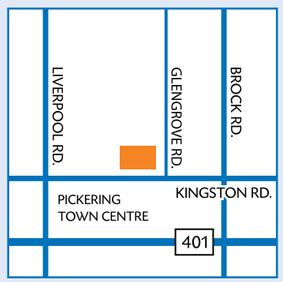
Working together to rise to the challenge.

Scavenger Hunt

Community Members were put to the test during our V!VA Live Scavenger Hunt! With activities throughout the building, each team had to complete challenges in order to move onto the next location. Activities featured physical and memory challenges. The teams did an amazing job solving all of the puzzles we challenged at them. Way to go every one!



Making Today Great!

V!VA Pickering Retirement Community

1880 Glengrove Road, Pickering, ON L1V 0C6

www.vivalife.ca 905.831.2088 Find us on

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V!VA*voice*

V!VA Retirement Communities™ PICKERING

April 2020

Your V!VA Community Newsletter

PLEASE SEE COVID-19 PROTOCOLS ON PAGE 2

Valentines Festivities

Love was in the air at V!VA Pickering in February. Our Community Members gathered for not one, but *three* Valentines themed events! We kicked off our celebration of love with our Guess Who's the Bride/ Groom Show, where Community Members and Team Members submitted their wedding photos, and we had to guess who it was!

We shared lots of laughs over the Not So Newlywed Gameshow, featuring three of our amazing V!VA Team Members; Angel, Gillian, and Debbie, as well as their spouses. With each couple answering our difficult questions, we got to determine just how well these couples knew each other.

Later that night, we caught some snapshots of V!VA Sweethearts at our photo booth, indulged in some chocolate covered strawberries, and then danced the night away to one of our favourite entertainers: Esther and Rudy.

We are all heart.

Fanning our way into the new year.

Mardi Gras Social

V!VA Pickering's Community Members came down to our Mardi Gras Social in their finest masks and beads. We danced to a smooth performance by Mark Kersey, and enjoyed some delicious treats to put us in a festive mood. Our masked Community Members sure know how to have a good time!

Family Day Fun

February love continued on Family Day! Community Members and their families enjoyed an Elvis performance that really got everyone moving. A matinee showing of Disney's Frozen 2, followed in our V!VA*plex*. What a great way to celebrate with our loved ones!

V!VA'S COVID-19 PROTOCOLS

V!VA Retirement Communities is committed to ensuring the health and safety of our Community Members and Team Members. Below are some of the key initiatives we've introduced to ensure the wellbeing of everyone in our Community. We appreciate your patience and understanding during this time.

General
- All Community Members and Team Members are encouraged to practice social distancing where possible.
- Avoid touching your face.
- Wash hands with soap often and use hand sanitizer regularly.

Visitors
- Only essential visitors are permitted entry into the Community.
- An essential visitor is defined as anyone who is visiting a Community Member who is very ill or palliative.
- All permitted visitors are being actively screened using protocols provided by Public Health.

Leaving the Community
- Community Members are no longer permitted to leave the property to socialize with family/friends.
- Those who leave will be actively screened upon return.
- Practice social distancing when out of the Community.
- Community Members are only permitted to leave to perform essential tasks.

Personal Shopping
- Please attempt to conduct your personal shopping online versus going on outings.
- Your Lifestyles Team will be offering individual or small group lessons on how to shop online.
- Encourage your family and friends to drop things off for you at the Concierge Desk.
- If you are not currently using our in-house pharmacy (Rexall), this is a good time to consider switching!

V!VA*fit* Amenities
- Classes will continue with social distancing modifications, including fewer participants per class and spacing between chairs.
- Unsupervised use of equipment is permitted at set times to ensure proper sanitization between use.
- V!VA*fit* Studio hours will remain unchanged for now.

V!VA*plex* Theatre
- Movies will continue to play with social distancing modifications in place.
- Community Members will be seated one chair apart for social distancing practices.

General - Activities
- Please participate in non-contact activities to avoid sharing materials. Games with shared materials will be temporarily removed.
- Programs will be designed to allow for social distancing.
- Remember to practice social distancing when gathering in the common areas. Community Members can participate in independent activities if non-communal items are used.
- Please select Wii activities that require you to take turns; practice good social distancing.
- The Wii will be cleaned after every use.

Swimming Pool
- Swimming pool remains open pending public health directive.
- Limit of 5 people in pool at a time.
- Pool equipment is not available for use due to cleaning requirements.

