



Community Members track their fitness progress with our annual fitness testing.



The VIVAfit Studio is open by appointment! Visit our screening desk to sign up for a time slot.

**Don't miss out!**

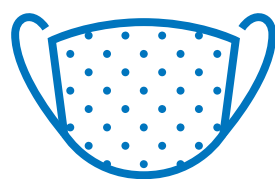
**1:1 Fitness Sessions**  
Monday – Friday  
9:30am – 11:30am

**Technology Classes and Online Shopping**  
Every Tuesday, Thursday and Saturday.

**Theme Days and Happy Hour Cart**  
Join in all the fun every Wednesday.

**Fun Friday Cart**  
Fridays are a chance to win a great prize!

Call (905) 831-2088 or email [pickering@vivalife.ca](mailto:pickering@vivalife.ca) to learn more.



**FACE MASKS MUST BE WORN WHEN PARTICIPATING IN ACTIVITIES**

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# V!VAvoice

YOUR VIVA COMMUNITY NEWSLETTER

November 2020

**V!VA** Retirement Communities™  
**PICKERING**



Celebrating Thanksgiving with a photobooth to capture great moments with those we are thankful for.



A hard-working team effort in preparing for our fundraiser bake sale.



Enjoying a glass of wine while painting a beautiful autumn landscape.

VIVA Pickering Retirement Community

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VIVA Pickering Retirement Community



## *In Flanders Fields*

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.

*BY LT. COL. JOHN MCCRAE*

# Sudoku Challenge

Each puzzle consists of a 9x9 grid containing given clues in various places. The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3x3 box.

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

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

As we continue to maintain the health and safety of our community, there will be no November calendar. Here's a sample calendar featuring all the fun events, activities and programs from October!

