

Spring High Tea

Community Members came together in April to enjoy a Spring High Tea Party, put together by the Lifestyles Team. The tables were set with beautiful china tea sets, three tier stands of finger sandwiches, fresh fruit, scones, quiches and assorted cookie bars paired with a variety of delicious loose leaf tea. We want to thank everyone that joined us and look forward to another tea party soon!



Friends at high (tea) places.



Loving V!VA Pickering?

Tell the world by posting a review on Google! Each month, one new review will **WIN a complimentary dinner for 4 at V!VA Pickering.** Post your review here:

vivalife.ca/viva-pickering-review/

Note: You must have a Gmail or Google account to post a Google review. Thank you, and good luck!

V!VAvoice

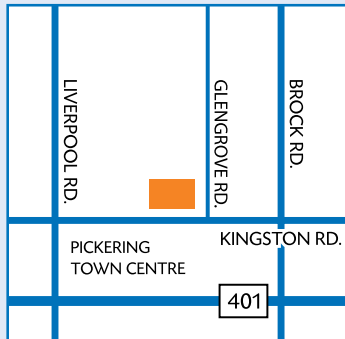


May 2019

Your V!VA Community Newsletter

Volunteer Appreciation

We want to take this opportunity to recognize our amazing volunteers that come and run different programs with the Community Members here at V!VA Pickering. We really appreciate the time, effort and dedication they have brought, and the programs they run which help enrich the lives of everyone involved. From card play, games night, choir, church services, knitting, bingo and pet therapy visits, our volunteers show us their passion and talents and for that, we are truly grateful. We also want to thank the many students and Community Members that give their time to help us run programs, including the annual bazaar and the Community Council Forum. We could not offer the wide variety of programs without all of our volunteers, so on behalf of everyone here at V!VA Pickering, THANK YOU!



Making Today Great!

V!VA Pickering Retirement Community

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Queen Victoria & Her Holiday

Victoria Day is a Canadian tradition and doesn't actually exist in most of England. But it is celebrated in parts of Scotland, especially Edinburgh, where it remains an official holiday.

When Victoria was just a little girl, she was known by her nickname, Drina.

Despite being born in England, Victoria only spoke German up until the age of three.

She married Prince Albert in 1840, although they'd known each other since she was 16. And it really was a family affair. Prince Albert of Saxe-Coburg and Gotha was her first cousin and his father was her mother's brother!

Because she was Queen, she had to propose to Albert, and not vice versa.

She took over the throne in 1837, after the death of William IV. She was just 18 years old.

She became a grandma at 39 and a great grandmother twenty years later.

She was the first Queen of Canada, sitting on the throne when this country was founded in 1867.

She liked to drink a concoction called Vin Mariani. One of its main ingredients? Cocaine.

It's said it was Victoria who started the tradition of a bride wearing white. Before her wedding a woman would simply wear her best dress, no matter what colour it was.







SUDOKU FUN!

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

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

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.