V!VA*craft* Kitchen
- Community Members are permitted to use the V!VA*craft* Kitchen without supervision.
- Please book the space in advance and advise the Concierge when done for cleaning to take place.
- Participant numbers for classes may be limited for social distancing.

Dining Rooms
- Modifications to the dining hours will be posted at each dining room where applicable.
- Reduced number of diners per table for social distancing.
- Breakfast will now be plated service from the buffet.
- Private dining room remains open.

Salon
- The Salon is now closed until further notice.

WORD SEARCH

F	A	Z	H	W	V	F	H	N	M	N	W	F	U	M	D	S	Q	X	D	O	X	R	P	A	W	X	F	F	H
D	F	O	G	Z	S	T	Q	W	C	H	E	E	R	F	U	L	M	S	A	S	N	J	U	V	H	X	F	V	K
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N	I	B	X	A	P	M	M	J	O	E	X	T	J	P	E	Y	G	B	R	I	G	H	T	Q	E	H	A	N	K
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G	L	Y	L	V	V	Q	K	O	Z	M	N	E	L	W	B	E	E	R	S	S	M	Q	U	T	T	W	G	H	H
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Z	I	R	U	I	H	D	B	O	L	Y	Y	G	L	S	R	M	Z	T	D	I	H	W	Q	V	M	K	G	X	X
K	W	Q	I	H	V	S	N	G	H	R	A	Y	S	I	N	G	I	N	G	B	V	O	U	T	D	O	O	R	I
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spectacular
flourishing
springtime
delightful
blossoming
sprouting
beautiful
energetic
energized

