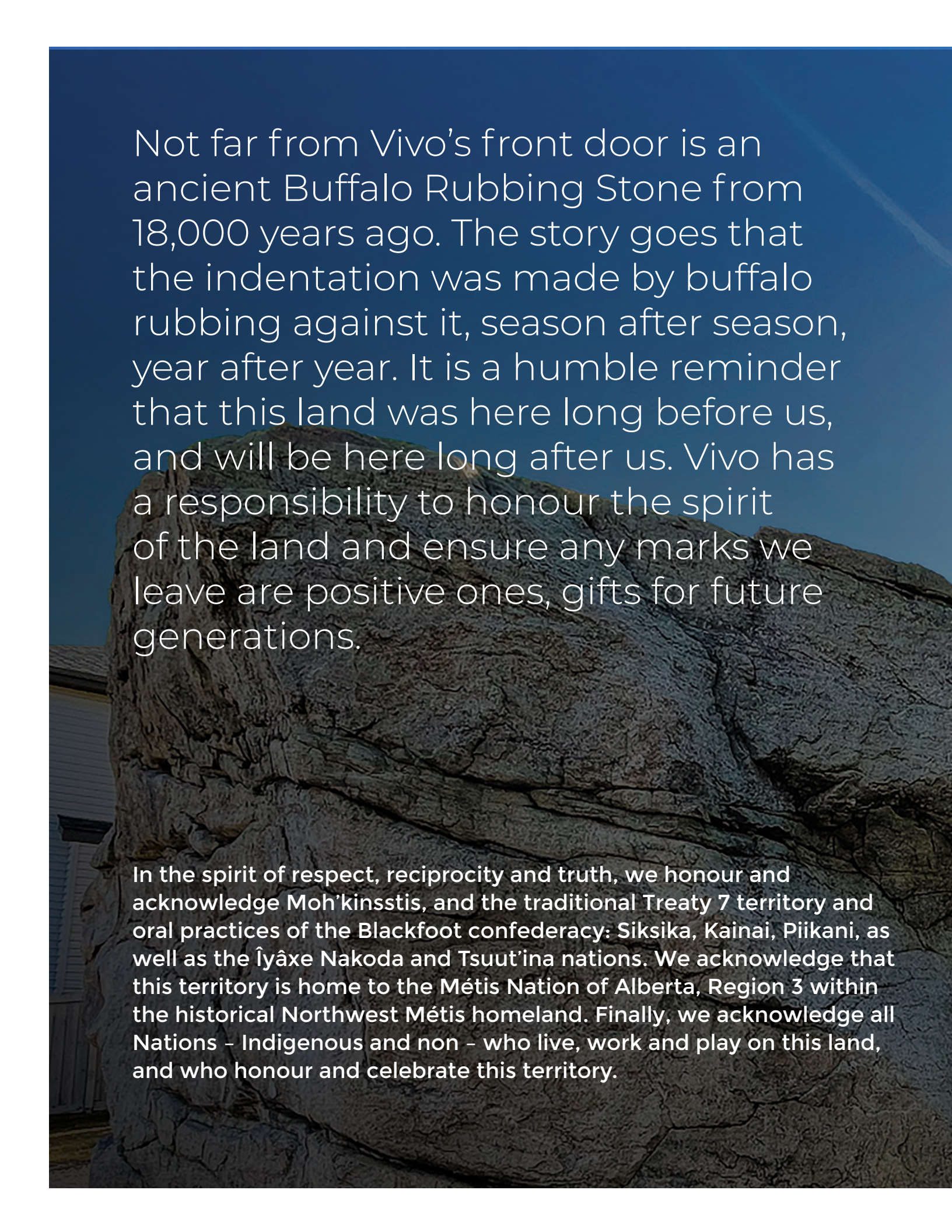




# Annual Report

## 2021-2022



Not far from Vivo's front door is an ancient Buffalo Rubbing Stone from 18,000 years ago. The story goes that the indentation was made by buffalo rubbing against it, season after season, year after year. It is a humble reminder that this land was here long before us, and will be here long after us. Vivo has a responsibility to honour the spirit of the land and ensure any marks we leave are positive ones, gifts for future generations.

