

Impact

2019 ANNUAL REPORT





vivo15

Impact

We focus on things that matter. We help kids be active, families get healthy, and communities be strong.

At Vivo, we consider thirty years to be one generation. This is the story of half of a generation – growing up and raising healthier generations in north-central Calgary. This is the story of community-led changes to support healthy living. This is the story of Vivo coming to life and bringing play back to life with the community. This is 15.



CARDEL PLACE OPENS

Serving a community of 79,544

1997

NOSE CREEK SPORTS AND RECREATION ASSOCIATION

2004

CALGARY'S 1ST LEED GOLD ACCREDITED FACILITY

Vivo was built using regional materials from within an 800 km radius of the site.

Vivo recovers the heat from its mechanical refrigeration and pool, and uses it to pre-heat the hot water and hot air supplied to the rest of the facility.



COME OUT AND PLAY

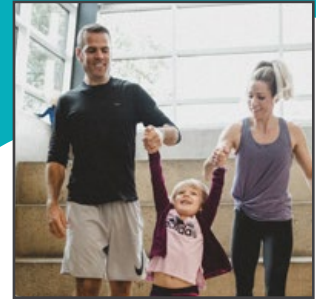
Community + Cultural Hub

serving vibrant, diverse families and individuals

2006

CHILD + YOUTH ACTION RESEARCH – SIGNATURE MOVE STRATEGY

Baseline physical activity levels established of Calgary children + youth – learnings used to inform new action.

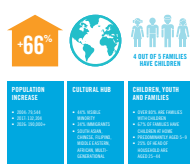


WE ARE A CHARITY!

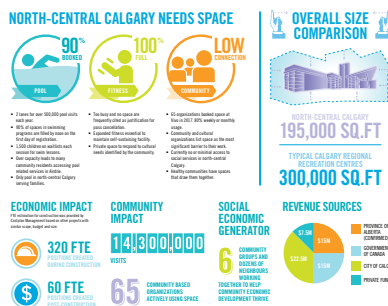
The Everybody Plays program channels generous donations towards giving children and adults memberships to the facility. These memberships provide access to play, recreation and social connection at Vivo.

2010

Since opening our facility in 2004, Vivo has witnessed unprecedented growth in population and diversity in the community. While we are thankful that individuals and organizations have embraced Vivo as their community hub, these same users are now clear that Vivo is unable to serve their needs and now different spaces are required to help them thrive physically, socially and emotionally. In response, Vivo and the community co-created an innovative and impactful design to upgrade the existing facility ensuring the community has access to the vital programs, services and spaces that Vivo and our other community partners provide.



VIVO'S PRIMARY COMMUNITY



North-Central Calgary Needs More Space

Indoor Park, Community Spaces + Courtyard,
Research & Innovation Space, Fitness Centre, Pool



VIVO PLAY PROJECT

Bringing play back to the neighbourhood – shifting the dial on:

- Physical Activity
- Social connections
- Intergenerational Socialization
- Outdoor Engagement
- Spontaneous Play

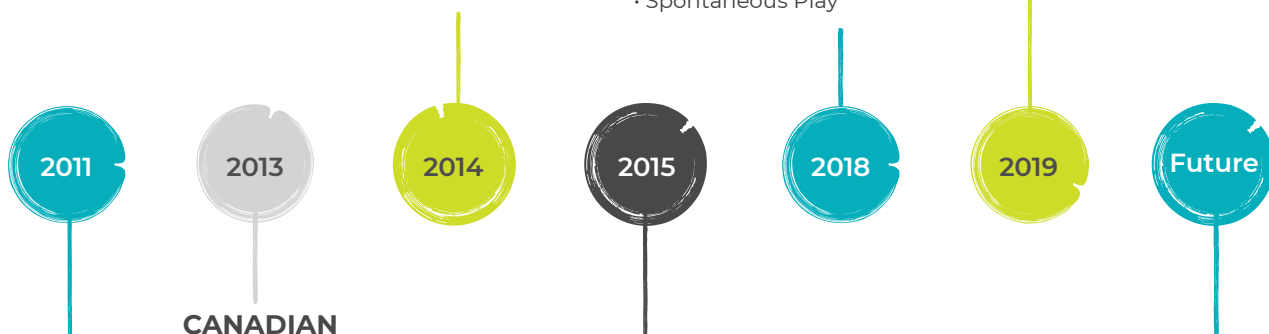
**VIVO FOR
HEALTHIER
GENERATIONS
SOCIETY**

A new name

Maintaining our commitment to healthier generations and moving beyond traditional recreation meant choosing a new legal name to better reflect who we have evolved to be.



