



for Healthier Generations™

Annual Report

2022-23



Land Acknowledgement

In the spirit of reconciliation, we acknowledge that we live, work and play on the traditional territories of the Blackfoot Confederacy (Siksika, Kainai, Piikani), the Tsuut'ina, the Îyâxe Nakoda Nations, the Otipemisiwak Métis Nation (Districts 5 and 6), and all people who make their homes in the Treaty 7 region of Southern Alberta.



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A MESSAGE FROM THE
Vivo Board Chair

I am delighted to present to you Vivo for Healthier Generation's 2023 Annual Report, reflecting upon the achievements, challenges, and milestones of our organization over the past fiscal year. As the Chair of the Board, it is with gratitude that I share this comprehensive overview of our collective efforts and accomplishments.

This year has been a testament to the unwavering commitment of our dedicated team, stakeholders, and supporters who have played a pivotal role in driving our mission forward. Despite the unique challenges posed by the expansion project, our resilience, adaptability, and shared vision allowed us to navigate through these obstacles and emerge stronger than ever. Today, we move forward with new and improved spaces that allow north-central Calgarians to access wellness like never before.

Collaboration has been a cornerstone of our success, and I am pleased to acknowledge the valuable partnerships we have cultivated throughout the year. I extend my heartfelt appreciation to our esteemed funders and donors, including the Government of Canada, the Province of Alberta, the City of Calgary, The Calgary Foundation, and our private community contributors. Their support has been the foundation for the realization of our vision and the expansion of Vivo's facilities.

A huge thank you to our Campaign Cabinet, and all of the donors who have enabled us to amplify our impact and reach new heights in pursuit of our mission. I extend my sincere gratefulness to our dedicated staff, volunteers, and partners. Your commitment is the driving force behind our success, and together, we will continue to make a positive difference in the lives of those we serve.

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Vivo's goal is to positively impact the lives of individuals and communities. This is only the beginning! Our dedication to innovation and execution will continue to allow us to learn and grow, contributing meaningful, measurable change.

While reflecting on Vivo's achievements, we recognize that there is always more work to be done. As we look to the future, we remain steadfast in our commitment to inspire healthier generations. We are confident in our ability to overcome challenges, seize opportunities, and make a lasting impact on the communities we serve.

Thank you,

Courtney Cathcart | VIVO BOARD CHAIR



A MESSAGE FROM THE CEO

Over the past ten years, our focus has transcended the mere construction of physical structures; instead, it has centered on honoring the co-creation process with our vibrant community. Our guiding QUESTion has been: What would it take to raise healthier generations?

We embarked on a journey of self-reflection, challenging ourselves to better serve our community. We questioned who was not partaking in our offerings and pondered ways to become a more welcoming and inclusive organization. Our goal was to ignite a holistic mindset, encouraging individuals to see themselves as change-makers for healthier generations. Their shared experiences and aspirations include finding passion, setting goals, embracing balance and mindfulness, fostering social connections, and nurturing a deeper relationship with nature.

For a decade, this vision has lived boldly as a curiosity, and the community's wishes have resided fiercely in our hearts. We've protected and nurtured this vision, and today, we stand proud as the manifestation of these collective dreams.

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The physical embodiment of our commitment to the community is reflected in our new space, designed with a balance of earth, wood, water, fire, metal, and air. Biophilia and the impact of environments on well-being have been integral to the design, incorporating elements like natural light, prairie views, and circadian rhythm-matching lighting. The structure also draws inspiration from the wisdom of our youngest community members, reminding us that life is not flat; it's full of wobbles and opportunities for creativity.

This imperfectly perfect journey would not have been possible without the unwavering dedication of Team Vivo, past and present. Their commitment and passion have been the driving force behind this transformative venture. I express my deep gratitude to them and to our families, whose patience and support have been instrumental.

In closing, I extend my heartfelt thanks to our community, partner organizations, board, staff, and all those who have believed in and supported our vision. Together, we move into a brighter, healthier future, committed to co-creating a world where healthier generations thrive.

Cynthia Watson

Cynthia Watson | VIVO CEO



IMAGE: Construction continues on the entrance to Vivo's new indoor park.



PURPOSE

To live for healthier generations.

MISSION

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

VISION

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

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 everybody.

Vivo Leadership

OFFICERS

Courtney Cathcart | BOARD CHAIR
Alec Silenzi | VICE CHAIR
Michael Lee Hing | TREASURER
Jessie Leighton | SECRETARY

DIRECTORS AT LARGE

Shayne Chidlaw
Amanda Davis
Gagan Dhaliwal
Brian Foster
William Nurnberger
Aileen Ong
Argenis Osorio
Jamie Zachary
Christiane Job-McIntosh

SENIOR LEADERSHIP TEAM

Cynthia Watson | CEO
Aimee Johnston | GENERAL MANAGER, VIVO OPERATIONS
Mark Hopper | FINANCE DIRECTOR
Jennifer Ireland | CULTURE & PEOPLE DIRECTOR
Tracey Martin | RESEARCH & INNOVATION DIRECTOR
Cheryl Palamar | MARKETING DIRECTOR

BELOW: Vivo's new Community Hug space.



