



Community Members get crafty making colourful table coasters.



Keeping cool with a refreshing scoop of ice cream.

**Don't miss out!**

**Lunch Outing: Mandarin**

Wednesday, July 6  
11:30 pm – Bus Trip  
Sign up to go to Mandarin and enjoy a lunch buffet!

**Super Fantastic Summer Gameshow**

Friday, July 15  
2:00 pm – Outside  
Come on down for a good laugh as we watch our Team Members compete in a series of fun summer themed challenges.

**How Essential Oils Can Support Mental Health**

Tuesday, July 19  
2:00 pm – V!VAp!ex  
RSVP to Tausha.

**Happy Anniversary V!VA Pickering!**

Friday, July 29 | All Day Event  
Join us for a fun filled day in celebration of V!VA Pickering's 10 Year Anniversary.

**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 V!VA COMMUNITY NEWSLETTER

July 2022

V!VA Retirement Communities™  
PICKERING



Community Members get into the summer spirit with a fun game of water shot putt toss.



Father's Day was celebrated with a nice BBQ and great music.

V!VA Pickering Retirement Community

V!VA Pickering Retirement Community

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# 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.



**Laura Bourne**  
Wellness Consultant  
& Holistic Nutritionist

## How Essential Oils Can Support Mental Health

with Guest Speaker: **Laura Bourne**  
NOW AVAILABLE IN-PERSON\* OR ONLINE!

**TUESDAY, JULY 19 | 2:00 PM**  
Aromatherapy has played an important role in holistic health and wellness practices for a long time. Join us once again for a rerun with Laura Bourne, Workplace Wellness Consultant and Holistic Nutritionist, to learn how using essential oils can offer the body natural and holistic solutions.

*\*Conditions apply including public health protocols.*

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

# MIND WORD SEARCH

T L N E U H C G O L Q T Z R P D G W K A O B B V T  
 A N Z O S Z H X Y L H C S N N T X N K S T H S A O  
 Z M E P T O S G L K F B E N F B B Z J D T M B P I  
 N N X M C N O T P Q Q J C B E A V E R N A N X X D  
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 Q A E Q D I R R X Q O F I R E W O R K S A Y A G A  
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|---------------|-----------|----------|------------|
| BEAVER        | FIREWORKS | LACROSSE | PARLIAMENT |
| BILINGUAL     | FLAG      | MAPLE    | PROVINCES  |
| CANADA        | FRENCH    | MOOSE    | ROCKIES    |
| CONFEDERATION | GRIZZLY   | ONTARIO  | SYRUP      |
| ENGLISH       | HOCKEY    | OTTAWA   | TORONTO    |