**Celebrating 15
years of play –
together!**



**CANADIAN
ACADEMY FOR
HEALTHIER
GENERATIONS**



**VIVO COMES
TO LIFE**

Updated name to better reflect why we exist, who we serve, and who we are



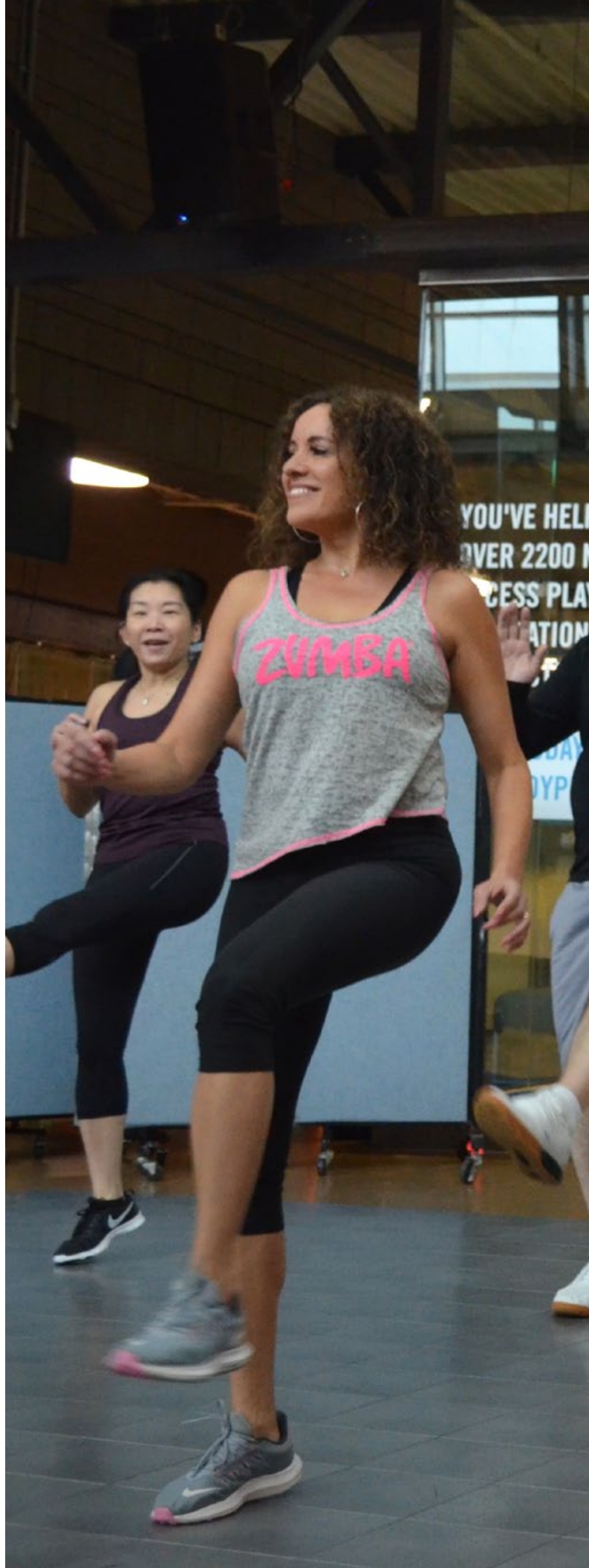
HEALTHIER GENERATIONS

Aligning our name with our vision, to make our promise even more public



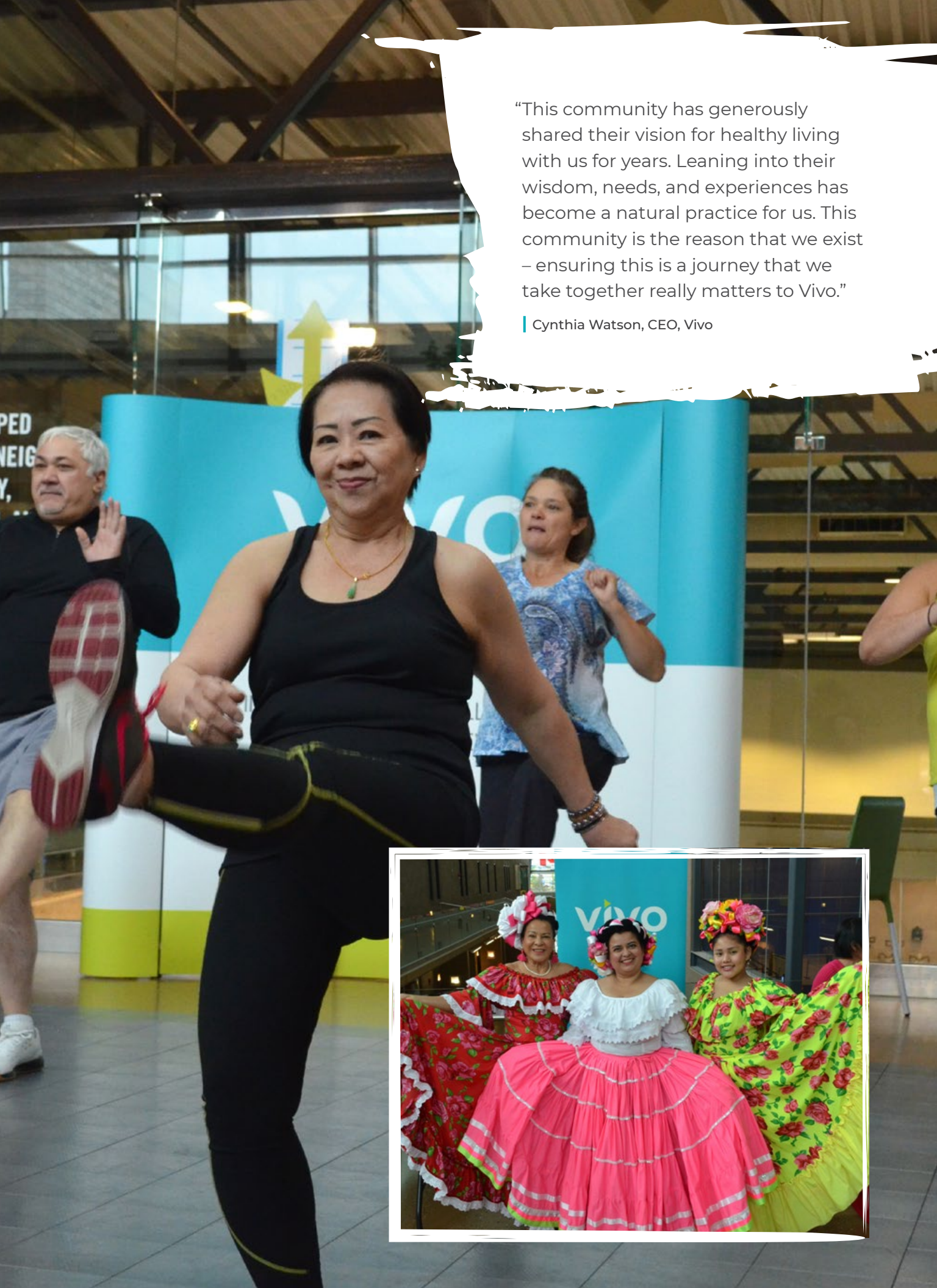
“There have been defining moments – receiving the government funding confirmation for expansion – but also remarkable, special, personal ones, such as putting on all my hockey goaltending equipment and heading onto the arena with several Syrian refugee children and their families – many on skates for their very first time. Never have I felt that I had such a positive and direct impact on improving the lives of others until my time with Vivo.”