In the spirit of respect, reciprocity and truth, we honour and acknowledge Moh'kinsstis, and the traditional Treaty 7 territory and oral practices of the Blackfoot confederacy: Siksika, Kainai, Piikani, as well as the Îyâxe Nakoda and Tsuut'ina nations. We acknowledge that this territory is home to the Métis Nation of Alberta, Region 3 within the historical Northwest Métis homeland. Finally, we acknowledge all Nations - Indigenous and non - who live, work and play on this land, and who honour and celebrate this territory.









We've learned so much through nine years of Donny's thoughtful questions. We're deeply thankful for his generosity of spirit.

CYNTHIA WATSON, CEO

## Message from the Board Chair

As I move away from my Board duties, after 9 years of service, I find myself reflecting on the past and being excited for Vivo's future.

Vivo has experienced three significant phases in its almost 20-year history. The first two saw Vivo move from "just" a recreation facility designed to meet the fitness needs of the local community, into a charitable cause with a vision to "ignite change to shape healthier generations."

The third phase, which will drive Vivo into the future, is the expansion, not just of the building itself, but of the organization. Over the past year, the Board of Directors has continued to provide oversight and governance to a creative and driven leadership team. Business practices and management systems were implemented and enhanced to ensure that Vivo would be ready for its Grand re-Open in 2023 and to rebuild its financial and programming strength after an exceptionally challenging 3 years.

Leadership at Vivo has overseen a \$60 million expansion with the goal of completion on budget and maintaining facility LEED Gold Certification. The Board is working toward Imagine Canada's Strong Charities Accreditation, which will embed best practices in governance and fiscal responsibility throughout the organization.

As I wrap up my time on the Board, I strongly support the Mission, Vision and Values that Vivo adheres to in its Charitable Objects. I am encouraged by the diversity of the Board, and excited for the future of Vivo. The evolution is ongoing, and Vivo will continue to lead in innovative, sustainable, accessible health and recreation programming and research.

I will be watching and supporting Vivo as a past member of the Board.

A handwritten signature in black ink, which appears to read "Donald Mulrain".

**DONALD MULRAIN,  
BOARD CHAIR**



# Message from the CEO

Early in our 2021-2022 year, Elder John Chief Moon from the Kainai Nation shared with us the indigenous concept of making camp and breaking camp - how we say goodbye to old friends and community while making space for the new. This resonated with Team Vivo as we made the hard decision to move to modified operations in November to facilitate internal renovations and the remainder of construction for the new expansion.

The reset that Vivo undertook in this past fiscal year allowed our leadership team to build the systems we knew would be needed when it was time to open our doors again. We were motivated and inspired to ask ourselves “what does the world need now, and how can we be of service?”

The short answer to a long question was “community.” This sparked our decisions to move from Vivo-led to community-led initiatives during this past year. Focusing on outdoor opportunities for safe connections with neighbours, our Play Project brought hundreds of adults and children together, and provided a guidebook for curiosity-driven play and engagement, all with no cost to any participants, thanks to incredible support

from our funders and supporters (see more on pages 10-11).

Our reset also allowed us to decrease distractions while we made the final push to our expansion plan. When we began this ambitious project, we didn't know we would be fundraising for a capital campaign during a global pandemic. Nevertheless we raised an incredible \$61.7M, with just 1% left to go. This was all due to the generosity of the people who know and love us - our community. (See our supporter list on pages 22-23).

So as we move to the new year, we are excited to make new camp - featuring the opening of our LEED Gold certified, accessible, beautiful facility, the continued advancement of our research and innovation programs, and the welcoming back of you, our community, into the Vivo fold.

It feels good to see you again.

A handwritten signature in black ink that reads "Cynthia Watson". The signature is written in a cursive, flowing style. It is positioned above the printed name and title of the CEO.

**CYNTHIA WATSON,**  
**CEO**



# Mission

Vivo is a charity on a mission to inspire a wholistic mindset for healthy living.

# Vision

We envision a world where individuals and communities ignite change to shape healthier generations.

# Core Values

## Growth Mindset

We shoot for the stars and put our hearts on the line with a healthy attitude. We embrace change, draw wisdom from every experience good or bad, and take bold action to live our truth and best serve the community.

## Respect

We are all different and believe in the power of inclusion by being empathetic, cultivating trustworthy relationships and working together for the greater good.

## Wellbeing

We strive for balance in mind, body and soul to be the change in ourselves and for others. We work every day to make Vivo a safe place for every body.





**1,680**

volunteer hours to support healthier generations.



