

Earth Day at V!VA Pickering

In April, V!VA Pickering joined with Glengrove Public School to help clean up the school yard. Our Community Members walked around the entire school yard holding garbage bags while students gathered the litter. As a team, students and Community Members filled up seven garbage bags. A big thank you to all the Community Members who participated in this great cause. Your help was greatly appreciated!



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



June 2019

Your V!VA Community Newsletter



Ready to beat and defeat our visiting opponents.

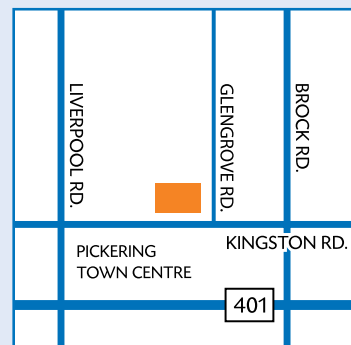
A Bola Ball Competition

Last month V!VA Thornhill Woods and V!VA Pickering competed in a friendly Bola Ball Competition. V!VA Thornhill Woods came to V!VA Pickering and enjoyed a delicious lunch with us. It was a tough but fun competition with June, Bonnie, Norma and Nola tying with the highest score. However, Nola from V!VA Thornhill Woods came through as MVP with the

highest end score. Congratulations to V!VA Pickering for winning the competition with a total score of 970. At the end of the day, Community Members enjoyed a musical performance by our very own Matthew Vilord. Next month both communities will be participating in a friendly Washer Toss Competition. Please sign up to join in the fun!

A Mother's Day Celebration

On Mother's Day, the Lifestyles Team treated the ladies in our building to a pampering mini manicure. A delicious Mother's Day brunch was prepared by our Culinary Team, for Community Members, their families and friends in the Tides dining room. The rest of the afternoon everyone enjoyed musical entertainment and dancing in the Perk's Café. In appreciation for the women of V!VA Pickering, roses were distributed to all the ladies in the building.



Making Today Great!

V!VA Pickering Retirement Community

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HELLO JUNE!



We made it! Warmer weather is here and summer is right around the corner! Here are 10 fascinating facts about June!

- 1 June is the month with the longest daylight hours of the year in the Northern Hemisphere.
- 2 June's birthstones are the pearl, the Moonstone and the Alexandrite.
- 3 The June birth flower is the Rose (Rosa) and the Honeysuckle (Lonicera).
- 4 In 2009, June was the 662nd most popular name for girls in the USA.
- 5 Anglo-Saxons gave the June the name Sera monath (Dry month).
- 6 June is derived from either Juno, the goddess of marriage, or from "iuvenes" (latin for young people).
- 7 In both common and leap years, no other month begins on the same day of the week as June.
- 8 June is international men's month.
- 9 June has the shortest daylight hours of the year in the Southern Hemisphere.
- 10 June is often considered a "summer month", whereas September is not. This is despite the fact that September has twice as many summer days as June.

BRAIN



TEASER

There's been a theft at the Big Al's Big Kahuna Surfboard Shop. Police have interviewed six suspects. Below is a summary of their statements. Police know that exactly four of them told one lie each and all of the other statements are true. From this information can you tell who committed the crime?

Sneaky Pete said:
It wasn't Fast Eddie
It wasn't Slick Nick
It wasn't Tony Lip

Smugs McGee said:
It wasn't Fast Eddie
It wasn't Steady Freddie
It wasn't Tony Lip

Tony Lip said:
It wasn't Smugs McGee
It wasn't Slick Nick
It wasn't Steady Freddie

Fast Eddie said:
It wasn't Sneaky Pete
It wasn't Smugs McGee
It wasn't Tony Lip

Slick Nick said:
It wasn't Sneaky Pete
It wasn't Steady Freddie
It wasn't Smugs McGee

Steady Freddie said:
It wasn't Smugs McGee
It wasn't Slick Nick
It wasn't Sneaky Pete