Ben Banks, President,
Vivo Board of Directors



"This community has generously shared their vision for healthy living with us for years. Leaning into their wisdom, needs, and experiences has become a natural practice for us. This community is the reason that we exist – ensuring this is a journey that we take together really matters to Vivo."

| Cynthia Watson, CEO, Vivo



1997

Nose Creek Sports and Recreation Association is established.

1997
–
2003

Building Community Campaign begins

"When I was buying a new house, I chose this neighbourhood because I wanted to live close as I knew I would be visiting daily."

Sanjay Richards, 15 year Vivo Member



2004

Cardel Place Opens

"I knew right from the beginning that Vivo was going to be much more than a facility and that our work was about a bigger purpose and impact."

| Sue Scott, founding CEO of Vivo (then Cardel Place), 1997 – 2016

Naturally, a space that started as a community dream would continue along that same trajectory. It was clear from the early days that we would blaze a trail and break away from the traditional recreation industry.

THEN: 79,544 COMMUNITY MEMBERS

NOW: 145,000 COMMUNITY MEMBERS

FUTURE: 190,000+ COMMUNITY MEMBERS

2005

Calgary's 1st LEED Gold Accredited Facility

Environmental sustainability is a an essential component of Vivo's mandate from the outset:

- Vivo is built using regional materials from within an 800 km radius of the site.
- Vivo recovers the heat from its mechanical refrigeration and pool and uses it to pre-heat the hot water and hot air supplied to the rest of the facility.
- Expansion plans maintain Vivo's high standards of environmental sustainability.

2006

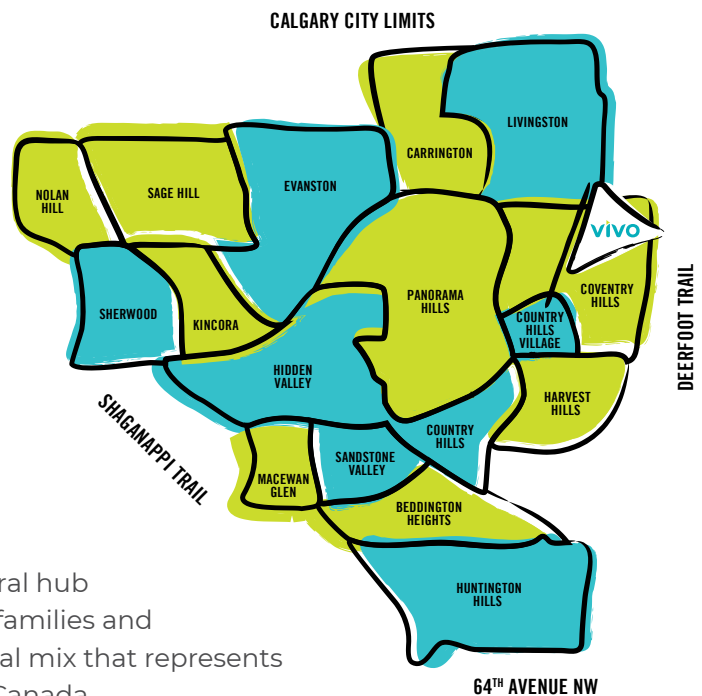
Come out and Play

A community and cultural hub serving vibrant, diverse families and individuals with a cultural mix that represents the projected future of Canada.

"Vivo is the hub of the community, and it is the place where our citizens love to come and play."