**1,030**

lights to be installed in the new facility, backed by a rooftop solar array of 1390m<sup>2</sup>.



**\$1M**

invested in social infrastructure for local communities through the Vivo Play Project.



**1,900**

meters of piping in the new pools, which equals the length of 38 Olympic swimming pools from end to end.



**285**

tons of rebar being installed, which is roughly the same weight as 57 elephants.



**\$10M**

invested in a first-of-its-kind community space: our new indoor park.



What happens when we let  
kids explore, play, and get a  
little dirt under their nails?

Innovation









VIVO

## A Path to Healthy Futures

### The Vivo Play Project:

The intent of the Vivo Play Project was to get people moving and connecting in North Central Calgary. However, its impacts were much greater than that and sparked holistic improvements in mental, emotional, social and physical well-being of both children and entire communities.

Children's free play, especially outdoor play, has significantly and continuously declined in the last 50 years.<sup>1</sup>

Social relationships are important for good health, and finding ways to support positive neighbourhood connections through community engagement is important for supporting resilience in a community.<sup>2,3</sup>

Only 28% of Canadian children are meeting national physical activity guidelines, and 62% are exceeding the recommended amount of daily screen time.<sup>4</sup>

Physical inactivity is the 4<sup>th</sup> leading risk factor for death, killing more than 5 million globally per year.<sup>5</sup>

Vivo's ground-breaking training programs empower Play Ambassadors to extend a culture of trust and safety into the community, providing environments where children can grow and flourish.

3 Levels of play training

367 Ambassadors trained

The abundance provided by "loose part" materials that can be carried, moved, and combined in an infinite number of ways gives children flexibility and control over their surroundings. It prompts creativity, imagination, resourcefulness, and problem-solving.

Using Vivo's interactive Play Map, adventurers can chart their course to local points of interest, including playgrounds, green spaces, seasonal attractions, water features, and hidden gems. Each destination includes photos and recommendations for play activities.

250 Play places mapped

With the help of Play Ambassadors and children of all ages, outdoor gathering spaces are transformed into Play Hubs: dynamic, ever-changing playgrounds that are free to use and filled with extraordinary potential.

Play Hubs are a natural nexus for developing skills, boosting confidence, and forging relationships – for both children and adults!

7 Play Hubs activated

357 Play events

8K+ Hours of play

PLAY Kits

Vivo boxed up the magic of Play Hubs in the form of Play Kits, allowing families to take carefully curated loose parts home with them to play with how they want, when they want, and where they want.

338 Play Kit rentals

Community-recruited Play Scientists helped Vivo study the effects of wearable fitness trackers and online activity data dashboards. Free access to these tools resulted in significant increases in time spent walking, and significant decreases in time spent sitting, as well as improvements in mental, social, and physical health over 8 weeks.<sup>6</sup>

318 Play Scientist research participants

41% Increase in walking time from 180 min/week to 254 min/week

22% Decrease in sitting time from 334 min/day to 260 min/day

24%

More social interaction at Vivo Play Hubs compared to traditional parks

12K+

12,616 members of the community learned about and engaged in play

60

Minutes of moderate to vigorous physical activity (MVPA) per day\* achieved through play at Play Hubs

Partners are a catalyst.  
Co-Creation is worth it.

# Vivo Play Project

*At Vivo, we believe the community knows what it needs to shape healthier generations. That's why we set out to introduce the concept of unstructured play to kids and families across north-central Calgary through our Vivo Play Project.*

This was a four-year social innovation and community lab that encouraged kids and families to play and connect in local parks, and was created in partnership with the Public Health Agency of Canada, Suncor Energy Foundation, University of Calgary and local community associations.

The intent of Vivo Play Project was to get people moving and connecting more. However, its impacts ended up being far greater and sparked wholistic improvements in mental, emotional, social and physical well-being of both children and communities.