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) V!VAcraft Kitchen</p> <p>(FD) Family Den</p> <p>(HR) Horticulture Room</p> <p>(P) Pool</p>		<p>1</p> <p>10:00 Men's Exercise (VS)</p> <p>11:00 V!VAfit Sit (FD)</p> <p>1:30 Friendly Euchre (PP)</p> <p>1:30 Technology Class (BG)</p> <p>2:00 V!VAfit Sit (VS)</p> <p>3:00 Crafts: Building Bird Houses (CK)</p> <p>4:00 Mental Aerobics: Spot the Difference (BG)</p> <p>7:00 Bingo with Holly & Alanna (CK)</p>	<p>2</p> <p>10:00 V!VAfit Balance (VS)</p> <p>10:45 Needlecrafts (CK)</p> <p>1:00 Shopping Shuttle </p> <p>1:30 Arts & Crafts: Painting Key Chains (CK)</p> <p>2:00 Exercise: Falls Prevention (VS)</p> <p>3:00 V!VA Choir Practice (FD)</p> <p>3:00 V!VA Live: Family Feud (PC)</p> <p>4:00 Gardening (VG)</p> <p>7:00 Games Night with Karen (PC)</p>	<p>3</p> <p>10:00 V!VAfit Sit & Stand (VS)</p> <p>10:45 Mental Aerobics: Word Twist (BG)</p> <p>1:30 Milk Mat Program (CK)</p> <p>1:30 Zen Colouring (FD)</p> <p>2:00 Exercise: Falls Prevention (VS)</p> <p>3:00 Discussion: V!VA Pickering Outings (CK)</p> <p>4:00 V!VAfit Strolls (L)</p>	<p>4</p> <p>10:00 V!VAfit Flow (VS)</p> <p>10:45 Doc: Les Miserables: The History of the World's Greatest Story (VP)</p> <p>1:30 Aquafit with Georgia (P)</p> <p>3:00 Drink Making: Berry Punch (CK)</p> <p>4:00 Snack And Chat (CK)</p> <p>7:00 Movie Night (VP)</p>
<p>5</p> <p>10:00 V!VAfit Sit (VS)</p> <p>10:45 Bio: Shirley Temple America's Little Darling (VP)</p> <p>2:00 V!VAfit Sit (FD)</p> <p>3:00 V!VA Live: Wheel of Fortune (PC)</p> <p>4:00 Scrapbooking (CK)</p> <p>7:00 Movie Night (VP)</p>	<p>6</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>1:00 Shopping Shuttle </p> <p>1:30 Friendly Bridge (PP)</p> <p>2:00 Exercise: Falls Prevention (VS)</p> <p>3:00 Rexall Presentation: Healthy Eyes (VP)</p> <p>4:00 Physical Game: Magnetic Darts (VS)</p> <p>7:00 Series: Our Planet- One Planet (VP)</p>	<p>7</p> <p>10:00 Exercise: Falls Prevention (VS)</p> <p>10:45 Final Discussion about overnight Trip to Ottawa (CK)</p> <p>1:00 Walking Program: Frenchman Bay </p> <p>1:30 Wii Bowling (PP)</p> <p>1:30 Therapy Cat Visit (FD)</p> <p>2:00 V!VAfit Strength (VS)</p> <p>3:00 Guest Speaker: Alzheimer's & Dementia Part 3 (VP)</p> <p>4:00 Physical Game: Bola Ball (VS)</p>	<p>8</p> <p>10:00 Men's Exercise (VS)</p> <p>11:00 V!VAfit Sit (FD)</p> <p>1:30 Friendly Euchre (PP)</p> <p>1:30 Zen Colouring (FD)</p> <p>2:00 V!VAfit Sit (VS)</p> <p>3:00 May Birthday Party (PC)</p> <p>4:00 Mental Aerobics: Think Fast (BG)</p> <p>7:00 Bingo with Holly & Alanna (CK)</p>	<p>9</p> <p>6:00 Overnight Trip to Ottawa </p> <p>10:00 V!VAfit Balance (VS)</p> <p>10:45 Library Day (CK)</p> <p>10:45 Needlecrafts (CK)</p> <p>2:00 Exercise: Falls Prevention (VS)</p> <p>3:00 VIVA Choir Practice (FD)</p> <p>3:00 Mother's Day Mini Manicures (CK) </p> <p>4:00 Cards: Old Maid (BG)</p> <p>7:00 Games Night with Karen (PC)</p>	<p>10</p> <p>9:00 Chiropractor Clinic (TR)  </p> <p>10:00 V!VAfit Sit & Stand (VS)</p> <p>10:45 Mental Aerobics: Word Twist (BG)</p> <p>1:00 Mother's Day Plant Sale for Cardiac Walk of Life (L)</p> <p>1:30 Walker Clinic (PP)</p> <p>1:30 Milk Mat Program (CK)</p> <p>2:00 Exercise: Falls Prevention (VS)</p> <p>3:00 Superfood Series: Cucumber (CK)</p> <p>4:00 Gardening (VG)</p>	<p>11</p> <p>10:00 V!VAfit Flow (VS)</p> <p>10:45 Doc: The Tower of London (VP)</p> <p>12:00 Mother's Day Brunch - Family and Friends Welcome (T)</p> <p>2:00 Mother's Day Social with Brian (PC)</p> <p>4:00 Discussion: Mother's Know Best (CK)</p> <p>7:00 Movie Night (VP)</p>