Surinder Plaha, Community Member, President,
North Calgary Cultural Association

THEN: SERVING 22 COMMUNITY GROUPS
NOW: SERVING 65 COMMUNITY GROUPS



2009

Child + Youth Action Research

Baseline physical activity levels are established with Calgary's children and youth – learnings are used to inform new action.

"Are you contributing to the solution or to the problem?" Dr. Mark Tremblay challenged our thinking around health issues facing Canadians of all ages. We quickly realized that our success needed to be defined by the health of our community, and not just by traditional business indicators.

Vivo changed its focus to the community. We started a journey to understand better what is happening in the community and to shift practices to better build capacity in the community in terms of healthy living. It was time to raise the bar by extending Research and Innovation practices to the community. Through adoption of evidence based measures, Vivo works better with the community and our partners to make an impact.



2010

Charitable Status

The Everybody Plays program channels generous donations towards giving children and adults memberships to the facility. These memberships provide access to play, recreation and social connection at Vivo.

“The biggest Aha! moment was when we realized that traditional recreation models, philosophies, systems, programs, services etc. which worked well at other facilities didn’t necessarily work for or fit with our community. This spoke volumes about the unique and diverse needs of our wonderful north-central Calgary community.”

Sue Scott, Founding CEO,
Vivo (formerly Cardel Place),
1997- 2016



THEN: EVERYBODY PLAYS LAUNCHES

NOW: \$71,000+ RAISED IN 2019 ALONE TO GIVE THE GIFT OF PLAY

Healthier Generations

A new vision to make our promise even more public

Recognizing and honouring the community's need for more than a recreation facility, we set our sights on a bolder vision for the future. A significant step away from traditional recreation parameters, Vivo welcomed a new vision for healthier generations.

At the same time, Vivo launched a new program designed through research and innovation. Now, Vivo's 4in1 Physical Literacy Research Program is two years away from completion. We continue to explore multiple pathways forward with the program, including:

1. How do we continue to measure and evolve both the experiences and research for accessibility and include people of all abilities, green living education, with a multigenerational lens?
2. How can we track real generational change with families in the study to see if the behaviours, tools, and knowledge become habits and are sustainable throughout their lives?
3. How can we explore what the commercialization of 4in1 could look like, both for the instructor skills and for the program experience?



“My son is certainly more confident; he’s never been the “sporty” kid, but he looks forward to coming to 4in1 and trying new things at home.”

Julee Carr, Mother of Luke Carr, 4in1 Participant

THEN: 37% OF CLASS TIME SPENT IN MODERATE TO VIGOROUS ACTIVITY

NOW: 58% OF CLASS TIME SPENT IN MODERATE TO VIGOROUS ACTIVITY

2012

Healthy Living School Launches

Moving beyond the walls and into the school system, Vivo, along with Cenovus and Campus Calgary offer Healthy Living School for children and teachers to immerse themselves in a week of healthy living and learning.

Now, seven years in, Vivo recognized it was time for the Healthy Living School to evolve with a new partnership via the Shane Homes YMCA. This is a natural next step for the program and a relationship based on collaboration over competition.

“Our organizations have been collaborating successfully for several years. We regularly share information, best practices, learnings, challenges, and more. Our teams are connected at levels beyond just CEOs, which strengthens the relationship.”

| Shannon Doram, President and CEO, YMCA Calgary

THEN: 2012 HEALTHY LIVING SCHOOL LAUNCHES

NOW: 2,881 STUDENTS COMPLETED HEALTHY LIVING SCHOOL AT VIVO

2013

Canadian Academy for Healthier Generations

Building on the success of the Child + Youth Action Research Project, a new organization is launched with a mandate of developing innovative blueprints for service delivery. The Canadian Academy for Healthier Generations was a response to the national issues of physical inactivity and sedentary lifestyles. The academy has since evolved into Vivo's Research & Innovation Hub.

“We started to ask ourselves some questions in terms of what's next. Do we want to understand and connect our work and ambitions to the issues facing the world over the next 10-15 years? Do we know if we are making a difference in the health and lives of our community?”

| Tracey Martin, Research & Innovation Director

THEN: \$0 INVESTED IN RESEARCH

NOW: \$6M+ OF VIVO AND DONOR DOLLARS INVESTED IN RESEARCH

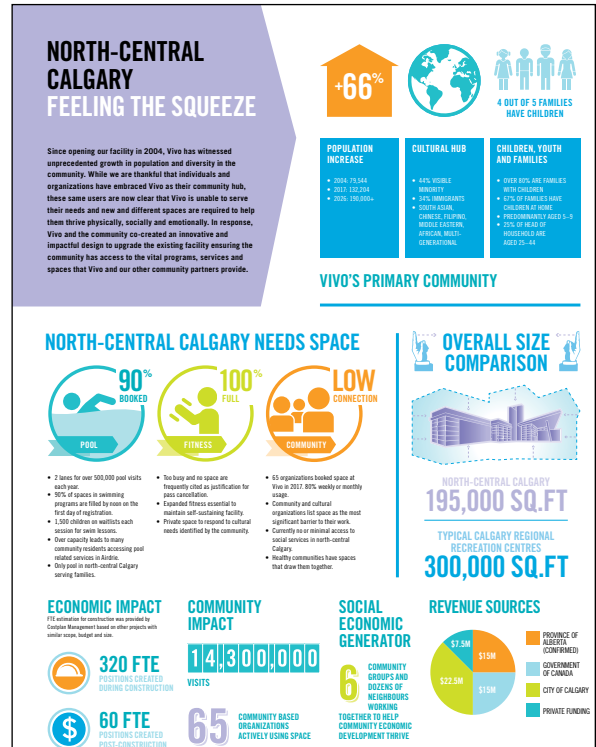
2014

Expansion/Capital Campaign

North-Central Calgary needs more space. Our community has outgrown the facility and is asking for new, innovative ways to support their healthy living lifestyle.

