



Sporting our halloween best.

Giving back.

Car wash fundraising fun.

Traditional Chinese New Year celebration.

Decking the halls.

V!VAvoice



January 2020

Your V!VA Community Newsletter

A Walk Down Memory Lane

Its always a nice feeling to reminisce and look back at all the wonderful times we spent with family and friends, and to remember all the great experiences and places we shared a long the way. Lets take a look at what happened this past year, as we look to the new year with the same great spirit and fond memories!



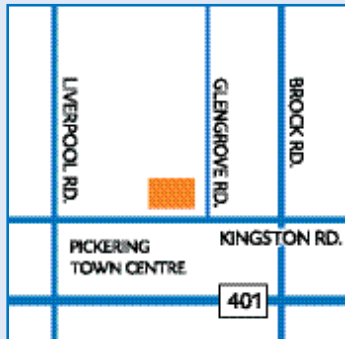
For the love of baking.



Wine and paint experts.



The seven year itch.



Making Today Great!

V!VA Pickering Retirement Community

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FIVE FUN FACTS ABOUT FIREWORKS

- 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

January 2020		WEEKS 1, 2 & 3						V!VA Pickering					
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
LEGEND						1 New Year's Day		2		3		4	
Orange	Fitness Class	(PC)	Perks! Café			10:30	New Year's Resolutions and The Importance of Goals (VP)	10:00	V!Vafit Balance (VS)	10:00	V!Vafit Sit & Stand (VS)	10:00	V!VAFit Flow (VS)
Purple	Special Event	(PP)	Pints! Pub					10:45	Introduction to C-Fit Challenge (CK)	10:45	Mental Aerobics: Word Twist (BG)	10:45	Doc: The Secret Life of Mary Poppins: A Culture Show Special (VP)
Green	Excursion	(TR)	Therapy Room			11:00	V!VAFit Sit (FD)	1:30	Nintendo Wii Bowling (PP)	1:00	Shopping Shuttle	1:30	Aquafit with Georgia (P)
		(VP)	V!VAp!ex			1:30	Friendly Euchre (PP)	2:00	Exercise: Falls Prevention (VS)	1:30	Milk Mat Program (CK)	2:00	Baking with Georgia (CK)
		(VG)	Victory Garden			2:00	V!Vafit Sit (VS)	3:00	VIVA Choir Practice (FD)	2:00	Exercise: Falls Prevention (VS)	4:00	Snack and Chat (CK)
		(VS)	V!VAFit Studio			3:00	Pres: Pongal Celebrations (VP)	3:00	Team Member Spot Light: Gillian Concierge (PC)	2:00	Thank You Party From Whitby Shores (PC)	7:00	Movie Night: Marriage Story (VP)
		(L)	Lobby			3:45	Snack & Chat: Pongal Treats (VP)	4:00	Name that Tune (PP)	3:00	Sign Up for C-Fit Challenge (CK)		
		(CC)	Community Commons					7:00	Games Night with Karen (PC)	4:00	Left, Right and Center (BG)		
		(BG)	Brain Gym										
		(CK)	V!VAcraft Kitchen										
		(FD)	Family Den										
		(HR)	Horticulture Room										
		(P)	Pool										
5		6		7		8		9		10		11	
10:00	V!VAFit Sit (VS)	10:00	Church Service with Rev. Richard (PP)	10:00	Exercise: Falls Prevention (VS)	9:00	Foot Care Clinic (TR)	10:00	V!Vafit Balance (VS)	10:00	V!VAFit Sit & Stand (VS)	10:00	V!VAFit Flow (VS)
10:45	The Secret World Of Lewis Carroll (Alice In Wonderland Documentary) (VP)	10:00	V!VAFit Combo (VS)	10:30	Dog Therapy (L)	10:00	Men's Exercise (VS)	10:30	Program Meeting (CK)	10:45	Technology Class (BG)	10:45	Doc: Luxury: Behind the Mirror of High-end Fashion (VP)
		10:45	Milk Mat Program (CK)	10:45	Needlecrafts (CK)	10:45	Danzfit with Matti (VS)	10:45	Library Day (CK)	11:00	Men's Clun Lunch Outing	1:30	Aquafit with Georgia (P)