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>LEGEND</b></p> <p><b>Orange Fitness Class</b></p> <p><b>Purple Special Event</b></p> <p><b>Green Excursion</b></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>(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>(TV) InfoTV Channel 988</p>	<p><b>SIGN-UP FOR ACTIVITIES &amp; OUTINGS</b></p> <p>Please remember to sign-up for activities &amp; outings with the checkmark symbol (✓).</p> <p>Sign up at the Concierge desk.</p>	<p><b>INFOTV CHANNEL 988 MONDAY – SUNDAY</b></p> <p>Check out our in-house TV Channel (988) for interesting biographies, documentaries, and V!VAfit exercise classes at 10:00am &amp; 2:00pm.</p>	 <p><b>HAPPY CANADA DAY</b></p>	<p><b>1 Canada Day</b></p> <p>10:00 <b>V!VAsit &amp; V!VAstanding Class (CC)</b></p> <p>11:00 2<sup>nd</sup> FL: <b>V!VAsit Class (FD)</b></p> <p>2:00 <b>Trivia Challenge: Canada Edition (PC)</b></p> <p>3:00 <b>Canada Day Social: Live Entertainment (Outside)</b></p> <p>4:00 Discussion: Reasons to Live in Canada (BG)</p> <p>7:00 Doc: Worlds Collide   Canada: The Story of Us, Full Episode 1 (TV)</p>	<p><b>2</b></p> <p>10:00 <b>V!VAflow Class (CC)</b></p> <p>11:00 2<sup>nd</sup> FL: Movement to Music (FD)</p> <p>1:30 Name That Tune (PC)</p> <p>3:00 <b>Snack &amp; Chat with Georgia (CK)</b></p> <p>4:00 Physical Game: Ring Toss (Main Floor Patio)</p> <p>7:00 Movie Night: The Way Back (VP)</p>
<p><b>3</b></p> <p>10:00 <b>V!VAsit Class (CC)</b></p> <p>10:30 <b>Holy Communion (PP)</b></p> <p>11:00 2<sup>nd</sup> FL: Mental Aerobics: Brain Teasers (FD)</p> <p>1:30 Technology Class &amp; Online Shopping (BG) ✓</p> <p>3:00 <b>V!VA Live: Wheel of Fortune (PC)</b></p> <p>4:00 Physical Game: Tower Toss (Main Floor Patio)</p> <p>7:00 Movie Night: State of Play (VP)</p>	<p><b>4</b></p> <p>10:00 <b>V!VAsit &amp; V!VAstanding Class (CC)</b></p> <p>11:00 2<sup>nd</sup> FL: <b>V!VAsit Class (FD)</b></p> <p>1:00 <b>Shopping: Walmart</b> 🚌 ✓</p> <p>2:00 Nintendo Wii Bowling (PP)</p> <p>3:00 <b>It's Happy Hour! - Pina Colodas (CK &amp; Main Floor Patio)</b></p> <p>4:00 Physical Game: Bola Ball (Main Floor Patio)</p> <p>7:00 Concert: Shania Twain (TV)</p>	<p><b>5</b></p> <p>10:00 <b>V!VAcombo &amp; V!VAstrength Class (CC)</b></p> <p>11:00 <b>Drum Fit Class (PP)</b></p> <p>1:00 <b>Walking Program: Port Union Waterfront Park</b> 🚌 ▶▶ ✓</p> <p>1:30 Technology Class &amp; Online Shopping (BG) ✓</p> <p>2:00 Mental Aerobics: Fit Mind (CK)</p> <p>2:00-4:00 <b>Friendly Bridge (PP)</b></p> <p>4:00 Dog Therapy with Mandy (FD)</p> <p>7:00 Bio: Famous Canadians (TV)</p>	<p><b>6</b></p> <p>10:00 <b>V!VAsit Class (CC)</b></p> <p>10:30 Knitting Club (CK)</p> <p>*Everyone is Welcome*</p> <p>11:00 2<sup>nd</sup> FL: <b>V!VAsit Class (FD)</b></p> <p>11:30 <b>Lunch Outing: Mandarin</b> 🚌 \$ ✓</p> <p>1:30 Cat Therapy with Selena (L)</p> <p>3:00-4:00 <b>Live Entertainment with Jay V (Outside)</b></p> <p>4:00 Cards: Old Maid (BG)</p> <p>7:00-8:00 <b>Bingo Night (PP)</b> \$</p>	<p><b>7</b></p> <p>10:00 <b>V!VAcombo &amp; V!VAstrength Class (CC)</b></p> <p>10:30 <b>Hymn Sing with Patricia (PP)</b></p> <p>1:30 Technology Class &amp; Online Shopping (BG) ✓</p> <p>2:00 Nintendo Wii: Deal or No Deal (PP)</p> <p>3:00 <b>Team Member Spotlight (PC)</b></p> <p>4:00 Physical Game: Washer Toss (Main Floor Patio)</p> <p>7:00 Doc: Hunting Treasure   Canada: The Story of Us, Full Episode 2 (TV)</p>	<p><b>8</b></p> <p>10:00 <b>V!VAsit &amp; V!VAstanding Class (CC)</b></p> <p>10:45 <b>Saint Isaac Jogues Church: Mass Service with Father Mani (PP)</b></p> <p>11:00 2<sup>nd</sup> FL: <b>V!VAsit Class (FD)</b></p> <p>2:00-3:30 <b>The TikTok Challenge with Team Members (PC)</b></p> <p>4:00 Physical Game: Battle Bags Toss (Main Floor Patio)</p> <p>7:00 Doc: War of Independence   Canada: The Story of Us, Full Episode 3 (TV)</p>	<p><b>9</b></p> <p>10:00 <b>V!VAflow Class (CC)</b></p> <p>11:00 2<sup>nd</sup> FL: Left, Right, &amp; Center (FD)</p> <p>1:00 <b>Outing: Pickering Museum Village – Tour &amp; Escape Room</b> 🚌 \$ ▶▶ ✓</p> <p>1:30 <b>V!VAswim with Georgia (P)</b></p> <p>3:00 <b>Baking: Mini Funnel Cakes (CK)</b></p> <p>4:00 Mental Aerobics: Wacky Wordies (BG)</p> <p>7:00 Movie Night: 84 Charing Cross Road (VP)</p>
<p><b>10</b></p> <p>10:00 <b>V!VAsit Class (CC)</b></p> <p>10:30 <b>Holy Communion (PP)</b></p> <p>11:00 2<sup>nd</sup> FL: Giant Connect 4 Game (FD)</p> <p>1:30 Technology Class &amp; Online Shopping (BG) ✓</p> <p>3:00 <b>Sip N' Relax: Lemonade Stand (CK &amp; Main Floor Patio)</b></p> <p>4:00 Physical Game: Bean Bag Toss (Main Floor Patio)</p> <p>7:00 Movie Night: Margin Call (VP)</p>	<p><b>11</b></p> <p>10:00 <b>V!VAsit &amp; V!VAstanding Class (CC)</b></p> <p>10:00 <b>Outing: CF Fairview Mall</b> 🚌 ✓</p> <p>11:00 2<sup>nd</sup> FL: <b>V!VAsit Class (FD)</b></p> <p>2:00-3:00 Sundaes on Mondays (CK)</p> <p>2:30-3:00 Sundaes on Mondays (FD)</p> <p>3:00 <b>Line Dancing with Metta Dance (PP)</b></p> <p>4:00 Physical Game: Basket Bash Toss (Main Floor Patio)</p> <p>7:00 Concert: Paul Anka (TV)</p>	<p><b>12</b></p> <p>9:30-3:00 <b>Massage Clinic (In-Suite)</b> \$ ✓</p> <p>10:00 <b>V!VAcombo &amp; V!VAstrength Class (CC)</b></p> <p>10:00-12:00 <b>Mobile Hearing Clinic (PP)</b> \$ ✓</p> <p>1:30 Technology Class &amp; Online Shopping (BG) ✓</p> <p>2:00 Mental Aerobics: Spot the Difference (CK) (FD)</p> <p>2:00 <b>Friendly Bridge (PP)</b></p> <p>4:00 Physical Game: Disc Golf (Main Floor Patio)</p> <p>7:00 Bio: Famous Canadians (TV)</p>	<p><b>13</b></p> <p>10:00 <b>V!VAsit Class (CC)</b></p> <p>10:30 Knitting Club (CK)</p> <p>*Everyone is Welcome*</p> <p>10:45 <b>Danzfit with Matti (PP)</b></p> <p>1:00 <b>Outing: Pickering Playing Fields - Mini Putt</b> 🚌 \$ ▶▶ ✓</p> <p>2:00-3:30 Arts &amp; Craft: Terrariums (CK) ✓</p> <p>4:00 Physical Game: Tower Toss (Main Floor Patio)</p> <p>7:00-8:00 <b>Bingo Night (PP)</b> \$</p>	<p><b>14</b></p> <p>10:00 <b>V!VAcombo &amp; V!VAstrength Class (CC)</b></p> <p>11:00 <b>Drum Fit Class (PP)</b></p> <p>1:30 Technology Class &amp; Online Shopping (BG) ✓</p> <p>2:00 Mental Aerobics: Word Twist (PP) (FD)</p> <p>3:00-4:00 <b>Live Entertainment with the Funtastic 4 (Outside)</b></p> <p>4:00 Zen Colouring (CK)</p> <p>7:00 Doc: Connected   Canada: The Story of Us, Full Episode 4 (TV)</p>	<p><b>15</b></p> <p>10:00 <b>V!VAsit &amp; V!VAstanding Class (CC)</b></p> <p>10:00 <b>Shopping: Loblaws</b> 🚌 ✓</p> <p>11:00 2<sup>nd</sup> FL: <b>V!VAsit Class (FD)</b></p> <p>2:00-3:30 <b>Super Funtastic Summer Gameshow: TMs &amp; CMs (Outside)</b></p> <p>4:00 Physical Game: Shot Putt Toss (Main Floor Patio)</p> <p>7:00 Doc: Expansion   Canada: The Story of Us, Full Episode 5 (TV)</p>	<p><b>16</b></p> <p>10:00 <b>V!VAflow Class (CC)</b></p> <p>11:00 2<sup>nd</sup> FL: Movement to Music (FD)</p> <p>1:30 Mental Aerobics: Boggle (BG)</p> <p>3:00 <b>Snack &amp; Chat with Georgia (CK)</b></p> <p>4:00 Physical Game: Cornhole (Main Floor Patio)</p> <p>7:00 Movie Night: Seven Years in Tibet (VP)</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>17</b> 10:00 <b>V!VAsit Class (CC)</b> 10:30 <b>Holy Communion (PP)</b> 11:00 2 <sup>nd</sup> FL: Mental Aerobics: Brain Teasers (FD) 1:30 Technology Class & Online Shopping (BG) ✓ 3:00 <b>V!VA Live: Jeopardy (PC)</b> 4:00 Physical Game: Magnetic Darts 7:00 Movie Night: Charlie Wilson's War (VP)	<b>18</b> 10:00 <b>V!VAsit &amp; V!VAstanding Class (CC)</b> 11:00 2 <sup>nd</sup> FL: <b>V!VAsit Class (FD)</b> 11:30 <b>Men's Club Lunch Outing: Chuck's Roadhouse Bar &amp; Grill</b> 🚗 \$ ✓ 2:00 Nintendo Wii Bowling (PP) 3:00-4:00 <b>Garden Party: Live Entertainment with Laura (VG)</b> 4:00 Cards: Old Maid (BG) 7:00 Concert: Leonard Cohen (TV)	<b>19</b> 10:00 <b>V!VAcombo &amp; V!VAstrength Class (CC)</b> 11:00 <b>Drum Fit Class (PP)</b> 1:00 <b>Walking Program: Scarborough Bluffs</b> 🚗 ▶▶ ✓ 1:30 Technology Class & Online Shopping (BG) ✓ 2:00 Mental Aerobics: Fit Mind (CK) 2:00-4:00 <b>Friendly Bridge (PP)</b> 4:00 Dog Therapy with Mandy (L) 7:00 Bio: Famous Canadians (TV)	<b>20</b> 9:30 <b>Footcare Clinic (In-Suite)</b> \$ ✓ 10:00 <b>V!VAsit Class (CC)</b> 10:30 Knitting Club (CK) *Everyone is Welcome* 11:00 2 <sup>nd</sup> FL: <b>V!VAsit Class (FD)</b> 11:30-1:30 <b>Picnic &amp; Games at Ajax Rotary Park</b> 🚗 ✓ 3:00 <b>Team Member Spotlight (PC)</b> 4:00 Physical Game: Battle Bags Toss (Main Floor Patio) 7:00-8:00 <b>Bingo Night (PP)</b> \$	<b>21</b> 10:00 <b>V!VAcombo &amp; V!VAstrength Class (CC)</b> 10:30 <b>Hymn Sing with Patricia (PP)</b> Technology Class & Online Shopping (BG) ✓ 1:30 <b>Walker Clinic (PP)</b> \$ ✓ 2:00-3:30 <b>Wine &amp; Paint: Summer Theme (CK)</b> ✓ 4:00 Physical Game: Washer Toss (Main Floor Patio) Doc: Service and Sacrifice   Canada: The Story of Us, Full Episode 6 (TV) 7:00	<b>22</b> 10:00 <b>V!VAsit &amp; V!VAstanding Class (CC)</b> 10:00 <b>Shopping: Walmart</b> 🚗 ✓ 11:00 2 <sup>nd</sup> FL: <b>V!VAsit Class (FD)</b> 1:30-4:00 <b>Afternoon of Friendly Euchre (PP)</b> 3:00 Arts & Craft: Resin Floral Bookmark (CK) ✓ 4:00 Physical Game: Bola Ball (Main Floor Patio) Doc: Boom / Bust   Canada: The Story of Us, Full Episode 7 (TV) 7:00	<b>23</b> 10:00 <b>V!VAflow Class (CC)</b> 11:00 2 <sup>nd</sup> FL: Left, Right, & Center (FD) 1:30 <b>V!VAswim with Georgia (P)</b> 3:00 <b>V!VA Live: Trivia Battle (PC)</b> 4:00 Physical Game: Ring Toss (Main Floor Patio) 7:00 Movie Night: Fair Game (VP)