<p>12 Mother's Day</p> <p>10:00 Church Service w/ Patricia (PP)</p> <p>10:00 V!VAfit Sit (VS)</p> <p>10:45 Baking: Upside Down Pineapple Cake (CK)</p> <p>2:00 Guess Who: Who's the Mother (PC)</p> <p>4:00 Drink Making; Sweet Tea Sangria (CK)</p> <p>7:00 Movie Night (VP)</p>	<p>13</p> <p>10:00 V!VAfit Combo (VS)</p> <p>10:45 Milk Mat Program (CK)</p> <p>1:00 Shopping Shuttle </p> <p>1:30 Friendly Bridge (PP)</p> <p>2:00 Exercise: Falls Prevention (VS)</p> <p>3:00 History Presentation with Lianne: The History of Tea (VP)</p> <p>4:00 Gardening (VG)</p> <p>7:00 Series: Our Planet- Frozen Worlds(VP)</p>	<p>14</p> <p>10:00 Exercise: Falls Prevention (VS)</p> <p>10:30 Therapy Dog Visit (L)</p> <p>10:45 Crafts with Glengrove Students (CK)</p> <p>11:15 Men's Club Lunch Outing </p> <p>1:30 Wii Bowling (PP)</p> <p>2:00 V!VAfit Strength (VS)</p> <p>2:30 Making Nachos and Homemade Salsa (CK)</p> <p>3:30 Travelogue: Mexico (CK)</p> <p>7:00 Cards with Gary & Pam (PC)</p>	<p>15</p> <p>10:00 Men's Exercise (VS)</p> <p>11:00 V!VAfit Sit (FD)</p> <p>1:00 Bake Sale for Cardiac Walk of Life (L)</p> <p>1:30 Friendly Euchre (PP)</p> <p>2:00 V!VAfit Sit (VS)</p> <p>3:00 Fundraiser: Cinco De Mayo Social (CK)</p> <p>4:00 Physical Game: Magnetic Darts (VS)</p> <p>7:00 Bingo with Holly & Alanna (CK)</p>	<p>16</p> <p>10:00 V!VAfit Balance (VS)</p> <p>10:45 Needlecrafts (CK)</p> <p>2:00 Exercise: Falls Prevention (VS)</p> <p>3:00 VIVA Choir Practice (FD)</p> <p>3:00 Pres: Osteoporosis and Exercises to Build Better Bones (VP)</p> <p>4:00 Physical Game: Bucket Ball (VS)</p> <p>7:00 Games Night with Karen (PC)</p> <p>7:00 Hymn Sing & Bible Study w/ Patricia (FD)</p>	<p>17</p> <p>10:00 V!VAfit Sit & Stand (VS)</p> <p>10:45 Mental Aerobics: Word Twist (BG)</p> <p>12:00 Denture & Hygienist Clinic (TR)  </p> <p>1:00 Vandermeer Nursery </p> <p>1:30 Milk Mat Program (CK)</p> <p>2:00 Falls Prevention (VS)</p> <p>3:00 V!VA Live: Jingle Jangle- Match the Jingle to the Brand (PC)</p> <p>4:00 Physical Game: Washer Toss (VS)</p>	<p>18</p> <p>10:00 V!VAfit Flow (VS)</p> <p>10:45 News & Views (BG)</p> <p>1:00 Reflexology Clinic (TR)</p> <p>1:30 Aquafit with Georgia (P)</p> <p>3:00 Baking: Strawberry Lemon Short Cake (CK)</p> <p>4:00 V!VAfit Strolls (L)</p> <p>7:00 Movie Night (VP)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>19</p> <p>10:00 VIVAfit Sit (VS)</p> <p>10:45 Bio: Meghan Markle: From Hollywood to Windsor (VP)</p> <p>2:00 VIVAfit Sit (FD)</p> <p>3:00 VIVA Live: Jeopardy (PC)</p> <p>4:00 Gardening (VG)</p> <p>7:00 Movie Night (VP)</p>	<p>20 Victoria Day</p> <p>10:00 VIVAfit Combo (VS)</p> <p>10:45 Milk Mat Program (CK)</p> <p>1:30 Friendly Bridge (PP)</p> <p>2:00 Exercise: Falls Prevention (VS)</p> <p>3:00 Slideshow: Our over Night Trip to Ottawa (PC)</p> <p>4:00 Zen Colouring (FD)</p> <p>7:00 Series: Our Planet-Jungles(VP)</p>	<p>21</p> <p>10:00 Exercise: Falls Prevention (VS)</p> <p>10:45 Mental Aerobics: Memory Tray (BG)</p> <p>1:00 Shopping Shuttle</p> <p>1:30 Therapy Cat Visit (FD)</p> <p>1:30 Wii Bowling (PP)</p> <p>2:00 VIVAfit Strength (VS)</p> <p>3:00 Baking Class: Soft