



Community Members enjoyed a delicious Thanksgiving brunch and live entertainment in the afternoon.



Community Members displayed their beautiful work at our Art Show! Thank you for sharing your wonderful talent with us.



Dining with Angel
Tuesday, November 9th
11:30 am – V!VAcraft Kitchen
Join us for a special luncheon prepared by Angel, our Culinary Services Manager.

Sweets Around the World featuring South Asian Sweets
Friday, November 12th
3:00 pm– Perks! Café
Take an indulging trip through desserts from South Asia Sri Lanka and India.

V!VA Bake Sale
Friday, November 19th
12:00 pm
The Lifestyles team will be hosting a bake sale with a variety of delicious treats like cookies, muffins, and tarts. All proceeds from the bake sale go to Herizon House for Christmas.

Check with Lifestyles for details on these and other events, programs, and activities happening this month.

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Community Members participated in a variety of physical and mental challenges during Active Aging Week. Congratulations to all participants.



Our Tea and Chat featured many fun games for our Community members to enjoy with their hot drinks and snacks.



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
Patrick Tower
Warrant Officer, SMV, CD, MBA
and Combat Veteran

Resilience and Mental Toughness: Building a Battle-Tested Mindset

TUESDAY, NOVEMBER 16 | 11:00 AM

If you want to develop perseverance, mental toughness, and the ability to excel under extreme conditions, despite seemingly impossible odds, it is important to know what they look like – Patrick will show you. His personal stories of combat leadership, uncommon valour, steadfast determination, and devoted comradeship will leave you inspired, energized, and focused on accomplishing your true potential. The robust spirit that moves soldiers to confidently push forward and accomplish the extraordinary during life's most tenuous moments are as applicable in your day-to-day life as they are on the battlefield.