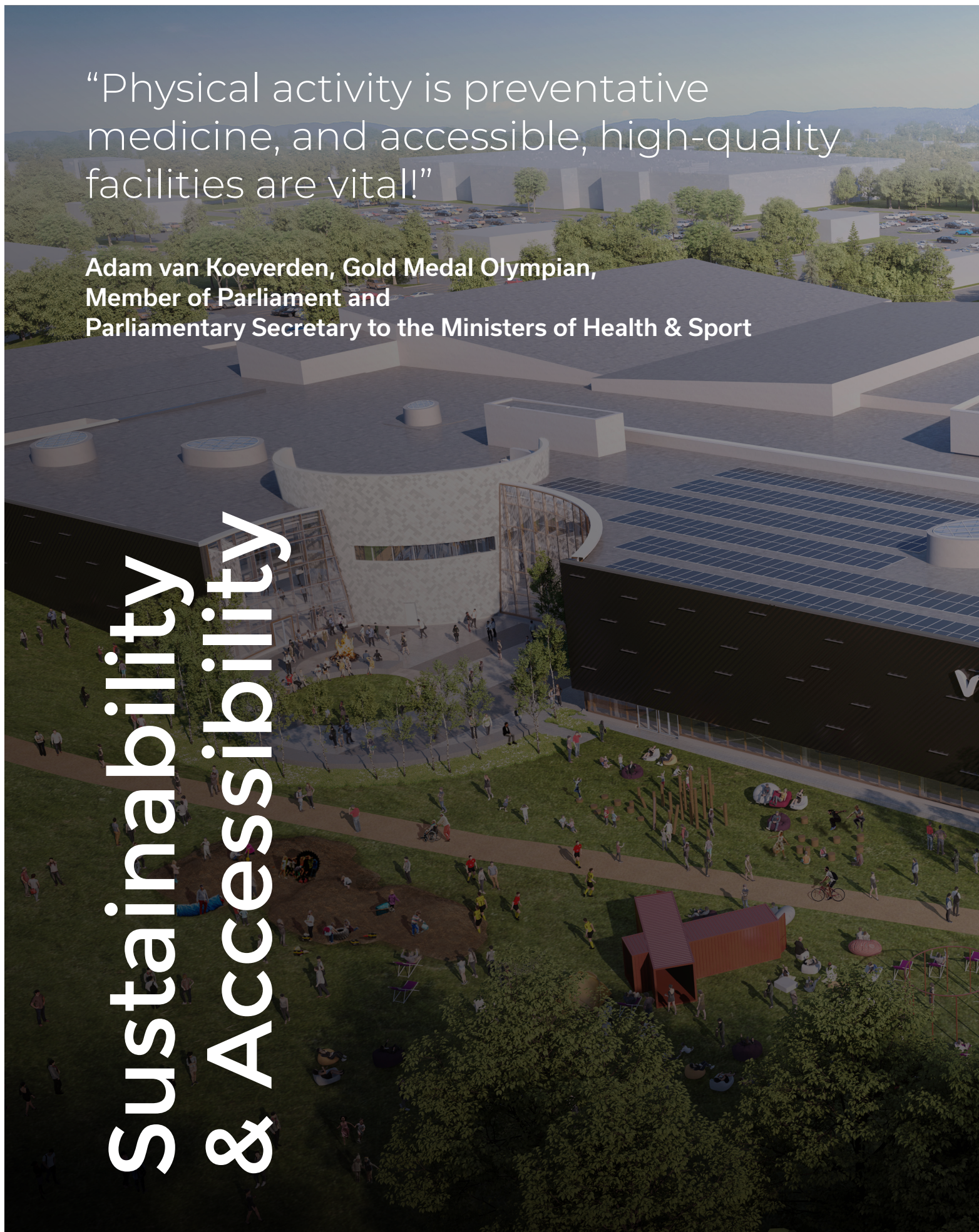




“Physical activity is preventative medicine, and accessible, high-quality facilities are vital!”

Adam van Koeeverden, Gold Medal Olympian,  
Member of Parliament and  
Parliamentary Secretary to the Ministers of Health & Sport

# Sustainability & Accessibility









*At Vivo, we understand a healthy planet is a vital ingredient for a healthy future for ourselves and our communities. That's why we strive for a positive impact. And health and play belong to all of us, so creating accessible spaces and places is built in to everything we do.*

Our building envelope was designed to protect Vivo from weather extremes. Our highly insulated building envelope performs 40% better than the current building code, so we not only reduce consumption, we also save money!

Our community told us connection to nature was critical, so we're adding 222 trees to our urban forest. Each tree will reduce heat and store hundreds of pounds of CO<sup>2</sup> over its lifetime.

Every day is SUNday at Vivo thanks to the army of 366 solar panels perched high on our rooftop that transform Calgary's sunny weather into clean energy that meets a whopping 27% of our energy needs.

