



## Low Rider Car Show

The pandemic didn't stop these vintage cars from entertaining our Community Members with their notorious hydraulic effects. The cars paraded through the parking lot and then stopped for Community Members to check them out up close.

## V!VA Pickering's Got Rhythm!

Our Team Member led a drumming circle that had everyone following along to some favourite tunes. Each Community Member was given a bucket and drumsticks to create some fun music, and learn some basic rhythm patterns.



## WINE AND PAINT CLASS

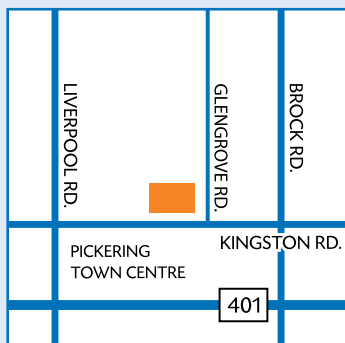
Who wouldn't enjoy creating some beautiful artwork while sipping on their favourite glass of wine? This month's wine and paint class filled up pretty quickly. Community Members gathered to make an owl painting. With some instruction provided (but mostly free-handed painting), our owl paintings became unique and vibrant works of art!

## Picnic in the Park

We've all been enjoying the beautiful summer weather, and what better way to get some sunshine than having a BBQ in the park? We made our way over to Rotary Park in Ajax, where Community Members enjoyed freshly grilled hamburgers and hotdogs, great music, fun games, and good company.



Soaking up the summer days with friends at Rotary Park.



## Making Today Great!

V!VA Pickering Retirement Community

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# AUTUMN WORD SEARCH

## FIVE FALL FOLIAGE FACTS

**1** Although we notice the leaves change color in the fall, the red, orange and yellow pigments are actually present in leaves all year round! The only difference is that during other seasons, the pigments are primarily underneath the leaves' surface.

**2** The reason these beautiful colors come out in the fall has to do with the change in sunlight. As the summer sun starts to die down, the chemical chlorophyll breaks down, which brings out the hidden colors.

**3** Some suspect that global warming may have a negative impact on fall foliage, since part of the reason leaves change has to do with the change in temperature.

**4** A leaf's color is typically a result of the species of tree it can be found on – for example, the leaves on aspen trees are generally a golden yellow during the fall months.

**5** Leaves that fall to the ground during this time of year are extremely important for the ecosystem, as they become a form of protection for tree seeds as they germinate during the winter.

