



## C-Fit Challenge

Throughout January, our Community Members participated in our C-Fit Challenge. Community Members were placed in teams which earned points based on participation in VIVAfit programs and other activities. Green Team took the win for this month, followed by Blue, then Red. We all celebrated together with a pizza luncheon in the Craft Kitchen. Everyone did an amazing job participating in the challenge and received a certificate and a prize!



# V!VAvoice



March 2020

Your V!VA Community Newsletter



Fanning our way into the new year.

## Chinese New Year

Ring in the year of the rat, Community Members enjoyed the festivities with traditional Chinese dancers followed by history, trivia and superstitions about New Year's Day. We learned the different characteristics of animals from the Chinese zodiac calendar and Community Members were encouraged to discover their own animal. The performance ended with a traditional lion dance and photos with the beautiful dancers holding fans and umbrellas!

## Our Co-op Students

The Lifestyles Department would like to welcome our co-op students, who have come to V!VA Pickering as they complete their placement in the field of recreation. They are both joining us from Centennial College, and will be running programs, dancing at socials, and getting to know everyone until April. Both Nicole and Mary are candidates for a Recreation Diploma. Join us for our monthly spotlight programs where you can get to know our students better. Welcome to V!VA, Nicole and Mary!

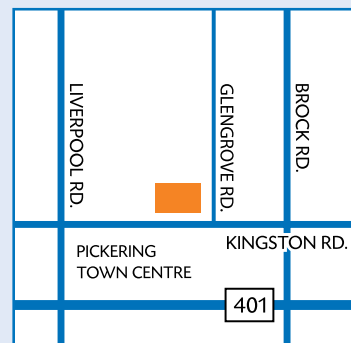


## Don't Keep Elvis Waiting

Community Members celebrated the King of rock and roll with a guest Elvis impersonator. Our Don't Keep Elvis Waiting Social filled V!VA Pickering with great entertainment. Everyone rocked out to some classic Elvis hits while enjoying delicious treats. We danced the afternoon away and sang along to our favourites while reminiscing about the music of the past.



Wise men say, only fools rush in...



## Making Today Great!

V!VA Pickering Retirement Community

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With March comes St. Patrick's Day, and a celebration of all things Irish: clovers, leprechauns, and everyone's favourite festive libation: beer! We thought we'd "draught" up something domestic, so here are...

## 8 CANADIAN FACTS ABOUT

# BEER

French herbalist Louis Hébert and his wife are Canada's first documented brewers, with the immigrants brewing beer for their own personal private consumption as early as 1617. The first commercial brewery came years later, built by Jean Talon in Québec City in 1668.

As a whole, Canadians spent \$9.14 billion on beer in 2013 (\$324 per adult), which equates to 2.27 billion litres of beer. That's a whole lotta brew!

The most popular alcoholic beverage in Canada is – you guessed it – beer! In fact, beer makes up more than 45 per cent of all alcoholic beverage sales in Canada.

According to the Conference Board of Canada, one out of every 100 jobs in Canada is supported by the sale of beer, with every dollar we spend on beer generating \$1.12 for the nation's economy. This "beer economy," in fact, supports 163,200 jobs throughout Canada.

Anyone who's ever spent time in the prairie provinces knows that German beer is wildly popular in Western Canada, and for good reason. During the boom-town days, German-American beer brewers headed north in hopes of setting up shop and serving their beer to thirsty customers.

Although you won't find it in regular dictionaries, apparently there's an actual phobia in which sufferers experience fear of seeing an empty beer glass. This disorder is called *Cenosillicaphobia*; fortunately, the cure is a good bartender who knows how to keep 'em coming.

The region in Canada with the highest beer consumption per capita? That would be Newfoundland and Labrador, according to Statistics Canada. They found that adults drank the equivalent of 101.2 litres in 2013.