Smart rainwater management combined with an efficient irrigation system helps divert rainwater from the City's stormwater system and keep the landscaping around Vivo healthy and green, all while reducing our water use by 84%.

We made informed choices to conserve material use in the building and to choose the most environmentally friendly options. The result? Construction crews diverted over 75% of demolition waste and offcuts from new materials.

2021 saw us celebrate our first inclusive playground with our partners Northern Hills Community Association and the North Calgary Cultural Association. We were proud to host wheelchair lacrosse and other adapted sports throughout the year.

*Vivo and other partners in the Calgary Adapted Hub were honoured to receive the City of Calgary Accessibility Advocacy Award for improving the lives of people living with disabilities by providing quality sport and recreation opportunities for kids and families living with disabilities in Calgary.*









At Vivo, Calgarians of all ages and abilities can connect with whatever healthy means to them. Our dedicated team is there to help along the way.

# Programs









*In November, we made the hard decision to move to modified operations to facilitate internal renovations and the remainder of construction for the new expansion. While this meant a reduction of programs, the staff and participants kept the energy flowing. Here's what we got up to!*

## Preschool

Our 4-6 year olds kept busy in the Curiosity and Courage Labs, with daily programs aimed at encouraging creative play, friendship, and skills building.

## Summer Camps

With engaging camp themes like sports, the great outdoors, and STEAM (science, technology, engineering, arts and math), kids aged 6-12 had supervised opportunities to explore, create, and make new friends.

## Skating

Classes for all ages took to the ice, for recreational skating, hockey drills, parent and tot programs and more, building foundational skills and having lots of fun!

## Drop-In Intramural Sports

Pickleball, badminton and basketball were all available on a drop-in basis, to meet up with friends and neighbours for some friendly competition on the courts.

## Facility Rentals

The Vivo gymnasiums and meeting rooms continued to be welcomed spaces for community gatherings.

*With the Everybody Plays program, Vivo upheld its commitment to removing barriers to entry with subsidies and partner programs.*





# What makes a community?

*For Vivo it's how we support and inspire each other in our health journeys and how we make space to experience curiosity, connection and play.*

For business owner Mark Caldwell and his family, as Vivo has grown in his community, so have the countless opportunities to connect, engage, support and benefit.

When Mark opened Canadian Tire Country Hills in 1999, "Vivo was a marsh. The high school, Vivo, Superstore – nothing was there. For a few years they were aerating the soil, then eventually in 2004 that's when it all started," he recalls.

Through Canadian Tire's Jumpstart program, Mark has been able to see thousands of local families access subsidized memberships to Vivo's programming.

"Whenever Vivo has asked for help, we've done whatever we can. The goals and mandate of Jumpstart are to help children and families, and this is exactly what Vivo does – we align perfectly."

Jumpstart is more than just about getting kids active. It's about giving kids from families in financial need the same chance to participate as their neighbours, their classmates and their friends. Whether it's the chance to try a new sport or to continue with a favourite one, no child should be left out.

Through programs like Jumpstart, Vivo is connecting and empowering people to figure out what living a healthier life looks like and feels like to them personally. And this, in turn, builds strong, resilient neighbourhoods. For Mark it just makes sense.


"As a business in this community for 22 years, it's been valuable for the people moving into the community to ensure we have a vibrant and exciting and healthy community, and Vivo is the cornerstone of that. This attracts people to move into this area, which therefore increases the population of the community and in turn increases my business. So it's a win-win."

But Mark is not just an incredibly engaged business owner. He and his family have also been key supporters of Vivo's expansion initiative. He has demonstrated that he's All In for Community as a member of the capital campaign cabinet, and his family is All In too! They are the named supporter of the soon-to-be revealed Caldwell Family Staircase – a beautiful architectural feature of Vivo's new expansion.

For Mark and his family, the expansion plan shows how important Vivo is to the community. And for Vivo, relationships like the one we have with the Caldwell family and Canadian Tire Country Hills is a beautiful example of connection and collaboration. It shows how healthy communities help us all thrive and prosper.

A structural engineer by training, Mark is excited to talk about how it feels to watch the progress and to see the trusses go up. When asked what he sees for the future of Vivo, he reflects on the unique approach Vivo has taken in designing the expansion alongside community.

"This new space is shaped by a lot of leading-edge ideas on how to embed accessibility, sustainability and inclusivity in the design. Once we open, we'll see how those ideas take seed. We'll learn how people want to use the facility and that will give us new opportunities as a community."

