

# Join us!

## V!VAfit Balance Advance Class

Join us on the second floor for a full 20 minute standing class in which we focus on balance, strengthening and core. We will be using hand rails for this class to keep us steady. Get ready to sweat with your Lifestyles Team Members and pick up some new workout tips!

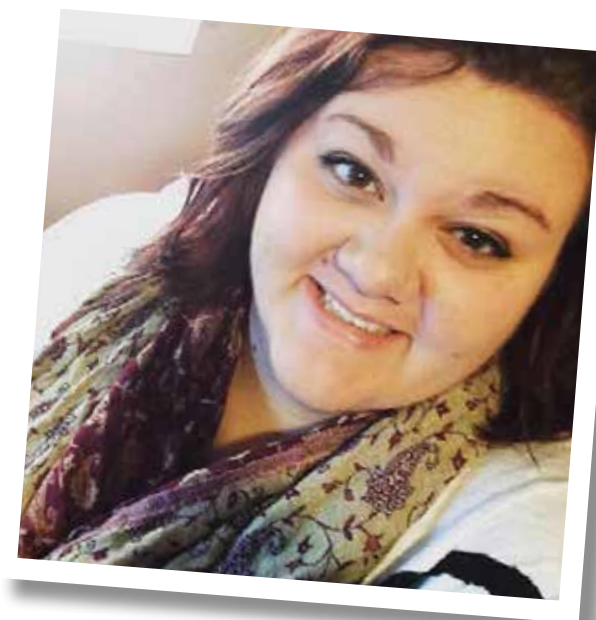
## Dine with an Angel

In January, we hosted our Dine with an Angel Program. Chef Angel taught us how to make a traditional Mexican dish called poquitos, served with a side salad and dessert. Poquitos are a deep fried tortilla filled with bacon, avocado, and shredded cheese, served with salsa and sour cream. After watching our chefs demo on poquitos Community Members enjoyed some fine dining in the Craft Kitchen. Thank you Angel for providing us with this wonderful learning opportunity and a delicious meal!



## Welcome Aprile

This month we're welcoming Aprile to our Lifestyles Team. She started out as a singer and moved into the field of recreation, completing a Recreation Therapy Diploma at Canadore College. She also completed a Bachelor of Arts Degree at Wilfrid Laurier University with a specialization in music. Having spent the majority of her previous careers working with children in various recreation program settings, she is ready to move into the retirement sector and join the V!VA Pickering Team. She is passionate about developing quality programs and enriching the lives of others. We look forward to singing, learning and laughing with Aprile. Welcome aboard!



# V!VAvoice



February 2020

Your V!VA Community Newsletter

## Christmas Brunch

During this year's Christmas celebration, Community Members welcomed their families and friends into the Community to share laughter, memories, and good wishes while enjoying a classic holiday meal. The scrumptious holiday brunch featured roast beef and salmon with all of the trimmings. After lunch, Santa Claus made a surprise visit and took pictures with participants as they requested their most-wanted gifts for the season. A wonderful performance by the Quartet followed, getting everyone into the festive spirit! It was a warm and joyous time for all.



Christmas wishes with Santa.

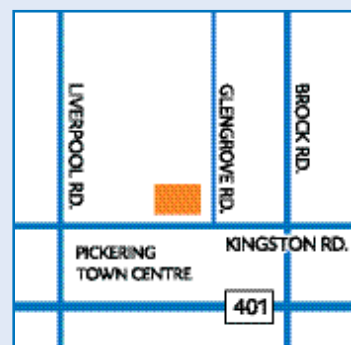


New Year's photobooth fun.



## New Years Eve Social

On New Year's Eve, a huge turnout of Community Members came down to *Perks! Café* to take part in the festivities. With lively entertainment and a photo booth that allowed Community Members to partake in a festive photoshoot made for a fun time! Everyone danced the night away and indulged in delicious treats and champagne to toast the new year. May 2020 be an amazingly happy and healthy New Year!



## Making Today Great!

### V!VA Pickering Retirement Community

1880 Glengrove Road, Pickering, ON L1V 0C6  
www.vivalife.ca 905.831.2088 Find us on



Copyright VIVA Retirement Communities Corporation 2020



# 4 DISASTROUS Family Feuds

In honour of Family Day, we're looking at some of history's most infamous family feuds. Our families look awfully good compared to these doozies... Enjoy!

