

Musical Event Sensations

As a special treat, VIVA Pickering had the King of Rock and Roll, Elvis Presley come and entertain us with classic hits such as *Hound Dog* and *Jailhouse Rock*. Community Members enjoyed his music and his moves on the dance floor. The ladies couldn't resist getting their picture taken with The King.

In celebration of Robbie Burns day in January, special guest Dave McGonigal came in to play for us. Dressed in his finest kilt, Dave played some tunes on the bagpipes, bringing out the Scot in all of us. His son Brett accompanied him, playing us some of our favourites on the piano. Thank you to everyone for a wonderful afternoon!

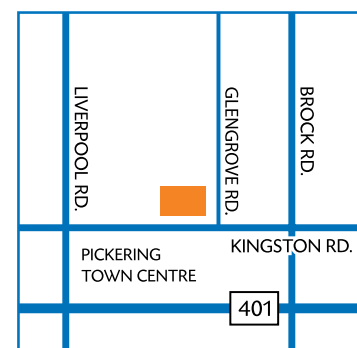


A beautifully combined performance.



VIVA World Food Tour

Last month we invited all of our Community Members to take their taste buds on a trip around the globe with our VIVA World Food Tour. Team Members brought in tasty treats from different countries, and educated everyone with a little background of each food. We had spring rolls, sushi, exotic fruit, curries, chili con carne, vermicelli, samosas and much more! It was a great event and everyone left full and feeling satisfied!



Making Today Great!

VIVA Pickering Retirement Community

1880 Glengrove Road, Pickering, ON L1V 0C6

www.vivalife.ca 905.831.2088



VIVAvoice



March 2019

Your VIVA Community Newsletter



Our brave Not So Newlywed Gameshow participants.



Love is in the air.

Valentine's Day Events

VIVA Pickering hosted two big events this past February on Valentine's Day. Our Not So Newlywed Gameshow kicked off the day; where three couples competed against each other to see who knew their spouse the best. We had two couples from VIVA Pickering, Kevin & Joan and Joe & Winifred and welcomed Ken & Nancy, who joined us from the south Pickering Senior's Club. It was a tough competition, yet in the end it was Joe & Winifred who triumphed over the others, taking home a lovely gift basket (and bragging rights) as their prize. Congratulations to the winners and thank you to everyone for participating!

After dinner, we invited all our Community Members down to Perks Café for a special Valentine's Social, which included music from the talented Rudy and Ester. We enjoyed strawberries, wine, and danced the night away. We hope everyone had a wonderful time, and look forward to doing it again next year!

A Guess the Bride and Groom Valentine Game of FUN!

We would like to thank all Community Members that submitted copies of their wedding pictures last month and participated in the game: Guess Who. Clues about when and where couples were married, where they first met, and how many children they had, were collected and placed beside each photo. Community Members then had an opportunity to guess which pictures belonged to who. We had a huge turnout for this program, with over 30 couples participating! We were so happy to see everyone there, and very impressed with how well we all know each other! Thank you again to all that participated! We look forward to another round of Guess Who in the future!





ALL ABOUT

Mardi Gras

MARDI GRAS MARKS THE END OF CARNIVAL SEASON

Countries around the world celebrate Mardi Gras as the last day of Carnival season, which starts after Christmas, on January 6th, (known as 'Twelfth Night').

IT IS ALSO KNOWN AS "PANCAKE DAY"

In Ireland, England, Australia, New Zealand, and Canada, people celebrate Mardi Gras by eating pancakes, and participating in pancake themed activities.

THE COLOURS OF MARDI GRAS ARE PURPLE, GOLD, AND GREEN

Purple signifies justice, gold means power, and green stands for faith.

KING'S CAKE IS EATEN ALL THROUGHOUT CARNIVAL SEASON

King's Cake is eaten throughout the world during Carnival season. In the US, it is traditionally purple, green, and gold, with a trinket inside. Whoever gets a trinket receives good luck – and probably a chipped tooth, too!