A photograph of a man and a woman smiling. The man is wearing glasses and a light-colored button-down shirt. The woman is also smiling and wearing a light-colored top. They are positioned in front of a wall that has several children's drawings pinned to it. The entire image has a yellow-green color overlay.

“Whenever Vivo has asked for help, we’ve done whatever we can. The goals and mandate of Jumpstart are to help children and families, and this is exactly what Vivo does - we align perfectly.”

**MARK CALDWELL, Owner, Canadian Tire Country Hills**



# 2021-2022 Vivo Supporters

EXCLUDING ANONYMOUS DONORS

Abebe Asrat	Dave and Wendy Griffiths	Jessie Leighton	Mike, Lisa, Theodore, and Isaac Cheong
Adriana Simon	David Mitchell	Jillian Dewes	Mimi & Walden Chow
Ajmer Singh Hundal	Davis Family	Jingqiu Shao	Nadine & Josh Guard
Alvin & Julian Effa	Dawe Smith Family	Joe and Mary Anderson	Nancy Mah
Amanda Leung, Alta Nguyen, Oren Nguyen, Aila Nguyen, Elin Nguyen	Deborah Richards	Joga Singh Leihal	Narinder Singh Dial
Amarpal Singh Mundi	Deepinder Kaur Seetal	Josephine Tsang & Dexter Lam	Naveen Gill-Sarai
April Hicke	Desmond Yu	Joyce Beninger	Nickel Family
Argenis Osorio	DIALOG	Jyoti Bir	Philip and Pinky Nantais
Arpita Raval	Diane & Ross Murray	Kar Mei Sharon Li	Phuong An
ATB Financial	Donna Zentner	Kathryn Atkin	R. Balkaran
Attique Khan	EllisDon Construction Services	Katia Homafar	Rajdeep Dhaliwal
Ben and Ruth Banks	Frank and Debbie Muller	Kelsey & Jason Murdoch	Rajinder Gill
Bhajan Singh Sagoo	Gajaraj Family	Kennedy Family - James, Marion, Jameson, Harrison & Ace	Rajinder Singh Rakhra
Birinder Madan	Ganesh Subramaniam	Kulwant Kaur Bajwa	Rajnish Aggarwal
Bob and Heather Wallace	Gregory Stein	Lena Dick	Ramesh Kumar
Bob, Victoria, Sophia & Seraphina Henry	Hale Family	Lisa & Mike Janzen	Randy Skimmings
Brian & Rita Burgess	Harry Sekhon	Lisa Litz	Rebecca Everitt
Brookfield Residential	J Romane	Lisa Pardy	Rieger Family
Brosnan-Nishi Family	Jabar Jang Singh Maghera	Lorna Kettles	Robinder Singh Khehra
Calgary Soccer Friends Club	Jaime and Aileen Ong	Luke Sandham	Ron & Ramone Kindrat and Family
Callow & Associates Management Consultants Inc.	Jake Hergenhein	Maria Kwan	Ron Buchan
Carol Szilagyi	Jamie Kleinsteuber	Marissa Hsu	Sahota S.B. Investments Inc.
Cheryl & Brian Kielly	Jamie Zachary	Mark and Brittany Beatty	Sarabjot Samra
Chopped Leaf Coventry Hills	Jan and Justin Wong	Mark Caldwell	Sarbjit Wareh
Christie Scarlett	Jared & Abigail Marsh	Mary Sangha	Sardar Lal Mattu
Christina Ho	Jarnail Taggar	Matias & Lorena Morales	Satish Sharma
Cobs Bread Country Hills	Jasmine Mian	Matt Stewart	Shahin Moghimi
Cory and Jennifer Lomsnes	Jaswinder Kaur Kaler	Mawer Investment Management	Shaminder Singh Kamoh
Courtney Cathcart	Jenny Chau	Meilleur Family	Sharilyn C. Nagina and Mark Gerlitz
Cynthia and David Watson	Jessica Jaithoo		
	Jessica Nutbrown		

# 2021-2022 Major Funders

Canada 

Alberta   
Government



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada



Shaw Birdies for  
Kids presented by AltaLink

Shaw Chip in  
for Kids

Shaw  
Communications

Sudhir Pathak

Suncor Energy Inc.

Sunlife Financial

Sure Systems Ltd.

