



Community Members Pat and Catherine enjoyed an afternoon stroll by the lakeside at Rotary Park.



Sharing delicious cocktails with friends.

Don't miss out!

Niagara Falls Dinner & Casino Night

Monday, September 19
12:30 pm – Lobby
Sign up with Lifestyles.

How to Make Kombucha
Tuesday, September 20
3:00 pm – VIVAcraft Kitchen

Boost Your Mental Health with Autumn's Bounty
Tuesday, September 20
2:00 pm – VIVAplex
RSVP Tausha.

Stratford Festival: Chicago Musical
Wednesday, September 28
9:30 am – Lobby
Sign up with Lifestyles.

Afternoon of Friendly Euchre
Friday, September 30
1:30 pm – Pints! Pub

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

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Community Members, Team Members, and family gather to celebrate VIVA Pickering's 10th year.



A carnival themed celebration had everyone smiling and dancing.



We couldn't do it without YOU.





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.



Melisa Cannella
Registered Holistic
Nutritionist

Boost Your Mental Health with Autumn's Bounty

with Guest Speaker: **Melisa Cannella**
NOW AVAILABLE IN-PERSON* OR ONLINE!

TUESDAY, SEPTEMBER 20 | 2:00 PM
Autumn boasts a cornucopia of rich foods and spices that warm the soul and nourish the brain. Join Mel as she returns to discuss the mental health benefits of these antioxidant-rich foods and how you can easily infuse them into your daily diet. Warning: there may be an abundance of information regarding apples and pumpkins!

**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



BRAIN



TEASER

There's been a theft at the Big Al's Big Kahuna Surfboard Shop. Police have interviewed six suspects. Below is a summary of their statements. Police know that exactly four of them told one lie each and all of the other statements are true. From this information can you tell who committed the crime?

Sneaky Pete said:

It wasn't Fast Eddie
It wasn't Slick Nick
It wasn't Tony Lip

Fast Eddie said:

It wasn't Sneaky Pete
It wasn't Smugs McGee
It wasn't Tony Lip

Smugs McGee said:

It wasn't Fast Eddie
It wasn't Steady Freddie
It wasn't Tony Lip

Slick Nick said:

It wasn't Sneaky Pete
It wasn't Steady Freddie
It wasn't Smugs McGee

Tony Lip said:

It wasn't Smugs McGee
It wasn't Slick Nick
It wasn't Steady Freddie

Steady Freddie said:

It wasn't Smugs McGee
It wasn't Slick Nick
It wasn't Sneaky Pete

WORKSHEET

Brain Teaser Answer: Smugs McGee committed the crime. If any other person had committed the crime there would not be exactly 4 lies told.