NEW ORLEANS' FIRST MARDI GRAS PARADE WAS 177 YEARS AGO

New Orleans has been celebrating Fat Tuesday with parades since 1837. The first floats appeared in the parade in 1857.

MASKS ARE REQUIRED BY LAW FOR FLOAT RIDERS

Yep, it's illegal to ride on a float without a mask! The original purpose of the mask was to get rid of social constraints for the day, allowing people to mingle with whomever they chose.

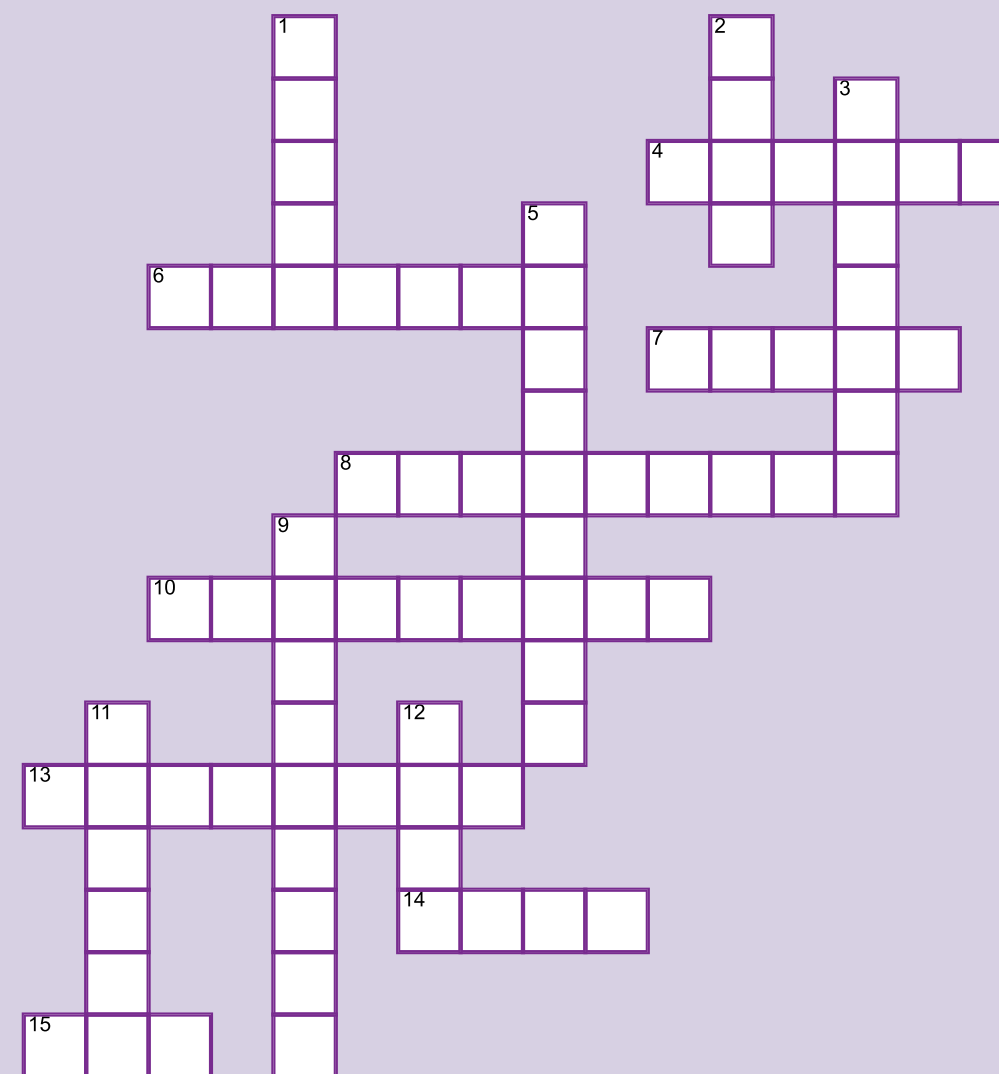
BEADS HAVE BEEN A TRADITION SINCE THE EARLY 1900s

Beads were first thrown by Santa during a parade. It wasn't until a few decades ago that they became synonymous with today's less than savoury means of acquiring them. Participants also throw stuffed animals, toys and more.