WORKSHEET

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) VIVAplex
- (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	<p>10:00 V!VAfit Flow (VS)</p> <p>10:45 Doc: History of the World-Survival (VP)</p> <p>1:30 Aquafit with Georgia (P)</p> <p>3:00 Article & Discussion: Why Relationships Are the Secret to Healthy Aging (CK)</p> <p>4:00 Gardening (VG)</p> <p>7:00 Movie Night (VP)</p>
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2	<p>10:00 V!VAfit Sit (VS)</p> <p>10:45 Doc: Flights and Fights- Inside the Low Cost Airline (VP)</p> <p>2:00 V!VAfit Sit (FD)</p> <p>3:00 VIVA Live: Wheel of Fortune (PC)</p> <p>4:00 Drink Making: Mango Bubble Tea (CK)</p> <p>7:00 Movie Night (VP)</p>
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3	<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 Walking Program: Lynne Shores </p> <p>1:30 Friendly Bridge (PP)</p> <p>2:00 Exercise: Falls Prevention (VS)</p> <p>3:00 VIVA LIVE: TM's What Are You Saying Game (PC)</p> <p>3:00 Sundaes on Mondays (FD)</p> <p>4:00 Shotput Toss (CK)</p> <p>7:00 Series: Our Planet – Deserts and Grasslands (VP)</p>
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4	<p>10:00 Exercise: Falls Prevention (VS)</p> <p>10:30 Pickering Farmer's Market </p> <p>10:45 Needlecrafts (CK)</p> <p>1:30 V!VAfit Strolls (L)</p> <p>2:00 Community Member Council Meeting (VP)</p> <p>3:00 Rexall Presentation: Stroke Prevention (VP)</p> <p>4:00 Physical Game: Bean Bag Toss (VS)</p> <p>7:00 Cards with Gary & Pam (PC)</p>
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5	<p>10:00 Men's Exercise (VS)</p> <p>10:45 Discussion: Update on Overnight Trip to Ottawa (CK)</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 Summer Social with Keith (PC)</p> <p>4:00 Friendly Washer Toss Competition Practice (VS)</p> <p>7:00 Bingo with Holly & Alanna (CK)</p>
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6	<p>10:00 V!VAfit Balance (VS)</p> <p>10:45 Mental Aerobics: Word Twist (BG)</p> <p>1:00 High Tea and Local Shopping in Unionville </p> <p>1:30 Nintendo Wii: Bowling (PP)</p> <p>2:00 Exercise: Falls Prevention (VS)</p> <p>3:00 VIVA Choir Practice (FD)</p> <p>4:00 Physical Game: Bola Ball (VS)</p> <p>7:00 Games Night with Karen (PC)</p>
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7	<p>10:00 V!VAfit Sit & Stand (VS)</p> <p>10:45 Mental Aerobics: Spot the Difference (BG)</p> <p>1:00 Shopping Shuttle </p> <p>1:30 Milk Mat Program (CK)</p> <p>2:00 Exercise: Falls Prevention (VS)</p> <p>3:00 Travelogue: Italy (CK)</p> <p>4:00 Friendly Washer Toss Competition Practice (VS)</p>
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8	<p>10:00 V!VAfit Flow (VS)</p> <p>10:45 Doc: History of the World- Age of Empire (VP)</p> <p>12:00-3:00 Toronto Piano Pickering Spring Concert</p> <p>3:00 Technology Class (BG)</p> <p>4:00 V!VAfit Strolls (L)</p> <p>7:00 Movie Night (VP)</p>
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9	<p>10:00 Church Service w/ Patricia (PP)</p> <p>10:00 V!VAfit Sit (VS)</p> <p>10:45 Bio: The Story of the Bee Gees (VP)</p> <p>1:30 Big Band Performance at Pickering Rec Center </p> <p>2:00 V!VAfit Sit (FD)</p> <p>3:00 VIVA Live Jeopardy (PC)</p> <p>4:00 Cards: Old Maid (BG)</p> <p>7:00 Movie Night (VP)</p>
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10	<p>10:00 V!VAfit Combo (VS)</p> <p>10:30 Therapy Dog Visit (L)</p> <p>10:45 Milk Mat Program (CK)</p> <p>1:00 Walking Program: Rosetta McClain's Garden </p> <p>1:30 Friendly Bridge (PP)</p> <p>2:00 Falls Prevention (VS)</p> <p>3:00 Crafts: Terrariums (CK) </p> <p>3:30 Sundaes on Mondays (CK)</p> <p>4:00 Friendly Washer Toss Competition Practice (VS)</p> <p>7:00 Vocal Recital by Matthew's Students (PC)</p>
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11	<p>10:00 Exercise: Falls Prevention (VS)</p> <p>10:30 Pickering Farmer's Market </p> <p>10:45 Needlecrafts (CK)</p> <p>1:30 Hearing Clinic (TR) </p> <p>2:00 V!VAfit Strength (VS)</p> <p>3:00 June Birthday Party (PC)</p> <p>4:00 Mental Aerobics: Word Twist (BG)</p> <p>7:00 Cards with Gary & Pam (PC)</p>
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12	<p>9:00 Footcare Clinic (TR) </p> <p>9:30 Eyecare Express: Clinic and Glasses Sale (CK) </p> <p>10:00 Men's Exercise (VS)</p> <p>11:00 V!VAfit Sit (FD)</p> <p>11:30 Men's Club Lunch Outing </p> <p>1:30 Friendly Euchre (PP)</p> <p>2:00 V!VAfit Sit (VS)</p> <p>2:45 Wine and Paint (CK) </p> <p>4:00 Physical Game: Magnetic Darts (VS)</p> <p>7:00 Bingo with Holly & Alanna (CK)</p>
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13	<p>10:00 V!VAfit Balance (VS)</p> <p>10:45 Library Day (CK)</p> <p>1:00 Shopping Shuttle </p> <p>1:30 Nintendo Wii: Bowling (PP)</p> <p>2:00 Exercise: Falls Prevention (VS)</p> <p>3:00 VIVA Choir Practice (FD)</p> <p>3:00 Discussion on VIVA's 7th Year Anniversary (CK)</p> <p>4:00 V!VAfit Strolls (L)</p> <p>7:00 Games Night with Karen (PC)</p>
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14	<p>10:00 V!VAfit Sit & Stand (VS)</p> <p>12:00 Denture & Hygienist Clinic (TR) </p> <p>1:30 Ajax Casino </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 Father's Day Pub & Grub and Games (PP)</p> <p>4:00 Physical Game: Shotput Toss (CK)</p>
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15	<p>10:00 V!VAfit Flow (VS)</p> <p>10:45 Doc: History of the World-The Word and the Sword (VP)</p> <p>1:30 Aquafit with Georgia (P)</p> <p>2:00 Father's Day Hawaiian Social (PC)</p> <p>4:00 Friendly Washer Toss Competition Practice (VS)</p> <p>7:00 Movie Night (VP)</p>
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Sunday Monday Tuesday Wednesday Thursday Friday Saturday

