



Mother's Day was celebrated with a live pasta station and salad bar paired with musical entertainment enjoyed by all.

Don't miss out!

Seniors Mental Health Awareness

Saturday, June 4th
2:00 pm – Pints! Pub
Learn the importance of mind health as we age.

Massage Clinic

June 10th and 29th
9:30 am – In-suite
Spoil yourself with a nice massage to relax, refresh, and recharge.

Neighborhood Euchre Tournament

Wednesday, June 15th
1:30 pm – Pints! Pub
Meet your neighbours and play some euchre.

How to be a People Booster

Tuesday, June 21st
2:00 pm – VIVAplex
Empower yourself and ignite the best in those around you. RSVP with Tausha.

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

V!VAvoice

YOUR VIVA COMMUNITY NEWSLETTER

June 2022

V!VA Retirement Communities™
PICKERING



Keeping cool in the warm weather with a nice glass of rum punch.



Community Members get crafty creating scented air fresheners.



Tea Party – Everyone enjoyed a delicious spread of sandwiches, pastries and tea.

VIVA Pickering Retirement Community

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VIVA Pickering Retirement Community



Upcoming 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.



Patricia Morgan,
Author, Speaker & Therapist

How to be a People Booster

with Guest Speaker: Patricia Morgan
NOW AVAILABLE IN-PERSON* OR ONLINE!

TUESDAY, JUNE 21ST | 2:00 PM
Empower yourself and ignite the best in those around you by learning about these resiliency-enhancing concepts and tools. Prepare to amplify your self-awareness and to improve your presence with others. Join us for a joyful and uplifting session with author, speaker & therapist Patricia Morgan.

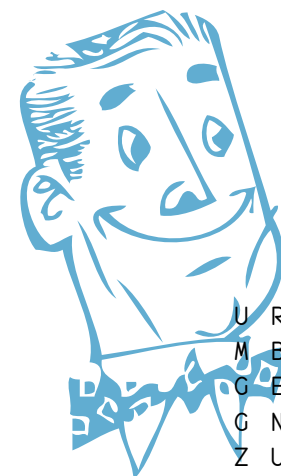
**Conditions apply including public health protocols.*

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



Word Search!

Take a break with this challenging puzzle! Good luck!



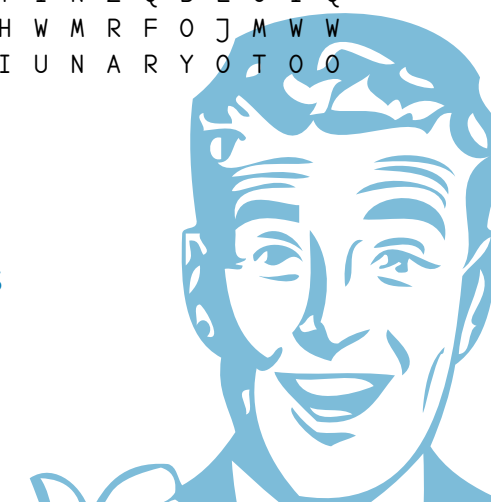
FATHER'S DAY

Word Search

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

ADORE
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COMFORT
FATHER
FUNNY
GAMES
GENEROUS
GUIDE
HANDSOME
HARDWORKING