- WORDSEARCH -

## Beers Around the World

X B O T S B A P A C I T C R A T N A Q  
 N N L N E L T S U V Q J J P M W M Z T  
 J G E P J J I I P M P M K A S A H I H  
 W G D U Z S U U V N R G Y W H Y Y W G  
 H O O H I U S Q S N R E U C I J B X I  
 E J M E T A C E T A T E S I W O N S L  
 I B H K B I N S E T V U L I N M X K D  
 N B H Z P I U O L U B X W L E E X J U  
 E O B V B D D D L R W O N K I W S W B  
 K L U R D G F X A A J L O A C M D S N  
 E E A S E I O L A L V Y K M Q F G U W  
 N H C M U B P H R G R E B S L R A C B  
 N C Z O H G R T T G F O A T G N I S T  
 W I M E O A D I O Q N P A E S Z P M R  
 I M R T P R R Z I D D I A L V K X E L  
 S W G I L T S B S L K B J N S C D D Y  
 K D R W K X J W C T H L O N W C A X Q  
 O P N P I I Y R V P A O A S A T E S R  
 L C O R O N A O V Y V K W S J Y Z G S

AMSTEL	CARLSBERG	HEINEKEN	SKOL
ANTARCTICA	CASS	KIRIN	SNOW
ASAHI	COORS	MICHELOB	STELLA ARTOIS
BRAHMA	CORONA	MILLER	TECATE
BUD LIGHT	DOS EQUIS	MODELO	TSINGTAO
BUDWEISER	GUINNESS	NATURAL	YANJING
BUSCH	HARBIN	PABST	

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!VAfitStudio
- (L) Lobby
- (CC) Community Commons
- (BG) Brain Gym
- (CK) V!VAcraft Kitchen
- (FD) Family Den
- (HR) Horticulture Room
- (P) Pool



**1**

10:00 **V!VAfitBalance Advance Class (FD)**

10:45 Biography: Mary Pickford (VP)

2:00 **V!VAfitSit (FD)**

3:00 VIVA LIVE: Jeopardy (PC)

4:00 Scrapbooking (CK)

7:00 Movie Night: Live Twice, Love Once (VP)

**2**

10:00 **Church Service with Rev. Richard (PP)**

10:00 **V!VAfitCombo (VS)**

10:45 Milk Mat Program (CK)

1:00 **Shopping Shuttle**

1:15 Friendly Bridge (PP)

2:00 **Exercise: Falls Prevention (VS)**

3:00 **Rexall Pres: Laughter Is The Best Medicine (VP)**

4:00 Physical Game: Bola Ball (VS)

7:00 The Crown Series: Season 3, Episode 9: Imbroglio (VP)

**3**

10:00 **Exercise: Falls Prevention (VS)**

10:30 Dog Therapy (L)

10:45 Needlecrafts (CK)

1:30 Cat Therapy (L)

2:00 **Community Council Forum Meeting (VP)**

3:00 **Team Member Spot Light: Chris (PC)**

4:00 Physical Game: Spring Fling (VS)

7:00 Cards with Gary & Pam (PC)

**4**

10:00 **Men's Exercise (VS)**

10:45 Danzfit with Matti (VS)

11:00 **V!VAfitSit (FD)**

1:00 **Giant Tiger**

1:30 Friendly Euchre (PP)

2:00 **V!VAfitSit (VS)**

3:00 **Creative Drawing with Joan (CK)**

4:00 Physical Game: Disc Golf (VS)

7:00 Bingo with Holly & Alannah (CK)

**5**

10:00 **V!VAfitBalance (VS)**

10:45 Mental Aerobics: Word Twist (BG)

1:30 Nintendo Wii Bowling (PP)

2:00 **Exercise: Falls Prevention (VS)**

3:00 VIVA Choir Practice (FD)

3:00 **Presentation: Aging and Social/Emotional Health (VP)**

4:00 Physical Game: Battle Bags (VS)

7:00 Games Night with Karen (PC)

**6**

10:00 **V!VAfitSit & Stand (VS)**

10:45 Mental Aerobics: Spot the Difference (BG)