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




In Flanders Fields

By John McCrae

*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.*

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>(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>(VL) V!VAlinks</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>Sweets Around the World: South Asian Edition Friday, November 12th</p> <p>Come on down and take a trip with desserts from around the world.</p> <p>This month we will be exploring different kinds of dessert from South Asia such as Sri Lanka and India. Hope to see you there!</p>	<p>Capture the Moment: Show and Tell Tuesday, November 23rd</p> <p>Join us for this interactive program where you can bring item(s) that has a significant meaning or importance in your life.</p> <p>Come and share your story along with your peers.</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Lest we forget</p> <p>Thank you for your service and sacrifice</p>  </div>		
<p>V!VA Carolers November 15th, 22nd & 29th</p> <p>Calling all singers! We are trying to get a group of Community Members together who love to sing.</p> <p>We will be meeting up to prepare and practice some Christmas Carols to sing at our V!VA Concert in December. Please let you know if you are interested.</p>	<p>1</p> <p>10:00 & 2:00 V!VAfit Standing & Ball (TV)</p> <p>10:00 Assisted Living Fall Scenic Drive 🚌 ✓</p> <p>10:15 V!VAfit Class (CC)</p> <p>10:45 Info Session: Men's Movember Challenge (CK)</p> <p>1:30 Fall Scenic Drive 🚌 ✓</p> <p>1:30 Nintendo Wii (PP)</p> <p>3:00 Line Dancing with Metta Dance (PP)</p> <p>4:00 Game: Bola Ball (CC)</p> <p>7:00 Series: Downton Abbey Season 2, Episode 7 (VP)</p>	<p>2</p> <p>10:00 V!VAfit Combo & Strength & 2:00 (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>11:15 2nd FL Exercise Class (FD)</p> <p>1:15 Technology Class (BG) ✓</p> <p>2:00 Intro: To the Team Member & Community Member Red Carpet Party (PC)</p> <p>3:00 Team Member Spot Light: Lifestyles - Resie (PC)</p> <p>4:00 Physical Game: Magnetic Darts (CC)</p> <p>7:00 Bio: Eleanor Roosevelt (TV)</p>	<p>3</p> <p>10:00 Outing: Pickering Library 🚌 ✓</p> <p>10:15 V!VAfit Class (CC)</p> <p>10:30 Needlecrafts (CK)</p> <p>10:45 Lunch Club: Pizza Making ✓</p> <p>1:30 Outing: Loblaw's 🚌 ✓</p> <p>2:00 Short Story Club (CK)</p> <p>3:00 November Birthday Party (PC)</p> <p>4:00 Garden Clean Up (VG)</p> <p>7:00 Bingo Night with Karen (CK)</p>	<p>4</p> <p>10:00 V!VAfit Combo & Strength & 2:00 (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>11:15 2nd FL Exercise Class (FD)</p> <p>1:15 Technology Class (BG) ✓</p> <p>2:00 Women's Circle (PP)</p> <p>3:00 Bingo with Lifestyles (VP)</p> <p>4:00 Physical Game: Ball Toss (CC)</p> <p>7:00 Doc: The Pandora Papers How the world of offshore finance is still flourishing (TV)</p>	<p>5</p> <p>10:00 V!VAfit Standing & Ball & 2:00 Workout (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>11:00 Drum Fit with Resie (PP)</p> <p>2:00 2nd Floor: Mini Manicure (FD)</p> <p>3:00 Presentation: Diwali with Melany (VP)</p> <p>4:00 Physical Game: Spring Fling (CC)</p> <p>7:00 Ted Talk: The Brain changing Benefits of Exercise (TV)</p>	<p>6</p> <p>8:00-5 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Flow (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>11:15 2nd FL Movement to Music (FD)</p> <p>2:00 V!VAfit Flow (TV)</p> <p>2:00 Crafts: DIY Walker Name Tags (CK)</p> <p>3:00 V!VA Live Jeopardy (PC)</p> <p>4:00 Physical Game: Magnetic Darts (CC)</p> <p>7:00 Movie Night: Splendor in the Grass (VP)</p>
<p>7</p> <p>8:00-5 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Sit (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>1:15 Technology Class (BG) ✓</p> <p>2:00 V!VAfit Sit (TV)</p> <p>2:30 Mental Aerobics: Word Twist (PP)</p> <p>3:00 Sunday Mass: St. Michael's Cathedral (TV)</p> <p>3:30 Physical Game: Bean Bag Toss (CC)</p> <p>7:00 Movie Night: Dirty Harry (VP)</p>	<p>8</p> <p>10:00 & 2:00 V!VAfit Standing & Ball (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>11:15 2nd Floor Zen Colouring (FD)</p> <p>1:30 Outing: Walmart 🚌 ✓</p> <p>1:30 Nintendo Wii (PP)</p> <p>2:00 V!VA Live: Wheel Of Fortune (PC)</p> <p>3:00 3rd Floor Wine and Cheese Party (PP)</p> <p>4:00 Movember Challenge Photo Shoot Week 2 (CK)</p> <p>7:00 Series: Downton Abbey Season 2, Episode 8 (VP)</p>	<p>9</p> <p>10:00 V!VAfit Combo & Strength & 2:00 (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>11:15 2nd FL Exercise Class (FD)</p> <p>11:30 Dine with an Angel (CK) ✓</p> <p>1:00 