LEARN
LIFE
LOVE
MEMORIES
MENTOR
PLAY
PROTECT
SILLY
SPECIAL
STRONG



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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) VIVApex</p> <p>(VG) Victory Garden</p> <p>(VS) VIVAfit Studio</p> <p>(TV) Info TV Channel 988</p> <p>(L) Lobby</p> <p>(CC) Community Commons</p> <p>(BG) Brain Gym</p> <p>(CK) VIVAcraft Kitchen</p> <p>(FD) Family Den</p> <p>(HR) Horticulture Room</p> <p>(P) Pool</p>	<p>SIGNING UP FOR ACTIVITIES & OUTINGS CONCIERGE DESK</p> <p>Any activity with the checkmark symbol (✓), please sign up at the Concierge desk.</p> <p>All outings require sign ups.</p>	<p>1</p> <p>10:00 VIVAfit Sit Class (CC)</p> <p>10:30 Knitting Club (CK)</p> <p>11:00 2nd FL: VIVAfit Sit Class (FD)</p> <p>1:00 Shopping: Walmart 🚌 ✓</p> <p>2:00 Mental Aerobics: Think Fast (BG) (FD)</p> <p>3:00 Slogans & Logos (PC)</p> <p>4:00 Physical Game: Bucket Ball Toss (CK Patio)</p> <p>4:30-6:00 Live Entertainment with Matthew (Tides)</p> <p>7:00 Bingo Night with Nicole (PP)</p>	<p>2</p> <p>10:00 VIVAfit Combo & Strength Class (CC)</p> <p>11:00 Drum Fit Class (PP)</p> <p>1:30 Technology Class & Online Shopping (BG) ✓</p> <p>2:00 Meet & Greet with Registered Massage Therapist Daniel (PP)</p> <p>3:00 Craft: Make your own Chocolate Bar (CK) ✓</p> <p>4:00 Physical Game: Washer Toss (CK Patio)</p> <p>7:00 Concert: Frankie Valli (TV)</p>	<p>3</p> <p>10:00 VIVAfit Sit & Stand Class (CC)</p> <p>11:00 2nd FL: VIVAfit Sit Class (FD)</p> <p>1:00 Walking Program: Port Union Waterfront Park 🚌 ▶▶ ✓</p> <p>2:00 Mental Aerobics: Words in a Word (CK) (FD)</p> <p>3:00 TM Spotlight (PC)</p> <p>4:00 Physical Game: Bola Ball (CK Patio)</p> <p>7:00 Doc: Survive the Wild Episode 1: Rules of the Realm (TV)</p>	<p>4</p> <p>10:00 VIVAfit Flow Class (CC)</p> <p>11:00 2nd FL: Physical Game: Tower Toss (FD)</p> <p>2:00 Presentation: Secrets to Maintaining Brain Health with Clinical Psychologist Nicole Murray (PP)</p> <p>2:45 Movie Matinee: Operation Mincemeat (VP)</p> <p>3:00 VIVA Live: Wheel of Fortune (PC)</p> <p>4:00 Physical Game: Tower Toss (CK Patio)</p> <p>7:00 Movie Night: Operation Mincemeat (VP)</p>
<p>5</p> <p>10:00 VIVAfit Sit Class (CC)</p> <p>10:30 Holy Communion (PP)</p> <p>11:00 2nd FL: Giant Connect 4 (FD)</p> <p>1:30 Technology Class & Online Shopping (BG) ✓</p> <p>2:45 Movie Matinee: Just Getting Started (VP)</p> <p>3:00 Music & Drinks on the Patio: Frozen Lemonade & Raspberry Slush (CK)</p> <p>4:00 Physical Game: Disc Golf (CK Patio)</p> <p>7:00 Movie Night: Just Getting Started (VP)</p>	<p>6</p> <p>10:00 VIVAfit Sit & Stand Class (CC)</p> <p>10:00 Shopping: Loblaws 🚌 ✓</p> <p>11:00 2nd FL: VIVAfit Sit Class (FD)</p> <p>2:00 Sundaes on Mondays (CK) (FD)</p> <p>3:00 Live Entertainment with Marcus (Outside)</p> <p>4:00 Mental Aerobics: Spot the Difference (CK) (FD)</p> <p>7:00 Virtual Travelogue: Myanmar (TV)</p>	<p>7</p> <p>10:00 VIVAfit Combo & Strength Class (CC)</p> <p>11:00 Drum Fit Class (PP)</p> <p>11:30 Men's Club Lunch Outing 🚌 \$ ✓</p> <p>1:30 Technology Class & Online Shopping (BG) ✓</p> <p>1:30 Cat Therapy Visit with Selena (L)</p> <p>2:00 Friendly Bridge (PP)</p> <p>4:00 Physical Game: Axe Throw (CK Patio)</p> <p>7:00 Bio: Famous Fathers - Barack Obama (TV)</p>	<p>8</p> <p>10:00 VIVAfit Sit Class (CC)</p> <p>10:30 Knitting Club (CK)</p> <p>10:45 DanzFit Class with Matti (PP)</p> <p>1:00 Local Shopping to Main Street Unionville 🚌 ▶▶ ✓</p> <p>2:00 Mental Aerobics: Word Twist (PP) (FD)</p> <p>3:00 Mini Manicures & Sangrias (CK)</p> <p>4:00 Dog Therapy Visit with Mandy (FD)</p> <p>7:00 Bingo Night with Nicole (PP)</p>	<p>9</p> <p>10:00 VIVAfit Combo & Strength Class (CC)</p> <p>10:45 Hymn Sing with Patricia (PP)</p> <p>1:30 Technology Class & Online Shopping (BG) ✓</p> <p>2:00 Nintendo Wii Bowling (PP)</p> <p>3:00 Fun in the Sun: Patio Party (Outside)</p> <p>4:00 Physical Game: Basket Bash Toss (CK Patio)</p> <p>7:00 Concert: Billie Holiday (TV)</p>	<p>10</p> <p>9:30 Massage Clinic (In-Suite)</p> <p>10:00 VIVAfit Sit & Stand Class (CC)</p> <p>10:45 Mass Service with Father Neil (PP)</p> <p>11:00 2nd FL: VIVAfit Sit Class (FD)</p> <p>2:00-3:30 How to Play Euchre with Diane (PP)</p> <p>4:00 Introduction to Shot Put Toss Competition (CK)</p> <p>7:00 Doc: Survive the Wild Episode 2: Nature's World Wide Web (TV)</p>	<p>11</p> <p>10:00 VIVAfit Flow Class (CC)</p> <p>11:00 2nd FL: Left, Right & Center Game (FD)</p> <p>1:30 Aquafit with Georgia (P)</p> <p>2:45 Movie Matinee: Good Will Hunting (VP)</p> <p>3:00 Cocktails & Conversations (CK)</p> <p>4:00 Physical Game: Magnetic Darts (CK Patio)</p> <p>7:00 Movie Night: Good Will Hunting (VP)</p>
<p>12</p> <p>10:00 VIVAfit Sit Class (CC)</p> <p>10:30 Holy Communion (PP)</p> <p>11:00 2nd FL: Physical Game: Bean Bag Toss (FD)</p> <p>1:30 Technology Class & Online Shopping (BG) ✓</p> <p>2:45 Movie Matinee: The Walk (VP)</p> <p>3:00 VIVA Live: Jeopardy (PC)</p> <p>4:00 Physical Game: Bean Bag Toss (CK Patio)</p> <p>7:00 Movie Night: The Walk (VP)</p>	<p>13</p> <p>10:00 VIVAfit Sit & Stand Class (CC)</p> <p>11:00 2nd FL: VIVAfit Sit Class (FD)</p> <p>1:00 Outing to Ajax Casino 🚌 \$ ✓</p> <p>2:00 Sundaes on Mondays (CK) (FD)</p> <p>3:00 Line Dancing with Metta Dance (PP)</p> <p>4:00 Physical Game: Shot Put Toss Competition (Outside)</p> <p>7:00 Virtual Travelogue: Brunei (TV)</p>	<p>14</p> <p>10:00 VIVAfit Combo & Strength Class (CC)</p> <p>10:00 Outing to Pickering Farmer's Market 🚌 ▶▶ ✓</p> <p>1:30 Technology Class & Online Shopping (BG) ✓</p> <p>2:00 Mental Aerobics: Fit Mind (BG) (FD)</p> <p>3:00 Community Members Council Meeting (VP)</p> <p>4:00 Physical Game: Shot Put Toss