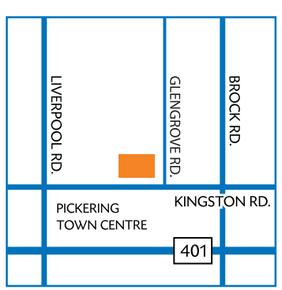
Muskoka Steamship Cruise

The Community Members of V!VA Pickering were all aboard the RMS Segwun's, North America's oldest operating mail steamship in Muskoka. We all enjoyed a delicious turkey lunch dinner with all the fixings including homemade apple crumble for dessert! After lunch, we made our way up to the top deck for a better view of our cruise around the Bay. Sites included the Narrows into Lake Muskoka, past the iconic Gravenhurst Lighthouse. It was a beautiful day and the company was even better! There are still two more boat cruises scheduled for this summer, check your calendar for details and we look forward to seeing you there!

Cruising the Muskoka Bays.

WASHER TOSS COMPETION

Our competitive side came out this past June when we challenged our sister location V!VA Mississauga to a washer toss competition. After a month of great practice, our team of Community Members were prepared for the battle! After enjoying a delicious BBQ lunch together, the games began! Even though it was a close call, we are happy to say that V!VA Pickering took the win! Thank you to everyone that participated, and we'll see you at this month's V!VA Olympics (where we still plan on taking home that trophy)!



Making Today Great!

V!VA Pickering Retirement Community

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www.vivalife.ca 905.831.2088

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V!VA*voice*

V!VA Retirement Communities™ PICKERING

August 2018

Your V!VA Community Newsletter

6th Year Anniversary

Happy Anniversary V!VA Pickering! We can't believe that it's been 6 years since we first opened our doors. We celebrated this milestone by having a 1950's themed Sock Hop party–we had costumes, malt shop style snacks, a photo booth and a live big band with our very own Matthew Vilord as the leading vocalist. Melany from Lifestyles put together a fantastic video slideshow featuring all the pictures from the last year, showing off just how much fun we all have here at V!VA Pickering! It was an amazing day and we want to thank everyone for their hard work on making this event a huge success. Be sure to check out our in-house TV Channel on 988 to see all the pictures from our photo booth!

A photobooth frenzy to celebrate the memories.

Let's Say Hello to August!

DID YOU KNOW...

The zodiac signs for August are Leo (Jul 23 – Aug 22) and Virgo (Aug 23 – Sept 22)

August in the Northern Hemisphere is similar to February in the Southern Hemisphere.

August's flower is the gladiolus, discovered in Africa in the 17-18th centuries and was initially used as food.

The name "August" was given by Roman emperor Augustus in 8BC, who claimed this month his own as most of his victories happened in August.

The birthstones for August are the peridot and the sardonyx.

Famous birthdays in August: Barack Obama, Herman Melville, Hulk Hogan, Mila Kunis, Jennifer Lawrence, Ben Affleck, Madonna, Robert DeNiro, Peter O'Toole and Cameron Diaz.

SUDOKU FUN!

				3	9	2		5
4	9	2					6	
6	5	3		7			8	1
3	6		7	2	5			
				4		5		
		5		6				
2	4	1			6	7		3
			4	9			2	
	8		3		2		5	4

	5	7	3	1			9	6
6		1	4		5			
8	2	3	7	9		4		5
9	1				7		5	4
	4	6		5	9	1		
2		5	8		1	9	6	
3		2		7		5		
5		4		2	3	6		1
1	7		5		4	3		8

			7	2	6	8	4	
4	8		5			6	7	2
				3		5		9
				5		7		
	9	4	1	8	3	2		
			6		4	9		
	6	5	3	4	7		2	8
8			9	6		3	5	7
			8	1		4	9	

	4							
8	3	9				1		
			8	9		5		2
9	5	6		3		4		
4				6		3		
		3	5			6		9
5	9				3	7	6	1
	7	8		5		2	4	
	1		4	7			9	5

Each puzzle consists of a 9x9 grid containing given clues in various places. The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3x3 box.