11:00 **Men's Club Lunch Outing to St. Louis**

1:30 Milk Mat Program (CK)

2:00 **Exercise: Falls Prevention (VS)**

3:00 **March Birthday Party (PC)**

4:00 Technology Class (BG)

**7**

10:00 **V!VAfitFlow (VS)**

10:45 Doc: Rick Steve's – Greek Islands: Santorini, Mykonos, and Rhodes (VP)

1:30 Aquafit with Georgia (P)

3:00 Mental Aerobics: Memory Tray (BG)

4:00 Poetry Corner (CK)

7:00 Movie Night: Miracles from Heaven (VP)

**8**

10:00 **Church Service w/ Patricia (PP)**

10:00 **V!VAfitBalance Advance Class (FD)**

10:45 Biography: Rosalind Franklin (VP)

2:00 **V!VAfitSit (FD)**

3:00 Crafts: Clay (CK)

4:00 Left, Right & Center (BG)

7:00 Movie Night: La La Land (VP)

**9**

10:00 **V!VAfitCombo (VS)**

10:45 Milk Mat Program (CK)

1:15 Friendly Bridge (PP)

2:00 **Exercise: Falls Prevention (VS)**

3:00 **History Presentation with Lianne: The Luck O' The Irish (VP)**

4:00 Physical Game: Cornhole (VS)

7:00 The Crown Series: Season 3, Episode 10: Cri de Coeur (VP)

**10**

10:00 **Exercise: Falls Prevention (VS)**

10:45 Needlecrafts (CK)

1:00 **Shopping Shuttle**

1:30 **Hearing Clinic (TR)**

2:00 **V!VAfitStrength (VS)**

3:00 **Spring Social (PC)**

4:00 Billiards (PP)

7:00 Cards with Gary & Pam (PC)

**11**

10:00 **Men's Exercise (VS)**

10:00 **Guest Speaker & Lunch at the Recreation Complex**

10:45 Danzfit with Matti (VS)

11:00 **V!VAfitSit (FD)**

1:30 Friendly Euchre (PP)

2:00 **V!VAfitSit (VS)**

3:00 **Presentation: Fraud Prevention with Durham Police (VP)**

4:00 Washer Toss (VS)

7:00 Bingo with Holly & Alannah (CK)

**12**

10:00 **V!VAfitBalance (VS)**

10:45 **Library Day (PP)**

10:45 **Crafts with Glengrove Students (CK)**

1:30 Nintendo Wii Bowling (PP)

2:00 **Exercise: Falls Prevention (VS)**

3:00 VIVA Choir Practice (FD)

3:00 **Presentation: Aging and Brain Health (VP)**

4:00 Physical Game: Bean Bag Toss (VS)

7:00 Games Night with Karen (PC)

**13**

10:00 **V!VAfitSit & Stand (VS)**

10:45 Mental Aerobics: Word Twist (BG)

11:00 **Making Ravioli & Bruschetta Luncheon (CK)**

1:30 **Walker Clinic (PP)**

1:30 Milk Mat Program (CK)

2:00 **Exercise: Falls Prevention (VS)**

3:00 **New Community Members Welcome Tea Party (PC)**

4:00 Name That Tune (PP)

**14**

10:00 **V!VAfitFlow (VS)**

10:45 Doc: Rick Steve's – Istanbul (VP)

1:30 **Theatre: An Evening On Broadway**

1:30 Aquafit with Georgia (P)

3:00 Decorate Perk for St. Patty's (PC)

4:00 Ball Room Dancing (VS)

7:00 Movie Night: The Irishman (VP)