## 01 Pleasant Valley War

One of Arizona's most infamous feuds nearly annihilated the two warring families. A long-standing dispute over grazing rights between two farming families, the Grahams and the Tewksburys, finally erupted into a gun war in February 1887 when Tom Graham fatally shot a worker of the Tewksburys. The two families attacked

each other for years, resulting in the deaths of at least 19 family members and their sympathizers. The feud at last began to fade in August 1892 when Edwin Tewksbury murdered Tom, the last of the Grahams. Although Tewksbury was subjected to two trials, he never saw jail time. Perhaps Pleasant Valley wasn't so pleasant after all.

## 02 The Black Donnellys vs. Everyone

The Donnellys were one of the most notorious families to have ever resided in Canada. Their tragic history began after James and his wife Johannah squatted on some land in the township of Biddulph. James got into a dispute with the neighboring renter, Patrick Farrell. Their feud turned deadly in June 1857, when James killed Farrell. During his run from the law and subsequent

incarceration, James children achieved notoriety among the townspeople due to their hotheadedness and hooliganism. It wasn't long before the entire community hated and blamed the Donnellys for every misfortune the town suffered. On February 4, 1880 a vigilante mob lynched five members of the family.

## 03 The Boyces vs. The Sneeds

It all began when Lena Sneed and Albert Boyce Jr. began an affair. When Lena demanded a divorce from her husband, he had her committed to an insane asylum. Boyce rescued her and they fled to Canada. Sneed filed kidnapping charges. This failed, so Sneed murdered Boyce's father. He was charged, but he got a mistrial,

sparking a riot that killed four men. A farmer working for the Boyces then shot and killed Sneed's father. Eventually, Sneed who finally killed Boyce in September 1912. A court acquitted him for the murder, reasoning that such actions were justified in Texas. So don't have an affair in Texas.

## 04 The Korean Grave Battle

Korea's most notable and longest-running feud began in the mid-1700s over a grave site. The Yoons discovered the Shins had buried one of their prominent deceased members on a hill outside Seoul where they had buried their own illustrious 12th century general. As many in South Korea placed a high regard for their ancestors, this dispute over the site's ownership was enough for the two families to vandalize each other's

graves and come to actual blows. The two families finally showed signs of reconciliation in 2008 when the Yoons donated part of their land to the Shins so that the latter could extend their cemetery and relocate the remains there. Unbelievably, a local cultural commission blocked the transfer, stating that to do so would be detrimental to their history and national identity.

<https://listverse.com/2014/06/02/10-historical-notorious-family-feuds-around-the-world/>



The objective is to fill a the grid with digits in such a way that each column, each row, and each of the nine 3x3 grids that make up the larger 9x9 grid contains all of the digits from 1 to 9.

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

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

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

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

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
|--------|--------|---------|-----------|----------|--------|----------|

**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 Flow (VS)**
  - 10:45 Doc: St. Helena- A remote Island in the Atlantic (VP)
  - 1:30 Aquafit with Georgia (P)
  - 3:00 **Overcoming Adversity: A Long, Walk to Water, TED Talk and Discussion (CK)**
  - 4:00 Mental Aerobics: Memory Tray (CK)
  - 7:00 Movie Night: Downtown Abbey (VP)

- 2**
- 10:00 **V!VAfit Balance—Advance Class (FD)**
  - 10:45 Bio: Nelson Mandela (VP)
  - 2:00 **V!VAfit Sit (FD)**
  - 3:00 Scrapbooking (CK)
  - 4:00 Food Prep for Super Bowl Party (CK)
  - 6:30 **Super Bowl Party (PP)**
  - 7:00 Movie Night: Ad Astra (VP)

- 3**
- 10:00 **Church Service with Rev. Richard (PP)**
  - 10:00 **V!VAfit Combo (VS)**
  - 10:45 Milk Mat Program (CK)
  - 1:15 Friendly Bridge (PP)
  - 2:00 **Exercise: Falls Prevention (VS)**
  - 3:00 **February Birthday Party (PC)**
  - 4:00 Technology Class (BG)
  - 7:00 The Crown Series: Season 3, Episode 5 – Coup (VP)

- 4**
- 10:00 **Exercise: Falls Prevention (VS)**
  - 10:00 **St. Lawrence Market**
  - 10:30 Dog Therapy (L)
  - 10:45 Needlecrafts (CK)
  - 1:30 Cat Therapy (FD)
  - 2:00 **Community Council Meeting (VS)**
  - 3:00 **Team Member Spot Light: Aprile (PC)**
  - 4:00 Physical Game: Washer Toss (VS)
  - 7:00 Cards with Gary & Pam (PC)

