



Community Members dressed up to take holiday photos to mail out to their loved ones for Christmas.



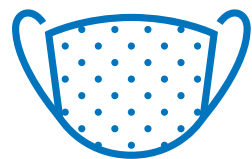
Don't miss out!

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

Theme Days and Happy Hour Cart
Join us every Wednesday.

With the new protocols in place at VIVA Pickering, we are allowed to run programs with up to five Community Members at a time. Please sign up at the screening desk as seating is limited. Please indicate if you would like to participate with a friend, and ensure sure you are both signed up for the same time and location. If you change your mind, please cancel ahead of time to give those on the waitlist a chance to sign up.

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



FACE MASKS MUST BE WORN WHEN PARTICIPATING IN ACTIVITIES

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VIVAvoice

YOUR VIVA COMMUNITY NEWSLETTER

January 2021

VIVA Retirement Communities
PICKERING



VIVA Pickering's cowboy theme day had everyone laughing and bounty hunting for the drunk and disorderly.



Have you seen these Community Members anywhere?



Fun Fridays get our Community Members moving and engaged with aerobic and mind challenging games.

Upcoming Virtual Events

A new monthly series to help us feel better together!



Guest Speaker
Amanda Li, Registered Dietician & Educator

The Role of Nutrition in Seniors' Mental Health and Wellbeing

Two Part Series with Guest Speaker:
Amanda Li

TUESDAY, JANUARY 19 | 10:00 - 11:00 AM

Join us on Zoom as Registered Dietitian, educator, and owner of Wellness Simplified, Amanda Li, examines key nutrients for older adults and their role in mental health and wellbeing. Participants will be entered to WIN a virtual 30 minute nutrition consult with Amanda!

TUESDAY, JANUARY 26 | 10:00 - 11:00 AM

Now that we have discussed the key nutrients, let's put this knowledge into practice! Amanda prepares two easy, nutritious, and mouth-watering recipes rich in important nutrients



Guest Speaker
Mike Stroh, MACP, Registered Psychotherapist

Kindness and Compassion

TUESDAY, FEBRUARY 16 | 10:00 - 11:00 AM

Join us as MACP, Registered Psychotherapist, Mike Stroh, explores why exercising self compassion and cultivating kindness can make us feel more connected and motivated while enhancing personal wellbeing.

To register for these events, please call Matt at (905) 831-2088 or email pickering@vivalife.ca.

Word Search

The New Year is almost here! Get into the spirit searching for festive words in the block below.