changing
fragrant
pleasant
seasonal
cheerful
fertile
renewing
singing
vibrant

outdoor
melting
growing
warming
floral
pretty
gentle
pastel
bright

abloom
grassy
alive
crisp
happy
sunny
rainy
anew

April 2020 — WEEKS 1, 2 & 3 — V!VA Pickering

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!VA*plex* (VG) Victory Garden (VS) V!VAfit Studio (L) Lobby (CC) Community Commons (BG) Brain Gym (CK) V!VA*craft* Kitchen (FD) Family Den (HR) Horticulture Room (P) Pool		**1** 10:00 Men's Exercise (VS) 10:45 Online Shopping (BG) 11:00 V!VA*fit* Sit (FD) 1:45 V!VA*fit* Sit (VS) 2:30 Aprile Fools Tune Times (PC) 3:30 Video Calling with Family Member (BG) 7:00 **Bingo (PC)**	**2** 10:00 V!VA*fit* Balance (VS) 10:45 **Program Meeting (CK)** 1:00 Scenic Drive: Downtown Toronto 1:45 Exercise: Falls Prevention (VS) 2:30 **Proper Hand Hygiene Workshop (CK)** 3:30 Physical Game: Ball Toss (VS) 7:00 Games Night (PC)	**3** 10:00 V!VA*fit* Sit & Stand (VS) 10:45 Mental Aerobics: Word Twist (BG) 1:45 V!VA*fit* Sit & Stand (VS) 2:30 **Wine & Paint: April Showers (CK)** 3:30 Physical Game: Snakes and Ladders (PC) 7:00 Virtual Tour: Lost Worlds - Persia's Forgotten Empire *Ancient History Documentary* (VP)	**4** 10:00 V!VA*fit* Flow (VS) 10:45 Doc: Rick Steve's – The Netherlands: Beyond Amsterdam (VP) 1:30 V!VA*fit* (FD) 2:00 Poetry Corner (CK) 3:00 **Turkish Coffee And Reading with Georgia (CK)** 7:00 Movie Night (VP)
5 10:00 V!VA*fit* Balance Class (VS) 10:45 Bio: Cary Grant: The Leading Man (VP) 1:30 V!VA*fit* Sit (FD) 2:30 **V!VA Live: Wheel Of Fortune (PC)** 3:30 Crafts: Clay Art (CK) 7:00 Movie Night (VP)	**6** 10:00 V!VA*fit* Combo (VS) 10:45 **Garden Meeting (HR)** 1:45 Online Shopping (BG) 1:45 V!VA*fit* Combo (VS) 2:30 **COVID-19 Update (PC)** 3:30 Physical Game: Disc Golf (VS) 7:00 Cable Girls Series: Season 1, Episode 4: Feelings (VP)	**7** 10:00 V!VA*fit* Strength (VS) 10:45 Needlecrafts (CK) 1:00 Scenic Drive: Country Side 1:45 V!VA*fit* Strength (VS) 2:30 April Birthday Party with Matthew (PC) 3:30 Technology Class (BG) 7:00 Night of the Opera (VP)	**8** 10:00 Men's Exercise (VS) 10:30 Decorating for Easter (PC) 11:00 V!VA*fit* Sit (FD) 1:45 V!VA*fit* Sit (VS) 2:30 **Famous Inventors Game Show (PC)** 3:30 Mental & Physical Game: Mine Sweeper (PC) 7:00 **Bingo (CK)**	**9** 10:00 V!VA*fit* Balance (VS) 10:45 Doc: Canadians at War; The Battle of Vimy Ridge (VP) 1:45 V!VA*fit* Balance (VS) 2:30 **Super Fantastic Game Show: Easter Edition (PC)** 3:30 Video Calling with Family Member (BG) 7:00 Games Night (PC)	**10 Good Friday** 10:00 V!VA*fit* Sit & Stand (VS) 10:45 Mental Aerobics: Word Twist (BG) 2:00 Movie: The Ten Commandments (1956) Part 1 (VP) 3:00 Drink Making: Easter Hot Chocolate (CK) 3:30 Snack & Chat (CK) 7:00 Virtual Tour: The Renaissance – The Age of Michelangelo and Leonardo da Vinci (VP)	**11** 10:00 V!VA*fit* Flow (VS) 10:45 Movie: The Ten Commandments (1956) Part 2 (VP) 11:15 Easter Brunch (T) 1:30 V!VA*fit* (FD) 2:00 **Easter Scavenger Hunt (L)** 3:00 Winter Birds Presentation with Georgia (VP) 7:00 Movie Night (VP)
12 10:00 V!VA*fit* Balance Class (VS) 10:45 Movie: The Ten Commandments (1956) Part 3 (VP) 1:45 V!VA*fit* (FD) 2:30 **V!VA Live: Jeopardy Easter Edition (PC)** 3:30 Physical Game: Ping Pong (VS) 7:00 Movie Night (VP)	**13 Easter Monday** 10:00 V!VA*fit* Combo (VS) 10:45 Movie: The Ten Commandments (1956) Part 4 (VP) 1:30 Crafts: String Art (CK) 2:30 Video Calling with Family Member (BG) 7:00 Cable Girls Series: Season 1, Episode 5: The Past (VP)	**14** 10:00 V!VA*fit* Strength (VS) 10:45 Discussion on VP 8th Year Anniversary (CK) 1:30 Technology Class (BG) 1:45 V!VA*fit* Strength (VS) 2:30 3rd Floor Wine and Cheese: Get to Know Each Other (FD) 3:30 Garden Clean Up (VG) 7:00 Comedy Night with Victor Borge: Act 1 (VP)	**15** 10:00 Men's Exercise (VS) 10:30 Online Shopping (BG) 11:00 V!VA*fit* Sit (FD) 1:45 V!VA*fit* Sit (VS) 2:30 **Team Member Spot Light: Rhonda-Housekeeping (PC)** 3:30 Physical Game: Disc Golf (VS) 7:00 **Bingo (CK)**	**16** 10:00 V!VA*fit* Balance (VS) 10:45 Discussion on VP 8th Year Anniversary (CK) 1:00 Scenic Drive: Real Estate Properties 1:45 V!VA*fit* Balance (VS) 2:30 **V!VA Live: Name That TV Sweetheart Game Show (PC)** 3:30 Physical Game: Kickers (VS) 7:00 Games Night (PC)	**17** 10:00 V!VA*fit* Sit & Stand (VS) 10:45 Mental Aerobics: Word Twist (BG) 11:30 **Men's Club Lunch In Pints Pub** 1:45 V!VA*fit* Sit & Stand (VS) 2:30 **Crystal Presentation with Maggie (CK)** 3:30 Name that Tune (PP) 7:00 Virtual Tour: The Secrets of Stone Age (VP)	**18** 10:00 V!VA*fit* Flow (VS) 10:45 Doc: Rick Steve's – Budapest: The Best of Hungary (VP) 1:30 Mental Aerobics: Memory Tray (BG) 1:30 V!VA*fit* (FD) 2:30 **Meditation with Georgia (BG)** 3:30 Picture Sharing (CK) 7:00 Movie Night (VP)