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

*Chlorophyll*

*Hayride*

*Orange*

*Chilly*

*Red*

*Labour*

*Foliage*

*Autumn*

*Brown*

*Trees*

*Day*

*Pumpkin*

*Leaves*

*Crunch*

*Hay*

*Pigment*

*Colours*

*Acorns*

*Cider*

*Harvest*

*Yellow*

*Apples*

*Rake*

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>19</b> 10:00 <b>V!VAfit Balance Class (VS)</b> 10:45 Bio: Barbara Stanwyck: Straight Down The Line (VP) 1:45 <b>V!VAfit Sit (FD)</b> 2:30 Crafts: Painting Flower Pots (CK) 3:30 <b>V!VAfit Strolls (L)</b> 7:00 Movie Night (VP)	<b>20</b> 10:00 <b>V!VAfit Combo (VS)</b> 10:45 Video Calling with Family Member (BG) 1:45 <b>V!VAfit Combo (VS)</b> 2:30 <b>Team Member Spot Light: Stephanie Lifestyles (PC)</b> 3:30 Physical Game: Bucket Ball (VS) 7:00 Cable Girls Series: Season 1, Episode 6: Family (VP)	<b>21</b> 10:00 <b>V!VAfit Strength (VS)</b> 10:45 Needlecrafts (CK) 11:00 <b>Lunch Program: Making Personal sized Pizzas (CK)</b> 1:45 <b>V!VAfit Strength (VS)</b> 2:30 <b>Broadway Concert with Aprile and Matthew (PC)</b> 3:30 Garden Club (HR) 7:00 Night of the Opera (VP)	<b>22</b> 10:00 <b>Men's Exercise (VS)</b> 10:30 <b>Earth Day Clean Up (L)</b> 11:00 <b>V!VAfit Sit (FD)</b> 1:45 <b>V!VAfit Sit (VS)</b> 2:30 <b>Wine &amp; Paint: Spring (CK)</b> 3:30 Jokes and Riddles (BG) 7:00 <b>Bingo (CK)</b>	<b>23</b> 10:00 <b>V!VAfit Balance (VS)</b> 10:45 Mental Aerobics: Word Twist (BG) 1:45 <b>V!VAfit Balance (VS)</b> 2:30 <b>National Canadian Film Day Matinee (VP)</b> 3:00 <b>Baking Demo with Chef Lindsay (CK)</b> 7:00 Games Night (PC)	<b>24</b> 10:00 <b>V!VAfit Sit &amp; Stand (VS)</b> 10:45 Video Calling with Family Member (BG) 1:00 <b>Scenic Drive: Scarborough Bluffs</b> 1:45 <b>V!VAfit Sit &amp; Stand (VS)</b> 2:30 <b>Challenge your Senses Game Show (PC)</b> 3:30 Online Shopping (BG) 7:00 Virtual Tour: Sense of Danger – How Animals Anticipate Disasters <i>Nature Documentary</i> (VP)	<b>25</b> 10:00 <b>V!VAfit Flow (VS)</b> 10:45 Doc: Rick Steve's – Germany's Romantic Rhine and Rothenburg (VP) 1:30 <b>V!VAfit (FD)</b> 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)

<b>26</b> 10:00 <b>V!VAfit Balance Class (VS)</b> 10:45 Bio: Gary Cooper: The Face of a Hero (VP) 1:45 <b>V!VAfit Sit (FD)</b> 2:30 Crafts: Rock Painting (CK) 3:30 Physical Game: Disc Golf (VS) 7:00 Movie Night (VP)	<b>27</b> 10:00 <b>V!VAfit Combo (VS)</b> 10:45 Mental Aerobics: Word Twist (BG) 1:45 <b>V!VAfit Combo (VS)</b> 2:30 <b>Travelogue: Holland with Debbie (VP)</b> 3:30 Garden Club (HR) 7:00 Cable Girls Series: Season 1, Episode 7: Loss (VP)	<b>28</b> 10:00 <b>V!VAfit Strength (VS)</b> 10:00 <b>Scenic Drive: High Park: Cherry Blooms</b> 10:45 Needlecrafts (CK) 1:45 <b>V!VAfit Strength (VS)</b> 2:30 <b>Murder Mystery...Can You Solve It (CK)</b> 3:30 Giant Connect 4 (VS) 7:00 Comedy Night with Victor Borge: Act 2 (VP)	<b>29</b> 10:00 <b>Men's Exercise (VS)</b> 11:00 <b>V!VAfit Sit (FD)</b> 1:30 Online Shopping (BG) 1:45 <b>V!VAfit Sit (VS)</b> 2:30 <b>Aprile Showers Tune Times (PC)</b> 3:30 <b>COVID-19 Update (PC)</b> 7:00 Bingo with Holly & Alanna (CK)	<b>30</b> 10:00 <b>V!VAfit Balance (VS)</b> 11:00 <b>Dine with An Angel (CK)</b> 1:45 <b>V!VAfit Balance (VS)</b> 2:30 V!VA Choir Practice (FD) 3:30 <b>Superfood Series: Pomegranate (CK)</b> 4:00 <b>V!VAfit Strolls (L)</b> 7:00 Games Night with Karen (PC)
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Here's a sample calendar featuring all the fun events, activities and programs that happen at V!VA.

Someone threw a jar of mayonnaise at me!

What the Hellman?

\*Calendars are subject to change.