Cat Therapy (FD)</p> <p>1:15 Technology Class (BG) ✓</p> <p>2:00 Mental Aerobics: Spot the Difference (BG)</p> <p>3:00 New Community Members Welcome Tea Party (PP)</p> <p>4:00 Game: Disc Golf (CC)</p> <p>7:00 Bio: Ingrid Bergman (TV)</p>	<p>10</p> <p>10:00 & 2:00 V!VAfit Sit (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>10:30 Needlecrafts (CK)</p> <p>11:00 Danz/Sit with Matti (PP)</p> <p>2:00 Community Member Mix & Mingle (PP)</p> <p>3:00 ZOOM: Remembrance Day Panel with Guest Speakers (VP)</p> <p>3:30 Crafts: Mask Lanyards (CK) ✓</p> <p>7:00 Bingo Night with Karen (CK)</p>	<p>11 REMEMBRANCE DAY</p> <p>10:00 V!VAfit Combo & Strength & 2:00 (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>10:45 Remembrance Day Service & Celebration with Patricia (PP)</p> <p>1:15 Technology Class (BG) ✓</p> <p>2:00 Honoring our Veterans Slide Show (PC)</p> <p>3:00 Veterans Appreciation Social (PC)</p> <p>4:00 Game: Billiards (PP)</p> <p>7:00 Doc: How your Memory Works (TV)</p>	<p>12</p> <p>10:00 V!VAfit Standing & Ball & 2:00 Workout (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>11:00 Drum Fit with Resie (PP)</p> <p>1:30 Outing: White Feather 🚌 ✓</p> <p>2:00 Short Story Club Review (CK)</p> <p>3:00 Sweets Around the World: South Asian Edition (PC)</p> <p>4:00 Physical Game: Bucket Ball (CC)</p> <p>7:00 Ted Talk: How to get Healthy without Dieting (TV)</p>	<p>13</p> <p>8:00-5 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Flow (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>11:15 2nd FL Movement to Music (FD)</p> <p>2:00 V!VAfit Flow (TV)</p> <p>2:00 Turkish Coffee and Chat with Georgia (CK)</p> <p>3:00 News & Views (CK)</p> <p>4:00 Physical Game: Tower Toss (CC)</p> <p>7:00 Movie Night: Love in the Afternoon (VP)</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>14</p> <p>8:00-5 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Sit (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>1:15 Technology Class (BG) ✓</p> <p>2:00 V!VAfit Sit (TV)</p> <p>Mental Aerobics: Word Twist (PP)</p> <p>3:00 Sunday Mass: St. Michael's Cathedral (TV)</p> <p>3:00 Baking: Scones (CK)</p> <p>4:00 Snack & Chat (CK)</p> <p>7:00 Movie Night: Magnum Force (VP)</p>	<p>15</p> <p>10:15 V!VAfit Class (CC)</p> <p>11:15 2nd Floor Memory Tray (FD)</p> <p>11:00 Men's Club Lunch Outing\$</p> <p>1:30 Nintendo Wii (PP)</p> <p>2:00 Pres: The Importance of Dental Hygiene (VP)</p> <p>3:00 Line Dancing with Metta Dance (PP)</p> <p>4:00 Movember Challenge Photo Shoot Week 3 (CK)</p> <p>4:00 V!VA Caroling Practice *ALL WELCOME* (PP)</p> <p>7:00 Series: Downton Abbey Season 2, Episode 9 (VP)</p>	<p>16</p> <p>10:00 V!VAfit Combo & Strength & 2:00 (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>11:15 2nd FL Exercise Class (FD)</p> <p>1:15 Technology Class (BG) ✓</p> <p>2:00 Walker Clinic (PP) ✓</p> <p>2:00 Team Member Spot Light: Screener - Rickie (PC)</p> <p>3:00 Autumn Social with Art Lajambe (PC)</p> <p>4:00 Ping Pong (VS)</p> <p>7:00 Bio: Abraham Lincoln - The Great Emancipator (TV)</p>	<p>17</p> <p>9:30 Footcare (In-suite) ✓ \$</p> <p>10:00 & 2:00 V!VAfit Sit (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>10:30 Needlecrafts (CK)</p> <p>1:30 Outing: Loblaws 🚗 ✓</p> <p>1:30 Baking: Muffins for Bake Sale (CK)</p> <p>2:00-4:00 Theme Day Drink Cart ALL FLOORS</p> <p>7:00 Bingo Night with Karen (CK)</p>	<p>18</p> <p>10:15 V!VAfit Class (CC)</p> <p>10:45 Church Service with Patricia (PP)</p> <p>11:15 2nd FL Exercise Class (FD)</p> <p>1:15 Technology Class (BG) ✓</p> <p>Outing: Pickering Town Centre 🚗 ✓</p> <p>1:30 Baking: Tarts for Bake Sale (CK)</p> <p>3:00 Bingo with Lifestyles (VP)</p> <p>4:00 Game: Bola Ball (CC)</p> <p>7:00 Doc: 25 Greatest Natural Wonders of the World (TV)</p>	<p>19</p> <p>Assisted Living Country Drive 🚗 ✓</p> <p>10:15 V!VAfit Class (CC)</p> <p>11:00 Drum Fit with Resie (PP)</p> <p>12:00 Fundraiser Bake Sale for Herizon House (L)</p> <p>2:00 2nd Floor: Drum Fit (FD)</p> <p>3:00 V!VA Live: Family Feud Team Members vs Community Members (PC)</p> <p>4:00 Physical Game: Bucket Ball (CC)</p> <p>7:00 Ted Talk: Reinventing Healthy Living (TV)</p>	<p>20</p> <p>8:00-5 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Flow (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>11:15 2nd FL Movement to Music (FD)</p> <p>2:00 V!VAfit Flow (TV)</p> <p>2:00 Ballroom Dancing with Georgia (PP)</p> <p>3:00 Mental Aerobics: Memory Tray (BG)</p> <p>4:00 2nd Floor Chicken Soup Stories (FD)</p> <p>7:00 Movie Night: Mogambo (VP)</p>