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

CONFETTI

COUNTDOWN

DANCING

FIREWORKS

HANGOVER

HOLIDAY

JANUARY

MIDNIGHT

MUSIC

PARTY

RESOLUTION

RESOLUTIONS

STREAMERS

TUXEDO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>LEGEND</p> <p>Orange Fitness Class</p> <p>Purple Special Event</p> <p>Green Excursion</p> <p>✓ Sign Up</p> <p>🚏 Shuttle</p> <p>💰 Cost required</p> <p>▶▶ Walking</p>	<p>This is a sample calendar of what December looks like!</p>	<p>1</p> <p>8:00-5:00 VIVAfit Open Gym (VS)</p> <p>9:30-11:45 VIVAfit 1:1 chair exercise</p> <p>10:00 TV: VIVAfit Combo & Strength (TV)</p> <p>9:30-11:45 VIVAfit 1:1 Parallel Bars (VS)</p> <p>1:30 Technology Class (BG)</p> <p>2:00 TV: VIVAfit Combo & Strength (TV)</p> <p>2:00-4:00 On 3rd & 4th Floor 1:1 programming</p> <p>7:00 Movie Night (TV)</p>	<p>2</p> <p>8:00-5:00 VIVAfit Open Gym (VS)</p> <p>9:30-11:45 VIVAfit 1:1 chair exercise</p> <p>9:30-11:45 VIVAfit 1:1 Parallel Bars (VS)</p> <p>10:00 TV: VIVAfit Sit (TV)</p> <p>1:30-4:30 Theme Day Drink Cart on all Floors: Pajama Day</p> <p>2:00 TV: VIVAfit Sit (TV)</p> <p>7:00 Concert: Michael Buble Christmas Concert (TV)</p>	<p>3</p> <p>8:00-5:00 VIVAfit Open Gym (VS)</p> <p>9:30-11:45 VIVAfit 1:1 chair exercise</p> <p>9:30-11:45 VIVAfit 1:1 Parallel Bars (VS)</p> <p>10:00 TV: VIVAfit Combo & Strength (TV)</p> <p>1:30 Technology Class (BG)</p> <p>2:00 TV: VIVAfit Combo & Strength (TV)</p> <p>2:00-4:00 On 5th & 6th Floor 1:1 programming</p> <p>7:00 Bio: Dolly Parton (TV)</p>	<p>4</p> <p>8:00-5:00 VIVAfit Open Gym (VS)</p> <p>9:30-11:45 VIVAfit 1:1 chair exercise</p> <p>9:30-11:45 VIVAfit 1:1 Parallel Bars (VS)</p> <p>10:00 TV: VIVAfit Ball work out & Standing (TV)</p> <p>1:30-4:30 Fun Friday: Game Cart-Bean Bag Toss</p> <p>2:00 TV: VIVAfit Ball work out & Standing (TV)</p> <p>7:00 Concert: Christmas Concert: Dallas Symphony (TV)</p>	<p>5</p> <p>8:00-5:00 VIVAfit Open Gym (VS)</p> <p>10:00 TV: VIVAfit Sit (TV)</p> <p>10:45 Church Services (TV)</p> <p>1:30 Technology Class (BG)</p> <p>2:00 TV: VIVAfit Sit (TV)</p> <p>2:30 1:1 on AL</p> <p>3:30 Taking Christmas Picture by the display- Xmas Cards</p> <p>7:00 Movie Night: Christmas Classic: Miracle on 34th Street (TV)</p>
<p>6</p> <p>8:00-5:00 VIVAfit Open Gym (VS)</p> <p>10:00 TV: VIVAfit Sit (TV)</p> <p>10:45 Church Services (TV)</p> <p>1:30 Independent Scavenger Hunt (L)</p> <p>2:00 TV: VIVAfit Sit (TV)</p> <p>2:30 VIVAfit 1:1 Parallel Bars (VS)</p> <p>3:30 Taking Christmas Picture by the display- Xmas Cards</p> <p>7:00 Movie Night: Christmas Classic: One Christmas (TV)</p>	<p>7</p> <p>8:00-5:00 VIVAfit Open Gym (VS)</p> <p>9:30-11:45 VIVAfit 1:1 chair exercise</p> <p>10:00 TV: VIVAfit Ball workout * & Standing (TV)</p> <p>9:30-11:45 VIVAfit 1:1 Parallel Bars (VS)</p> <p>1:30 Technology Class (BG)</p> <p>2:00 TV: VIVAfit Combo & Strength (TV)</p> <p>2:00-4:00 On 2nd Floor 1:1 programming (FD)</p> <p>7:00 Series: Sherlock (TV)</p>	<p>8</p> <p>8:00-5:00 VIVAfit Open Gym (VS)</p> <p>9:30-11:45 VIVAfit 1:1 chair exercise</p> <p>10:00 TV: VIVAfit Combo & Strength (TV)</p> <p>9:30-11:45 VIVAfit 1:1 Parallel Bars (VS)</p> <p>1:30 Technology Class (BG)</p> <p>2:00 TV: VIVAfit Combo & Strength (TV)</p> <p>2:00-4:00 On 3rd & 4th Floor 1:1 programming</p> <p>7:00 Movie Night (TV)</p>	<p>9</p> <p>8:00-5:00 VIVAfit Open Gym (VS)</p> <p>9:30-11:45 VIVAfit 1:1 chair exercise</p> <p>9:30-11:45 VIVAfit 1:1 Parallel Bars (VS)</p> <p>10:00 TV: VIVAfit Sit (TV)</p> <p>1:30-4:30 Theme Day Drink Cart on all Floors: Country Day</p> <p>2:00 TV: VIVAfit Sit (TV)</p> <p>7:00 Concert: Christmas Concert - Tony Bennet (TV)</p>	<p>10</p> <p>8:00-5:00 VIVAfit Open Gym (VS)</p> <p>9:30-11:45 VIVAfit 1:1 chair exercise</p> <p>9:30-11:45 VIVAfit 1:1 Parallel Bars (VS)</p> <p>10:00 TV: VIVAfit Combo & Strength (TV)</p> <p>1:30 Technology Class (BG)</p> <p>2:00 TV: VIVAfit Combo & Strength (TV)</p> <p>2:00-4:00 On 5th & 6th Floor 1:1 programming</p> <p>7:00 Bio: Elvis (TV)</p>	<p>11</p> <p>8:00-5:00 VIVAfit Open Gym (VS)</p> <p>9:30-11:45 VIVAfit 1:1 chair exercise</p> <p>9:30-11:45 VIVAfit 1:1 Parallel Bars (VS)</p> <p>10:00 TV: VIVAfit Ball work out & Standing (TV)</p> <p>1:30-4:30 Fun Friday: Game Cart-Mental Aerobics</p> <p>2:00 TV: VIVAfit Ball work out & Standing (TV)</p> <p>7:00 Concert: Christmas Concert : Andre Rieu (TV)</p>	<p>12</p> <p>8:00-5:00 VIVAfit Open Gym (VS)</p> <p>10:00 TV: VIVAfit Sit (TV)</p> <p>10:45 Church Services (TV)</p> <p>1:30 Technology Class (BG)</p> <p>2:00 TV: VIVAfit Sit (TV)</p> <p>2:30 1:1 on AL</p> <p>3:30 Christmas Card Making (CK)</p> <p>7:00 Movie Night: Christmas Classic: Miracle on It's A Wonderful Life (TV)</p>
<p>13</p> <p>8:00-5:00 VIVAfit Open Gym (VS)</p> <p>9:30 VIVAfit Flow (CC)</p> <p>10:00 TV: VIVAfit Sit (TV)</p> <p>1:30 Independent Scavenger Hunt (L)</p> <p>2:00 TV: VIVAfit Sit (TV)</p> <p>2:30 VIVAfit 1:1 Parallel Bars (VS)</p> <p>3:00 Sunday Mass: St. Michael's Cathedral Mass (TV)</p> <p>7:00 Movie Night: Christmas Classic: One Christmas (TV)</p>	<p>14</p> <p>8:00-5:00 VIVAfit Open Gym (VS)</p> <p>9:30 VIVAfit Class exercises (CC)</p> <p>10:15 VIVAfit Class exercises (CC)</p> <p>2:00 TV: VIVAfit Ball workout * & Standing (TV)</p> <p>2:30 Crafts: Wine & Paint (CC)</p> <p>3:00 Concert: Christmas Concert - Dean Martin (TV)</p> <p>7:00 Series: Sherlock (TV)</p>	<p>15</p> <p>8:00-5:00 VIVAfit Open Gym (VS)</p> <p>9:30 VIVAfit Class exercises (CC)</p> <p>10:15 VIVAfit Class exercises (CC)</p> <p>1:30 Technology Class (BG)</p> <p>2:00 TV: VIVAfit Ball workout & Standing (TV)</p> <p>2:00 Mental Aerobics: Word Twist (PC)</p> <p>3:30 Physical Game: Bean Bag Toss (CC)</p> <p>3:00 & 7:00 Movie Night: It Happened 5th Avenue (VP)</p>	<p>16</p> <p>8:00-5:00 VIVAfit Open Gym (VS)</p> <p>9:30 VIVAfit Class exercises (CC)</p> <p>10:15 VIVAfit Class exercises (CC)</p> <p>1:30-4:30 Theme Day Drink Cart on all Floors: Country Day</p> <p>2:00 TV: VIVAfit Ball workout & Standing (TV)</p> <p>7:00 Christmas Concert: Rod Stewart (TV)</p>	<p>17</p> <p>8:00-5:00 VIVAfit Open Gym (VS)</p> <p>9:30 VIVAfit Class exercises (CC)</p> <p>10:15 VIVAfit Class exercises (CC)</p> <p>11:00-1:00 Christmas Concert: TM Matthew Vilord (PC)</p> <p>1:30 Technology Class (BG)</p> <p>2:00 TV: VIVAfit Ball workout & Standing (TV)</p> <p>2:00 Crafts: Wood Painting (CK)</p> <p>3:30 Physical Game: Bola Ball (CC)</p> <p>7:00 Bio: Johnny Carson (TV)</p>	<p>18</p> <p>8:00-5:00 VIVAfit Open Gym (VS)</p> <p>9:30 VIVAfit Class exercises (CC)</p> <p>10:15 VIVAfit Class exercises (CC)</p> <p>1:30-4:30 Fun Friday: Game Cart-Disc Golf</p> <p>2:00 TM Christmas Door Decorating Contest (Community Members Voting Day)</p> <p>7:00 Concert: Christmas: Adel(TV)</p>	<p>19</p> <p>8:00-5:00 VIVAfit Open Gym (VS)</p> <p>10:00 TV: VIVAfit Sit (TV)</p> <p>10:45 Church Services (TV)</p> <p>1:30 Technology Class (BG)</p> <p>2:00 TV: VIVAfit Sit (TV)</p> <p>2:30 Physical Game: Disc Golf (CC)</p> <p>3:30 Christmas Card Making (CK)</p> <p>3:00 & 7:00 Movie Night: Blossom in The Dust (VP)</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>20</p> <p>8:00-5:00 V!VAfit Open Gym (VS)</p> <p>9:30 V!VAfit Flow (CC)</p> <p>10:00 TV: V!VAfit Sit (TV)</p> <p>1:30 Independent Scavenger Hunt (L)</p> <p>2:00 TV: V!VAfit Sit (TV)</p> <p>2:30 V!VAfit 1:1 Parallel Bars (VS)</p> <p>3:00 Sunday Mass: St. Michael's Cathedral Mass (TV)</p> <p>3:00 & 7:00 Movie Night: Christmas Classic: Holiday Affair (TV)</p>	<p>21</p> <p>9:30 V!VAfit Exercise Class</p> <p>10:00 TV: V!VAfit Ball Workout & Standing</p> <p>10:15 V!VAfit Exercise Class</p> <p>11:00-1:00 Christmas Sing Along with Rhonda & Debbie</p> <p>2:00 TV: V!VAfit Ball Workout & Standing</p> <p>2:30-4:00 Christmas Sing Along with Rhonda & Debbie</p> <p>3:00 Concert: Salvation Army 2020</p> <p>7:00 Series: Sherlock (TV)</p>	<p>22</p> <p>8:00-5:00 V!VAfit Open Gym (VS)</p> <p>9:30 V!VAfit Class exercises (CC)</p> <p>10:15 V!VAfit Class exercises (CC)</p> <p>11:00 Christmas Concert: TM Matthew Vilord (PC)</p> <p>1:30 Technology Class (BG)</p> <p>2:00 TV: V!VAfit Ball workout & Standing (TV)</p> <p>2:00 Nintendo Wii Bowling (PP)</p> <p>3:00 Christmas Carol Sing Along (FD)</p> <p>7:00 Movie Night: All Mine to Give</p>	<p>23</p> <p>8:00-5:00 V!VAfit Open Gym (VS)</p> <p>9:30 V!VAfit Class exercises (CC)</p> <p>10:15 V!VAfit Class exercises (CC)</p> <p>1:30-4:30 Theme Day Drink Cart on all Floors: Christmas Elves</p> <p>2:00 TV: V!VAfit Ball workout & Standing (TV)</p> <p>7:00 Christmas Concert: Cardinal Carter Academy For the Arts Christmas Concert(TV)</p>	