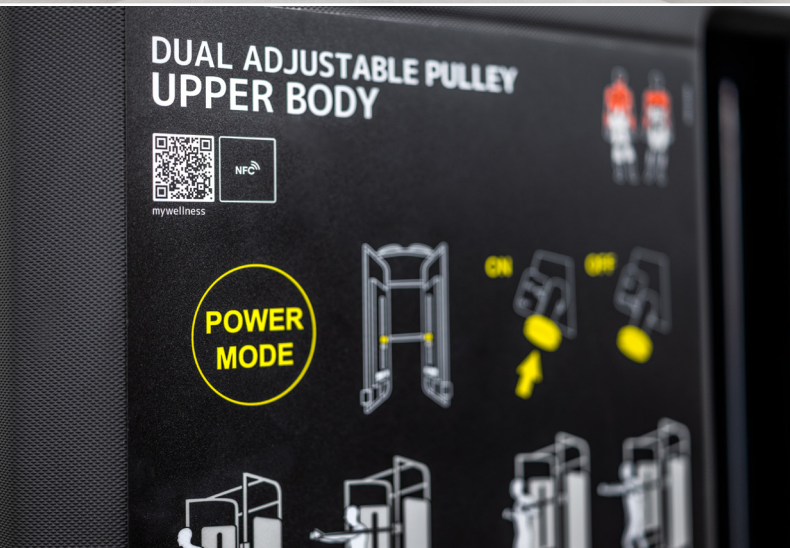


EXPANSION PROJECT: FITNESS

ABOVE: Artist render of Vivo's reimagined fitness centre.
RIGHT: The newly reopened fitness centre space.

In 2020, Vivo embarked on a transformative journey with the launch of the Expansion Project. This ambitious initiative was designed to make a lasting impact on the health and well-being of communities we serve, reflecting our commitment to corporate social responsibility and sustainable business practices. →





In March of 2023, we reopened the expanded and reimagined fitness centre. At Vivo, we believe that fitness should be accessible to everyone. That's why we've created an inclusive fitness space that caters to individuals of all abilities and fitness levels. Our expert trainers and staff are dedicated to creating an environment that is supportive, encouraging, and welcoming. From state-of-the-art group cycling in the Summit Studio and strength equipment to group fitness classes tailored to different interests, there's no shortage of options to help you achieve your fitness goals.

New Fitness Equipment

Vivo is proud to partner with **Technogym** on all of our fitness equipment. Features like multiple language access and adjustable equipment for different abilities is a stand out feature of the program: www.vivo.ca/the-centre/fitness-centre/.





Place Matters: Transforming Communities in North Calgary

Place Matters: A North Calgary Project was made possible by the City of Calgary – Your Local Government’s Council Innovation Fund and Suncor Energy Foundation in collaboration with Parks Foundation Calgary and Vivo to discover what creates a sense of belonging in North-Central Calgary. During 2022-2023, we launched a community engagement initiative to listen and learn about who are the communities of belonging, what creates a prosperous community, what are the strengths and assets of north Calgary and how do we build things that care for us instead of more things we need to take care of.

The insights gained informed a co-creation strategy model and tool kits for grassroots park development

across North Central Calgary. Along the way, we measured things like engagement, connections, and community activation. The project also helped to generate a list of priorities of community-driven outdoor space projects for the future.

In the heart of North Calgary, a transformative initiative is underway that is reshaping the very fabric of communities. The “Place Matters” project, aimed at fostering sustainable development and community well-being, has garnered widespread attention for its innovative approach to creating vibrant, inclusive neighborhoods. At the forefront of this endeavor is Vivo, whose dedicated participation is helping turn the vision of thriving communities into a reality.

What We Did

Using a co-development model, we collaborated with key community mobilizers on events and targeted engagements. The events included “streams” of engagement: a blessing of the land, two bus tours (one targeting business owners and operators and the other targeting community activators), subject matter expert interviews, a capital projects survey and an engagement prioritization public event on Neighbour Day.

Vivo for Healthier Generations and Parks Foundation received \$100,000 in funding from the Council Innovation Fund in 2021 for the project A Strategy Model for Grass Roots Park Space Development in North Central Calgary, herein referred to as Place Matters. The objective of the project was to engage North Calgary community members in the development of a strategy model for grassroots park development and to identify priorities for outdoor public space projects.

Report contents include:

- A summary of community engagement methods and insights
- Recommendations to support Calgary’s outdoor public spaces
- Priorities for future outdoor public space projects in North Calgary
- Community toolkits to support future community engagement and outdoor public space project development

Link to final report:

www.vivo.ca/wp-content/uploads/2023/12/Place-Matters-Final-Report-Dec62023.pdf

Link to toolkits:

www.vivo.ca/wp-content/uploads/2023/11/Attach-2-Community-Engagement-Toolkit-EC2023-1157.pdf



IMAGES: Activities from the June 17, 2023 Place Matters event at Vivo.

