



Team Members get scrubbing for a good cause.



Animal adventures at African Lion Safari.



Wine tours and picnics in Niagara Falls.



Enjoying a BBQ picnic at the Ajax Waterfront.

A 2018 Flash Back

In 2018, VIVA Pickering Retirement Community hosted many wonderful events which included our 6th anniversary celebration – 1950's theme party, the annual classic car show and the Christmas holiday bazaar where we raised over \$1200 for charity. We also celebrated three of our Community Members 100th birthdays! Community Members enjoyed some program favourites, like wine and paint, baking class and the V!VA choir. Plus, let's not forget the many outings we got to enjoy this year! Our various excursions included boat cruises, a visit to Niagara Falls, multiple plays, African Lion Safari, a winery tour and picnic by the waterfront and much more! Take a look at all the wonderful memories we've shared together this past year. We look forward to making more memories with you in 2019!



A 1950's party to celebrate our 6th Anniversary.



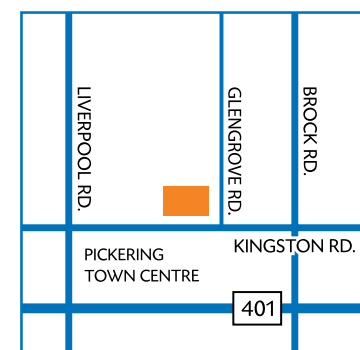
Celebrating 100 years.



Annual Classic Car Show.



Paint and wine - a V!VA Community favourite.



Making Today Great!

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All About Fireworks

DID YOU KNOW...

- 1 The earliest documentation of fireworks dates back to 7th century China, having been invented there more than 2000 years ago.
- 2 In 1240, Arabs acquired knowledge of gunpowder. A Syrian named Hasan al-Rammah wrote of fireworks using terms that suggested he derived his knowledge from Chinese sources.
- 3 The first recorded fireworks in England were at the wedding of King Henry VII in 1486.
- 4 The largest firework rocket was 13kg and was produced and launched in Portugal in 2010.
- 5 The largest chocolate firework measured 3m high, 1.5m in diameter and contained 60kg of Swiss Cailler chocolates. The firework was released in Zurich on New Year's Eve 2002.



BRAIN



TEASER

New Year's Day has arrived! Five fireworks of varying colours were set off at different times.

Can you determine the colour of each rocket and at what time it was set off?

		Colour					Time				
		Blue	Green	Purple	Red	Red & Green	Midnight	12:30am	12:45am	1:00am	1:15am
Firework	Apollo Rock										
	Big Rocket										
	Exploder										
	Shooting Star										
	Whiz-Bang										
Time	Midnight										
	12:30am										
	12:45am										
	1:00am										
	1:15am										





HINTS

1. The Big Rocket was set off before the Apollo Rock, but after the Whiz-Bang.
2. The Apollo Rock contained no red and was not set off last.
3. One of the rockets containing green was set off at 7:45pm, this was not the Big Rocket or the Shooting Star.
4. The red rocket was set off after the blue rocket, but before the purple rocket.
5. The Exploder was set off exactly 30 minutes after the blue rocket

Your Answers

Firework	Colour	Time
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Apollo Rock, Green, 12:45am / Exploder, Red, 1:00am / Shooting Star, Purple, 1:15am / Big Rocket, Blue, 12:30am / Whiz-Bang, Red & Green, midnight