March 2020		WEEKS 3, 4 & 5					VIVA PICKERING
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>15</b> 10:00 <b>V!VAfitBalance Advance Class (FD)</b> 10:45 Biography: Michelle Obama (VP) 2:00 <b>V!VAfitSit (FD)</b> 3:00 <b>Team Member Spotlight: Angel Food &amp; Beverage Manager (PC)</b> 4:00 Scrapbooking (CK) 7:00 Movie Night: Florence Foster Jenkins (VP)	<b>16</b> 10:00 <b>V!VAfitCombo (VS)</b> 10:45 Milk Mat Program (CK) 11:00 <b>Lunch outing: ViPei Bistro</b> 🚗💰 1:15 Friendly Bridge (PP) 2:00 <b>Exercise: Falls Prevention (VS)</b> 3:00 <b>Classical Concert with Renee (PC)</b> 4:00 Technology Class (BG) 7:00 Cable Girls Series: Season 1, Episode 1: Dreams (VP)	<b>17 St. Patrick's Day</b> 10:00 <b>Exercise: Falls Prevention (VS)</b> 10:30 Dog Therapy (L) 10:45 Needlecrafts (CK) 1:30 Cat Therapy (L) 2:00 <b>V!VAfitStrength (VS)</b> 3:00 <b>Super Fantastic Irish Game Show (PC)</b> 4:00 Chicken Soup Stories (FD) 7:00 Cards with Gary & Pam (PC)	<b>18</b> 9:00 <b>Foot Care Clinic (TR)</b> 10:00 <b>Men's Exercise (VS)</b> 10:45 Danzfit with Matti (VS) 11:00 <b>V!VAfitSit (FD)</b> 1:30 Friendly Euchre (PP) 2:00 <b>V!VAfitSit (VS)</b> 3:00 <b>Creative Drawing with Joan (CK)</b> 4:00 Physical Game: Magnetic Darts (VS) 7:00 Bingo with Holly & Alannah (CK)	<b>19</b> 10:00 <b>V!VAfitBalance (VS)</b> 10:45 Mental Aerobics: Word Twist (BG) 1:00 <b>Shopping Shuttle</b> 🚗💰 1:30 Nintendo Wii Bowling (PP) 2:00 <b>Exercise: Falls Prevention (VS)</b> 3:00 Choir Practice (FD) 3:00 <b>Presentation: Aging and Body Health (VP)</b> 4:00 Physical Game: Bola Ball (VS) 7:00 Games Night with Karen (PC)	<b>20</b> 10:00 <b>V!VAfitSit &amp; Stand (VS)</b> 10:45 Baking: Mint Chocolate Chip Cookies (CK) 11:00 <b>Mass with Father Tom (CC)</b> 1:30 Milk Mat Program (CK) 2:00 <b>Exercise: Falls Prevention (VS)</b> 3:00 <b>St. Paddy's Day Social with O'Donnell School of Irish Dance (PC)</b> 4:00 Physical Game: Spring Fling (VS)	<b>21</b> 10:00 <b>V!VAfitFlow (VS)</b> 10:45 Doc: Rick Steve's – Bulgaria (VP) 1:30 Aquafit with Georgia (P) 3:00 Baking: Crème de Menthe Brownies (CK) 4:00 Snack & Chat (CK) 7:00 Movie Night: Three Billboards Outside Ebbing, Missouri (VP)	
<b>22</b> 10:00 <b>Church Service w/ Patricia (PP)</b> 10:00 <b>V!VAfitBalance Advance Class (FD)</b> 10:45 Biography: Audrey Hepburn (VP) 1:15 <b>Big Band Event at Pickering Recreation Centre</b> 🚗💰 2:00 <b>V!VAfitSit (FD)</b> 3:00 Crafts: Bird Feeders (CK) 4:00 Cards: Old Maid (BG) 7:00 Movie Night: Cinderella Man (VP)	<b>23</b> 10:00 <b>V!VAfitCombo (VS)</b> 10:45 Milk Mat Program (CK) 1:00 <b>Ajax Casino Outing</b> 🚗💰 1:15 Friendly Bridge (PP) 2:00 <b>Exercise: Falls Prevention (VS)</b> 3:00 <b>4th Floor Wine &amp; Cheese Get