



Proceeds from the gifts and baked goods sale were donated to Herizon House and the Movember Foundation.

Don't miss out!

**Sing it all Out!
Karaoke with Nicole**
Monday, January 10th
3:00 pm – *Perks! Café*
Prepare to sing your heart out! Come on down and sing along to your favourite tunes!

**Pub and Grub:
Games and Drinks**
Tuesday, January 18th
3:00 pm – *Pints! Pub*
Join us for a fun afternoon of games and drinks with your friends!

V!VA Values Mental Health: Protein and it's Healthy Role in Healthy Aging and Longevity
Two Part Series
January 18th & 19th, 2:00 pm
Online or in-person!
Call Tausha to reserve.

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

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

VIVA Pickering Retirement Community



Hand-made jewelry using necklace pendants and crayons!



'Tis the season to be joyful! Over the month of December, our Community Members got into the festive spirit as they sang along to some of their favourite holiday tunes.



The men at VIVA Pickering enjoyed a nice luncheon outing together at Liverpool John's Pub.

VIVA Pickering Retirement Community

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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.



**Amanda Li,
Registered Dietitian
& Educator**

**Protein & its Role in
Healthy Aging and Longevity**

**Two Part Series with Guest Speaker:
Amanda Li, Registered Dietitian & Educator
NOW AVAILABLE IN-PERSON OR ONLINE!**

TUESDAY, JANUARY 18 | 2:00 PM

We welcome back Registered Dietitian, educator, and owner of Wellness Simplified, Amanda Li, for a two-part virtual series that focuses on protein and its role in the body, daily targets, protein-rich foods, and meal planning.

WEDNESDAY, JANUARY 19 | 2:00 PM

Amanda prepares three protein-rich delicious meals and snacks you'll keep making on repeat! In-person guests will be treated to samples prepared by V!VA's own Red Seal Certified Chefs!

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

Start to Finish
Brain Teasers

Directions: for each clue, find a corresponding word that starts and finishes with the same letter. There is one word for each of the alphabet except for i, j, q, u, v and z.

Spend time in front of the mirror.	PRIMP
Intuitive inkling,	
Pioneer in photocopying.	
Bitterly sarcastic.	
Gas in some signs.	
Inuit transportation.	
Chinese medicinal root.	
Where a rubber duckie lives.	BATHTUB
Roll in the mind.	
Please traveller.	
Temporary loss of memory.	
Deadly.	
Pizza herb.	
Vert knowledgeable.	
Forty-eight hours before tomorrow.	
The most.	
Excessive.	
Feudal land.	
Trepidation.	
Water storage area.	

<https://www.puzzles-to-print.com/printable-brain-teasers/word-brain-teaser.shtml>