- 5**
- 10:00 **Men's Exercise (VS)**
  - 10:45 Danzfit with Matti (VS)
  - 12:00 **C-Fit Challenge Luncheon- Participants only (PP)**
  - 1:30 Friendly Euchre (PP)
  - 2:00 **V!VAfit Sit (VS)**
  - 3:00 **Pres: H2O Physio (VP)**
  - 4:00 Physical Game: Disc Golf (VS)
  - 7:00 Bingo with Holly & Alanna (CK)

- 6**
- 10:00 **V!VAfit Balance (VS)**
  - 10:45 **Program Meeting (CK)**
  - 1:00 **Shopping Shuttle**
  - 1:30 Nintendo Wii Bowling (PP)
  - 2:00 **Falls Prevention (VS)**
  - 3:00 Choir Practice (FD)
  - 3:00 **Pres: The History of the Academy Awards (VP)**
  - 4:00 Cards: Old Maid (BG)
  - 7:00 Games Night with Karen (PC)

- 7**
- 10:00 **V!VAfit Sit & Stand (VS)**
  - 10:45 Mental Aerobics: Word Twist (BG)
  - 1:00 **Whitefeather**
  - 1:30 Milk Mat Program (CK)
  - 2:00 **Exercise: Falls Prevention (VS)**
  - 3:00 **Creative Drawing with Joan (CK)**
  - 4:00 Name That Tune: Love Songs (PP)

- 8**
- 10:00 **V!VAfit Flow (VS)**
  - 10:45 Doc: Dubai: Desert To Greatest City (VP)
  - 1:30 Aquafit with Georgia (P)
  - 2:30 **Getting to know this year's Oscar Nominations (CK)**
  - 3:30 **Turkish Coffee with Georgia (CK)**
  - 7:00 Movie Night: Judy (VP)

- 9**
- 10:00 **Church Service w/ Patricia (PP)**
  - 10:00 **V!VAfit Balance—Advance Class (FD)**
  - 10:45 Bio: A train ride to the Czech Republic (VP)
  - 2:00 **V!VAfit Sit (FD)**
  - 3:00 **Pres: Valentine's Day Traditions (VP)**
  - 4:00 Prepping for the Oscars (CK)
  - 6:30 **Oscar Red Carpet Party (PP)**
  - 7:00 Movie Night: Jojo Rabbit (VP)

- 10**
- 10:00 **V!VAfit Combo (VS)**
  - 10:45 Milk Mat Program (CK)
  - 1:00 **Ajax Casino Outing**
  - 1:15 Friendly Bridge (PP)
  - 2:00 **Exercise: Falls Prevention (VS)**
  - 3:00 **History Pres: Everything You Wanted To Know About Art with Lianne Harris (VP)**
  - 4:00 Physical Game: Bola Ball (VS)
  - 7:00 The Crown Series: Season 3, Episode 6 – Tywysog Cymru (VP)

- 11**
- 10:00 **Exercise: Falls Prevention (VS)**
  - 10:45 Needlecrafts (CK)
  - 1:30 Mental Aerobics: Word Twist (BG)
  - 1:30 **Hearing Clinic (TR)**
  - 2:00 **V!VAfit Strength (VS)**
  - 3:00 **Rexall Presentation: Healthy Heart (VP)**
  - 3:00 Decorating Perks for Valentine's Day (PC)
  - 4:00 Physical Game: Magnetic Darts (VS)
  - 7:00 Cards with Gary & Pam (PC)

- 12**
- 10:00 **Men's Exercise (VS)**
  - 10:45 Danzfit with Matti (VS)
  - 11:00 **V!VAfit Sit (FD)**
  - 1:00 **Shopping Shuttle**
  - 1:30 Friendly Euchre (PP)
  - 2:00 **V!VAfit Sit (VS)**
  - 3:00 **Winter Blues Social (PC)**
  - 4:00 Left, Right & Center (BG)
  - 7:00 Bingo with Holly & Alanna (CK)

- 13**
- 10:00 **V!VAfit Balance (VS)**
  - 10:45 **Library Day (PP)**
  - 10:45 **Crafts with Glengrove (CK)**
  - 1:30 Nintendo Wii Bowling (PP)
  - 2:00 **Falls Prevention (VS)**
  - 3:00 V!VA Choir Practice (FD)
  - 3:00 **Guess Who: Who's the Bride/Groom? (PC)**
  - 4:00 Physical Game: Bean Bag Toss (VS)
  - 7:00 Games Night with Karen (PC)