To Know Each Other (FD)</b> 4:00 Physical Game: Bean Bag Toss (VS) 7:00 Cable Girls Series: Season 1, Episode 2: Memories (VP)	<b>24</b> 10:00 <b>Exercise: Falls Prevention (VS)</b> 10:30 Dog Therapy (L) 10:45 Needlecrafts (CK) 1:00 <b>Shopping Shuttle</b> 🚗💰 2:00 <b>V!VAfitStrength (VS)</b> 3:00 <b>Science on the Go: Health Management for Seniors– Presented by U of T (VP)</b> 4:00 Physical Game: Disc Golf (VS) 7:00 Cards with Gary & Pam (PC)	<b>25</b> 10:00 <b>Men's Exercise (VS)</b> 10:45 Danzfit with Matti (VS) 11:00 <b>V!VAfitSit (FD)</b> 1:30 Friendly Euchre (PP) 2:00 <b>V!VAfitSit (VS)</b> 3:00 <b>Wine &amp; Paint (CK)</b> 4:00 Physical Game: Washer Toss (VS) 7:00 Bingo with Holly & Alannah (CK)	<b>26</b> 10:00 <b>V!VAfitBalance (VS)</b> 10:45 Mental Aerobics: Spot the Difference (BG) 1:30 Nintendo Wii Bowling (PP) 2:00 <b>Exercise: Falls Prevention (VS)</b> 3:00 V!VA Choir Practice (FD) 3:30 <b>Blue Jay's Home Opener Pub &amp; Grub (PP)</b> 4:00 Billiards (PP) 7:00 Games Night with Karen (PC)	<b>27</b> 10:00 <b>V!VAfitSit &amp; Stand (VS)</b> 10:45 Mental Aerobics: Word Twist (BG) 12:00 <b>Dental Clinic (CC)</b> 🚗 1:00 <b>Whitefeather</b> 🚗💰 1:30 <b>Community Euchre (PP)</b> 1:30 Milk Mat Program (CK) 2:00 <b>Exercise: Falls Prevention (VS)</b> 3:00 <b>Social with Carl Stedman (PC)</b> 4:00 Physical Game: Battle Bags (VS)	<b>28</b> 10:00 <b>V!VAfitFlow (VS)</b> 10:45 Doc: Rick Steve's – Italy's Amalfi Coast (VP) 1:00 <b>Reflexology Clinic (TR)</b> 1:30 Aquafit with Georgia (P) 3:00 Name that Tune (PP) 4:00 Mental Aerobics: Memory Tray (BG) 7:00 Movie Night: Adrift (VP)	
<b>29</b> 10:00 <b>V!VAfitBalance Advance Class (FD)</b> 10:45 Biography: Princess Diana (VP) 2:00 <b>V!VAfitSit (FD)</b> 3:00 <b>Team Member Spotlight: Server (PC)</b> 4:00 Zen Coloring (FD) 7:00 Movie Night: The Post (VP)	<b>30</b> 10:00 <b>V!VAfitCombo (VS)</b> 10:45 Milk Mat Program (CK) 1:30 Friendly Bridge (PP) 2:00 <b>Exercise: Falls Prevention (VS)</b> 3:00 <b>Tune Times with Aprile (PP)</b> 4:00 News & Views (BG) 7:00 Cable Girls Series: Season 1, Episode 3: Lies (VP)	<b>31</b> 10:00 <b>Exercise: Falls Prevention (VS)</b> 10:45 Needlecrafts (CK) 1:30 Cat Therapy (L) 2:00 <b>V!VAfitStrength (VS)</b> 3:00 <b>Science on the Go: Vitus 101– Presented by U of T (VP)</b> 4:00 Physical Game: Ring Toss (VS) 7:00 Cards with Gary & Pam (PC)	<div style="background-color: #f4a460; padding: 20px; border-radius: 15px; display: inline-block;">             Someone threw a jar of mayonnaise at me!           </div>		<div style="background-color: #f4a460; padding: 20px; border-radius: 15px; display: inline-block;">             What the Hellman?           </div>		

\*Calendars are subject to change.