MARDI GRAS IS A STATE HOLIDAY IN SOME PLACES

Fat Tuesday is an official state holiday in Alabama, (the home of the first Mardi Gras parade and 2nd biggest current celebration), Florida, and parts of Louisiana. Although it's not a state holiday in Texas, Galveston is home to one of the biggest celebrations in the country!

Use the clues below to complete this crossword! It's harder than it looks – not all the answers are on the previous page! Good luck!



Across

- 4 Decorated platforms pulled by a tractor in a parade
- 6 Fashion of dress for a particular occasion
- 7 A female sovereign or monarch
- 8 Plastic or metal coins thrown from parade floats
- 10 Torches to light the night parade routes
- 13 The season immediately preceding Lent
- 14 A male sovereign or Monarch
- 15 King of Mardi Gras

Down

- 1 Small round pieces of material, for stringing or beading
- 2 Mr. Big Stuff of Mardi Gras
- 3 "Krewe" members who ride on a float
- 5 To have or participate in a party
- 9 Fat Tuesday
- 11 A large public procession
- 12 A covering for all or part of the face

Across 4. Floats, 6. Costume, 7. Queen, 8. Doubloons, 10. Flambeaux, 13. Carnival, 14. King, 15. Rex
Down 1. Beads, 2. Zulu, 3. Maskers, 5. Celebrate, 9. Mardi Gras, 11. Parade, 12. Mask


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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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!VAplex
- (VG) Victory Garden
- (VS) V!VAfit Studio
- (L) Lobby
- (CC) Community Commons
- (BG) Brain Gym
- (CK) V!VAcraft Kitchen
- (FD) Family Den
- (HR) Horticulture Room
- (P) Pool



- 1**
- 10:00 V!VAfit Sit & Stand (VS)
 - 10:45 Mental Aerobics: Word Twist (BG)
 - 1:30 Milk Mat Program (CK)
 - 1:30 Technology Class (BG)
 - 2:00 Exercise: Falls Prevention (VS)
 - 3:00 March Birthday Party with Peter (PC)
 - 4:00 Physical Game: Bean Bag Toss (VS)

- 2**
- 10:00 V!VAfit Flow (VS)
 - 10:45 Doc: Burj Khalifa: Dubai's Vertical City (VP)
 - 1:30 Aquafit with Georgia (P)
 - 3:00 Mental Aerobics: Memory Tray (BG)
 - 4:00 Physical Game: Leap Frog (VS)
 - 7:00 Movie Night (VP)

- 3**
- 10:00 V!VAfit Sit (VS)
 - 10:45 Zen Colouring (FD)
 - 2:00 V!VAfit Sit (FD)
 - 3:00 V!VA Live: Jeopardy (PC)
 - 4:00 Baking: Leprechaun Parfaits (CK)
 - 7:00 Movie Night (VP)

- 4**
- 10:00 Church Service with Rev. Richard (PP)
 - 10:00 V!VAfit Combo (VS)
 - 10:45 Milk Mat Program (CK)
 - 10:45 Learn Basic French with Myriam (BG)
 - 1:30 Friendly Bridge (PP)
 - 2:00 Exercise: Falls Prevention (VS)
 - 3:00 Baking Funnel Cake (CK)
 - 4:00 Physical Game: Magnetic Darts (VS)
 - 7:00 Games Night with Karen (PC)