"Getting a spot in a class or even during drop-in times is a struggle."

Lisa Wong,
15-year Vivo Member



2015

Vivo Comes to Life

A name to better reflect why we exist, who we serve, and who we are. Vivo tells the world, "we live for healthier generations."

"As parents, we come here to give our kids a sense of community and to us, that is what being a part of Vivo means."

Rabea Chishti, Community Member

Back to Basics. Better Together. Be More Playful

The community spoke, and we listened – shifting to better support the community's needs.

Back to Basics:

"When we were kids, we spent a lot of time outdoors and played a lot, the next generation were indoors more with computers, raising healthier generations is a new shift back."

| Community Member

Better Together:

"Time is precious, and it gets prioritized. The cool thing about coming to Vivo is it is something that we can do as a family."

| Alta Nguyen, Vivo Member

Be More Playful:

"We believe play is the purest form of activity, and it is a fantastic vehicle to spend quality time with our children while improving our health and strengthening family bonds. Play is an important component of the purposeful action we take to pursue better health and to become the best version of ourselves."

| Craig Rieger, Vivo Member

"For as long as I have been involved with this organization, play has been a part of our DNA. We decided to listen to the recurring pattern and follow on our playful journey."

| Ben Banks, President,
Vivo Board of Directors



"My favourite part
is everything."

| Community Participant, Child

Vivo Play Project

Bringing play back to the neighbourhood – shifting the dial on:

- Physical Activity
- Social connections
- Intergenerational Socialization
- Outdoor Engagement
- Spontaneous Play

Together with the Public Health Agency of Canada, Suncor, and other donors, the Vivo Play Project is helping communities bring more free play to north-central Calgary and measuring the impact this has on living better, healthier, happier lives. One part research, one part social-innovation, the Vivo Play Project is a significant contributor to helping the community transform itself in terms of health, and advancing Vivo's mission to raise healthier generations.

Year one included:

**120+ POP-UP PLAY
EXPERIENCES AND
COMMUNITY EVENTS
IN NORTH-CENTRAL
CALGARY**

**200+ EXPERIMENTS
IN CO-CREATING,
TRAINING, AND
DELIVERING PLAY
TO THE COMMUNITY**

**VIVO PLAY PROJECT
TEAM ENGAGED
MORE THAN 2500
INDIVIDUALS IN PLAY
EXPERIENCES**

"This year, we pushed the boundaries for what we think the recipe for playing is in the community, now the real challenge is seeing if the community agrees."

