



vivo™

2024-25
Annual
Report



MAIN: *Kapwa* mural artists Harvey Nichol and Tiffany Lynn Cuffley.

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BELOW: Vivo team member leads the celebration at Vivo's 20th Anniversary Event, October 20, 2024.



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.



Purpose

To live for healthier generations.

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.

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.

A Message from Vivo's Board Chair, Courtney Cathcart



We will never be able to fully sum up 20 years in one report—especially when those two decades have been so full with community engagement and experiences. Gratefully, we were gifted the perfect theme when embarking on our 20th year: *Kapwa*.

Kapwa—to see oneself in another. It's that beautiful, empathetic act of recognizing our shared humanity and community.

This powerful Filipino word, meaning “kindred” or “neighbour”, was gifted to us by mural artists Harvey Nichol and Tiffany Lynn Cuffley. Not only did they collaborate with each other and the community to bring a mural to life that's as vibrant, impactful, and diverse as our community, but they also taught us the meaning of Kapwa. Little did they know the lasting impact it would have on us.

And so, we warmly and excitedly declared the beginning of our second decade, the year of Kapwa!

From our groundbreaking beginnings to reaching capacity, expanding, and now celebrating 20 years – we owe it all to you, the community. When we first opened our doors in the fall of 2004, we were serving a community of 79,000. Fast forward to 2025 – we now proudly serve more than 180,000 residents – an amazing, diverse, and vibrant community. Vivo means “to live,” and thanks to your ideas, needs, and dreams, we have had the privilege to do just that right here in north-central Calgary.

At Vivo, we consider 30 years to be one generation. We are now two-thirds of the way to marking our first generation. When you've set out to raise healthier generations, 20 years is a big deal. Ensuring we are not only meeting the needs but also igniting a mindset for healthier generations in everyone we encounter remains our aspiration.

We step boldly into the last third of this journey, eager to deliver meaningful wellness experiences to you and your family.

Thank you for 20 years together – 20 years of community and healthier generations. ▶

COURTNEY CATHCART
VIVO BOARD CHAIR



Vivo's Board of Directors

OFFICERS

- Courtney Cathcart | Board Chair
- Alec Silenzi | Vice Chair
- Michael Lee Hing | Treasurer
- Jessie Leighton | Secretary

DIRECTORS AT LARGE

- Byron Dent
- Brian Foster
- Christiane Job-McIntosh
- Jenn Johnson
- Karen Kajla
- Aileen Ong
- Argenis Osorio
- Jamie Zachary

Celebrating 20 Years of Healthier Generations

Two decades of impact, innovation,
and healthier generations.

BELOW: Cardel Place as seen from above in 2004.



▶ 1997

1997
**Nose Creek Sports and
Recreation Association
is established**

1997-2003
**Building Community
Campaign Begins**

▶ 2004

▶ 2005

2004
Cardel Place Opens
**CARDEL
PLACE**

"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**

2005
**Alberta's 1st LEED Gold
Accredited Facility**

Vivo is built using regional materials and recovers the heat from mechanical refrigeration and pool; using it to pre-heat hot water and hot air supply.

▶ 2006

▶ 2009

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**

2009
**Child + Youth
Action Research**

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

"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, Past Research & Innovation
Director, Member of Team Vivo for 19 Years**

▶ 2010

▶ 2011

2010
Charitable Status

We are a charity! Through our in-house subsidy program, Everybody Plays and generous donations from the community, we are giving children and adults 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**

2011
Healthier Generations

A new vision to solidify our bold promise - for healthier generations.

At the same time, Vivo launched a new program designed through research and innovation. Vivo's 4in1 Physical Literacy Research Program.



BELOW: An artist depiction of Cardel Place.



▶ 2012

▶ 2014

▶ 2020

▶ 2013

▶ 2015

▶ 2018

▶ 2019

▶ 2021

**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 learning.

**2014
Expansion/
Capital Campaign**

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

**2018
Back to Basics,
Better Together,
Be More Playful**

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

“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

“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

**2019
Vivo Play Project**

Together with the Public Health Association of Canada, Suncor, and anonymous, the Vivo Play Project helped communities bring more free play to north-central Calgary and measured the impact this has on living better, healthier, happier lives.

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

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

“My favourite part is everything.”

Community Participant, Child

**2019
Vivo 15**

We celebrated fifteen years of play together, half of a generation!

vivo15

“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, Vivo Member

**2019
Make Room for Play**

After 15 years, our community was feeling the squeeze – the population of north-central Calgary had almost doubled since opening. We needed more room for play.