- 5**
- 10:00 Exercise: Falls Prevention (VS)
 - 10:30 Pet Therapy (L)
 - 10:45 Crafts with Glengrove Students (CK)
 - 1:00 Shopping Shuttle
 - 1:30 Mental Aerobics: Spot The Difference (BG)
 - 1:30 Cat Therapy (FD)
 - 2:00 V!VAfit Strength (VS)
 - 3:00 Wine & Paint (CK)
 - 4:00 Technology Class (BG)
 - 7:00 Cards with Gary & Pam (PC)

- 6**
- 9:00 Foot Care Clinic (TR)
 - 10:00 Men's Exercise (VS)
 - 10:45 Zumba with Matti (VS)
 - 11:00 V!VAfit Sit (FD)
 - 1:30 Friendly Euchre (PP)
 - 2:00 V!VAfit Sit (VS)
 - 3:00 Travelogue: Ottawa (VP)
 - 4:00 Physical Game: Bola Ball (VS)
 - 7:00 Bingo with Holly & Alanna (CK)

- 7**
- 10:00 V!VAfit Balance (VS)
 - 10:45 Needlecrafts (CK)
 - 11:30 Lunch Outing to Red Lobster
 - 1:30 Nintendo Wii Bowling (PP)
 - 2:00 Exercise: Falls Prevention (VS)
 - 3:00 VIVA Choir Practice (FD)
 - 3:00 Over Night Trip to Ottawa Discussion (CK)
 - 4:00 Physical Game: Bucket Ball (VS)
 - 7:00 Evening Social – The Shout Sisters (PC)

- 8**
- 10:00 V!VAfit Sit & Stand (VS)
 - 10:45 Mental Aerobics: Word Twist (BG)
 - 10:45 Canada Blooms Garden Show
 - 1:30 Milk Mat Program (CK)
 - 2:00 Exercise: Falls Prevention (VS)
 - 3:00 New Community Members Welcome Tea Party (PC)
 - 4:00 Left, Right & Center (BG)

- 9**
- 10:00 V!VAfit Flow (VS)
 - 10:45 Doc Series: William & Kate- The Journey Part 1 (VP)
 - 1:30 Open Swim (P)
 - 3:00 Baking: Baileys Chocolate Mousse (CK)
 - 4:00 Snack and Chat (CK)
 - 7:00 Movie Night (VP)

- 10**
- 10:00 Church Service w/ Patricia (PP)
 - 10:00 V!VAfit Sit (VS)
 - 10:45 Doc: Billion Dollar Car (VP)
 - 2:00 V!VAfit Sit (FD)
 - 3:00 V!VA Live: Wheel Of Fortune (PC)
 - 4:00 Drink Making: Shamrock Shakes (CK)
 - 7:00 Movie Night (VP)

- 11**
- 10:00 V!VAfit Combo (VS)
 - 10:30 Outing to St. Lawrence Market
 - 10:45 Milk Mat Program (CK)
 - 10:45 Learn Basic French with Myriam (BG)
 - 1:30 Friendly Bridge (PP)
 - 2:00 Exercise: Falls Prevention (VS)
 - 3:00 V!VALive: Test Your Taste buds (PC)
 - 4:00 Physical Game: Washer Toss (VS)
 - 7:00 Games Night with Karen (PC)

- 12**
- 10:00 Wellness Clinic (FD)
 - 10:00 Exercise: Falls Prevention (VS)
 - 1:30 Crafts: Painting Clay Flowers (CK)
 - 1:30 Ajax Casino Outing
 - 2:00 V!VAfit Strength (VS)
 - 3:00 History Presentation with Lianne: The Celts (VP)
 - 4:00 Physical Game: Bola Ball (VS)
 - 7:00 Cards with Gary & Pam (PC)