16
 10:00 V!VAfit Sit (VS)
 10:45 Bio: Henry Ford (VP)
 1:00-3:00 Oshawa Peony Festival
 3:00 Gardening (VG)
 4:00 Gardening (VG)
 7:00 Movie Night (VP)

17
 10:00 V!VAfit 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 History Presentation with Lianne: The Titanic Time (VP)
 3:30 Sundaes on Mondays (FD)
 4:00 Friendly Washer Toss Competition Practice (VS)
 7:00 Series: Our Planet- The High Seas (VP)

18
 10:00 Outing to Niagara Falls to the Maid Of the Mist and Local Farmer's Market
 10:00 Exercise: Falls Prevention (VS)
 10:30 Therapy Dog Visit (L)
 10:45 Crafts with Glengrove Students (CK)
 10:45 Needlecrafts (PP)
 2:00 V!VAfit Strength (VS)
 3:00 Lemonade Social with Jeff (PC)
 4:00 Physical Game: Washer Toss (VS)

19
 10:00 Men's Exercise (VS)
 11:00 BBQ Picnic with V!VA Picnic at Rotary Park
 1:30 Friendly Euchre (PP)
 2:00 V!VAfit Sit (VS)
 3:00 Presentation: Chronic Pain and Exercise (VP)
 4:00 Physical Game: Shotput Toss (CK)
 7:00 Bingo with Holly & Alanna (CK)

20
 10:00 V!VAfit Balance (VS)
 10:00 Picnic and Tour at Windreach Farms
 10:45 Mental Aerobics: Word Twist (BG)
 2:00 Exercise: Falls Prevention (VS)
 3:00 V!VA Choir Practice (FD)
 3:00 Welcome Tea for New Community Members (PC)
 4:00 Magnetic Darts (VS)
 7:00 Games Night with Karen (PC)
 7:00 Hymn Sing w/ Pat (FD)

21
 10:00 V!VAfit Sit & Stand (VS)
 10:45 Gardening (VG)
 11:00 Mass with Father Tom (CC)
 1:00 Walking Program: V!VA Whitby Shores
 1:30 Milk Mat Program (CK)
 1:30 Nintendo Wii: Bowling (PP)
 2:00 Exercise: Falls Prevention (VS)
 3:00 Slogan and Logos (PC)
 4:00 Friendly Washer Toss Competition Practice (VS)

22
 10:00 V!VAfit Flow (VS)
 10:45 Doc: History of the World- Into the Light (VP)
 1:30 Aquafit with Georgia (P)
 3:00 Mental Aerobics: Memory Tray (BG)
 4:00 V!VAfit Strolls (L)
 7:00 Movie Night (VP)

23
 10:00 Church Service w/ Patricia (PP)
 10:00 V!VAfit Sit (VS)
 11:00-3:00 V!VA Pickering Annual Classic Car Show: BBQ, Beer Tent, Music and Prizes (Parking Lot)
 12:00 Father's Day BBQ (CK)
 4:00 Billiards (PP)
 7:00 Movie Night (VP)