| Anthony Bourque, Play Project Lead

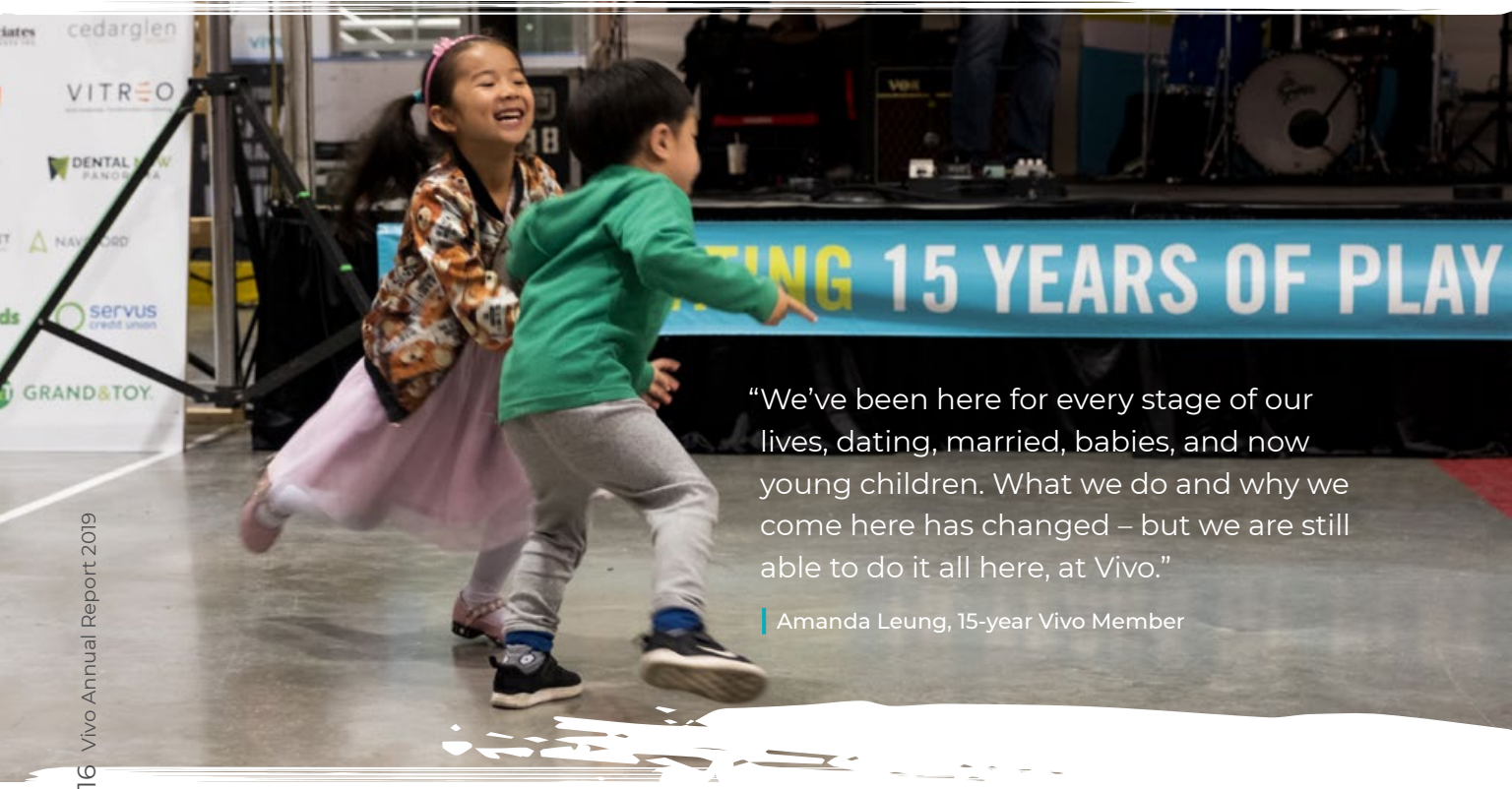
2019

Vivo for Healthier Generations Society

A new name. Maintaining our commitment to healthier generations and moving beyond traditional recreation meant choosing a new official name to reflect better who we have evolved to be.

Vivo 15: Celebrating 15 years of play together!

As we celebrate fifteen years of play together, half of a generation, the growing desire for more play couldn't have come at a better time.



"We've been here for every stage of our lives, dating, married, babies, and now young children. What we do and why we come here has changed – but we are still able to do it all here, at Vivo."

Amanda Leung, 15-year Vivo Member

Making Room for Play

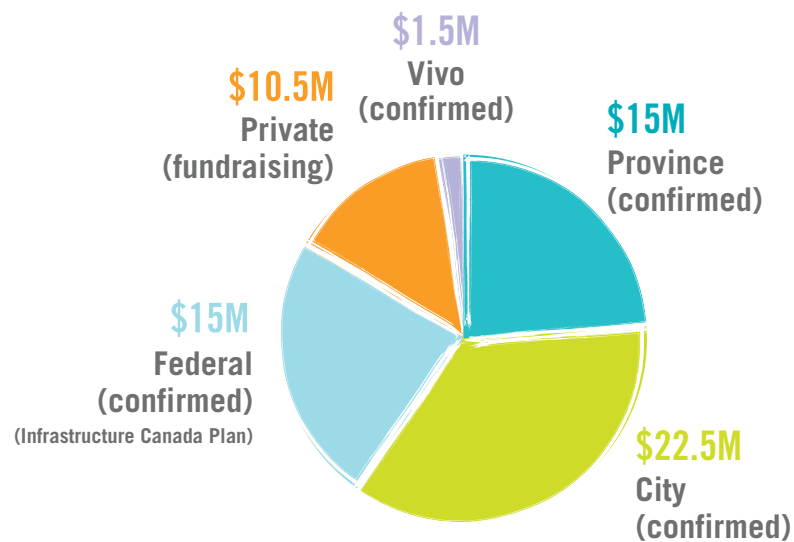
How much room do you make for play? If you're like most Canadians, it isn't enough. ParticipACTION gave Canadian children a D+ for physical activity. In addition, the Canadian government projects loneliness will be a global epidemic for people of all ages.

Physical inactivity and lack of connection are putting our lives and our children's lives at risk.

Play is an urgent matter of not only time but also of space. After 15 years, our community is feeling the squeeze – the population of north-central Calgary has almost doubled since we opened. We need more room for play.

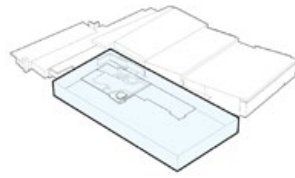
Fortunately for our community, our government agrees. Vivo is honoured to have received funding from all levels of government. This confirmation of funding has securely set us on the path to expansion.

Funding Sources

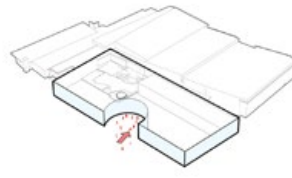


We continue to work with our community and architects to solidify expansion plans and ensure we bring to life new, innovative spaces to meet the healthy living needs of north-central Calgary.

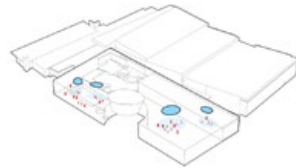
Design concept for expansion



Expansion Volume



Bringing the Outside In



Connection to the Prairie Sky



Inclusions Within

We asked the community what they value most about living a healthy life and the answers formed the design drivers for the expansion: Social Connection, Spontaneous Play, Relationship to Nature & the Outdoors, Diversity & Inclusion.