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>New Community Members Welcome Tea Party JANUARY 7th 3:00 PM – 4:00 PM</p> <p>Join us in Perks Café for tea, snacks, and the chance to meet some of our newly moved in Community Members.</p> <p>Let's welcome them all to their new home!</p>	<p>V!VA Games: Minute to Win It Challenge JANUARY 24th 3:00 PM</p> <p>Ready...set...go!</p> <p>Come on down to Pints Pub and take part in a series of 60-second challenges that uses objects that are commonly found around the house.</p>			<p>1 New Year's Day</p> <p>8:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Flow (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>1:30 Mental Aerobics: Trivia Challenge (PP)</p> <p>2:00 V!VAfit Flow (TV)</p> <p>3:00 Scrabble Tournament (BG)</p> <p>4:00 Physical Game: Shoot the Target (CC)</p> <p>7:00 Movie: At War with the Army (VP)</p>
<p>2</p> <p>8:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Sit (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>11:15 2nd Floor: Movement to Music (FD)</p> <p>1:15 Technology Class (BG)</p> <p>2:00 V!VAfit Sit (TV)</p> <p>Sangria Sunday: Community Members Mix & Mingle (PP)</p> <p>3:00 Physical Game: Bean Bag Toss (CC)</p> <p>4:00 Physical Game: Washer Toss (CC)</p> <p>7:00 Movie: The Family Man (VP)</p>	<p>3</p> <p>8:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Ball & Standing (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>10:45 Program Meeting (CK)</p> <p>1:30 Nintendo Wii Bowling (PP)</p> <p>2:00 2nd Floor Physical Game: Ring Toss (FD)</p> <p>3:00 Line Dancing with Metta Dance (PP)</p> <p>4:00 Physical Game: Washer Toss (CC)</p> <p>7:00 Series: The Crown – Wolferton Splash (VP)</p>	<p>4</p> <p>8:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Combo & Strength & 2:00 (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>11:15 2nd Floor: V!VAfit Class (FD)</p> <p>1:00 Cat Therapy (FD)</p> <p>1:15 Technology Class (BG)</p> <p>2:00 2nd Floor Mental Aerobics: Brain Teaser Puzzles (FD)</p> <p>3:00 Team Member Spotlight: Tausha (PC)</p> <p>4:00 Physical Game: Bucket Ball Toss (CC)</p> <p>7:00 Bio: Steve Jobs (TV)</p>	<p>5</p> <p>8:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Sit (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>10:30 Knitting Club (CK)</p> <p>1:00 Shopping: Loblaws 🚗 ✓</p> <p>1:30 Mental Aerobics: Spot the Difference (BG)</p> <p>3:00 January Birthday Party (PC)</p> <p>4:00 Ping Pong Game (PP)</p> <p>7:00 Bingo with Karen (CK)</p>	<p>6</p> <p>8:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Combo & Strength & 2:00 (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>11:15 2nd Floor: V!VAfit Class (FD)</p> <p>1:15 Technology Class (BG)</p> <p>2:00 2nd Floor Physical Game: Basketball (FD)</p> <p>3:00 Bingo with Lifestyles (VP)</p> <p>4:00 Physical Game: Bola Ball (CC)</p> <p>7:00 Doc: Architects of Ancient Arabia (TV)</p>	<p>7</p> <p>8:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Ball & Standing (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>11:00 Drum Fit with Resie (PP)</p> <p>11:30 Lunch Outing: Amici 🚗 ✓ \$</p> <p>2:00 2nd Floor: Zen Colouring (FD)</p> <p>3:00 New Community Members Welcome Tea Party (PC)</p> <p>4:00 Physical Game: Magnetic Darts (CC)</p> <p>7:00 Concert: Mussorgsky - Pictures at an Exhibition (TV)</p>	<p>8</p> <p>8:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Flow (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>1:30 Crafts: DIY Tea Towels (CK) ✓</p> <p>2:00 V!VAfit Flow (TV)</p> <p>3:00 Snack & Chat: Turkish Coffee with Georgia (CK)</p> <p>4:00 Physical Game: Tower Toss (CC)</p> <p>7:00 Movie: The Flying Deuces (VP)</p>
<p>9</p> <p>8:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Sit (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>11:15 2nd Floor: Movement to Music (FD)</p> <p>1:15 Technology Class (BG)</p> <p>2:00 V!VAfit Sit (TV)</p> <p>V!VA Live: Wheel of Fortune (PC)</p> <p>3:00 Physical Game: Spring Fling (CC)</p> <p>4:00 Physical Game: Washer Toss (CC)</p> <p>7:00 Movie: Man on a Ledge (VP)</p>	<p>10</p> <p>8:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Ball & Standing (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>1:00 Shopping: Walmart 🚗 ✓</p> <p>1:30 Mental Aerobics: Word Twist (PP)</p> <p>2:00 2nd Floor: Crafts (FD)</p> <p>3:00 Sing it all Out! Karaoke with Nicole (PP)</p> <p>4:00 Physical Game: Disc Golf (CC)</p> <p>7:00 Series: The Crown – Hyde Park Corner (VP)</p>	<p>11</p> <p>8:00 V!VAfit Open Gym (VS)</p> <p>9:30 Eyecare Express Clinic (CK)</p> <p>10:00 V!VAfit Combo & Strength & 2:00 (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>10:15 2nd Floor: V!VAfit Class (FD)</p> <p>1:15 Technology Class (BG)</p> <p>2:00 Community Members Council Meeting (VP)</p> <p>4:00 Physical Game: Washer Toss (CC)</p> <p>7:00 Bio: Elon Musk (TV)</p>	<p>12</p> <p>8:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Sit (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>10:30 Knitting Club (CK)</p> <p>11:00 DanzSit with Matti (PP)</p> <p>1:00 Shopping: Pickering Town Centre 🚗 ✓</p> <p>2:00 2nd Floor: Short Stories (FD)</p> <p>3:00 Superfoods Presentation: Pomegranate (CK)</p> <p>4:00 Physical Game: Shoot the Target (CC)</p> <p>7:00 Bingo with Karen (CK)</p>	<p>13</p> <p>8:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Combo & Strength & 2:00 (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>10:45 Church Service with Patricia (PP)</p> <p>11:15 2nd Floor: V!VAfit Class (FD)</p> <p>1:15 Technology Class (BG)</p> <p>1:30 Cards: Friendly Bridge (PP)</p> <p>3:00 Winter Bliss Social (PC)</p> <p>4:00 Billiards Game (PP)</p> <p>7:00 Doc: The Wonders of Islamic Art (TV)</p>	<p>14</p> <p>8:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Ball & Standing (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>10:30 Mass with Father Neil (PP)</p> <p>1:30 Nintendo Wii Bowling (PP)</p> <p>2:00 2nd Floor Physical Game: Bucket Ball Toss (FD)</p> <p>3:00 Pres: Pongal Celebrations with Melany (VP)</p> <p>4:00 Physical Game: Bean Bag Tic Tac Toe (CC)</p> <p>7:00 Concert: Jerry Lee Lewis (TV)</p>	<p>15</p> <p>8:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Flow (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>1:30 Baking: Strawberry Crisp (CK)</p> <p>2:00 V!VAfit Flow (TV)</p> <p>3:00 Ballroom Dancing with Georgia (PP)</p> <p>4:00 Left, Right, and Center (BG)</p> <p>7:00 Movie: The Front Page (VP)</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>16</p> <p>8:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Sit (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>11:15 2nd Floor: Movement to Music (FD)</p> <p>1:15 Technology Class (BG)</p> <p>2:00 V!VAfit Sit (TV)</p> <p>Snack & Chat: Baileys Hot Chocolate and Never Have I Ever (CK)</p> <p>3:00 Physical Game: Magnetic Darts (CC)</p> <p>4:00 Physical Game: Bola Ball (CC)</p> <p>7:00 Movie: Wild Wild West (VP)</p>	<p>17</p> <p>8:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Ball & Standing (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>1:00 Shopping: Loblaws 🚗 ✓</p> <p>1:30 Nintendo Wii Bowling (PP)</p> <p>2:00 2nd Floor Physical Game: Spring Fling (FD)</p> <p>3:00 Line Dancing with Metta Dance (PP)</p> <p>4:00 Physical Game: Bola Ball (CC)</p> <p>7:00 Series: The Crown – Windsor (VP)</p>	<p>18</p> <p>8:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Combo & Strength & 2:00 (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>11:15 2nd Floor: V!VAfit Class (FD)</p> <p>1:00 Cat Therapy: Friendly Visit with Dey & Selena (L)</p> <p>1:15 Technology Class (BG)</p> <p>2:00 2nd Floor: Zen Colouring (FD)</p> <p>3:00 Pub & Grub: Games & Drinks (PP)</p> <p>4:00 Cards: Old Maid (BG)</p> <p>7:00 Bio: Jeff Bezos (TV)</p>	<p>19</p> <p>8:00 V!VAfit Open Gym (VS)</p> <p>9:30 Footcare (In-Suite) ✓ \$</p> <p>Outing: Pickering Library 🚗 ✓</p> <p>10:00 V!VAfit Sit (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>10:30 Knitting Club (CK)</p> <p>1:30 Mental Aerobics: Think Fast (BG)</p> <p>3:00 All Frozen Up Social (PC)</p> <p>4:00 Ping Pong Game (PP)</p> <p>7:00 Bingo with Karen (CK)</p>	<p>20</p> <p>8:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Combo & Strength & 2:00 (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>11:15 2nd Floor: V!VAfit Class (FD)</p> <p>11:30 Men's Club: Lunch Outing to Bollocks Pub 🚗 ✓ \$</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: Washer Toss (CC)</p> <p>7:00 Doc: Curacao - Blue Wonder of the Caribbean (TV)</p>	<p>21</p> <p>8:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Ball & Standing (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>11:00 Drum Fit with Resie (PP)</p> <p>1:30 Mental Aerobics: Spot the Difference (BG)</p> <p>1:30 Walker Clinic (PP)</p> <p>2:00 2nd Floor: Connect 4 (FD)</p> <p>3:00 Sweets Around the World: Scotland Edition (PC)</p> <p>4:00 Physical Game: Disc Golf (CC)</p> <p>7:00 Concert: Muddy Waters (TV)</p>	<p>22</p> <p>8:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Flow (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>1:30 Crafts: DIY Water Marble Mugs (CK) ✓</p> <p>2:00 V!VAfit Flow (TV)</p> <p>3:00 V!VA Live: Guess the Logo (PP)</p> <p>4:00 Physical Game: Bucket Ball Toss (CC)</p> <p>7:00 Movie: Nothing Sacred (VP)</p>	