Competition (Outside)</p> <p>7:00 Bio: Famous Fathers - David Beckham (TV)</p>	<p>15</p> <p>9:30 Footcare Clinic (In Suite)</p> <p>10:00 VIVAfit Sit Class (CC)</p> <p>10:30 Knitting Club (CK)</p> <p>11:00 2nd FL: VIVAfit Sit Class (FD)</p> <p>1:30-4:00 Neighborhood Euchre Tournament (PP)</p> <p>3:00 Craft: Resin Coaster (CK) ✓</p> <p>4:00 Physical Game: Shot Put Toss Competition (Outside)</p> <p>7:00 Bingo Night with Nicole (PP)</p>	<p>16</p> <p>10:00 VIVAfit Combo & Strength Class (CC)</p> <p>11:00 Drum Fit Class (PP)</p> <p>1:00 Walking Program: Bluffs 🚌 ▶▶ ✓</p> <p>1:30 Technology Class & Online Shopping (BG) ✓</p> <p>2:00 Mental Aerobics: Memory Tray (BG) (FD)</p> <p>3:00 It's Bake O'clock with Nicole (CK)</p> <p>4:00 Physical Game: Shot Put Toss Competition (Outside)</p> <p>7:00 Concert: Hank Williams (TV)</p>	<p>17</p> <p>10:00 VIVAfit Sit & Stand Class (CC)</p> <p>10:45 Discussion: VP 10th Year Anniversary Party (CK)</p> <p>11:00 2nd FL: VIVAfit Sit Class (FD)</p> <p>1:00 Outing to White Feather Country Store 🚌 ✓</p> <p>2:00-3:30 How to Play Euchre with Diane (PP)</p> <p>4:00 Physical Game: Shot Put Toss Competition (Outside)</p> <p>7:00 Doc: Survive the Wild Episode 3: Cunning Copulation (TV)</p>	<p>18</p> <p>10:00 VIVAfit Flow Class (CC)</p> <p>11:00 2nd FL: Mental Aerobics: Words in a Word (FD)</p> <p>11:30-1:30 Father's Day Special BBQ Lunch (Tides & Galley)</p> <p>2:00 Discussion: What Father's Know Best (BG)</p> <p>3:00 Father's Day Social: Live Entertainment (Outside)</p> <p>4:00 Cards: Old Maid (BG)</p> <p>7:00 Movie Night: Live Twice, Love Once (VP)</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19 Father's Day 10:00 V!VAfit Sit Class (CC) 10:30 Holy Communion (PP) 11:00 2 nd FL: Giant Connect 4 (FD) 11:30- Herongate Theatre Dinner 4:30 Show 🚌 \$ ✓ Technology Class & Online Shopping (BG) ✓ 1:30 Movie Matinee: Fatherhood (VP) 2:45 Guess Who: Father's Day Edition (PC) 3:00 News & Views (BG) 4:00 Movie Night: Fatherhood(VP) 7:00	20 10:00 V!VAfit Sit & Stand Class (CC) 11:00 2 nd FL: V!VAfit Sit Class (FD) Lunch Outing to Perkins 🚌 \$ ✓ 11:30 Sundaes on Mondays (CK) (FD) 2:00 History Presentation with Lianne Harris (VP) 3:00 Physical Game: Washer Toss (CK Patio) 4:00 Virtual Travelogue: Tibet (TV) 7:00	21 10:00 V!VAfit Combo & Strength Class (CC) 10:00 Shopping: Walmart 🚌 ✓ 11:00 Drum Fit Class (PP) 1:30 Technology Class & Online Shopping (BG) ✓ 1:30 Cat Therapy Visit with Selena (FD) 2:00 Nintendo Wii Bowling (PP) 3:00 TM Spotlight (PC) 4:00 Physical Game: Disc Golf (CK Patio) 7:00 Bio: Famous Fathers - Pierce Brosnan (TV)	22 10:00 V!VAfit Sit Class (CC) 10:00-3:00 Vendor Market (L) 10:30 Knitting Club (CK) 10:45 DanzFit Class with Matti (PP) 2:00 Mental Aerobics: Fit Mind (BG) (FD) 3:00 Live Entertainment with Janette (Outside) 4:00 Dog Therapy Visit