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>LEGEND</p> <p>Orange Fitness Class</p> <p>Purple Special Event</p> <p>Green Excursion</p> <p> Sign Up</p> <p> Cost Required</p> <p> Shuttle</p> <p> Walking</p>	<p>(PC) Perks! Café</p> <p>(PP) Pints! Pub</p> <p>(TR) Therapy Room</p> <p>(VP) V!VAplex</p> <p>(VG) Victory Garden</p> <p>(VS) V!VAfit Studio</p> <p>(L) Lobby</p> <p>(CC) Community Commons</p> <p>(BG) Brain Gym</p> <p>(CK) Craft Kitchen</p> <p>(FD) Family Den</p> <p>(HR) Horticulture Room</p> <p>(P) Pool</p>	<p>1 NEW YEAR'S DAY</p> <p>10:00 V!VAfit Sit (VS)</p> <p>10:45 Doc: Alive and kicking at 100 - The secrets of the Japanese (VP)</p> <p>3:00 Discussion: Tips & Tricks on How to Keep Your New Year's Resolution (CK)</p> <p>4:00 Physical Game: Washer Toss (VS)</p> <p>7:00 Cards with Gary & Pam (PC)</p>	<p>2</p> <p>10:00 Men's Exercise (VS)</p> <p>10:45 Mental Aerobics: Word Twist (BG)</p> <p>11:00 V!VAfit Sit (FD)</p> <p>1:30 Friendly Euchre (PP)</p> <p>2:00 V!VAfit Sit (VS)</p> <p>3:00 Community Member Guess Who (PC)</p> <p>4:00 Physical Game: Bola Ball (VS)</p> <p>7:00 Bingo with Holly & Alanna (CK)</p>	<p>3</p> <p>10:00 V!VAfit Balance (VS)</p> <p>10:45 Needlecrafts (CK)</p> <p>1:00 Shopping Shuttle</p> <p>2:00 Exercise: Falls Prevention (VS)</p> <p>3:00 Wine & Paint: Winter Scenery (CK)</p> <p>4:00 Nintendo Wii: Bowling (PP)</p>	<p>4</p> <p>10:00 V!VAfit Sit & Stand (VS)</p> <p>10:45 Discussion: New Year, New Program Ideas (CK)</p> <p>11:30 Men's Club Lunch Outing: Bullocks</p> <p>1:30 Milk Mat Program (CK)</p> <p>2:00 Exercise: Falls Prevention (VS)</p> <p>3:00 Mom & Tots and CM Visit (L)</p> <p>4:00 Physical Game: Ping Pong (VS)</p>	<p>5</p> <p>10:00 V!VAfit Flow (VS)</p> <p>10:45 Series: The Royal House of Windsor – Love & Duty (VP)</p> <p>1:30 Aquafit with Georgia (P)</p> <p>3:00 TED Talk & Discussions: What's Wrong with What We Eat (VP)</p> <p>4:00 Physical Game: Leap Frog (VS)</p> <p>7:00 Movie Night (VP)</p>
<p>6</p> <p>10:00 V!VAfit Sit (VS)</p> <p>10:45 Series: The Bible – Hope (VP)</p> <p>2:00 V!VAfit Sit (FD)</p> <p>3:00 Hymn Sing with Tenna & Church Choir (PC)</p> <p>4:00 Zen Colouring (FD)</p> <p>7:00 Movie Night (VP)</p>	<p>7</p> <p>10:00 Church Service with Rev. Richard (PP)</p> <p>10:00 V!VAfit Combo (VS)</p> <p>10:45 Milk Mat Program (CK)</p> <p>10:45 Discussion Group with Myriam (BG)</p> <p>1:30 Friendly Bridge (PP)</p> <p>2:00 Exercise: Falls Prevention (VS)</p> <p>3:00 Superfood Series: Ginger (CK)</p> <p>4:00 Physical Game: Magnetic Darts (VS)</p> <p>7:00 Games Night with Karen (PC)</p>	<p>8</p> <p>10:00 Exercise: Falls Prevention (VS)</p> <p>10:30 Therapy Dog Visit (L)</p> <p>10:45 News & Views (BG)</p> <p>1:00 Shopping Shuttle</p> <p>2:00 V!VAfit Strength (VS)</p> <p>3:00 Rexall Presentation: Digestive Health (VP)</p> <p>4:00 Physical Game: Bucket Ball (VS)</p> <p>7:00 Cards with Gary & Pam (PC)</p>	<p>9</p> <p>10:00 Men's Exercise (VS)</p> <p>10:45 Zumba with Matti (VS)</p> <p>11:00 V!VAfit Sit (FD)</p> <p>1:30 Friendly Euchre (PP)</p> <p>2:00 V!VAfit Sit (VS)</p> <p>3:00 VIVA Live: Former Occupations Gameshow (PC)</p> <p>4:00 Physical Game: Disc Golf (VS)</p> <p>7:00 Bingo with Holly & Alanna (CK)</p>	<p>10</p> <p>10:00 V!VAfit Balance (VS)</p> <p>10:45 Library Day (CK)</p> <p>10:45 Needlecrafts (CK)</p> <p>10:45 Outing: IMAX Theatre: Journey To Space</p> <p>1:30 Mental Aerobics: Concentration (BG)</p> <p>1:30 Walker Clinic (PP)</p> <p>2:00 Exercise: Falls Prevention (VS)</p> <p>3:00 Laughter Yoga with Mark (PC)</p> <p>4:00 Mental Aerobics: Word Twist (BG)</p> <p>7:00 Hymn Sing & Bible Study (FD)</p>	<p>11</p> <p>10:00 V!VAfit Sit & Stand (VS)</p> <p>10:30 Picture Sharing (FD)</p> <p>10:45 Lunch Club: Make Your Own Pizza (CK)</p> <p>1:30 Milk Mat Program (CK)</p> <p>2:00 Exercise: Falls Prevention (VS)</p> <p>3:00 January Birthday Party (PC)</p> <p>4:00 Left, Right & Centre (BG)</p>	<p>12</p> <p>10:00 V!VAfit Flow (VS)</p> <p>10:45 Series: The Royal House of Windsor – Enter the Outsider (VP)</p> <p>1:30 Aquafit with Georgia (P)</p> <p>3:00 Meditation with Georgia (VS)</p> <p>4:00 Mental Aerobics: Memory Tray (BG)</p> <p>7:00 Movie Night (VP)</p>
<p>13</p> <p>10:00 Church Service w/ Patricia (PP)</p> <p>10:00 V!VAfit Sit (VS)</p> <p>10:45 Series: The Bible – Mission (VP)</p> <p>2:00 V!VAfit Sit (FD)</p> <p>3:00 VIVA Live: Wheel of Fortune (PC)</p> <p>4:00 Mental Aerobics: Taboo (BG)</p> <p>7:00 Movie Night (VP)</p>	<p>14</p> <p>10:00 V!VAfit Combo (VS)</p> <p>10:45 Milk Mat Program (CK)</p> <p>10:45 Discussion Group with Myriam (BG)</p> <p>1:30 Friendly Bridge (PP)</p> <p>2:00 Exercise: Falls Prevention (VS)</p> <p>3:00 Spotlight w/ College Student – Myriam (L)</p> <p>4:00 Mental Aerobics: Word Twist (BG)</p> <p>7:00 Games Night with Karen (PC)</p>	<p>15</p> <p>10:00 Wellness Clinic (FD)</p> <p>10:00 Exercise: Falls Prevention (VS)</p> <p>10:45 Crafts with Glengrove Students (CK)</p> <p>1:30 Mental Aerobics: Spot the Difference (BG)</p> <p>2:00 V!VAfit Strength (VS)</p> <p>3:00 VIVA Live: Test Your Senses Gameshow (PC)</p> <p>4:00 Physical Game: Bean Bag Toss (VS)</p> <p>7:00 Cards with Gary & Pam (PC)</p>	<p>16</p> <p>10:00 Men's Exercise (VS)</p> <p>10:45 Zumba with Matti (VS)</p> <p>11:00 V!VAfit Sit (FD)</p> <p>1:30 Friendly Euchre (PP)</p> <p>2:00 V!VAfit Sit (VS)</p> <p>3:00 Pres: Peppermint Oil & Its Benefits (CK)</p> <p>4:00 Scrapbooking (CK)</p> <p>7:00 Bingo with Holly & Alanna (CK)</p>	<p>17</p> <p>10:00 V!VAfit Balance (VS)</p> <p>10:45 Needlecrafts (CK)</p> <p>1:00 Shopping Shuttle</p> <p>2:00 Exercise: Falls Prevention (VS)</p> <p>3:00 Pool Party: Games, Dancing and Smoothies (P)</p> <p>4:00 Concentration: Think Fast (PC)</p> <p>7:00 Hymn Sing & Bible Study (FD)</p>	<p>18</p> <p>10:00 V!VAfit Sit & Stand (VS)</p> <p>10:45 Mental Aerobics: Concentration (FD)</p> <p>12:00 Denture & Hygienist Clinic (TR)</p> <p>1:00 White Feather</p> <p>1:30 Milk Mat Program (CK)</p> <p>2:00 Exercise: Falls Prevention (VS)</p> <p>3:00 Breaking the Winter Blues Party with Dilpreet (PC)</p> <p>4:00 Cards: Old Maid (BG)</p>	<p>19</p> <p>10:00 V!VAfit Flow (VS)</p> <p>10:45 Series: The Royal House of Windsor – Shadow of a King (VP)</p> <p>1:30 Aquafit with Georgia (P)</p> <p>3:00 Turkish Tea with Georgia (CK)</p> <p>4:00 Poetry Corner (CK)</p> <p>7:00 Movie Night (VP)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 10:00 VIVAfit Sit (VS) 10:45 Series: The Bible – Betrayal (VP) 2:00 VIVAfit Sit (FD) 3:00 VIVA Live: Jeopardy (PC) 4:00 News & Views (BG) 7:00 Movie Night (VP)	21 10:00 Church Service with John (PP) 10:00 VIVAfit Combo (VS) 10:45 Discussion Group with Myriam (BG) 10:45 Milk Mat Program (CK) 1:00 Outing: Ajax Casino  1:30 Friendly Bridge (PP) 2:00 Exercise: Falls Prevention (VS) 3:00 History Presentation with Lianne: The Turkish Harem (VP) 4:00 Physical Game: Washer Toss (VS) 7:00 Games Night with Karen (PC)	22 10:00 Exercise: Falls Prevention (VS) 10:30 Therapy Dog Visit (L) 10:45 Documentary Robbie Burns: The People's Poet - Part 1 (VP) 1:30 Chicken Soup Stories (FD) 2:00 VIVAfit Strength (VS) 3:00 Pub & Grub: Drinks & Games (PP) 4:00 Mental Aerobics: Riddles (BG) 7:00 Cards with Gary & Pam (PC)	23 10:00 Men's Exercise (VS) 10:45 Zumba with Matti (VS) 11:00 VIVAfit Sit (FD) 1:00 Shopping Shuttle  1:30 Friendly Euchre (PP) 2:00 VIVAfit Sit (VS) 3:00 VIVA Live: Slogans & Logos (PC) 4:00 Physical Game: Bola Ball (VS) 7:00 Bingo with Holly & Alanna (CK)	24 10:00 VIVAfit Balance (VS) 10:45 Needlecrafts (CK) 10:45 Documentary Robbie Burns: The People's Poet - Part 2 (VP) 11:00 Lunch Outing: Red Lobster  1:30 Mental Aerobics: Word Twist (BG) 2:00 Exercise: Falls Prevention (VS) 3:00 Laughter Yoga w/ Mark (PC) 4:00 Physical Game: Spring Fling (VS) 7:00 Hymn Sing & Bible Study (FD)	25 10:00 VIVAfit Sit & Stand (VS) 10:45 Baking Shortbread for Social (CK) 1:30 Community Euchre (PP) 1:30 Milk Mat Program (CK) 2:00 Exercise: Falls Prevention (VS) 3:30 Robbie Burns Day Social (PC) 4:00 Physical Game: Billiards (VS)	26 10:00 VIVAfit Flow (VS) 10:45 Series: The Royal House of Windsor – Fire, Feud & Fury (VP) 1:00 Reflexology Clinic (TR)  1:30 Aquafit with Georgia (P) 3:00 Documentary: Elvis Presley (VP) 4:00 Meditation with Georgia (VS) 7:00 Movie Night (VP)
27 10:00 Church Service w/ Patricia (PP) 10:00 VIVAfit Sit (VS) 10:45 Series: The Bible – Passion (VP) 2:00 VIVAfit Sit (FD) 3:00 Elvis Presley Movie Matinee (VP) 3:30 Drink Making: Peppermint Hot Chocolate (CK) 7:00 Movie Night (VP)	28 10:00 VIVAfit Combo (VS) 10:00 Shopping Shuttle  10:45 Milk Mat Program (CK) 10:45 Mental Aerobics: Word Twist (BG) 1:30 Friendly Bridge (PP) 2:00 Exercise: Falls Prevention (VS) 3:00 Elvis Presley Trivia Game Show (PC) 4:00 Name That Tune: Elvis Presley Edition (PP)	29 10:00 Exercise: Falls Prevention (VS) 10:45 Zen Colouring (FD) 1:30 Nintendo Wii: Bowling (BG) 2:00 VIVAfit Strength (VS) 3:00 An Afternoon Social with Elvis Presley (PC) 4:00 Mental Aerobics: Spot the Difference (BG) 7:00 Cards with Gary & Pam (PC)	30 10:00 Outing: Bata Shoe Museum  10:00 Men's Exercise (VS) 10:45 Zumba with Matti (VS) 11:00 VIVAfit Sit (FD) 1:30 Friendly Euchre (PP) 2:00 VIVAfit Sit (VS) 3:00 Around the World Food Tour (CK)  4:00 Physical Game: Magnetic Darts (VS) 7:00 Bingo with Holly & Alanna (CK)	31 10:00 VIVAfit Balance (VS) 10:45 Needlecrafts (CK) 1:30 Baking: Strawberry Shortcake Parfaits (CK) 2:00 Exercise: Falls Prevention (VS) 3:00 Slideshow: Recap of January Activities (PC) 4:00 Physical Game: Bean Bag Toss (VS) 7:00 Hymn Sing & Bible Study (FD)		

Did you hear about the cell phone and the firework that were arrested on New Year's Eve?

One was charged and the other was let off.

*Calendars are subject to change.