<b>24</b> 10:00 <b>V!VAsit Class (CC)</b> 10:30 <b>Holy Communion (PP)</b> 11:00 2 <sup>nd</sup> FL: Giant Connect 4 Game (FD) 1:30 Technology Class & Online Shopping (BG) ✓ 3:00 <b>Sip N' Relax: Lemonade Stand (CK &amp; Main Floor Patio)</b> 4:00 Physical Game: Basket Bash Toss (Main Floor Patio) 7:00 Movie Night: Chocolat (VP)	<b>25</b> 10:00 <b>V!VAsit &amp; V!VAstanding Class (CC)</b> 11:00 2 <sup>nd</sup> FL: <b>V!VAsit Class (FD)</b> 1:00 <b>Shopping: Loblaws</b> 🚗 ✓ 2:00-3:00 Sundaes on Mondays (CK) 2:30-3:00 Sundaes on Mondays (FD) 3:00 <b>Line Dancing with Metta Dance (PP)</b> 4:00 Physical Game: Shot Putt Toss (Main Floor Patio) 7:00 Concert: Celine Dion (TV)	<b>26</b> 9:30-3:00 <b>Massage Clinic (In-Suite)</b> \$ ✓ 10:00 <b>V!VAcombo &amp; V!VAstrength Class (CC)</b> 1:00 <b>Outing: Oshawa Museum</b> 🚗 \$ ▶▶ ✓ 1:30 Technology Class & Online Shopping (BG) ✓ 2:00 Mental Aerobics: Spot the Difference (CK) (FD) 2:00 <b>Friendly Bridge (PP)</b> 4:00 Physical Game: Disc Golf (Main Floor Patio) 7:00 Bio: Famous Canadians (TV)	<b>27</b> 10:00 <b>V!VAsit Class (CC)</b> 10:30 Knitting Club (CK) *Everyone is Welcome* 10:45 <b>Danzfit with Matti (PP)</b> 1:00 <b>Walking Program: Ajax Waterfront Park</b> 🚗 ▶▶ ✓ 1:30 Cat Therapy with Selena (FD) 3:00 <b>It's Happy Hour! – Strawberry Daiquiri (CK &amp; Main Floor Patio)</b> 4:00 Physical Game: Bean Bag Toss (Main Floor Patio) 7:00-8:00 <b>Bingo Night (PP)</b> \$	<b>28</b> 10:00 <b>V!VAcombo &amp; V!VAstrength Class (CC)</b> 11:00 <b>Drum Fit Class (PP)</b> Technology Class & Online Shopping (BG) ✓ 1:30 Mental Aerobics: Word Twist (PP) (FD) 2:00 <b>Lifestyles Decorating for Anniversary Party (L)</b> 4:00 Physical Game: Magnetic Darts (Main Floor Patio) Doc: United at War   Canada: The Story of Us, Full Episode 8 (TV) 7:00	<b>29</b> 10:00 <b>Speech Ceremony &amp; Special Guests (VP)</b> Year in Review 11:00 <b>Anniversary Slideshow (VP)</b> 1:30-3:00 <b>Welcome to the V!VA Carnival (Parking Lot)</b> Live Entertainment – Celebrating V!VA Pickering's 10 <sup>th</sup> Year (Parking Lot) 7:00 Doc: A New Identity   Canada: The Story of Us, Full Episode 9 (TV)	<b>30</b> 10:00 <b>V!VAflow Class (CC)</b> 11:00 2 <sup>nd</sup> FL: Movement to Music (FD) 1:30 Nintendo Wii: Deal or No Deal (PP) 3:00 <b>A Trip Down Memory Lane: Anniversary Slideshow Recap (PC)</b> 4:00 Physical Game: Battle Bags Toss (Main Floor Patio) 7:00 Movie Night: The Trial of Chicago 7 (VP)
<b>31</b> 10:00 <b>V!VAfit Sit Class (CC)</b> 10:30 <b>Holy Communion (PP)</b> 11:00 2 <sup>nd</sup> FL: Mental Aerobics: Brain Teasers (FD) 1:30 Technology Class & Online Shopping (BG) ✓ 3:00 <b>V!VA Live: Family Feud (PC)</b> 4:00 Physical Game: Tower Toss (Main Floor Patio) 7:00 Movie Night: Larry Crowne (VP)	<p><b>OPEN GYM MONDAY – SUNDAY 8:00 AM – 5:00 PM</b></p> <p>If you are interested in training on how to use the exercise equipment, please speak with Lifestyles to book your assessment.</p>					

What makes up fifty percent of Canada?

The letter A.