<p><b>1</b></p> <p>9:30 <span style="color: orange;">VIVAfit Exercise (CC)</span></p> <p>10:15 <span style="color: orange;">VIVAfit Exercise (CC)</span></p> <p>1:00 <span style="color: green;">Shopping Outing: Shopper Drug Mart</span> </p> <p>2:30 <b>Pres: COVID-19 Protocol Updates and How to Keep Safe (VP)</b></p> <p>3:00 VIVA Choir Practice (PP)</p> <p>4:00 Physical Game: Spring Fling (CC)</p>	<p><b>2</b></p> <p>9:30 <span style="color: orange;">VIVAfit Exercise (CC)</span></p> <p>10:15 <span style="color: orange;">VIVAfit Exercise (CC)</span></p> <p>10:45 <b>Dis: Recruiting CMs for VP's Welcome Committee (CK)</b></p> <p>1:30 Program Meeting with Stephanie (CK)</p> <p>2:30 <span style="color: purple;">October Birthday Party (PC)</span></p> <p>4:00 Mental Aerobics: Spot the Difference (PC)</p>	<p><b>3</b></p> <p>10:15 <span style="color: orange;">VIVAfit Exercise (CC)</span></p> <p>10:45 Doc: Origins of the First Spy Planes (VP)</p> <p>1:30 Baking: Apple Nachos (CK)</p> <p>2:00 Snack &amp; Chat (CK)</p> <p>3:00 Crafts: Personalized 2021 Calendar (CK)</p> <p>7:00 Movie Night: Bewitched (VP)</p>
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<p><b>4</b></p> <p>10:15 <span style="color: orange;">VIVAfit Exercise (CC)</span></p> <p>10:45 Bio: Chris Hadfield (VP)</p> <p>11:00 AL Friendly Visits (AL)</p> <p>2:00 Garden Meeting (CK)</p> <p>3:00 <b>VIVA Live: Wheel of Fortune (PC)</b></p> <p>4:00 Strolls (L)</p> <p>7:00 Movie Night: First Knight (VP)</p>
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<p><b>5</b></p> <p>9:30 <span style="color: orange;">VIVAfit Exercise (CC)</span></p> <p>10:00 <b>Church Service with Rev. Richard (PP)</b></p> <p>10:15 <span style="color: orange;">VIVAfit Exercise (CC)</span></p> <p>1:30 <b>Short Story Book Club Meeting (CK)</b></p> <p>2:00 <b>Baking: Loaf (CK)</b></p> <p>4:00 Physical Game: Disc Golf (CC)</p> <p>7:00 Sherlock Series: Season 1, Episode 1: A Study in Pick (VP)</p>
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<p><b>6</b></p> <p>9:30 <span style="color: orange;">VIVAfit Exercise (CC)</span></p> <p>10:15 <span style="color: orange;">VIVAfit Exercise (CC)</span></p> <p>10:30 <b>COVID Testing: CM &amp; External Care Providers (CK)</b></p> <p>10:50 Needlecrafts (PP)</p> <p>1:30 <b>Dis: Refresher for CM Council Elections (PC)</b></p> <p>2:30 <b>Baking: Cookies (CK)</b></p> <p>4:00 Mental Aerobics: Word Twist (PC)</p>
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<p><b>7</b></p> <p>9:30 <span style="color: orange;">VIVAfit Exercise (CC)</span></p> <p>9:30 Baking: Cookies (CK)</p> <p>10:15 <b>Danzfit With Matti (CC)</b></p> <p>11:00 <span style="color: orange;">AL VIVAfit (PP)</span></p> <p>1:00 <span style="color: green;">Scenic Drive: Fall Colours</span> </p> <p>2:00 <b>Bingo (PC) (CK)</b></p> <p>3:30 Physical Game: Bean Bag Toss (CC)</p>
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<p><b>8</b></p> <p>9:30 <span style="color: orange;">VIVAfit Exercise (CC)</span></p> <p>9:30 Baking: Granola Bars (CK)</p> <p>10:15 <span style="color: orange;">VIVAfit Exercise (CC)</span></p> <p>10:30 <b>COVID Testing: CM &amp; External Care Providers (CK)</b></p> <p>1:00 <span style="color: green;">Shopping Outing: Pickering Town Centre</span> </p> <p>2:30 <b>Thirsty Thursday (PC) (CK) (PP)</b></p> <p>4:00 Technology Class (BG)</p>
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<p><b>9</b></p> <p>9:30 <span style="color: orange;">VIVAfit Exercise (CC)</span></p> <p>9:30 Packaging the Baked Goods (CK)</p> <p>10:15 <span style="color: orange;">VIVAfit Exercise (CC)</span></p> <p>10:30 <b>Church Service with Father Neil (PP)</b></p> <p>11:00 Intro: Fitness Testing (CK)</p> <p>1:30 <span style="color: purple;">Fundraiser Bake Sale (L)</span></p> <p>2:30 <b>Team Member Spot Light (PC)</b></p> <p>4:00 Physical Game: Magnetic Darts (CC)</p>