Vivo was honoured to receive funding from all levels of government. This funding securely set us on the path to expansion

**March 2020
COVID-19 Pandemic
Closes the Facility**

Vivo is closed because of the COVID-19 pandemic.

**September 2020
Facility Reopens at
Reduced Capacity**

**2021
All-In for Community
Capital Campaign**

The All-In for Community Campaign was launched to secure the remaining 10% required for expansion funding.

**April 2021
Expansion
Ground-Breaking**

A hybrid celebration of the ground-breaking for expansion.

**November 2021
Modified Operations
for Expansion Begin**

The community saw the closure of fitness, swimming, public skating, childminding, and the climbing wall as we shifted into expansion mode.

BELOW: “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



BELOW: Play Ambassador Training in preparation for the 2019 Vivo Play Project.



▶ 2023

March 2023 Expanded and Renovated Fitness Centre Opens

October 5, 2023 Grand Opening

After two years of expansion construction, Vivo re-opens to the community!

▶ 2024

January 2024 to March 2025 Young Professionals Program Runs

A free learning opportunity to foster young people's confidence and competence to better prepare them for the evolution of Calgary's workforce and securing employment.

February 5, 2024 Fully Operational

Vivo's facility is fully operational – including vendors and partners, for the first time since before the pandemic

October 20, 2024 Vivo's 20th Anniversary Vivo's 20th anniversary celebration sees the community out in numbers to celebrate in the spirit of *Kapwa*.

▶ 2025

2025 Biophilic Design Research with AREF

In partnership with the Alberta Real Estate Foundation, Vivo launched a research initiative to evaluate the impact of Biophilic Design in the built environment on the health and wellness of our members and our community. ▶



ABOVE: Vivo's Indoor Park; Everybody Plays Summer Camp donation recipients Lhogan, Laura, and River.

Everybody Plays at Vivo

With the return to full service, we saw an increased need from the community. Accessing recreation, activity, and community means removing barriers for those in need. Through our in-house subsidy program, **Everybody Plays**, we were able to provide the community with additional support to 1,400+ Vivo Members and means to access programs like Summer Camp.

"The free week of summer camp helped my family a lot – especially me! The kids had fun and every day after camp they had lots of stories to tell us. As a mother of three, this free camp helped me a lot, especially with my mental health. Sending Lhogan and Laura [to camp] eased my load in the house. It gave me a little bit of quiet time when my toddler was sleeping!"

I'm so happy they were able to go to summer camp for the very first time with Vivo.

"I'm so happy they were able to go to summer camp for the very first time with Vivo. My kids have never had any paid activity because it's expensive and we can't just afford it. Vivo is close to our house and I don't need to drive far for my kids to enjoy.

"And I'm so thankful you guys have an activity like this."

This summer Camile's two oldest children, Lhogan and Laura, had the opportunity to attend summer camp at Vivo. Through generous donations to Everybody Plays, Lhogan and Laura were given a week at camp – free of charge.

"This has been the best camp of all summer."

1,510 Campers
33 Recipients*



*Recipients attended Vivo Summer Camp for free through our nominate a kid for camp contest.

Rhedina's son, River, is ten and like most ten-year-olds, is starting to venture out independently. Being on the Autism Spectrum, River, can find new experiences and new people overwhelming.

River was one of the 33 recipients of Vivo's Everybody Plays Send a Kid to Camp Contest. He experienced one free week of summer camp thanks to generous donations from the community – an experience he otherwise would not have had.

"I was very nervous about him attending [camp] and seeing how he was after the first day, I knew I made the right decision by nominating him to attend. He was over the moon excited to tell me all about camp and how he made friends and his confidence overall has improved so much."

Rhedina shared that upon walking into Vivo, the smiles and happiness of the camp counsellors put her and her son right at ease.

Through continued support from generous donors – like you – Vivo continues to be able to reduce financial barriers to recreation through Everybody Plays. ▶

BELOW: Celebrations take place for Vivo's 20th Anniversary Event, October 20, 2024.





2024-25 Donors

Cheers to Cynthia Watson

For Heart-Led, Visionary Leadership



After fourteen years of visionary leadership, Cynthia Watson has handed over the reins of Vivo. To say we are grateful for Cynthia's contributions to Vivo is an understatement. Cynthia breathed new life into Vivo as the director of the Canadian Academy for Healthy Living and courageously carried the torch as Chief Evolution Officer for ten years – that's nearly half of a generation! Cynthia didn't just lead Vivo — she helped transform it.