- 13**
- 10:00 Men's Exercise (VS)
 - 10:45 Zumba with Matti (VS)
 - 11:00 V!VAfit Sit (FD)
 - 1:30 Friendly Euchre (PP)
 - 1:30 Chain Reaction (BG)
 - 2:00 V!VAfit Sit (VS)
 - 3:00 March Social (PC)
 - 4:00 Physical Game: Bean Bag Toss (VS)
 - 7:00 Bingo with Holly & Alanna (CK)

- 14**
- 10:00 V!VAfit Balance (VS)
 - 10:45 Library Day (CK)
 - 10:45 Needlecrafts (CK)
 - 1:30 Walker Clinic (CK)
 - 1:30 Nintendo Wii Bowling (PP)
 - 2:00 Exercise: Falls Prevention (VS)
 - 3:00 V!VA Choir Practice (FD)
 - 3:00 Super Fantastic Irish Game Show (PC)
 - 4:00 Technology Class (BG)

- 15**
- 9:00 Chiropractor Clinic (TR)
 - 10:00 V!VAfit Sit & Stand (VS)
 - 10:45 Mental Aerobics: Word Twist (BG)
 - 1:00 Shopping Shuttle
 - 1:30 Milk Mat Program (CK)
 - 2:00 Decorating for St. Patty's Day (PC)
 - 2:00 Exercise: Falls Prevention (VS)
 - 3:00 Recreation Awareness Presentation (VP)
 - 4:00 Cards: Old Maid (BG)

- 16**
- 10:00 V!VAfit Flow (VS)
 - 10:45 Doc Series: William & Kate- The Journey Part 2 (VP)
 - 1:30 Open Swim (P)
 - 3:00 News & Views: Donald Trump (BG)
 - 4:00 Jokes and Riddles (CK)
 - 7:00 Movie Night (VP)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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17
 10:00 **VIVAfit Sit (VS)**
 10:45 Baking: Butter Milk Scones (CK)
 2:00 **VIVAfit Sit (FD)**
 3:00 **Travelogue: Ireland (CK)**
 4:00 Drink Making : Irish Coffee (CK)
 7:00 Movie Night (VP)

18
 10:00 **Church Service with John (PP)**
 10:00 **VIVAfit Combo (VS)**
 10:45 Milk Mat Program (CK)
 1:30 Friendly Bridge (PP)
 2:00 **Exercise: Falls Prevention (VS)**
 3:00 **St. Paddy's Day Social with O'Donnell School of Irish Dance (PC)**
 4:00 Physical Game: Bola Ball (VS)
 7:00 Games Night with Karen (PC)

19
 10:00 **Exercise: Falls Prevention (VS)**
 10:30 **Pet therapy (L)**
 10:45 **Crafts with Glengrove Students (CK)**
 1:30 **Cat Therapy (FD)**
 2:00 **VIVAfit Strength (VS)**
 3:00 **Team Member Spot Light (PC)**
 4:00 Mental Aerobics: Word Twist (BG)
 7:00 Cards with Gary & Pam (PC)

20
 10:00 **Men's Exercise (VS)**
 10:45 Zumba with Matti (VS)
 10:45 Making Fruit Kebabs (CK)
 11:00 **VIVAfit Sit (FD)**
 1:00 **Shopping Shuttle**
 1:30 Friendly Euchre (PP)
 2:00 **VIVAfit Sit (VS)**
 3:00 **Spring Social (PC)**
 4:00 Physical Game: Magnetic Darts (VS)
 7:00 Bingo with Holly & Alanna (CK)

21
 10:00 **VIVAfit Balance (VS)**
 10:45 Needlecrafts (CK)
 1:30 Nintendo Wii Bowling (PP)
 2:00 **Exercise: Falls Prevention (VS)**
 3:00 VIVA Choir Practice (FD)
 3:00 **Recreation Awareness Presentation (VP)**
 4:00 Recreation Awareness: Amazing Race Introduction (PC)