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<p><b>10</b></p> <p>10:15 <span style="color: orange;">VIVAfit Exercise (CC)</span></p> <p>10:45 Doc: The First Men to Cross the Oceans (VP)</p> <p>1:30 Craft: Fall Centrepieces (CK)</p> <p>3:00 <b>Can you Guess: Epic or Fail (PC)</b></p> <p>7:00 Movie Night: The Interpreter (VP)</p>
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<p><b>11</b></p> <p>10:15 <span style="color: orange;">VIVAfit Exercise (CC)</span></p> <p>10:45 Bio: Tom Thompson (VP)</p> <p>1:30 <span style="color: purple;">Thanksgiving Photo Booth (L)</span></p> <p>2:00 <span style="color: purple;">Thanksgiving Social (PC)</span></p> <p>3:30 Crafts: Personalized 2021 Calendar (CK)</p> <p>7:00 Movie Night: Mama Mia Part 2- Here We Go Again (VP)</p>
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<p><b>12</b></p> <p>10:15 <span style="color: orange;">VIVAfit Exercise (CC)</span></p> <p>10:45 Intro to Active Aging Week Competition (CK)</p> <p>2:00 Pres: Hydration (VP)</p> <p>3:30 Active Aging Physical Game: Bola Ball (CC)</p> <p>7:00 Sherlock Series: Season 1, Episode 2: The Blind Banker (VP)</p>
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<p><b>13 ACTIVE</b></p> <p>9:30 <span style="color: orange;">VIVAfit Exercise (CC)</span></p> <p>10:15 <span style="color: orange;">VIVAfit Exercise (CC)</span></p> <p>10:50 Needlecraft (CK)</p> <p>10:50 Annual Fitness Testing (VS) </p> <p>1:45 <span style="color: purple;">Creating Healthy Snack with Chef Lindsay (CK)</span></p> <p>3:00 <b>VIVA Live: Generation Gap Game Show (PC)</b></p> <p>4:00 Active Aging Physical Game: Bean Bag Toss (CC)</p>
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<p><b>14 AGING</b></p> <p>9:30 <span style="color: orange;">VIVAfit Exercise (CC)</span></p> <p>10:15 <b>Danzfit With Matti (CC)</b></p> <p>11:00 <span style="color: orange;">AL VIVAfit (PP)</span></p> <p>10:50 Annual Fitness Testing (VS) </p> <p>1:00 <span style="color: green;">Shopping Outing to Walmart</span> </p> <p>2:00 <b>Bingo (PC)</b></p> <p>3:00 <b>Presentation: Foods to Support Immune Health (VP)</b></p> <p>4:00 Active Aging Physical Game: Bola Ball (CC)</p>
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<p><b>15 WEEK</b></p> <p>9:30 <span style="color: orange;">VIVAfit Exercise (CC)</span></p> <p>10:15 <span style="color: orange;">VIVAfit Exercise (CC)</span></p> <p>10:50 Annual Fitness Testing (VS) </p> <p>1:30 <b>Wine and Paint: Harvest Theme (CC)</b> </p> <p>3:00 VIVA Choir Practice (PP)</p> <p>3:00 <span style="color: purple;">Reggaecize (PC)</span></p> <p>4:00 Active Aging Physical Game: Bean Bag Toss (CC)</p>
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<p><b>16</b></p> <p>9:30 <span style="color: orange;">VIVAfit Exercise (CC)</span></p> <p>10:15 <span style="color: orange;">VIVAfit Exercise (CC)</span></p> <p>10:50 Annual Fitness Testing (VS) </p> <p>12:00 <span style="color: purple;">Assisted Living Lunch Party (G)</span></p> <p>1:00 <span style="color: green;">Assisted Living Scenic Drive: Fall Colours</span> </p> <p>2:00 Active Aging: Smoothie Making (CK)</p> <p>3:00 <b>VIVA Live: Family Feud- TM Edition (PC)</b></p> <p>4:00 Active Aging Physical Game: Bola Ball (CC)</p>
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<p><b>17</b></p> <p>10:00 <b>Reflexology Clinic (TR)</b> </p> <p>10:15 <span style="color: orange;">VIVAfit Exercise (CC)</span></p> <p>10:45 Doc: History's Smallest Superstar; The Real Greatest Showman (VP)</p> <p>2:00 Baking: Individual Pumpkin Pies (CK)</p> <p>3:00 Snack &amp; Chat (CK)</p> <p>3:30 Active Aging Physical Game: Bean Bag Toss (CC)</p> <p>7:00 Movie Night: Skyscraper (VP)</p>
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October 2020		WEEKS 4 & 5					VIVA Pickering