<p>23</p> <p>8:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Sit (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>11:15 2nd Floor: Movement to Music (FD)</p> <p>1:15 Technology Class (BG)</p> <p>2:00 V!VAfit Sit (TV)</p> <p>3:00 V!VA Live: Jeopardy (PC)</p> <p>4:00 Physical Game: Tower Toss (CC)</p> <p>7:00 Movie: Escape from Pretoria (VP)</p>	<p>24</p> <p>8:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Ball & Standing (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>1:00 Shopping: Pickering Town Centre 🚗 ✓</p> <p>1:30 Hearing Clinic (Salon) ✓ \$</p> <p>1:30 Mental Aerobics: Word Twist (PP)</p> <p>3:00 V!VA Games: Minute to Win It Challenge (PP)</p> <p>4:00 Name That Tune (BG)</p> <p>7:00 Series: The Crown – Act of God (VP)</p>	<p>25</p> <p>8:00 V!VAfit Open Gym (VS)</p> <p>9:30 Sindy's Mobile Facial & Skincare (Salon) ✓ \$</p> <p>10:00 V!VAfit Combo & Strength & 2:00 (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>11:15 2nd Floor: V!VAfit Class (FD)</p> <p>1:15 Technology Class (BG)</p> <p>2:00 2nd Floor Mental Aerobics: Brain Teaser Puzzles (FD)</p> <p>3:00 Robbie Burns Day Social (PC)</p> <p>4:00 News & Views (BG)</p> <p>7:00 Bio: Bill Gates (TV)</p>	<p>26</p> <p>8:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Sit (TV)</p> <p>10:00 Shopping: Walmart 🚗 ✓</p> <p>10:15 V!VAfit Class (CC)</p> <p>10:30 Knitting Club (CK)</p> <p>11:00 DanzSit with Matti (PP)</p> <p>1:30 – Theme Day: Drink Cart ALL FLOORS (Floors 2-6)</p> <p>7:00 Bingo with Karen (CK)</p>	<p>27</p> <p>8:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Combo & Strength & 2:00 (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>10:45 Church Service with Patricia (PP)</p> <p>11:15 2nd Floor: V!VAfit Class (FD)</p> <p>1:15 Technology Class (BG)</p> <p>2:00 – Wine & Paint: Poinsettia Painting (CK)</p> <p>3:30 Physical Game: Bean Bag Toss (CC)</p> <p>4:00 Physical Game: Bean Bag Toss (CC)</p> <p>7:00 Doc: South Korea: The Silent Cultural Superpower (TV)</p>	<p>28</p> <p>8:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Ball & Standing (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>1:00 Outing: White Feather 🚗 ✓</p> <p>1:30 Nintendo Wii Bowling (PP)</p> <p>2:00 2nd Floor Physical Game: Ring Toss (FD)</p> <p>3:00 Euchre Tournament (PP)</p> <p>4:00 Physical Game: Shoot the Target (CC)</p> <p>7:00 Concert: Carol of the Bells (TV)</p>	<p>29</p> <p>8:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Flow (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>1:30 Baking: Chewy Coconut Bars (CK)</p> <p>2:00 V!VAfit Flow (TV)</p> <p>3:00 Choir Group Performance (PC)</p> <p>4:00 Mindful Meditation (VS)</p> <p>7:00 Movie: The Inspector General (VP)</p>	
<p>30</p> <p>8:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Sit (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>11:15 2nd Floor: Movement to Music (FD)</p> <p>1:15 Technology Class (BG)</p> <p>2:00 V!VAfit Sit (TV)</p> <p>Sangria Sunday: Community Members Mix & Mingle (PP)</p> <p>3:00 Physical Game: Disc Golf (CC)</p> <p>4:00 Physical Game: Disc Golf (CC)</p> <p>7:00 Movie: Green Book (VP)</p>	<p>31</p> <p>8:00 V!VAfit Open Gym (VS)</p> <p>10:00 V!VAfit Ball & Standing (TV)</p> <p>10:15 V!VAfit Class (CC)</p> <p>1:30 Sing it all Out! Karaoke with Nicole (PP)</p> <p>2:00 2nd Floor Physical Game: Ring Toss (FD)</p> <p>3:00 History Presentation with Lianne (VP)</p> <p>4:00 Physical Game: Magnetic Darts (CC)</p> <p>7:00 Series: The Crown – Smoke and Mirrors (VP)</p>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="background-color: #f4a460; padding: 20px; border-radius: 15px; text-align: center;"> <p>What is corn's favourite holiday?</p> </div> <div style="background-color: #f4a460; padding: 20px; border-radius: 15px; text-align: center;"> <p>New Year's Day!</p> </div> </div>					