and Chewy Pretzels (CK)</p> <p>4:00 VIVAfit Strolls (L)</p> <p>7:00 Cards with Gary & Pam (PC)</p>	<p>22</p> <p>9:00 Foot Clinic (TR)</p> <p>10:00 Men's Exercise (VS)</p> <p>11:00 VIVAfit Sit (FD)</p> <p>1:30-3:30 Fundraiser: Car Wash for Cardiac Walk</p> <p>1:30 Friendly Euchre (PP)</p> <p>2:00 VIVAfit Sit (VS)</p> <p>3:00 Team Member Spotlight (PC)</p> <p>4:00 Gardening (VG)</p> <p>7:00 Bingo with Holly & Alanna (CK)</p>	<p>23</p> <p>10:00 "Guys & Dolls" Capitol Theater Port Hope</p> <p>10:00 VIVAfit Balance (VS)</p> <p>10:45 Needlecrafts (CK)</p> <p>1:30 Zen Colouring (FD)</p> <p>2:00 Exercise: Falls Prevention (VS)</p> <p>3:00 VIVA Choir Practice (FD)</p> <p>3:00 VIVA Scavenger Hunt (PC)</p> <p>4:00 VIVA Scrapbooking (CK)</p> <p>7:00 Games Night with Karen (PC)</p>	<p>24</p> <p>10:00 VIVAfit Sit & Stand (VS)</p> <p>10:45 Mental Aerobics: Brain Teaser (BG)</p> <p>1:00 Whitefeather</p> <p>1:30 Milk Mat Program (CK)</p> <p>2:00 Exercise: Falls Prevention (VS)</p> <p>3:00 Music Therapy with Roxanne (PC)</p> <p>4:00 DIY Lip Balm & Lip Scrubs (CK)</p>	<p>25</p> <p>10:00 Cardiac Walk of Life</p> <p>10:00 VIVAfit Flow (VS)</p> <p>10:45 Doc: Pepsi vs Cola: The Marketing Battle of the Century (VP)</p> <p>1:30 Aquafit with Georgia (P)</p> <p>3:00 Ball Room Dancing (VS)</p> <p>4:00 Poetry Corner (CK)</p> <p>7:00 Movie Night (VP)</p>
<p>26</p> <p>10:00 Church Service w/ Patricia (PP)</p> <p>10:00 VIVAfit Sit (VS)</p> <p>10:45 Inside Asprey: Luxury by Royal Appointment (VP)</p> <p>2:00 VIVAfit Sit (FD)</p> <p>3:00 VIVA Live: Wheel of Fortune (PC)</p> <p>4:00 VIVAfit Strolls (L)</p> <p>7:00 Movie Night (VP)</p>	<p>27</p> <p>10:00 VIVAfit Combo (VS)</p> <p>10:45 Milk Mat Program (CK)</p> <p>10:45 Mental Aerobics: Concentration (BG)</p> <p>1:00 Ajax Casino</p> <p>1:30 Friendly Bridge (PP)</p> <p>2:00 Exercise: Falls Prevention (VS)</p> <p>3:00 May Social with Marcus (PC)</p> <p>4:00 Left, Right and Center (BG)</p> <p>7:00 Series: Our Planet-Coastal Seas (VP)</p>	<p>28</p> <p>10:00 Exercise: Falls Prevention (VS)</p> <p>10:30 Therapy Dog Visit (L)</p> <p>10:45 VIVA Scrapbooking (CK)</p> <p>1:30 Wii Bowling (PP)</p> <p>2:00 VIVAfit Strength (VS)</p> <p>3:00 Wine and Paint (CK)</p> <p>4:00 Physical Game: Ball Toss (VS)</p> <p>7:00 Cards with Gary & Pam (PC)</p>	<p>29</p> <p>10:00 Men's Exercise (VS)</p> <p>11:00 VIVAfit Sit (FD)</p> <p>11:45 BBQ Lunch (CK)</p> <p>1:00 Shopping Shuttle</p> <p>1:30 Friendly Euchre (PP)</p> <p>2:00 VIVAfit Sit (VS)</p> <p>3:00 Superfood Series: Cranberries (CK)</p> <p>4:00 Left, Right & Center (BG)</p> <p>7:00 Bingo with Holly & Alanna (CK)</p>	<p>30</p> <p>10:00 VIVAfit Balance (VS)</p> <p>10:45 Needlecrafts (CK)</p> <p>1:30 Zen Colouring (FD)</p> <p>2:00 Exercise: Falls Prevention (VS)</p> <p>3:00 VIVA Choir Practice (FD)</p> <p>3:00 Guest Speaker Jerry On The Life, Legend & Legacy of Pres. John F. Kennedy (VP)</p> <p>4:00 Physical Game: Magnetic Darts (VS)</p> <p>7:00 Hymn Sing & Bible Study (FD)</p>	<p>31</p> <p>10:00 VIVAfit Sit & Stand (VS)</p> <p>10:30 Painting with Jenia the Nurse (CK)</p> <p>1:00 Walking Program: Rosetta McClains Garden</p> <p>1:30 Community Euchre (PP)</p> <p>1:30 Milk Mat Program (CK)</p> <p>2:00 Exercise: Falls Prevention (VS)</p> <p>3:00 Slideshow: Recap of April Activities (PC)</p> <p>4:00 Cards: Old Maid (BG)</p>	