<p>24 Christmas Eve</p> <p>8:00-5:00 V!VAfit Open Gym (VS)</p> <p>9:30 V!VAfit Class exercises (CC)</p> <p>10:15 V!VAfit Class exercises (CC)</p> <p>1:30 Technology Class (BG)</p> <p>2:00 TV: V!VAfit Ball workout & Standing (TV)</p> <p>2:00 Baking: Short Bread Cookies (CK)</p> <p>2:30 Christmas Sing Along with Debbie (PC)</p> <p>3:30 Washer Toss (CC)</p> <p>7:00 Bio: Sammy Davis Jr (TV)</p>	<p>25 Christmas Day</p> <p>8:00-5:00 V!VAfit Open Gym (VS)</p> <p>9:00-12:00 Christmas Treat Cart on All Floors</p> <p>10:00 TV: V!VAfit Ball work out & Standing (TV)</p> <p>1:30 Christmas Sing Along (PC)</p> <p>2:00 TV: V!VAfit Ball work out & Standing (TV)</p> <p>3:00 & 7:00 Christmas Concert: TM Matthew Vilord (TV)</p> <p>5:00 Special Christmas Dinner</p>	<p>26 Boxing Day</p> <p>10:00 TV: V!VAfit Sit (TV)</p> <p>10:45 Amazing Facts: Bible Study with Doug Bachelor (TV)</p> <p>1:30 Technology Class (BG)</p> <p>2:00 TV: V!VAfit Sit (TV)</p> <p>2:30 Physical Game: Spring Fling (CC)</p> <p>3:00 & 7:00 Movie Night: White Christmas (VP)</p>
<p>27</p> <p>8:00-5:00 V!VAfit Open Gym (VS)</p> <p>9:30 V!VAfit Flow (CC)</p> <p>10:00 TV: V!VAfit Sit (TV)</p> <p>1:30 Independent Scavenger Hunt (L)</p> <p>2:00 TV: V!VAfit Sit (TV)</p> <p>3:00 Sunday Mass: St. Michael's Cathedral Mass (TV)</p> <p>3:00 & 7:00 Movie Night: (TV)</p>	<p>28</p> <p>9:30 V!VAfit Exercise Class</p> <p>10:00 TV: V!VAfit Ball Workout & Standing</p> <p>10:15 V!VAfit Exercise Class</p> <p>2:00 TV: V!VAfit Ball Workout & Standing</p> <p>3:00 Presentation on V!VA Fit (VP)</p> <p>7:00 Series: Sherlock (TV)</p>	<p>29</p> <p>8:00-5:00 V!VAfit Open Gym (VS)</p> <p>9:30 V!VAfit Class exercises (CC)</p> <p>10:15 V!VAfit Class exercises (CC)</p> <p>1:30 Technology Class (BG)</p> <p>2:00 TV: V!VAfit Ball workout & Standing (TV)</p> <p>3:00 Drumming Circle (PP)</p> <p>4:00 Physical Games: Spring Fling (CC)</p>	<p>30</p> <p>8:00-5:00 V!VAfit Open Gym (VS)</p> <p>9:30 V!VAfit Class exercises (CC)</p> <p>10:15 V!VAfit Class exercises (CC)</p> <p>1:30-4:30 Theme Day Drink Cart on all Floors: Fairies</p> <p>2:00 TV: V!VAfit Ball workout & Standing (TV)</p> <p>7:00 Movie Night (TV)</p>	<p>31</p> <p>8:00-5:00 V!VAfit Open Gym (VS)</p> <p>9:30 V!VAfit Class exercises (CC)</p> <p>10:15 V!VAfit Class exercises (CC)</p> <p>1:30 Technology Class (BG)</p> <p>2:00 TV: V!VAfit Ball workout & Standing (TV)</p> <p>2:00-4:00 Drink Cart- A Toss to the New Year (All Floors)</p> <p>4:00 New Year Photo Booth (L)</p>	<p>BEAT THE HEAT SUMMER SPIRIT WEEK June 1 – 6</p> <p>Put some copy here to describe the events! Put some copy here to describe the events! Put some copy here to describe the events! Put some copy here to describe the events! Put some copy here to describe the events!</p>	<p>EVEN MORE PROMOTION SPACE HERE SEPTEMBER 99TH, 99:00AM</p> <p>Describe your event here,</p>