We are working with an incredible team – meet the Campaign Cabinet:

Mary Anderson
Area Sales Manager,
Baywest Homes

Alexis Apps
Associate Director,
Charity & Executive
Office, Vivo for
Healthier Generations

Mark Caldwell
Owner, Canadian Tire
Country Hills

Courtney Cathcart
Community
Investment Manager,
Shaw Communications

Nirmala Naidoo
Executive Director,
Green Calgary

Frank Muller, Co-Chair
Senior Vice President
and Chief Operating
Officer, Razor Energy

Surinder Plaha
President,
North Calgary
Cultural Association

Sue Scott
Founding CEO,
Vivo for Healthier
Generations

Cynthia Watson
Chief Evolution Officer,
Vivo for Healthier
Generations

It's your turn to raise healthier generations - join us on this campaign to bring playful, healthy spaces to Calgarians. Your contribution will give Calgarians more room for play by building an indoor park, expanding the pool and fitness areas, adding more community gathering space, and dedicated research and innovation space.

Learn more: donate@vivo.ca www.vivo.ca.

NOW: 66.81 FTE

FUTURE: 320 FTE CREATED DURING EXPANSION



The Future of Healthy Living

With our first 15 years wrapped up, we look to the future and are focused on the next fifteen years. At Vivo, we consider 30 years to represent one generation. With our next 15 years on the horizon, we look forward to completing one generation, the first of many healthier ones to come.

Vivo is listening as we co-create with the community and dream together about the future of healthier generations.

“Building relationships, beauty, and balance.”

| Community Member

“Teaching kids about their time and what they are going to do with it aside from technology.”

| Community Member

“When I think of the future of Vivo I see a strong, vibrant, collaborative, self-motivated community who: make it a priority to spend as much time as possible playing indoors and out in nature; aspire to and achieve optimum health and physical activity; are socially inclusive, and are looked to across the city, province, country and globally as examples of how to live our best lives!”

| Sue Scott, former CEO, Vivo



"I see our communities and residents rallying in support of each other using Vivo as a central hub for all things humanity is interested in. Whether it be more community gathering space, an indoor park, more places to play, flat water for all to learn how to swim, a living library, meeting space for learning, worship, study or meditation – these are the elements that bind us safely together. I see further integration and inclusion of our neighbours, including the Notre Dame High School, Fire, Police, Area Retail, as the further potential to create that community centre where all are welcome, and less are judged."

| Frank Muller, Past President, Vivo Board of Directors and Chair, Capital Campaign

"Slowing down and enjoying life."

| Community Member

"A community-led charitable enterprise whose models are being shared and scaled with other communities and institutions nationally and globally."

| Tracey Martin, Research & Innovation Director

"One place you can call home."

| Community Member

Report of the Independent Auditor on the Summary Financial Statements

Vivo for Healthier Generations Society

Summary of Annual Financial Statements prepared from the audited financial statements for the year ended December 31, 2019.

To the Members of Vivo for Healthier Generations Society (formerly Nose Creek Sports and Recreation Association):

Opinion

The summary financial statements, which comprise the summary statement of financial position as at December 31, 2019, the summary statement of operations, summary statement of changes in net assets and summary statement of cash flow for the year then ended, and related notes, are derived from the audited financial statements, prepared in accordance with Canadian accounting standards for not-for-profit organizations, of Vivo for Healthier Generations Society as at and for the year ended December 31, 2019.

In our opinion, the accompanying summary financial statements are a fair summary of the audited financial statements which are prepared in accordance with the basis described herein.

Summary Financial Statements

The summary financial statements do not contain all the disclosures required by Canadian accounting standards for not-for-profit organizations applied in the preparation of the audited financial statements of Vivo for Healthier Generations Society. Reading the summary financial statements and the auditor's report thereon, therefore, is not a substitute for reading the audited financial statements and the auditor's report thereon. The summary

financial statements and the audited financial statements do not reflect the effects of events that occurred subsequent to the date of our report on the audited financial statements.

The Audited Financial Statements and Our Report Thereon

We expressed an unmodified audit opinion on the audited financial statements in our report dated April 22, 2020.

Management's Responsibility for the Summary Financial Statements

Management is responsible for the preparation of the summary financial statements in accordance with the basis described in the Statement of Management Responsibility.

Auditor's Responsibility

Our responsibility is to express an opinion on whether the summary financial statements are a fair summary of the audited financial statements based on our procedures, which were conducted in accordance with Canadian Auditing Standard (CAS) 810, Engagements to Report on Summary Financial Statements.