August 2018 — WEEKS 1, 2 & 3 — V!VA Pickering

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LEGEND Orange — Fitness Class Purple — Special Event Green — Excursion Sign Up Cost Required Shuttle Walking	(PC) Perks! Café (PP) Pints! Pub (TR) Therapy Room (VP) V!VA*plex* (VG) Victory Garden (VS) V!VA*fit* Studio (L) Lobby (CC) Community Commons (BG) Brain Gym (CK) V!VA*craft* Kitchen (FD) Family Den (HR) Horticulture Room (P) Pool		**1** 10:00 Men's Exercise (VS) 10:00 **Walking Program: Frenchman's Bay** 10:45 Zumba with Matti (VS) 11:00 V!VA*fit* Sit (FD) 1:00 **Outing: Mini Golf** 1:30 Friendly Euchre (PP) 2:00 V!VA*fit* Sit (VS) 3:00 **"Adventures of an Artist" with Barbara Sutherland (CK)** 4:00 **V!VA Olympics: Bola Ball (VS)** 7:00 Bingo with Holly & Alanna (CK)	**2** 10:00 V!VA*fit* Balance (VS) 10:45 Needlecrafts (CK) 11:00 **Intro to V!VA Summer Olympics vs VM & VTHW (PP)** 11:15 **Men's Club Lunch Outing** 2:00 Exercise: Falls Prevention (VS) 3:00 V!VA Choir Practice (FD) 3:00 Technology Class (BG) 4:00 **V!VA Olympics: Shot Putt Toss (CK)** 7:00 Hymn Sing & Bible Study (FD)	**3** 10:00 V!VA*fit* Sit & Stand (VS) 10:45 Mental Aerobics: Spot the Difference (BG) 1:00 **Shopping Shuttle** 1:30 Milk Mat Program (CK) 2:00 Exercise: Falls Prevention (VS) 3:00 **August Birthday Party with Marvir (PC)** 4:00 **V!VA Olympics: Washer Toss (VS)**	**4** 10:00 V!VA*fit* Flow (VS) 10:45 Doc: Helen Keller- The Story of My Life Part 1 (VP) 1:30 Open Swim (P) 3:00 **Series: The Crown – Gloriana (VP)** 4:00 Mental Aerobics: Word Twist (BG) 7:00 Movie Night (VP)
5 10:00 V!VA*fit* Sit (VS) 10:45 Doc: Helen Keller- The Story of My Life Part 2 (VP) 2:00 V!VA*fit* Sit (FD) 4:00 Get to Know your Neighbours 20 Questions (CK) 7:00 Movie Night (VP)	**6** 10:00 V!VA*fit* Combo (VS) 10:45 Milk Mat Program (CK) 1:00 **Ajax Casino** 1:30 Friendly Bridge (PP) 3:00 Mental Aerobics: Catchphrase (BG) 4:00 **V!VA Olympics: Bola Ball (VS)** 4:00 V!VA*fit* strolls (L)	**7** 10:00 Exercise: Falls Prevention (VS) 10:00 **Shopping Shuttle** 10:45 Left, Right & Center (BG) 1:30 Chicken Soup Stories (FD) 2:00 V!VA*fit* Strength (VS) 3:00 **Rexall Presentation: Sleep (VP)** 4:00 **V!VA Olympics: Washer Toss (VS)** 7:00 Cards with Gary & Pam (PC)	**8** 10:00 Men's Exercise (VS) 10:00 **Shopping in Cookstown** 10:45 Zumba with Matti (VS) 11:00 V!VA*fit* Sit (FD) 1:30 Friendly Euchre (PP) 2:00 V!VA*fit* Sit (VS) 3:00 **Ice-Cream Social (PC)** 4:00 Name that Tune (PP) 7:00 Bingo with Holly & Alanna (CK)	**9** 9:30 **Tour & Pinic lunch at Dutch Mastor Nursery** 10:00 V!VA*fit* Balance (VS) 10:45 Needlecrafts (CK) 1:30 Open Gym (VS) 1:30 **Walker Clinic (PP)** 2:00 Exercise: Falls Prevention (VS) 3:00 Choir Practice (FD) 3:00 **Team Member Spot Light: Matthew (PC)** 4:00 **V!VA Olympics: Shot Putt Toss (CK)** 7:00 Hymn Sing & Bible Study (FD)	**10** 10:00 V!VA*fit* Sit & Stand (VS) 10:45 Mental Aerobics: Word Twist (BG) 1:30 **Walking Program: Oshawa Botanical Garden** 1:30 Milk Mat Program (CK) 2:00 Exercise: Falls Prevention (VS) 3:00 **V!VA Pickering's 6 Year Anniversary Slideshow (PC)?** 4:00 **V!VA Olympics: Washer Toss (VS)**	**11** 10:00 V!VA*fit* Flow (VS) 10:45 Mental Aerobics: Memory Tray(BG) 1:30 **Aquafit with Georgia (P)** 3:00 **Series: The Crown – Misadventure (VP)** 4:00 **V!VA Olympics: Bola Ball (VS)** 7:00 Movie Night (VP)
12 10:00 **Church Service w/ Patricia (PP)** 10:00 V!VA*fit* Sit (VS) 10:45 Bio: Jimmy Stewart (VP) 2:00 V!VA*fit* Sit (FD) 3:00 **V!VA Live: Jeopardy (PC)** 4:00 Competitive Tic Tac Toe (VS) 7:00 Movie Night (VP)	**13** 10:00 V!VA*fit* Combo (VS) 10:30 **Lunch Downtown and Harbour Front Boat Cruise** 10:45 Milk Mat Program (CK) 11:00 **Cooking: Making Pizzas for lunch (CK)** 1:30 Friendly Bridge (PP) 2:00 Exercise: Falls Prevention (VS) 3:00 **Pres: A Short History of Pickering/Ajax (VP)** 4:00 **V!VA Olympics: Shot Putt Toss (CK)**	**14** 9:30 **St. Jacob's Market** 10:00 **Wellness Clinic (FD)** 10:00 Exercise: Falls Prevention (VS) 10:45 Mental Aerobics: Word Tiwist (BG) 1:30 Open Gym (VS) 1:30 **Hearing Clinic (TR)** 2:00 V!VA*fit* Strength (VS) 3:00 Wine & Paint (CK) 4:00 **V!VA Olympics: Washer Toss (VS)** 7:00 Cards with Gary & Pam (PC)	**15** 10:00 Men's Exercise (VS) 11:00 V!VA*fit* Sit (FD) 11:00 **Westway Club Tea and Dancing** 1:30 Friendly Euchre (PP) 2:00 V!VA*fit* Sit (VS) 3:00 **End of the Summer Social (PC)** 4:00 **V!VA Olympics: Bola Ball (VS)** 7:00 Bingo with Holly & Alanna (CK)	**16** 10:00 V!VA*fit* Balance (VS) 10:45 Needlecrafts (CK) 1:00 **Shopping Shuttle** 1:30 Open Gym (VS) 2:00 Exercise: Falls Prevention (VS) 3:00 V!VA Choir Practice (FD) 3:00 **Classical Music Presentation with Joseph (VP)** 4:00 **V!VA Olympics: Washer Toss (VS)** 7:00 Hymn Sing & Bible Study (FD)	**17** 10:00 V!VA*fit* Sit & Stand (VS) 10:00 **St. Lawrence Market** 10:45 **Program Meeting (CK)** 12:00 **Denture & Hygienist Clinic (TR)** 1:30 Milk Mat Program (CK) 2:00 Exercise: Falls Prevention (VS) 3:00 **VP Mom & Tot plus CM program (L)** 4:00 **V!VA Olympics: Bola Ball (VS)**	**18** 10:00 V!VA*fit* Flow (VS) 10:45 Discussion: News and Views (BG) 1:30 **Aquafit with Georgia (P)** 3:00 **Series: The Crown – A Company of Men (VP)** 4:00 **V!VA Olympics: Shot Putt Toss (CK)** 7:00 Movie Night (VP)