<p>21</p> <p>10:00 V!VAfit Sit (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>10:30 Decorating the Lobby for the Holidays (L)</p> <p>1:15 Technology Class (BG) ✓</p> <p>2:00 V!VAfit Sit (TV)</p> <p>Mental Aerobics: Word Twist (PP)</p> <p>3:00 Sunday Mass: St. Michael's Cathedral (TV)</p> <p>3:30 Physical Game: Washer Toss (CC)</p> <p>7:00 Movie Night: The Enforcer (VP)</p>	<p>22</p> <p>10:15 V!VAfit Class (CC)</p> <p>11:15 2nd Floor Basketball (FD)</p> <p>1:30 Nintendo Wii (PP)</p> <p>1:30 Hearing Clinic (Salon) ✓</p> <p>2:00 Decorating the Family Den</p> <p>2:00 Nintendo Wii Tourney (PP)</p> <p>3:00 History Pres: Lianne - Canada Growing Pains(VP)</p> <p>4:00 V!VA Caroling Practice(PP)</p> <p>4:00 Movember Challenge Photo Shoot Week 4 (CK)</p> <p>7:00 Series: Downton Abbey Season 2, Episode 10 (VP)</p>	<p>23</p> <p>10:00 V!VAfit Combo & Strength & 2:00 (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>11:15 2nd FL Exercise Class (FD)</p> <p>1:00 Cat Therapy (FD)</p> <p>1:15 Technology Class (BG) ✓</p> <p>2:00 Nintendo Wii Tourney (PP)</p> <p>3:00 Captured Moments: Show & Tell (PC)</p> <p>4:00 Physical Game: Tower Toss (CC)</p> <p>7:00 Bio: Cleopatra (TV)</p>	<p>24</p> <p>10:00 & 2:00 V!VAfit Sit (TV)</p> <p>10:00 Decorating the Galley for the Holidays (G)</p> <p>10:15 V!VAfit Class (CC)</p> <p>10:30 Needlecrafts (CK)</p> <p>11:00 Danz/Sit with Matti (PP)</p> <p>2:00 Nintendo Wii Tourney (PP)</p> <p>3:00 Wine & Paint: Autumn Theme (CK) ✓</p> <p>4:00 Left, Right & Center (BG)</p> <p>7:00 Bingo Night with Karen (CK)</p>	<p>25</p> <p>10:15 V!VAfit Class (CC)</p> <p>11:15 2nd FL Exercise Class (FD)</p> <p>1:15 Technology Class (BG) ✓</p> <p>1:30 Outing: Walmart 🚗 ✓</p> <p>Pres: Osteoporosis & Exercises to Build Better Bones (VP)</p> <p>2:00 Bingo with Lifestyles (VP)</p> <p>4:00 Physical Game: Bean Bag Toss (CC)</p> <p>7:00 Doc: World's Most Extreme Bridges Master of Engineering (TV)</p>	<p>26</p> <p>10:00 V!VAfit Standing & Ball & 2:00 Workout (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>11:00 Drum Fit with Resie (PP)</p> <p>Lunch Outing: Pickel Barrel 🚗 ✓ \$</p> <p>11:30 Euchre Tournament (PP)</p> <p>3:00 Community Member and Team Member Red Carpet Party (PC)</p> <p>Ted Talk: Exercise, Nutrition & Health Keeping it Simple (TV)</p>	<p>27</p> <p>8:00-5 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Flow (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>11:15 2nd FL Movement to Music (FD)</p> <p>2:00 V!VAfit Flow (TV)</p> <p>2:00 Ballroom Dancing with Georgia (PP)</p> <p>3:00 Women's Circle (PP)</p> <p>4:00 Mindful Meditation (VS)</p> <p>7:00 Movie Night: Now, Voyager (VP)</p>
<p>28</p> <p>8:00-5 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Sit (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>1:15 Technology Class (BG) ✓</p> <p>2:00 V!VAfit Sit (TV)</p> <p>Mental Aerobics: Word Twist (PP)</p> <p>3:00 Sunday Mass: St. Michael's Cathedral (TV)</p> <p>3:30 Physical Game: Disc Golf (CC)</p> <p>7:00 Movie Night: Sudden Impact (VP)</p>	<p>29</p> <p>10:00 Decorating Tides for the Holidays (T)</p> <p>10:15 V!VAfit Class (CC)</p> <p>11:15 2nd Floor Bean Bag Toss (FD)</p> <p>1:30 Mental Aerobics: Brain Teasers (BG)</p> <p>3:00 Line Dancing with Metta Dance (PP)</p> <p>4:00 V!VA Caroling Practice(PP)</p> <p>4:00 Movember Challenge Photo Shoot Week 5 (CK)</p> <p>7:00 Series: Downton Abbey Season 3, Episode 1 (VP)</p>	<p>30</p> <p>10:00 V!VAfit Combo & Strength & 2:00 (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>11:15 2nd FL Exercise Class (FD)</p> <p>1:15 Technology Class (BG) ✓</p> <p>Assisted Living Country Drive 🚗</p> <p>1:30 Cards: Bridge (PP)</p> <p>2:00 Cards: Old Maid (BG)</p> <p>3:00 Bio: Hank Williams (TV)</p>	<p>Community Member and Team Member Red Carpet Party Friday, November 26th</p> <p>We would like to reward and recognize our Community Members and Team Members by what they are known for.</p> <p>We need your help to nominate and vote for the best candidate for each category. Stay tuned for more updates.</p>	<p>Movember Month Men's Challenge October 8th, 15th, 22nd & 29th</p> <p>To raise awareness of men's health issues, we are asking for all the men to participate in taking a weekly photo of your face to see the growing of your moustache.</p> 	<div style="background-color: #f4a460; padding: 20px; border-radius: 15px; text-align: center;"> <p>What's the opposite of a croissant?</p> </div> <div style="background-color: #f4a460; padding: 20px; border-radius: 15px; text-align: center; margin-top: 10px;"> <p>A happy uncle.</p> </div>	