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>18</b> 10:15 V!Vafit Exercise (CC) 10:45 Bio: Judy Garland Part 1 (VP) 1:30 Photography Class (CK) 2:30 VIVA Live: Wheel of Fortune (PC) 3:30 Active Aging Physical Game: Bola Ball (CC) 7:00 Movie Night: Premonition (VP)	<b>19</b> 9:30 V!Vafit Exercise (CC) 10:15 V!Vafit Exercise (CC) 1:30 Walker Clinic (PP) 2:00 History Presentation with Lianne: The Roaring 20's (VP) 3:00 Decorating Perks Café for Halloween (PC) 4:00 Physical Game: Pitch A Pin (CC) 7:00 Sherlock Series: Season 1, Episode 3: The Great Game (VP)	<b>20</b> 9:30 V!Vafit Exercise (CC) 10:15 V!Vafit Exercise (CC) 10:30 COVID Testing: CM & External Care Providers (CK) 10:50 Needlecraft (PP) 1:00 Pumpkin Picking Outing 1:30 Crafts: DIY Mask (CK) 3:00 Active Aging Week Social (PC) 4:00 Physical Game: Washer Toss (CC)	<b>21</b> 9:30 Foot Care Clinic (TR) 9:30 V!Vafit Exercise (CC) 10:15 Danzfit With Matti (CC) 11:00 AL V!Vafit (PP) 1:00 Shopping Outing to Loblaws 2:00 Bingo (PC) 3:00 Rexall Presentation: Prepare for Flu Season (VP) 4:00 Physical Game: Washer Toss (CC)	<b>22</b> 9:30 V!Vafit Exercise (CC) 10:15 V!Vafit Exercise (CC) 10:30 COVID Testing: CM & External Care Providers (CK) 1:00 Scenic Drive: Fall Colours 2:00 VIVA Live: Trivial Pursuit (PC) 3:00 VIVA Choir Practice (PP) 3:00 Team Member Spot Light (PC) 4:00 Technology Class (BG)	<b>23</b> 9:30 V!Vafit Exercise (CC) 10:15 V!Vafit Exercise (CC) 11:00 Assisted Living: Mini Mani (FD) 1:00 Shopping Outing to Whitefeather 2:00 Crafts: CM & TM Pumpkin Carving (CK) 3:00 Tune Times with Aprile (PC) 4:00 Physical Game: Disc Golf (CC)	<b>24</b> 10:15 V!Vafit Exercise (CC) 10:45 Doc: The Manhattan Project: Race to the Atomic Bomb (VP) 2:00 Baking: Community Member Cook Book: Norma's Berry Tarts (CK) 3:30 Mental Aerobics: Word Twist (PC) 7:00 Movie Night: Brain on Fire (VP)	
<b>25</b> 10:15 V!Vafit Exercise (CC) 10:45 Bio: Judy Garland Part 2 (VP) 11:00 AL Friendly Visits (AL) 2:00 VIVA LIVE: Jeopardy (PC) 3:30 Can you Guess: Epic or Fail (PC) 7:00 Movie Night: Flight (VP)	<b>26</b> 9:30 V!Vafit Exercise (CC) 10:15 V!Vafit Exercise (CC) 1:00 Community Member Cook Book: Making Marions' Soup (CK) 2:30 Fall Social (PC) 4:00 News & Views (BG) 7:00 Sherlock Series: Season 2 Episode 1: A Scandal in Belgravia (VP)	<b>27</b> 9:30 V!Vafit Exercise (CC) 10:15 V!Vafit Exercise (CC) 10:50 Needlecraft (CK) 1:00 Shopping Outing: Pickering Town Centre 1:30 Name That Tune (PC) 2:30 Video and Slideshow of Vanessa's Wedding (VP) 4:00 Physical Game: Bean Bag Toss (CC)	<b>28</b> 9:30 V!Vafit Exercise (CC) 10:15 Danzfit With Matti (CC) 11:00 AL V!Vafit (PP) 2:00 Bingo (PC) 3:00 2 <sup>nd</sup> Floor Wine & Cheese Get to Know Each Other (PP) 4:00 Physical Game: Bucket Ball (CC)	<b>29</b> 9:30 V!Vafit Exercise (CC) 10:15 V!Vafit Exercise (CC) 1:00 Assisted Living Scenic Drive: Fall Colours 2:00 Short Story Book Club (CK) 3:00 VIVA Choir Practice (PP) 3:00 Super Fantastic Gameshow: Halloween Edition (PC) 4:00 Mental Aerobics: Think Fast (PC)	<b>30</b> 9:30 V!Vafit Exercise (CC) 10:15 V!Vafit Exercise (CC) 10:45 Murder Mystery (CK) 2:30 Halloween Photobooth (PC) 2:30 Halloween Costume and Pumpkin Carving Contest (PC) 3:00 Community Member Sing Along (PC) 4:00 Physical Game: Pitch A Pin (CC)	<b>31 Halloween</b> 10:00 Reflexology Clinic (TR) 10:15 V!Vafit Exercise (CC) 10:45 Doc: The Case of the Underwater Stonehenge (VP) 2:30 Halloween Photo Booth (PC) 3:00 Halloween Social (PC) 7:00 Movie Night: Cape Fear (VP)	

V!Vafit classes will still be on the INFO TV channel at 10am and 2pm daily.

Please look at the daily Making Today Great poster for any changes.

To book a Family Visit or a Video Call please use the SignUpGenius App to book your time slot.