- 14**
- 10:00 **V!VAfit Sit & Stand (VS)**
  - 10:45 Baking for Valentine's Day Social (CK)
  - 1:30 **Walker Clinic (PP)**
  - 1:30 Milk Mat Program (CK)
  - 2:00 **Exercise: Falls Prevention (VS)**
  - 3:00 **Not So Newly Wed Game Show- Valentine's Day Edition (PC)**
  - 6:30-8:00 **Valentine's Day Social (PC)**

- 15**
- 10:00 **V!VAfit Flow (VS)**
  - 10:45 Doc: Metropolis Paris (VP)
  - 1:30 Aquafit with Georgia (P)
  - 3:00 **V!VA Gives Back: Georgia's Sons Guatemala Trip (PC)**
  - 4:00 Snack and Chat (PC)
  - 7:00 Movie Night: A Beautiful Day In The Neighbourhood (VP)

| Sunday   | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday   |
|--|---|--|---|---|--|--|
| <p><b>16</b></p> <p>10:00 <b>V!VAfit Balance—Advance Class (FD)</b></p> <p>10:45 Bio: Martin Luther King Jr. (VP)</p> <p>12:00 <b>High Tea Luncheon (PP)</b> </p> <p>2:30 <b>Slideshow on Jessie's Honeymoon (CK)</b></p> <p>4:00 Zen Colouring (FD)</p> <p>7:00 Movie Night: The Lion King (VP)</p>        | <p><b>17 Family Day</b></p> <p>10:00 <b>V!VAfit Combo (VS)</b></p> <p>10:45 Milk Mat Program (CK)</p> <p>1:30 Family Day Photo Booth (L)</p> <p>2:00 <b>Family Day Social (PC)</b></p> <p>3:30 <b>Family Day Movie Matinee: Frozen 2 (VP)</b></p> <p>7:00 The Crown Series: Season 3, Episode 7 – Moon dust (VP)</p>  | <p><b>18</b></p> <p>10:00 <b>Exercise: Falls Prevention (VS)</b></p> <p>10:30 Dog Therapy (L)</p> <p>10:45 Needlecrafts (CK)</p> <p>1:00 <b>Shopping Shuttle</b> </p> <p>1:30 Cat Therapy (FD)</p> <p>2:00 <b>V!VAfit Strength (VS)</b></p> <p>3:00 <b>Tune Times with Aprile (PC)</b></p> <p>4:00 Physical Game: Ring Toss (VS)</p> <p>7:00 Cards with Gary &amp; Pam (PC)</p> | <p><b>19</b></p> <p>9:00 <b>Foot Care Clinic (TR)</b> </p> <p>10:00 <b>Men's Exercise (VS)</b></p> <p>10:45 Danzfit with Matti (VS)</p> <p>11:00 <b>V!VAfit Sit (FD)</b></p> <p>1:30 Friendly Euchre (PP)</p> <p>2:00 <b>V!VAfit Sit (VS)</b></p> <p>3:00 <b>Pres: Flags from Around the World (VP)</b></p> <p>4:00 Snack and Chat (CK)</p> <p>7:00 Bingo with Holly &amp; Alanna (CK)</p> | <p><b>20</b></p> <p>10:00 <b>V!VAfit Balance (VS)</b></p> <p>10:45 <b>Crafts with Glengrove Students (CK)</b></p> <p>1:30 Nintendo Wii Bowling (PP)</p> <p>2:00 <b>Falls Prevention (VS)</b></p> <p>3:00 V!VA Choir Practice (FD)</p> <p>3:00 <b>Team Member Spot Light: Nicole (PC)</b></p> <p>4:00 Physical Game: Spring Fling(VS)</p> <p>7:00 Games Night with Karen (PC)</p>  | <p><b>21</b></p> <p>10:00 <b>V!VAfit Sit &amp; Stand (VS)</b></p> <p>10:45 Mental Aerobics: Word Twist (BG)</p> <p>12:00 <b>Dental Clinic (CC)</b> </p> <p>1:00 <b>Men's Club: Lunch Outing</b> </p> <p>11:00 <b>Mass with Father Tom (CC)</b></p> <p>1:30 Milk Mat Program (CK)</p> <p>2:00 <b>Exercise: Falls Prevention (VS)</b></p> <p>3:00 <b>Creative Drawing with Joan (CK)</b></p> <p>4:00 Physical Game: Cornhole Game (VS)</p> | <p><b>22</b></p> <p>10:00 <b>V!VAfit Flow (VS)</b></p> <p>10:45 Doc: Lisbon – What Makes Portugal's Capital City so Attractive? (VP)</p> <p>1:30 Aquafit with Georgia (P)</p> <p>3:00 Baking: Cheesecake Bites (CK)</p> <p>4:00 Snack and Chat (CK)</p> <p>7:00 Movie Night: The Lighthouse (VP)</p> |