22
 10:00 **VIVAfit Sit & Stand (VS)**
 10:45 **Discussion on Overnight Trip to Ottawa (CK)**
 12:00 **Denture & Hygienist Clinic (TR)**
 1:30 Milk Mat Program (CK)
 2:00 **Exercise: Falls Prevention (VS)**
 3:00 **Sing Along with Patrick (PC)**
 4:00 Crafts: Anti Bullying Quilt for students (CK)
 4:00 Physical Game: Bean Bag Toss (VS)

23
 10:00 **VIVAfit Flow (VS)**
 10:45 Doc Series: William & Kate- The Journey Part 3 (VP)
 1:30 Aquafit with Georgia (P)
 3:00 Poetry Corner (CK)
 4:00 **Ballroom Dancing (VS)**
 7:00 Movie Night (VP)

24
 10:00 **Church Service w/ Patricia (PP)**
 10:00 **VIVAfit Sit (VS)**
 10:45 Bio: Clint Eastwood: The Man from Malpas (VS)
 2:00 **VIVAfit Sit (FD)**
 3:00 **Superfood Pres: Peppermint (CK)**
 4:00 Cards: Old Maid (BG)
 7:00 Movie Night (VP)

25
 10:00 **VIVAfit Combo (VS)**
 10:45 Milk Mat Program (CK)
 1:00 **Shopping Shuttle**
 1:30 Friendly Bridge (PP)
 2:00 **Exercise: Falls Prevention (VS)**
 3:00 **Travelogue: Montreal (VP)**
 3:30 Crafts: Clay Name Tags (CK)
 4:00 Physical Game: Bucket Ball (VS)
 7:00 Games Night with Karen (PC)

26
 10:00 **Exercise: Falls Prevention (VS)**
 10:45 **Men's Club Lunch Outing to St. Louis**
 1:30 Painting Flower Pots (CK)
 1:30 Technology Class (BG)
 2:00 **VIVAfit Strength (VS)**
 3:00 **VIVA Live: Never Have I Ever Game Show (PC)**
 4:00 Physical Game: Magnetic Darts (VS)
 7:00 Cards with Gary & Pam (PC)

27
 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 **Team Member Spot Light (PC)**
 4:00 **Garden Club Meeting (HR)**
 4:00 Name That Tune (PP)
 7:00 Bingo with Holly & Alanna (CK)

28
 10:00 **VIVAfit Balance (VS)**
 10:45 Needlecrafts (CK)
 11:30 **Spring High Tea (PP)**
 1:30 Nintendo Wii Bowling (PP)
 2:00 **Exercise: Falls Prevention (VS)**
 3:00 VIVA Choir Practice (FD)
 3:00 **Pres: Anti Bullying (VP)**
 4:00 Mental Aerobics: Word Twist (BG)

29
 10:00 **VIVAfit Sit & Stand (VS)**
 10:45 Zen Colouring (FD)
 1:30 **Community Euchre (PP)**
 1:30 Mental Aerobics: Spot The Difference (BG)
 1:30 Milk Mat Program (CK)
 2:00 **Exercise: Falls Prevention (VS)**
 2:30 **Social with the Darlene and the Shamrockers (PC)**
 4:00 Physical Game: Washer Toss (VS)

30
 10:00 **VIVAfit Flow (VS)**
 10:45 Doc Series: William & Kate- The Journey Part 4 (VP)
 1:00 **Reflexology Clinic (TR)**
 1:30 Aquafit with Georgia (P)
 2:00 **VP Spring Open House Social (PC)**
 4:00 Picture Sharing (CK)
 7:00 Movie Night (VP)

31
 10:00 **VIVAfit Sit (VS)**
 10:45 Scrapbooking (CK)
 2:00 **VIVAfit Sit (FD)**
 3:00 **Guess Who: Who's the Teen (PC)**
 4:00 News & Views (CK)
 7:00 Movie Night (VP)

What did the tree say to spring?

What a re-leaf!

*Calendars are subject to change.