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>(TV) Channel 988</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>OSHAWA ZOO SEPTEMBER 8th 1:00 PM</p> <p>Join us for a trip to the Oshawa Zoo & Fun Farm.</p> <p>Price: \$14.00 (including HST)</p>	<p>LITTLE CANADA SEPTEMBER 15th 12:30 PM</p> <p>Enjoy an immersive 90-minute experience through the sights, sounds and little stories of Canada in miniature scale.</p> <p>Price: \$31.64 (including HST)</p>	<p>1</p> <p>10:00 V!VAcombo & V!VAstrength Class (CC)</p> <p>1:30 Technology Class / Online Shopping Assistance (BG)</p> <p>2:00 DrumFit Exercise Class (PP)</p> <p>3:00 Social Party: Cocktails & Conversations (CK)</p> <p>4:00 Physical Game: Basket Bash (CC)</p> <p>7:00 Games Night with Karen (PC)</p>	<p>2</p> <p>10:00 V!VAsit & V!VAstanding Class (CC)</p> <p>11:30 V!VAsit Class (FD)</p> <p>2:00 Mental Aerobics: Fit Mind (BG)</p> <p>3:00 Bake O'clock with Nicole: Pecan Pie Bites (CK)</p> <p>4:00 Physical Game: Washer Toss (CC)</p> <p>7:00 Street Food Asia: Bangkok, Thailand (TV)</p>	<p>3</p> <p>10:00 V!VAflow Class (CC)</p> <p>11:30 2nd Floor: Mind Game Challenge (FD)</p> <p>1:30 V!VAswim (P)</p> <p>3:00 Sip N' Relax: Pumpkin Spiced Latte (CK)</p> <p>4:00 Physical Game: Bola Ball (CC)</p> <p>7:00 Movie Night: His Girl Friday (VP)</p>
<p>4</p> <p>10:00 V!VAsit Class (CC)</p> <p>10:30 Holy Communion (PP)</p> <p>11:30 2nd Floor: Brain Teasers (FD)</p> <p>1:30 Technology Class / Online Shopping Assistance (BG)</p> <p>3:00 V!VA Live: Wheel of Fortune (PC)</p> <p>4:00 Physical Game: Magnetic Darts (CC)</p> <p>7:00 Movie Night: Downsizing (VP)</p>	<p>5</p> <p>10:00 V!VAsit & V!VAstanding Class (CC)</p> <p>11:30 V!VAsit Class (FD)</p> <p>2:00 Sundaes on Monday (CK)</p> <p>2:45 2nd Floor: Sundaes on Monday (FD)</p> <p>3:00 Women's Circle Group Welcome Party (PP)</p> <p>4:00 Physical Game: Rollin Rebounder (CC)</p> <p>7:00 The Hollywood Masters: Clint Eastwood (TV)</p>	<p>6</p> <p>10:00 V!VAcombo & V!VAstrength Class (CC)</p> <p>10:30 Hymn Sing with Altona Road Community Church (PP)</p> <p>11:00 Lunch Outing: PORT \$ ✓</p> <p>1:30 Technology Class / Online Shopping Assistance (BG)</p> <p>2:00-4:00 Friendly Bridge (PP)</p> <p>3:00 Crafts: DIY Peonies (CK) ✓</p> <p>4:00 Dog Therapy with Mandy (FD)</p> <p>7:00 Bio: Audrey (TV)</p>	<p>7</p> <p>9:30-3:00 Massage Clinic with Daniel (in-suite) \$ ✓</p> <p>10:00 V!VAsit Class (CC)</p> <p>11:30 V!VAsit Class (CC)</p> <p>2:00 Mental Aerobics: Spot the Difference (CK)</p> <p>3:00 Live Entertainment (PC)</p> <p>4:00 Left, Right & Center (BG)</p> <p>7:00-8:00 Bingo Night (PP)</p>	<p>8</p> <p>10:00 V!VAcombo & V!VAstrength Class (CC)</p> <p>1:00 Outing: Oshawa Zoo \$ ✓</p> <p>1:30 Technology Class / Online Shopping Assistance (BG)</p> <p>2:00 DrumFit Exercise Class (PP)</p> <p>3:00 How to Make Sushi Rolls with Naomi (CK)</p> <p>4:00 Physical Game: Bean Bag Toss (CC)</p> <p>7:00 Games Night with Karen (PC)</p>	<p>9</p> <p>10:00 V!VAsit & V!VAstanding Class (CC)</p> <p>10:30 Mass Service with Father Mani (PP)</p> <p>11:30 Grandparents Day BBQ Luncheon (CK) ✓</p> <p>1:00 Shopping: Loblaws ✓</p> <p>1:30 Cat Therapy with Selene (L)</p> <p>3:00 Team Member Spotlight (PC)</p> <p>4:00 Physical Game: Tower Toss (CC)</p> <p>7:00 Street Food Asia: Osaka, Japan (TV)</p>	<p>10</p> <p>10:00 V!VAflow Class (CC)</p> <p>11:30 2nd Floor: Physical Game: Battle Bags (FD)</p> <p>1:30 V!VAswim (P)</p> <p>3:00 Snack \$ Chat with Georgia (CK)</p> <p>4:00 Physical Game: Battle Bags (CC)</p> <p>7:00 Movie Night: You've Got Mail (VP)</p>