Surinder Kalia

Surinderjit (Stan) and  
Amarjit Plaha

Surjit Singh Gill

Susan Green

Tanya Pais

Tariq Malik

TC Energy

Tim Hungate

Tom Stevers

Tracey Martin

Travis, Marina, Aurelia and  
Emilia Davidson

Tri Nguyen

Umm-e-Laila Amin

Vinod Kumari Singh

W. Laird Hunter QC & John  
D. Toogood

Wai Kwan Anita Li

Warren C. S. Leung

Xing Jian Luo

Yadvinder Singh Sidhu

Zafrin and Hussein Kassam



# Vivo Leadership

## OFFICERS

Don Mulrain, Chair  
Courtney Cathcart, Vice Chair  
Steve Palmer, Treasurer  
Jessie Leighton, Secretary  
Sharilyn Nagina, Past Chair

## DIRECTORS AT LARGE

Shayne Chidlaw  
Amanda Davis  
Gagan Dhaliwal  
Brian Foster  
William Nurenburger  
Aileen Ong  
Argenis Osorio Perez  
Alec Silenzi  
Jamie Zachary

## SENIOR LEADERSHIP TEAM

Cynthia Watson, CEO

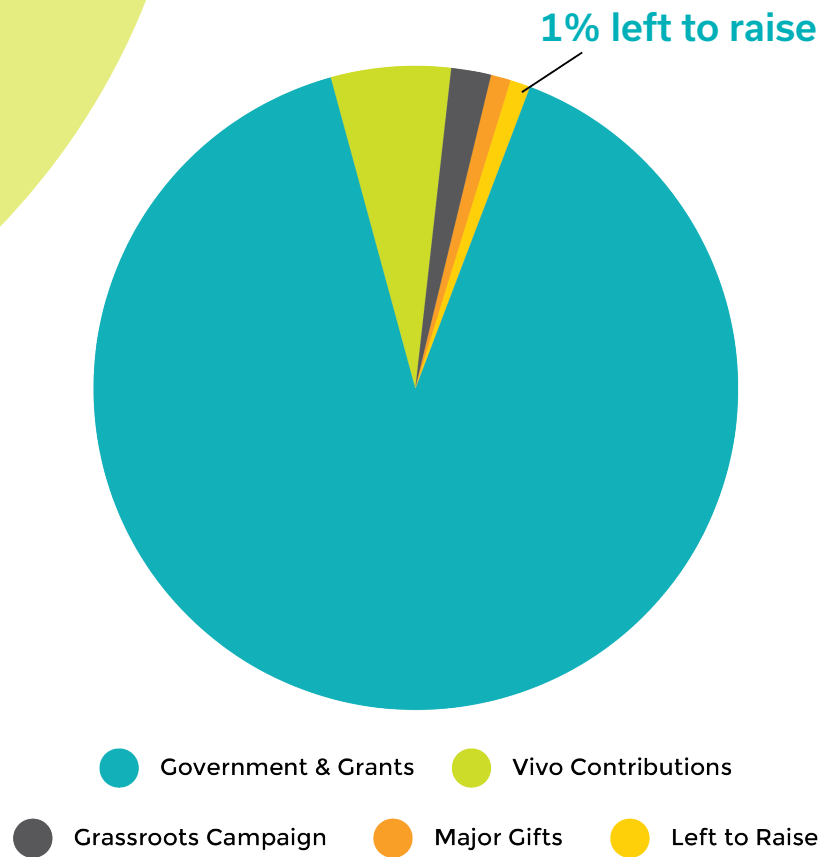
Marnie Beaugie, Finance & Administration Director  
Jennifer Ireland, Culture & People Director  
Aimee Johnston, General Manager, Vivo Operations  
Lisa Litz, Corporate Secretary  
Tracey Martin, Research & Innovation Director  
Stephen Fast, Marketing Director

# All-In for Community

We all need things to look forward to right now. Nearly 40% of Canadians identify feeling isolated and lonely. For Calgary, Vivo's expansion is a shining star of hope, joy and community spirit.

Our 135,000 square foot renovation and expansion will promote innovation, inclusion, accessibility and sustainability. It will be a place to connect with your self, your community and your planet.

It seems our community can't wait. You've blown us away with your generosity. We're proud to be raising the final 1% of our \$62 million goal.