24
 10:00 V!VAfit Combo (VS)
 10:45 Milk Mat Program (PP)
 1:00 Friendly Washer Toss Competition w/ V!VA Thornhill Woods (VS)
 1:30 Friendly Bridge (PP)
 2:00 Exercise: Falls Prevention (VS)
 2:30 Friendly Social with Kelly (PC)
 4:00 Mental Aerobics: Think Fast (BG)
 7:00 Series: Our Planet- Fresh Water (VP)

25
 10:00 Lake Couchiching Boat Cruise
 10:00 Exercise: Falls Prevention (VS)
 10:45 Needlecrafts (CK)
 1:30 Nintendo Wii: Bowling (PP)
 2:00 V!VAfit Strength (VS)
 3:00 Superfood Series: Kefir/Yogurt (CK)
 4:00 V!VAfit Strolls (L)
 7:00 Cards with Gary & Pam (PC)

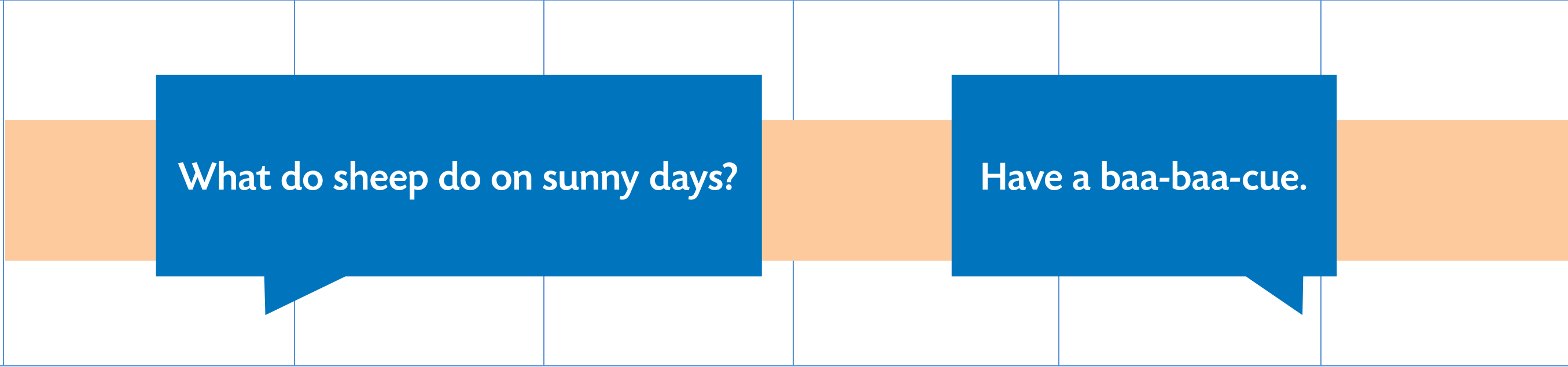
26
 10:00 Men's Exercise (VS)
 10:45 Discussion: Itinerary for the Overnight Trip to Ottawa (CK)
 11:00 V!VAfit Sit (FD)
 1:00 Shopping Shuttle
 1:30 Friendly Euchre (PP)
 2:00 V!VAfit Sit (VS)
 3:00 V!VA Live: Price is Right (PC)
 4:00 Mental Aerobics: Spot the Difference (BG)
 7:00 Bingo with Holly & Alanna (CK)

27
 10:00 V!VAfit Balance (VS)
 10:45 Mental Aerobics: Word Twist (BG)
 1:00 Walking Program: Petticoat Creek
 2:00 Exercise: Falls Prevention (VS)
 3:00 V!VA Choir Practice (FD)
 3:00 Patio Party with Meredith (CK)
 4:00 Zen Colouring (FD)
 7:00 Games Night with Karen (PC)

28
 10:00 V!VAfit Sit & Stand (VS)
 10:45 Gardening (VG)
 1:30 Community Euchre (PP)
 1:30 Milk Mat Program (CK)
 2:00 Exercise: Falls Prevention (VS)
 3:00 Crafts: Soap Jelly (CK)
 4:00 Physical Game: Shotput Toss (CK)

29
 10:00 V!VAfit Flow (VS)
 10:00 Reflexology Clinic (TR)
 10:45 Doc: History of the World- Age of Plunder (VP)
 1:30 Aquafit with Georgia (P)
 3:00 Drink Making: Fruit Infused Water (CK)
 4:00 Poetry Corner- CM Hans' Collection (CK)
 7:00 Movie Night (VP)

30
 10:00 V!VAfit Sit (VS)
 10:45 Bio: Discovering Grace Kelly (VP)
 2:00 V!VAfit Sit (FD)
 3:00 V!VA Live: Wheel of Fortune (PC)
 4:00 Bean Bag Toss (VS)
 7:00 Movie Night (VP)



*Calendars are subject to change.