April 2020 — WEEKS 4 & 5 — V!VA Pickering

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 10:00 **V!VA*fit* Balance Class (VS)** 10:45 Bio: Barbara Stanwyck: Straight Down The Line (VP) 1:45 **V!VA*fit* Sit (FD)** 2:30 Crafts: Painting Flower Pots (CK) 3:30 **V!VA*fit* Strolls (L)** 7:00 Movie Night (VP)	**20** 10:00 V!VA*fit* Combo (VS) 10:45 Video Calling with Family Member (BG) 1:45 **V!VA*fit* Combo (VS)** 2:30 **Team Member Spot Light: Stephanie Lifestyles (PC)** 3:30 Physical Game: Bucket Ball (VS) 7:00 Cable Girls Series: Season 1, Episode 6: Family (VP)	**21** 10:00 **V!VA*fit* Strength (VS)** 10:45 Needlecrafts (CK) 11:00 **Lunch Program: Making Personal sized Pizzas (CK)** 1:45 **V!VA*fit* Strength (VS)** 2:30 **Broadway Concert with Aprile and Matthew (PC)** 3:30 Garden Club (HR) 7:00 Night of the Opera (VP)	**22** 10:00 **Men's Exercise (VS)** 10:30 **Earth Day Clean Up (L)** 11:00 **V!VA*fit* Sit (FD)** 1:45 **V!VA*fit* Sit (VS)** 2:30 **Wine & Paint: Spring (CK)** 3:30 Jokes and Riddles (BG) 7:00 **Bingo (CK)**	**23** 10:00 **V!VA*fit* Balance (VS)** 10:45 Mental Aerobics: Word Twist (BG) 1:45 **V!VA*fit* Balance (VS)** 2:30 **National Canadian Film Day Matinee (VP)** 3:00 **Baking Demo with Chef Lindsay (CK)** 7:00 Games Night (PC)	**24** 10:00 **V!VA*fit* Sit & Stand (VS)** 10:45 Video Calling with Family Member BG) 1:00 **Scenic Drive: Scarborough Bluffs** 1:45 **V!VA*fit* Sit & Stand (VS)** 2:30 **Challenge your Senses Game Show (PC)** 3:30 Online Shopping (BG) 7:00 Virtual Tour: Sense of Danger – How Animals Anticipate Disasters *Nature Documentary* (VP)	**25** 10:00 **V!VA*fit* Flow (VS)** 10:45 Doc: Rick Steve's – Germany's Romantic Rhine and Rothenburg (VP) 1:30 **V!VA*fit* (FD)** 1:30 News & Views (CK) 2:30 Baking Demos with Georgia (CK) 3:30 Mental & Physical Game: Mine Sweeper (PC) 7:00 Movie Night (VP)
26 10:00 **V!VA*fit* Balance Class (VS)** 10:45 Bio: Gary Cooper: The Face of a Hero (VP) 1:45 **V!VA*fit* Sit (FD)** 2:30 Crafts: Rock Painting (CK) 3:30 Physical Game: Disc Golf (VS) 7:00 Movie Night (VP)	**27** 10:00 **V!VA*fit* Combo (VS)** 10:45 Mental Aerobics: Word Twist (BG) 1:45 **V!VA*fit* Combo (VS)** 2:30 **Travelogue: Holland with Debbie (VP)** 3:30 Garden Club (HR) 7:00 Cable Girls Series: Season 1, Episode 7: Loss (VP)	**28** 10:00 **V!VA*fit* Strength (VS)** 10:00 **Scenic Drive: High Park: Cherry Blooms** 10:45 Needlecrafts (CK) 1:45 **V!VA*fit* Strength (VS)** 2:30 **Murder Mystery…Can You Solve It (CK)** 3:30 Giant Connect 4 (VS) 7:00 Comedy Night with Victor Borge: Act 2 (VP)	**29** 10:00 **Men's Exercise (VS)** 11:00 **V!VA*fit* Sit (FD)** 1:30 Online Shopping (BG) 1:45 **V!VA*fit* Sit (VS)** 2:30 **Aprile Showers Tune Times (PC)** 3:30 **COVID-19 Update (PC)** 7:00 Bingo with Holly & Alanna (CK)	**30** 10:00 **V!VA*fit* Balance (VS)** 11:00 **Dine with An Angel (CK)** 1:45 **V!VA*fit* Balance (VS)** 2:30 V!VA Choir Practice (FD) 3:30 **Superfood Series: Pomegranate (CK)** 4:00 **V!VA*fit* Strolls (L)** 7:00 Games Night with Karen (PC)		

What's this most groundbreaking invention of all time?

A shovel.

*Calendars are subject to change.