Her open-minded thought process, inclusive heart, and passion for this community are unmatched. Cynthia guided us with courage, curiosity, and imagination that shaped not only our growth, but also the way we see what's possible. She led the organization through a \$60M Capital Campaign for expansion and left a mark on the hearts and minds of all of those with which she collaborated.

Cynthia's leadership has and always will overflow beyond her role – her ability to truly care for others while simultaneously encouraging growth and imagination is the mark of a true and timeless leader. Cynthia is always able to see and pursue the moonshot – from the Canadian Academy for Healthier Generations to completing Vivo's expansion including a first of its kind Indoor Park – Cynthia's big-thinking inspires everyone around her to rise up.

We are confident Cynthia's heart for community, steadfast dedication, and inextinguishable passion will continue to positively impact the quality of life for all Calgarians in her new role as the CEO of the Calgary Parks Foundation. All the best, Cynthia, we'll see you in the parks! ▶

ABOVE: Vivo's *Kapwa* mural is 30 feet tall and 90 feet across. 'Kapwa', is a Tagalog word that means 'our shared identity'.

Thank You to Our Major Funders



& Individual Contributors

- Adrian Manlongat
- Aimee Johnston
- Alanna Bryant
- Alberta Real Estate Foundation
- Alberta Recreation & Parks Association
- Alec Silenzi
- Alexis Apps
- Annie Mark
- Argenis Osorio
- Armela Duna
- BMO Financial Group
- BOND Creative
- Brian Foster
- Byron Dent
- Calgary Shaw Charity Classic Foundation
- Callow & Associates Management Consultants

- Canadian Parks & Recreation Association
- Cheryl and Brian Kielly
- Chris Meads
- Christiane Job McIntosh
- Cobs Bread
- Courtney Cathcart
- Cynthia & David Watson
- Daniel Sabourin
- Darcy Dueck
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- Surinderjit and Amarjit Plaha
- Susan Green
- TD Friends of the Environment Foundation
- Teresa Billesberger
- Tim Hungate
- Tracey Martin
- YMCA Calgary

We are grateful for the contributions of our **anonymous donors** who give quietly but impact loudly. ▶

Report of the Independent Auditor's 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 Society), which comprise:

- The summary statement of financial position as at August 31, 2025
- the summary statement of operations and 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, 2025.

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 Society'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 Statements and Our Report Thereon

On our report dated December 12, 2025, 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 6, 2026

SUMMARY OF ANNUAL FINANCIAL STATEMENTS PREPARED FROM THE AUDITED FINANCIAL STATEMENTS FOR THE PERIOD ENDED AUGUST 31, 2025

SUMMARY STATEMENT OF FINANCIAL POSITION As at August 31 (in thousands)		
	2025	2024
ASSETS		
Current assets	1,164	3,103
Capital assets	2,168	2,341
	3,332	5,444
LIABILITIES		
Current liabilities	3,238	3,296
	3,238	3,296
NET ASSETS		
Unrestricted	(2,708)	(2,273)
Restricted	634	2,080
Invested in capital assets	2,168	2,341
	94	2,148
	3,332	5,444

SUMMARY STATEMENT OF OPERATIONS AND NET ASSETS Year Ended August 31 (in thousands)		
	2025	2024
REVENUE		
Admissions	4,689	3,174
Programs and services	1,332	880
Facility rentals	1,477	1,367
Interest and other	296	666
Grants and donations	379	1,120
Tenant lease	281	259
	8,454	7,466
EXPENSE		
Salaries and benefits	5,179	4,701
Building operations	2,751	2,927
Administration and general	970	916
Programs and services supplies	103	88
Project costs	845	2,626
Marketing	206	170
Interest	46	212
Amortization	422	423
	10,522	12,063
Deficiency of revenue over expense, before other income	(2,068)	(4,597)
Gain on investment redemption	52	62
Change in unrealized gain on investments	(38)	222
Deficiency of revenue over expense	(2,054)	(4,313)
CHANGE IN NET ASSETS		
Balance of net assets, beginning of year	2,148	6,461
Balance of net assets, end of year	94	2,148

SUMMARY STATEMENT OF CASH FLOWS Year Ended August 31 (in thousands)		
	2025	2024
CASH FLOWS PROVIDED BY (USED IN)		
Operating activities	(1,812)	(1,696)
Financing activities	105	(42)
Investing activities	1,078	1,723
Decrease in cash and cash equivalents	(629)	(15)
Cash and cash equivalents, beginning of year	675	690
Cash and cash equivalents, end of year	46	675
Unrestricted cash	3	4
Restricted cash	43	671
	46	675

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