August 2018 — WEEKS 4 & 5 — V!VA Pickering

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 10:00 V!VA*fit* Sit (VS) 10:45 Drink Making on the Patio (CK) 2:00 V!VA*fit* Sit (FD) 3:00 **V!VA Live: Wheel of Fortune (PC)** 4:00 Cards: Old Maid (BG) 7:00 Movie Night (VP)	**20** 10:00 **Grand River Boat Cruise** 10:00 **Church Service with John (PP)** 10:00 V!VA*fit* Combo (VS) 10:45 Milk Mat Program (CK) 1:30 Friendly Bridge (PP) 2:00 Exercise: Falls Prevention (VS) 3:00 **History Presentation with Lianne: Enchanted Food (VP)** 4:00 **V!VA Olympics: Shot Putt Toss (CK)** 7:00 Games Night with Karen (PC)	**21** 10:00 Exercise: Falls Prevention (VS) 10:45 Technology Class (BG) 12:30 **Outing to Pickering Museum Village** 1:30 Open Gym (VS) 2:00 V!VA*fit* Strength (VS) 3:00 **Mental Aerobics: Murder Mystery (CK)** 4:00 **V!VA Olympics: Washer Toss (VS)** 7:00 Cards with Gary & Pam (PC)	**22** 10:00 Men's Exercise (VS) 10:45 Zumba with Matti (VS) 11:00 V!VA*fit* Sit (FD) 1:00 **Shopping Shuttle** 1:30 Friendly Euchre (PP) 2:00 V!VA*fit* Sit (VS) 3:00 Presentation: Major Scandals of the 20th Century (VP) 4:00 **V!VA Olympics: Bola Ball (VS)** 7:00 Bingo with Holly & Alanna (CK)	**23** 9:00 **Foot Care Clinic (TR)** 10:00 V!VA*fit* Balance (VS) 10:45 Needlecrafts (CK) 1:00 **Walking Program: Edwards Garden** 1:30 Open Gym (VS) 2:00 Exercise: Falls Prevention (VS) 3:00 V!VA Choir Practice (FD) 3:00 **V!VA Live: Now & Then Gameshow (PC)** 4:00 V!VA strolls (L) 7:00 Hymn Sing & Bible Study (FD)	**24** 10:00 V!VA*fit* Sit & Stand (VS) 10:45 Mental Aerobics: Word Twist (BG) 1:00 **Whitefeather** 1:30 Milk Mat Program (CK) 2:00 Exercise: Falls Prevention (VS) 3:00 **Hawaiian Luau Party (PC)** 4:00 **V!VA Olympics: Washer Toss (VS)**	**25** 10:00 **Reflexology Clinic (TR)** 10:00 V!VA*fit* Flow (VS) 10:45 Poetry Corner (CK) 1:30 **Aquafit with Georgia (P)** 3:00 **Series: The Crown – Lisbon (VP)** 4:00 **V!VA Olympics: Bola Ball (VS)** 7:00 Movie Night (VP)
26 10:00 **Church Service w/ Patricia (PP)** 10:00 V!VA*fit* Sit (VS) 10:45 Doc: Women Who Changed the World - In the footsteps of Marie Curie (VP) 2:00 V!VA*fit* Sit (FD) 3:00 Mental Aerobics: Giant Crosswords (BG) 4:00 **V!VA Olympics: Washer Toss (VS)** 7:00 Movie Night (VP)	**27** 10:00 V!VA*fit* Combo (VS) 10:30 **Port Perry Antique Shopping** 10:45 Milk Mat Program (CK) 10:45 **Finalizing VP's Team for V!VA Olympics (CK)** 1:30 Friendly Bridge (PP) 2:00 Exercise: Falls Prevention (VS) 3:00 **Painting with Maggie (CK)** 4:00 **V!VA Olympics: Shot Putt Toss (CK)** 7:00 Games Night with Karen (PC)	**28** 9:30 **Pickering Lawn Bowling** 10:00 Exercise: Falls Prevention (VS) 10:45 Mental Aerobics: Word Twist (BG) 1:00 **Shopping Shuttle** 1:30 Open Gym (VS) 2:00 V!VA*fit* Strength (VS) 3:00 **An Afternoon with Elvis (PC)** 4:00 **V!VA Olympics: Practice for Finalists Only (VS)** 7:00 Cards with Gary & Pam (PC)	**29** 10:00 Men's Exercise (VS) 10:30 **Mirvish Theater "Come From Away"** 10:45 Zumba with Matti (VS) 11:00 V!VA*fit* Sit (FD) 1:30 Friendly Euchre (PP) 2:00 V!VA*fit* Sit (VS) 3:00 **Pres: How Toronto Neighbourhoods Got Their Names (VP)** 4:00 **V!VA Olympics: Practice for Finalists only (VS)** 7:00 Bingo with Holly & Alanna (CK)	**30** 9:30 **V!VA Thornhill Wood for the V!VA Olympic Competition** 10:00 V!VA*fit* Balance (VS) 10:45 Needlecrafts (CK) 2:00 Exercise: Falls Prevention (VS) 3:00 V!VA Choir Practice (FD) 3:00 **V!VA Pickering Choir Recital (PC)** 4:00 V!VA strolls (L) 7:00 Hymn Sing & Bible Study (FD)	**31** 10:00 V!VA*fit* Sit & Stand (VS) 11:00 **Picnic at Rotary Park** 1:30 Milk Mat Program (CK) 1:30 **Community Euchre (PP)** 2:00 Exercise: Falls Prevention (VS) 3:00 Left, Right and Center (BG) 4:00 **Gardening Meeting (HR)**	

*Calendars are subject to change.

What is a pirate's favorite letter?

Ya think it be R, but it's da C!

Why can't a bike stand up by itself?

Because it's two-tired!