an aggressive goal scorer. He also likes 5-pin bowling. His greatest joy is staying at home and helping with the gardening. His favourite flowers are his Marigolds and Impatiens. Terry also enjoys going to his cottage where he swims in the lake all day and goes out on the various boats that they have up there.

An avid movie attendee, Terry says that his favourite movies are the recent Transformers movies. Bumblebee is his favourite character.



Variety Village Joins Disability Today Network

Variety Village is pleased to announce that it is now featured on the Disability Today Network (DTN). DTN is a one stop shop for resources for people with disabilities. Please visit <http://www.disabilitytodaynetwork.com/variety-village> to see our contributions to this wonderful website.



The Sports Page

The Big Move for VVAC Powerlifting



These are exciting times for Powerlifting at Variety Village for a number of reasons. We are officially starting a VVAC Club that is open to all members to join. If you would like more information about this sport which is great for people of all ages please speak to Frank Quinn or Barry McEvoy. We will be set up at our new location at the south end of the fieldhouse by mid-August. Please drop by and inquire.

We are also hosting the 100% Raw Powerlifting Federation Eastern Canadian Championship on September 17 and 18. Lifters will range from beginner to World record holders and from 11 years old to people in their 60's.

Please come out and join us for this exciting event.

Barry McEvoy
100% Raw Powerlifting Federation
Ontario Chairman

Mississauga Olympians Track Meet

The Variety Village Track Club competed at the Mississauga Olympians Track Meet. Here are the results...

Daenan Gymiah – 3rd in Sr boys 1500

Edward Hayward – 1st in Sr boys 800m

Thomas Callender – 12th in Sr boys 200m

Ethan Smith – 1st in atom boys 1500, 2nd in atom boys 800

Ashley McDonald 15th in Sr girls 200m



Personal Training

Train with a friend for
ONLY \$30 PER SESSION



The beaches are waiting, get that bathing suit body ready!!!

For a limited time, enjoy training with a friend for the same price as our one to one training sessions. What does that mean? **SAVINGS!!!** You and a friend can split the cost of a 10-Session Package, making the cost only \$30/session for each person.

Hurry! Sale ends August 19, 2011

For more information, contact Debbie Murray at
416-699-7167 Ext 238 or email
dmurray@varietyvillage.on.ca

Don't Miss Out on Summer Camps



It's already August!
Don't miss out on

registering your kids for our amazing summer camp programs. For registration info and availability, please speak to any of our membership services staff or call 416-699-7167.

Variety Village also would like to thank The Elwins for coming and performing at Variety's Got Talent. For more info you can email them at info@TheElwins.com.

Editor: Bobby Bonner
bbonner@varietyvillage.on.ca
Your comments, story ideas and questions are welcome.



Variety Village
3701 Danforth Avenue
Toronto, ON
M1N 2G2
P: 416-699-7167
F: 416-699-3926
Web: varietyvillage.ca
Charitable Registration
No: 12362 5618 RR0001

Vision
Opportunities for people with disabilities.

Mission
Variety Village promotes appreciation, interaction, empowerment and inclusion. We facilitate the achievement of life goals for people with disabilities through sports, fitness, wellness; awareness; education; training and skills development.