



Lilian takes a very focused shot against our COVID Attack Fun Cart.



Everyone enjoys our Groovy Theme Cart loaded with fun treats and refreshments to go on around.

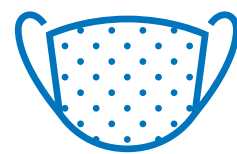
Don't miss out!

NEW Program Alert!

VIVA Pickering is now offering a new program called Drumfit, a cardio based drumming program that combines physical activity with brain fitness. Community Members enjoy drumming away to fun, upbeat music. We offer 3 levels of intensity. Please sign up if you are interested in joining this program. Seating is limited.

Theme Carts

Community Members continue to enjoy and celebrate our innovative theme carts. From our COVID Attack Fun Cart to our Carnival Snack Cart and Mental Aerobic Games, don't miss our future theme carts that are posted every Monday on the activity board.



LET'S WORK TOGETHER AND REMEMBER TO WEAR OUR MASKS AND KEEP A SAFE DISTANCE.

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1880 Glengrove Road, Pickering, ON
(905) 831-2088 | pickering@vivalife.ca | vivalife.ca

V!VAoice

YOUR VIVA COMMUNITY NEWSLETTER

May 2021

VIVA Retirement Communities™
PICKERING

COVID-19 UPDATE: Due to the ongoing pandemic, there is no events calendar at this time. Please speak with your Community's Lifestyles Team to learn more about what's happening at your Community this month!



Our Crazy Hair Day Theme Cart had both Community Members and Team Members going wild.



VIVA Pickering gets creative with their tie-dye t-shirt making. Don't we look groovy?

VIVA Pickering Retirement Community

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Upcoming Virtual Events

A monthly series to help us feel better together!

Please join us as we continue to increase awareness around mental health as an important issue for older adults, provide seniors and loved ones with relevant education and resources, and raise funds for local organizations supporting seniors' mental health.



Guest Speaker,
Patricia Morgan,
Spunk Seniorpreneur

Tips on Resilient Aging from a Spunky Senior

MAY 18 | 11:00 AM - 12:00 PM

Spunky seniorpreneur, Patricia Morgan, shares the VIVA way to resilient aging. **V** is for: *validate your body's wisdom*, **I** is for: *improve your thoughts*, **V** is for: *value your community*, **A** is for: *added fun, smiles, and laughter*.



Guest Speaker,
Laura Bourne,
Wellness Consultant
& Holistic Nutritionist

How Essential Oils Can Support Mental Health

JUNE 15 | 11:00 AM - 12:00 PM

Aromatherapy has played an important role in holistic health and wellness practices for centuries. Join Laura, Workplace Wellness Consultant and Holistic Nutritionist, to learn how using essential oils can offer the body natural and holistic solutions.

To register, go to
www.vivalife.ca/mentalhealth
or call Matthew at (905) 831-2088
or email pickering@vivalife.ca

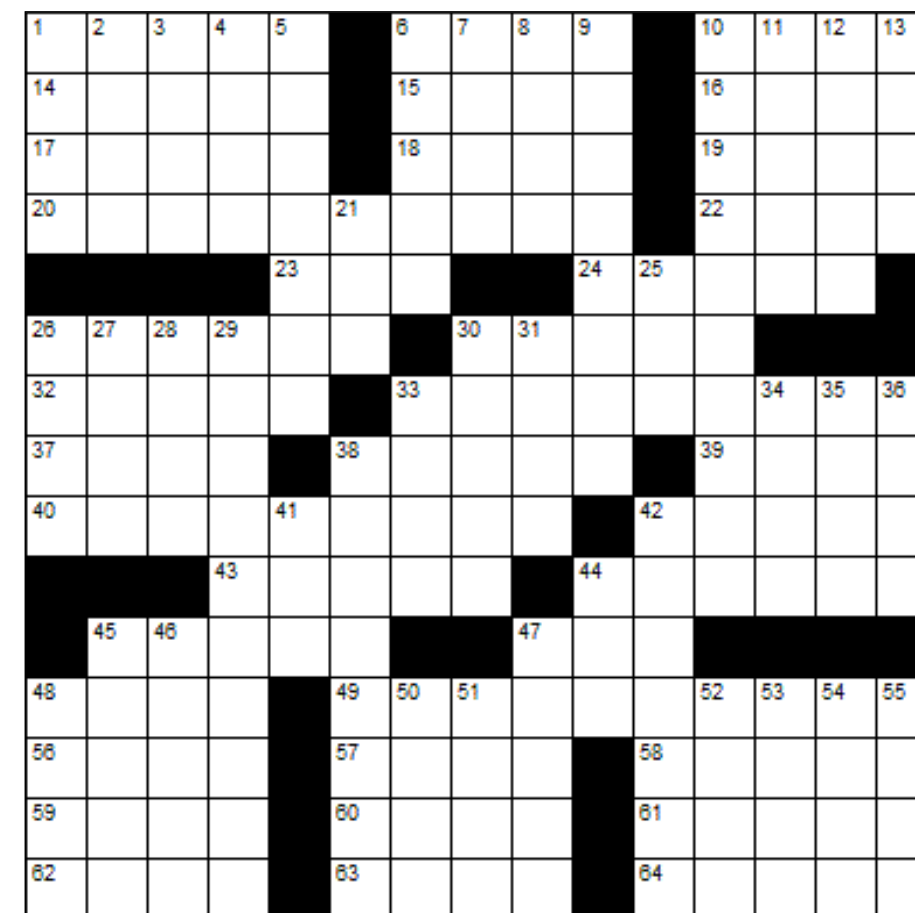


Crossword!

Take a break with this challenging puzzle! Good luck!

ACROSS

1. Bedouin
6. Fellow
10. Geographic illustrations
14. 3-banded armadillo
15. Christmas season
16. Small island
17. Compassion
18. Family group
19. Protruding part of the lower jaw
20. Charmed
22. Marsh plant
23. Lyric poem
24. Long times
26. Walk quietly
30. Parental sisters
32. Ignominy
33. Dismantled
37. Clairvoyant
38. Prods
39. A single time
40. Sign of things to come
42. Seasoning
43. Mammary gland of bovids
44. Move unsteadily
45. Of the cheekbone
47. Woman
48. Venician magstrate
49. Exhilaration
56. Distinctive flair
57. Allies' foe
58. Hot chocolate
59. Nonclerical
60. Fog
61. Fortuneteller's card
62. Sea eagle
63. Chickadees
64. Spurns



DOWN

- | | | |
|------------------------------|-------------------------------|--------------------------|
| 1. What a person is called | 13. Transmit | 38. Unimagined |
| 2. Not closed | 21. Citrus drink | 41. Actress Lupino |
| 3. Shopping place | 25. Estimated time of arrival | 42. Chooses |
| 4. Ogee | 26. Nonsense (British) | 44. Make lace |
| 5. A hospital common room | 27. Bright thought | 45. Back tooth |
| 6. Pedal | 28. Jetty | 46. Encore |
| 7. Body of a ship | 29. Instability | 47. Central points |
| 8. Wings | 30. Cholera | 48. Expunge |
| 9. Necklaces | 31. End ___ | 50. 22 in Roman numerals |
| 10. Used to see small things | 33. Desire | 51. A box or chest |
| 11. Pale with fright | 34. Make a sweater | 52. Groan |
| 12. Layers | 35. Behold, in old Rome | 53. Beige |
| | 36. Bucks and does | 54. Newbie (slang) |
| | | 55. Makes lace |