with Mandy (L) 7:00 Bingo Night with Nicole (PP)	23 10:00 V!VAfit Combo & Strength Class (CC) 10:45 Hymn Sing with Patricia (PP) 1:00 Walking Program: Allan Gardens 🚌 ▶▶ ✓ 1:30 Technology Class & Online Shopping (BG) ✓ 2:00 Mental Aerobics: Word Twist (PP) (FD) 3:00 Wine & Paint (CK) 4:00 Physical Game: Bean Bag Toss (CK Patio) 7:00 Concert: John Denver (TV)	24 10:00 V!VAfit Sit & Stand Class (CC) 11:00 2 nd FL: V!VAfit Sit Class (FD) 1:30-4:00 Afternoon of Friendly Euchre (PP) 3:00 2nd FL: Mini Manicures & Mocktails (FD) 4:00 Physical Game: Bucket Ball Toss (CK Patio) 7:00 Doc: Survive the Wild Episode 4: Battle Plans (TV)	25 10:00 V!VAfit Flow Class (CC) 11:00 2 nd FL: Physical Game: Basket Bash Toss (FD) 1:30 Aquafit with Georgia (P) Movie Matinee: The Boy Who Harnessed the Wind (VP) 2:45 Cocktails & Conversations (CK) 3:00 Physical Game: Basket Bash Toss (CK Patio) 4:00 Movie Night: The Boy Who Harnessed the Wind (VP) 7:00
26 10:00 V!VAfit Sit Class (CC) 10:30 Holy Communion (PP) 11:00 2 nd FL: Left, Right & Center Game (FD) Technology Class & Online Shopping (BG) ✓ 1:30 Music & Drinks on the Patio: Frozen Lemonade & Raspberry Slush (CK) 3:00 Physical Game: Axe Throw (CK Patio) 4:00 Movie Night Dark Waters (VP) 7:00	27 10:00 V!VAfit Sit & Stand Class (CC) 11:00 2 nd FL: V!VAfit Sit Class (FD) Outing to Timber Creek Mini Golf 🚌 \$ ▶▶ ✓ 1:00 Sundaes on Mondays (CK) (FD) 2:00 Line Dancing with Metta Dance (PP) 3:00 Physical Game: Bola Ball (CK Patio) 4:00 Virtual Travelogue: Bhutan (TV) 7:00	28 10:00 V!VAfit Combo & Strength Class (CC) 11:30 Picnic & Games at Ajax Rotary Park 🚌 ✓ 1:30 Technology Class & Online Shopping (BG) ✓ 2:00 Friendly Bridge (PP) Craft: Homemade Hand Cream with Essential Oils (CK) ✓ 3:00 Physical Game: Tower Toss (CK Patio) 4:00 Bio: Famous Fathers- Prince Harry (TV) 7:00	29 9:30 Massage Clinic (In-Suite) 10:00 V!VAfit Sit Class (CC) 10:30 Knitting Club (CK) 11:00 2 nd FL: V!VAfit Sit Class (FD) 2:00 Mental Aerobics: Think Fast (BG) (FD) 3:00 Classical Entertainment with Richard (Outside) 4:00 Cards: Old Maid (BG) 7:00 Bingo Night with Nicole (PP)	30 10:00 V!VAfit Combo & Strength Class (CC) 11:00 Drum Fit Class (PP) 1:00 Shopping: Loblaws 🚌 ✓ Technology Class & Online Shopping (BG) ✓ 1:30 Mental Aerobics: Spot the Difference (CK) (FD) 2:00 Sweets Around the World: Quebec (PC) 3:00 Physical Game: Magnetic Darts (CK Patio) 4:00 Concert: Nina Simone (TV) 7:00	OPEN GYM MONDAY – SUNDAY 8:00 AM – 5:00 PM If you are interested to learn how to use the exercise machines, please speak to Lifestyles to book your assessment.	V!VAFIT ONLINE CLASSES MONDAY – SUNDAY 10:00AM & 2:00PM Check out our in-house TV Channel (988) for interesting biographies, documentaries, fitness class and more!



happy
Father's Day

What does a baby computer call his father?

Data.