2:00	V!VAFit Sit (FD)	1:00	Shopping Shuttle	12:00	Dine with Angel (CK)	11:00	V!Vafit Sit (FD)	1:30	Nintendo Wii Bowling (PP)	1:30	Walker Clinic (PP)	3:00	Ballroom Dancing with Georgia (VS)
3:00	Crafts: Broach (CK)	1:30	Friendly Bridge (PP)	1:30	Cat Therapy (FD)	1:30	Friendly Euchre (PP)	2:00	Exercise: Falls Prevention (VS)	1:30	Milk Mat Program (CK)	4:00	Picture Sharing (CK)
4:00	Snack & Chat: Thumball (CK)	2:00	Exercise: Falls Prevention (VS)	2:00	V!VAFit Strength (VS)	2:00	V!Vafit Sit (VS)	3:00	VIVA Choir Practice (FD)	2:00	Exercise: Falls Prevention (VS)	7:00	Movie Night: A Kid Like Jake (VP)
7:00	Movie Night: Burning (VP)	3:00	6th Floor Party: Wine and Cheese (FD)	3:00	Rexall Pres: Update Canada's Food Guide and Proper Nutrition (VP)	3:00	Taste Testing: Foods Around the World (PC)	3:00	January Birthday Party (PC)	3:00	Creative Drawing with Joan (CK)		
		4:00	C-Fit: Physical Game: Bola Ball (VS)	4:00	C-Fit: Physical Game: Washer Toss (VS)	4:00	Mental Aerobics: Word Twist (BG)	4:00	C-Fit: Physical Game: Magnetic Darts (VS)	4:00	C-Fit: Physical Game: Spring Fling (VS)		
		7:00	The Crown Series: Season 3, Episode 1: Olding (VP)	7:00	Cards with Gary & Pam (PC)	7:00	Bingo with Holly & Alanna (CK)	7:00	Games Night with Karen (PC)				
12		13		14		15		16		17		18	
10:00	Church Service w/ Patricia (PP)	10:00	V!VAFit Combo (VS)	10:00	Exercise: Falls Prevention (VS)	10:00	Men's Exercise (VS)	10:00	V!VAFit Balance (VS)	10:00	V!VAFit Sit & Stand (VS)	10:00	V!VAFit Flow (VS)
10:00	V!VAFit Sit (VS)	10:45	Milk Mat Program (CK)	10:45	Needlecrafts (CK)	10:45	Danzfit with Matti (VS)	10:30	Crafts with Glengrove Students (CK)	11:00	Mass with Father Tom (CC)	10:45	Doc: Is tourism Harming Venice? (VP)
10:45	Bio: Ritz - The Story Behind the Famous Luxury Hotels (VP)	1:00	Shopping Shuttle	1:30	Hearing Clinic (TR)	1:30	Friendly Euchre (PP)	1:30	Nintendo Wii Bowling (PP)	12:00	Dental & Hygienist Clinic (CC)	1:30	Aquafit with Georgia (P)
2:00	V!VAFit Sit (FD)	1:30	Friendly Bridge (PP)	2:00	V!VAFit Strength (VS)	2:00	V!VAFit Sit (VS)	2:00	Exercise: Falls Prevention (VS)	1:00	Whitefeather	3:00	News & Views (CK)
3:00	V!VA Live: Jeopardy (PC)	3:00	Travelogue: Portugal (VP)	3:00	Student's Farewell Party (PC)	3:00	Travelogue: Guayana (VP)	3:00	VIVA Choir Practice (FD)	1:30	Milk Mat Program (CK)	4:00	Laughter Hour (CK)
4:00	Drink Making: Nutella Hot Chocolate (CK)	4:00	C-Fit: Physical Game: Bucket Ball (VS)	4:00	C-Fit: Physical Game: Battle Bags (VS)	4:00	Mental Aerobics: Word Twist (BG)	4:00	C-Fit: Bola Ball (VS)	2:00	Exercise: Falls Prevention (VS)	7:00	Movie Night: Chesil Beach (VP)
7:00	Movie Night: Get Out (VP)	7:00	The Crown Series: Season 3, Episode 2: Margaretology (VP)	7:00	Cards with Gary & Pam (PC)	7:00	Bingo with Holly & Alanna (CK)	7:00	Games Night with Karen (PC)	3:00	Student Bingo (CK)		
										4:00	C-Fit: Physical Game: Washer Toss (VS)		