2022-23

Vivo Supporters

*Excluding Anonymous Donors

- | | | |
|---|------------------------------|----------------------------------|
| Aimee Johnston | Cheryl Palamar & Chris Roy | Kimberley Chan |
| Alec Silenzi | Chris Meads | LAN Solutions Corp. |
| Amanda Davis | Christiane Job McIntosh | Laura Gallo |
| Amanda Pankonin | Courtney Cathcart | Lorna Kettles |
| Andrea Kennedy | Cynthia and David Watson | Mari & Liam Eisenberg |
| Armela Duna | Desiree Campbell | Maria Kwan |
| Ben and Ruth Banks | EFS Clean | Mark Caldwell |
| BMO Financial Group | Eva Kwan and Michael Barrett | Mark Hopper |
| Bob and Heather Charles | Exhibit Studio Ltd. | Mawer Investment Management Ltd. |
| Brian Foster | Gagan Dhaliwal | Mei Yang |
| Burns Memorial Fund | Geogy Joseph | Melissa Buzan |
| Calgary Adapted Hub/Calgary Sport Council Society | Gregory Stein | Melissa Halderman |
| Calgary Foundation | Jaime and Aileen Ong | Method Works Consulting |
| Calgary Shaw Charity Classic Foundation | Jason Dziver Photographer | Michael Lee Hing |
| Callow & Associates Management Consultants | Jennifer Ireland | Nadine Guard |
| Canadian Parks and Recreation Association | Jessie Leighton | Noodlebox |
| Canadian Tire - Country Hills | Joe and Mary Anderson | Noreen Rude |
| Catherine Angus | John DeRinzy | Norma Jean Hogg |
| Chantal Morin | Jordan Kanygin | Obasi Children Foundation Ltd. |
| Cheryl & Brian Kielly | Kelsey & Jason Murdoch | Parker PR |
| | Kenzie Handforth Noel | RBC Foundation |
| | Kim Gould | Robin Hopkins |



IMAGE: Artist rendering of the donor wall centerpiece for Vivo's new east lobby.

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|----------------------|---------------|-----------------------------|
| Rogers Insurance | Shu Zhu | Tracy Liu |
| Ron Buchan | Sung Bang | Trimac Transportation |
| Ruth Monsalve | Susan Green | Tyler Hagan |
| Sam & Alice Lam | TC Energy | William & Sharon Nurnberger |
| Sandi & Pat Grassick | Tim Hungate | Xiaofei Liu |
| Shaw Communications | Tom Bladen | |
| Shayne G. Chidlaw | Tracey Martin | |

Major Funders



INDEPENDENT AUDITOR'S REPORT 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, 2023;
- the summary statement of operations for the year then ended;
- the summary statement of changes in net assets for the year then ended; and
- 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, 2023.

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 January 24, 2024, 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.

Auditor's Responsibilities

Our responsibility is to express an opinion on whether the summary financial statements are consistent in all material respects, with 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.



Chartered Professional Accountants
CALGARY, CANADA | February 12, 2024

SUMMARY OF ANNUAL FINANCIAL STATEMENTS

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

ASSETS	2023	2022
Current assets	11,766	33,504
Capital assets	1,987	941
	13,753	34,445
LIABILITIES		
Current liabilities	7,292	7,078
	7,292	7,078
NET ASSETS		
Unrestricted	(1,019)	(346)
Restricted	5,493	26,772
Invested in capital assets	1,987	941
	6,461	27,367
	13,753	34,445

SUMMARY STATEMENT OF OPERATIONS AND NET ASSETS | Year Ended August 31 (in thousands)

REVENUE	2023	2022
Admissions	679	37
Programs and services	486	612
Facility rentals	1,149	950
Interest and other	471	611
Grants and donations	1,928	3,830
Tenant lease	233	226
	4,946	6,266
EXPENSE		
Salaries and benefits	3,315	3,102
Building operations	1,945	1,165
Administration and general	925	888
Programs and services supplies	35	122
Project costs	19,302	25,607
Marketing	116	-
Capital maintenance expense	-	12
Amortization	291	289
	25,929	31,185
Deficiency of revenue over expense, before other income (losses)	(20,983)	(24,919)
Gain on sale of capital assets	23	-
Change in unrealized gain (loss) on investments	53	(926)
Deficiency of revenue over expense	(20,907)	(25,845)
CHANGE IN NET ASSETS		
Balance of net assets, beginning of year	27,367	53,212
Balance of net assets, end of year	6,461	27,367

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

CASH FLOWS PROVIDED BY (USED IN)	2023	2022
Operating activities	(2,727)	(8,401)
Financing activities	750	-
Investing activities	(1,313)	(350)
Decrease in cash and cash equivalents	(3,290)	(8,751)
Cash and cash equivalents, beginning of year	3,980	12,731
CASH AND CASH EQUIVALENTS, END OF YEAR	690	3,980
Unrestricted cash	16	618
Restricted cash	674	3,362
	690	3,980



VIVOTM.ca

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