# Report of the Independent Auditor on the Summary Financial Statements

*To the Members of Vivo for Healthier Generations Society*

## **Opinion**

The summary financial statements of Vivo for Healthier Generations Society (the Entity), which comprise:

- The summary financial position as at August 31, 2022
- The summary statement of operations for the year then ended
- The summary statement of changes in net assets for the year then ended
- The summary statement of cash flows for the year then ended

are derived from the audited financial statements of Vivo for Healthier Generations Society, as at and for the year ended August 31, 2022.

In our opinion, the accompanying summary financial statements are consistent, in all material respects, with the audited financial statements, which are prepared in accordance with the basis described therein.

## **Summary Financial Statements**

The summary financial statements do not contain all the disclosures required by Canadian accounting standards for not-for-profit organizations. Reading the summary financial statements and the auditor's report thereon, therefore, is not a substitute for reading the Entity's 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 Statement and Our Report Thereon**

On our report dated February 22, 2023, we expressed an unmodified audit opinion on the audited financial statements.

## **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 Responsibilities of Management and Those Charged with Governance for the Financial Statements.

## **Auditors' Responsibilities**

Our responsibility is to express an opinion on whether the summary financial statements are consistent in all material respects, the audited financial statements based on our procedures, which were conducted in accordance with Canadian Auditing Standard 810, Engagements to Report on Summary Financial Statements.



KPMG  
Chartered Professional Accountants  
Calgary, AB  
February 22, 2023

**VIVO FOR HEALTHIER GENERATIONS SOCIETY**  
**SUMMARY OF ANNUAL FINANCIAL STATEMENTS PREPARED FROM THE AUDITED FINANCIAL STATEMENTS**  
**FOR THE PERIOD ENDED AUGUST 31, 2022**

**SUMMARY STATEMENT OF FINANCIAL POSITION**  
As at August 31 (in thousands)

<b>Assets</b>	<b>2022</b>	<b>2021</b>
Current assets	33,504	39,074
Non current assets	-	14,705
Capital assets	941	879
	<b>34,445</b>	<b>54,658</b>
<b>Liabilities</b>		
Current liabilities	7,078	1,446
	<b>7,078</b>	<b>1,446</b>
<b>Net Assets</b>		
Unrestricted	(346)	(391)
Restricted	26,772	52,724
Invested in capital assets	941	879
	<b>27,367</b>	<b>53,212</b>
	<b>34,445</b>	<b>54,658</b>

**SUMMARY STATEMENT OF OPERATIONS AND FUND BALANCES**  
Year Ended August 31 (in thousands)

<b>Revenue</b>	<b>2022</b>	<b>2021</b>
Admissions	37	586
Programs and services	612	309
Facility rentals	950	475
Interest and other	611	375
Grants and donations	3,830	25,619
Tenant lease	226	222
	<b>6,266</b>	<b>27,586</b>
<b>Expense</b>		
Salaries and benefits	3,102	3,255
Building operations	1,165	1,246
Administration and general	888	611
Programs and services supplies	122	90
Project costs	25,607	7,572
Marketing	-	1
Capital maintenance expense	12	6
Amortization	289	231
	<b>31,185</b>	<b>13,012</b>
(Deficiency) excess of revenue over expense, before other (losses) income	(24,919)	14,574
Change in unrealized (loss) gain on investments	(926)	290
(Deficiency) excess of revenue over expense	<b>(25,845)</b>	<b>14,864</b>
<b>Change in net assets</b>		
Balance of net assets, beginning of year	53,212	38,348
Balance of net assets, end of year	<b>27,367</b>	<b>53,212</b>

**SUMMARY STATEMENT OF CASH FLOWS**  
Year Ended August 31 (in thousands)

<b>Cash flows provided by (used in)</b>	<b>2022</b>	<b>2021</b>
Operating activities	(8,401)	(1,873)
Investing activities	(350)	(15)
Decrease in cash and cash equivalents	(8,751)	(1,888)
Cash and cash equivalents, beginning of year	12,731	14,619
Cash and cash equivalents, end of year	<b>3,980</b>	<b>12,731</b>
Unrestricted cash	618	78
Restricted cash	3,362	12,653
	<b>3,980</b>	<b>12,731</b>





[www.vivo.ca](http://www.vivo.ca) @vivoyourlife [info@vivo.ca](mailto:info@vivo.ca)

CRA #88308 2117 RR0001