| <p><b>23</b></p> <p>10:00 <b>Church Service w/ Patricia (PP)</b></p> <p>10:00 <b>V!VAfit Balance—Advance Class (FD)</b></p> <p>10:45 Doc: Money, luxury and fame - The New Super-Rich of India (VP)</p> <p>2:00 <b>V!VAfit Sit (FD)</b></p> <p>3:00 Drink Making: Raspberry Hot Chocolate (CK)</p> <p>4:00 Mental Aerobics: Memory Tray (CK)</p> <p>7:00 Movie Night: The Aeronauts (VP)</p> | <p><b>24</b></p> <p>10:00 <b>V!VAfit Combo (VS)</b></p> <p>10:45 Milk Mat Program (CK)</p> <p>1:00 <b>Shopping Shuttle</b> </p> <p>1:15 Friendly Bridge (PP)</p> <p>2:00 <b>Exercise: Falls Prevention (VS)</b></p> <p>3:00 <b>V!VA Live: Name that Flag (PC)</b></p> <p>4:00 Physical Game: Magnetic Darts (VS)</p> <p>7:00 The Crown Series: Season 3, Episode 8 – Dangling Man (VP)</p> | <p><b>25</b></p> <p>10:00 <b>Exercise: Falls Prevention (VS)</b></p> <p>10:45 Needlecrafts (CK)</p> <p>11:00 <b>Lunch at Mandarin</b> </p> <p>2:00 <b>V!VAfit Strength (VS)</b></p> <p>3:00 <b>V!VA Live: Test Your Taste Buds Game Show (PC)</b></p> <p>4:00 Physical Game: Washer Toss (VS)</p> <p>7:00 Cards with Gary &amp; Pam (PC)</p>                                    | <p><b>26</b></p> <p>10:00 <b>Men's Exercise (VS)</b></p> <p>10:45 Danzfit with Matti (VS)</p> <p>11:00 <b>V!VAfit Sit (FD)</b></p> <p>1:30 Friendly Euchre (PP)</p> <p>2:00 <b>V!VAfit Sit (VS)</b></p> <p>3:00 <b>Mardi Gras Masquerade Party (PC)</b></p> <p>4:00 Billiards (PP)</p> <p>7:00 Bingo with Holly &amp; Alanna (CK)</p>   | <p><b>27</b></p> <p>10:00 <b>V!VAfit Balance (VS)</b></p> <p>10:45 Mental Aerobics: Word Twist (BG)</p> <p>1:30 Nintendo Wii Bowling (PP)</p> <p>2:00 <b>Falls Prevention (VS)</b></p> <p>3:00 V!VA Choir Practice (FD)</p> <p>3:00 <b>Wine &amp; Paint (CK)</b> </p> <p>7:00 Games Night with Karen (PC)</p> <p>7:00 Hymn Sing &amp; Bible Study (FD)</p> | <p><b>28</b></p> <p>10:00 <b>V!VAfit Sit &amp; Stand (VS)</b></p> <p>10:45 Technology Class (BG)</p> <p>1:30 <b>Community Euchre (PP)</b></p> <p>1:30 Milk Mat Program (CK)</p> <p>2:00 <b>Exercise: Falls Prevention (VS)</b></p> <p>3:00 <b>V!VA Live: Scavenger Hunt (CK)</b></p> <p>4:00 <b>V!VA Live: Name Their TV Sweetheart (CK)</b></p>   | <p><b>29</b></p> <p>10:00 <b>V!VAfit Flow (VS)</b></p> <p>10:45 Doc: Taiwan for Food Lovers (VP)</p> <p>1:30 Aquafit with Georgia (P)</p> <p>3:00 News &amp; Views (CK)</p> <p>4:00 Ballroom Dancing (VS)</p> <p>7:00 Movie Night (VP)</p>   |

What do you call someone with no body and no nose?

Nobody knows.