January 2020		WEEKS 4 & 5					VIVA Pickering
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
19 10:00 VIVAfit Sit (VS) 10:45 Doc: Building The World's Most Luxurious Cruise Ship (VP) 2:00 VIVAfit Sit (FD) 3:00 Jewelry Making: Beading (CK)  4:00 Scrapbooking (CK) 7:00 Movie Night: 1922 (VP)	20 10:00 VIVAfit Combo (VS) 10:45 Milk Mat Program (CK) 1:00 Ajax Casinio   1:30 Friendly Bridge (PP) 2:00 Exercise: Falls Prevention (VS) 3:00 History Pres with Lianne: Everything You Wanted To Know About Scotland in 1 hour (VP) 4:00 C-Fit: Physical Game: Magnetic Darts (VS) 7:00 The Crown Series: Season 3, Episode 3: Aberfan (VP)	21 10:00 VIVAfit Strength (VS) 10:30 Dog Therapy (L) 10:45 Needlecrafts (CK) 1:30 Cat Therapy (FD) 2:00 VIVAfit Strength (VS) 3:00 Pres: Steps to Successful Aging (VP) 4:00 C-Fit: Physical Game: Spring Fling (VS) 7:00 Cards with Gary & Pam (PC)	22 10:00 Men's Exercise (VS) 10:45 Danzfit with Matti (VS) 11:00 VIVAfit Sit (FD) 1:30 Friendly Euchre (PP) 2:00 VIVAfit Sit (VS) 3:00 Robbie Burns Social (PC) 4:00 Technology Class (BG) 7:00 Bingo with Holly & Alanna (CK)	23 10:00 VIVAfit Balance (VS) 10:45 Mental Aerobics: Word Twist (BG) 1:00 Shopping Shuttle   2:00 Exercise: Falls Prevention (VS) 3:00 VIVA Choir Practice (FD) 3:00 Baking with Chef Lindsay (CK) 4:00 Mental Aerobics: Think Fast (BG) 7:00 Games Night with Karen (PC)	24 10:00 VIVAfit Sit & Stand (VS) 11:00 Making Pizza for Lunch (CK)  1:30 Milk Mat Program (CK) 2:00 Exercise: Falls Prevention (VS) 3:00 Creative Drawing with Joan (CK)  4:00 C-Fit: Physical Game: Bucket Ball (VS)	25 10:00 VIVAfit Flow (VS) 10:45 Doc: Versailles' Dirty Secrets (VP) 1:30 Aquafit with Georgia (P) 3:00 Ballroom Dancing with Georgia (VS) 4:00 Poetry Corner (CK) 7:00 Movie Night: The Zookeepers Wife (VP)	
26 10:00 Church Service w/ Patricia (PP) 10:00 VIVAfit Sit (VS) 10:45 Bio: American Singer & Actor Elvis Presley - Biography and Life Story (VP) 2:00 VIVAfit Sit (FD) 3:00 VIVA Live: Wheel of Fortune (PC) 4:00 Mental Aerobics: Spot the Difference (PC) 7:00 Movie Night: The Girl with the Dragon Tattoo (VP)	27 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 Chinese New Year Social (PC) 4:00 C-Fit: Physical Game: Battle Bags (VS) 7:00 The Crown Series: Season 3, Episode 4: Bukkikins (VP)	28 10:00 Exercise: Falls Prevention (VS) 10:45 Needlecrafts (CK) 12:30 Cineplex Theatre    2:00 VIVAfit Strength (VS) 3:00 Community Member Orientation Presentation with Matthew (VP) 4:00 C-Fit: Bola Ball (VS) 7:00 Cards with Gary & Pam (PC)	29 10:00 Men's Exercise (VS) 10:45 Danzfit with Matti (VS) 11:00 VIVAfit Sit (FD) 1:30 Friendly Euchre (PP) 2:00 VIVAfit Sit (VS) 3:00 Wine & Paint: Winter Theme (CK)  4:00 Billiards (PP) 7:00 Bingo with Holly & Alanna (CK)	30 10:00 VIVAfit Balance (VS) 10:45 Zen Colouring (FD) 11:00 Lunch Outing: Pickle Barrel    2:00 Exercise: Falls Prevention (VS) 3:00 VIVA Choir Practice (FD) 3:00 Don't Keep Elvis Waiting Social (PC) 4:00 Mental Aerobics: Word Scramble (BG) 7:00 Hymn Sing & Bible Study (FD)	31 10:00 VIVAfit Sit & Stand (VS) 10:45 Mental Aerobics: Word Twist (BG) 1:30 Community Euchre (PP) 1:30 Milk Mat Program (CK) 2:00 Exercise: Falls Prevention (VS) 3:00 Pub and Grub (PP) 4:00 C-Fit: Physical Game: Magnetic Darts (VS)		



*Calendars are subject to change.