Chartered Professional Accountants

KPMG LLP

Calgary, Canada
April 22, 2020

Summary of Annual Financial Statements

prepared from the Audited Financial Statements

For the year ended December 31, 2019 and 2018

SUMMARY STATEMENT OF FINANCIAL POSITION

As at December 31 (in thousands)

	2019	2018
Assets		
Current assets	\$ 26,012	\$ 21,434
Non current assets	15,840	5,000
Capital assets	1,144	1,256
	\$ 42,996	\$ 27,690
Liabilities		
Current liabilities	\$ 1,392	\$ 1,328
	\$ 1,392	\$ 1,328
Net Assets		
Unrestricted	\$ 328	\$ 266
Restricted	40,132	24,840
Invested in capital assets	\$ 1,144	\$ 1,256
	\$ 41,604	\$ 26,362
	\$ 42,996	\$ 27,690

SUMMARY STATEMENT OF CASH FLOWS

Year ended December 31 (in thousands)

	2019	2018
Cash flows provided by (used in)		
Operating activities	\$ 4,825	\$ 4,748
Investing activities	1,767	192
Increase in cash and cash equivalents	6,592	4,940
Cash and cash equivalents, beginning of year	6,550	1,611
Cash and cash equivalents, end of year	\$ 13,142	\$ 6,551
 Unrestricted cash	 \$ 878	 \$ 897
Restricted cash	12,264	5,653
	\$ 13,142	\$ 6,550

SUMMARY STATEMENT OF OPERATIONS AND FUND BALANCES

Year ended December 31 (in thousands)

	2019	2018
Revenue		
Admissions	\$ 3,852	\$ 3,756
Programs and services	1,496	1,971
Facility rentals	1,239	1,232
Interest and other	699	790
Sponsorships	25	39
Tenant lease	271	268
Grants and donations	17,037	17,636
	\$ 24,619	\$ 25,692
Expense		
Salaries and benefits	\$ 5,447	\$ 5,744
Building operations	1,449	1,423
Administration and general	753	712
Programs and services supplies	165	203
Project costs	1,653	189
Marketing	172	113
Renovation costs	70	423
Capital maintenance expense	48	273
Loss on disposal of capital assets	10	11
Amortization	\$ 280	\$ 304
	\$ 10,047	\$ 9,395
Excess of revenue over expense, before other	14,572	16,297
Change in unrealized gain (loss) on investments	670	(553)
Excess of revenue over expense	\$ 15,242	\$ 15,744
Change in net assets		
Balance of net assets, beginning of year	\$ 26,361	\$ 10,617
Balance of net assets, end of year	\$ 41,604	\$ 26,362

VIVO FOR HEALTHIER GENERATIONS SOCIETY

Board of Directors, 2019-2020

Table Officers

President

Ben Banks

Treasurer

Don Mulrain

Vice-President

Sharilyn Nagina

Secretary

Aileen Ong

Founding Member Organization Representatives

Huntington Hills

Tim Hungate

Beddington Heights

Charles Boechler

Northern Hills

Jessie Leighton

Sandstone/MacEwan

Shayne Chidlaw

Simons Valley Hockey

Amanda Davis

Hidden Valley

Vacant

Directors at Large

Ron Buchan

Mark De Souza

Courtney Cathcart

Conor Tapp

City of Calgary Representative

Vacant

CEO

Cynthia Watson

Supporters



Public Health
Agency of Canada

Agence de la santé
publique du Canada



Apple Fitness
Ben and Ruth Banks
Deanne Barlow
Benchmark Projects
Garner Blieske and
Marcella Fortini
Ibiye Briggs
Brookfield Residential
Bryant Family
Ron Buchan
Callow & Associates
Calgary Foundation
Canadian Tire Jumpstart
Cedarglen Homes
Cenovus
Yanping Chen
Shayne Chidlaw
Darcy Coghill
Costplan Management Ltd
Krystal Coppold
Melba Crame
Seth Cramer
Calum Crame
Ingrid Cuffe
Cathleen Dahlberg
Amanda Davis
Dawe Smith Family
Mark de Souza
Gail Davis
Tricia Dekort
Brian Denny
Alison Denny
Dental Now Panorama
First Calgary Financial
Sudarshan Gill

Amreet Gill
Government of Alberta
Susan Green
Dawn Gusa
Graham Hack
Tim Hungate
Jessica Jaithoo
Saleha Jomaa
Jugo Juice
Maxmilian Jun
Inderpreet Kang
Regan Kawamura
Piper Kellet
Lorna Kettles
Deborah Kominko
Deborah Lam
LAN Solutions Corp.
Mawer Investment
Management
Tarnaveer Manhas
Donald and Linda Mulrain
Brent Muscoby
Sharilyn Nagina and Mark
Gerlitz
Al-Noor Nenshi Nathoo
Heather Newman
Joel Ong
Aileen Ong
Panther Sports Medicine &
Rehabilitation Centres
Danielle Paetz
Eric Pedersen
Ting Pham
Jack Poovong
Dylan Pramberger

Public Health Agency of
Canada
Amanda Rieger
Waki Saeed
William Scott
Servus Credit Union
Shaw Birdies for Kids
Presented by Altalink
South Asian Lions Club
Suncor Energy Foundation
Gurpreet Singh
Lyne Sleiman
Bart Smith
Amanda Smith
Ken Stewart
The Stride Legacy Project
Grant (Formerly Gen YYC)
The Surveillance Shop Ltd.
TD Canada Trust
Toole Peet
Selina Toyad
Amanda Wallace
Sally Van Grieken
ViTreo Group
Jarome Villanueva
Cynthia and David Watson
David Welichka
Brianna Welsh
Marcia Wensley
Gary Whitfield
Elmien Wingert
Bo Yang
Azarya Zavery
Stan Zimantas

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