<p>11</p> <p>10:00 V!VAsit Class (CC)</p> <p>10:30 Holy Communion (PP)</p> <p>11:30 2nd Floor: Left, Right, & Center (FD)</p> <p>1:30 Technology Class / Online Shopping Assistance (BG)</p> <p>3:00 Sip N' Relax: Apple Cider Cocktail (CK)</p> <p>4:00 Nintendo Wii Bowling (PP)</p> <p>7:00 Movie Night: Some Like it Hot (VP)</p>	<p>12</p> <p>10:00 V!VAsit & V!VAstanding Class (CC)</p> <p>11:30 V!VAsit Class (FD)</p> <p>2:00 Sundaes on Monday (CK)</p> <p>2:45 2nd Floor: Sundaes on Monday (FD)</p> <p>3:00 Line Dancing with Metta Dance (PC)</p> <p>4:00 Cards: Old Maid (BG)</p> <p>7:00 The Hollywood Masters: Jane Fonda (TV)</p>	<p>13</p> <p>10:00 V!VAcombo & V!VAstrength Class (CC)</p> <p>10:00 Shopping: Walmart ✓</p> <p>1:30 Technology Class / Online Shopping Assistance (BG)</p> <p>2:00 Community Member Forum Council Meeting (VP)</p> <p>4:00 Physical Game: Axe Throw (CC)</p> <p>7:00 Bio: The Mystery of Marilyn Monroe: The Unheard Tapes (TV)</p>	<p>14</p> <p>10:00 V!VAsit Class (CC)</p> <p>10:45 DanzFit Class with Matti (PP)</p> <p>2:00 Mental Aerobics: Fit Mind (BG)</p> <p>3:00 Foods Around the World Series (PC)</p> <p>4:00 Physical Game: Bucket Ball Toss (CC)</p> <p>7:00-8:00 Bingo Night (PP)</p>	<p>15</p> <p>10:00 V!VAcombo & V!VAstrength Class (CC)</p> <p>12:30 Outing: Little Canada Museum \$ ✓</p> <p>1:30 Technology Class / Online Shopping Assistance (BG)</p> <p>2:00 DrumFit Exercise Class (PP)</p> <p>3:00 Wine & Paint (CK) ✓</p> <p>4:00 Physical Game: Disc Golf (CC)</p> <p>7:00 Games Night with Karen (PC)</p>	<p>16</p> <p>10:00 V!VAsit & V!VAstanding Class (CC)</p> <p>11:30 V!VAsit Class (FD)</p> <p>2:00 Mental Aerobics: Word Twist (PP)</p> <p>3:00 Live Entertainment (PC)</p> <p>4:00 News & Views (BG)</p> <p>7:00 Street Food Asia: Delhi, India (TV)</p>	<p>17</p> <p>10:00 V!VAflow Class (CC)</p> <p>11:30 2nd Floor: Mind Game Challenge (FD)</p> <p>1:30 V!VAswim (P)</p> <p>3:00 Baking: Mini Apple Pies (CK)</p> <p>4:00 Physical Game: Ring Toss (CC)</p> <p>7:00 Movie Night: Rebel Without a Cause (VP)</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18 10:00 VIVAsit Class (CC) 10:30 Holy Communion (PP) 11:30 2 nd Floor: Brain Teasers (FD) 1:30 Technology Class / Online Shopping Assistance (BG) 3:00 VIVA Live: Jeopardy (PC) 4:00 Physical Game: Bean Bag Toss (CC) 7:00 Movie Night: Clara (VP)	19 10:00 VIVAsit & VIVAstanding Class (CC) 11:30 VIVAsit Class (FD) 12:30 Outing: Dinner & Casino Night in Niagara \$ ✓ 2:00 Sundaes on Monday (CK) 2:45 2 nd Floor: Sundaes on Monday (FD) 3:00 History Presentation with Lianne (VP) 4:00 Physical Game: Washer Toss (CC) 7:00 The Hollywood Masters: Amy Adams (TV)	20 9:30 Eyecare Clinic (CK) \$ ✓ 10:00 VIVAcombo & VIVAstrength Class (CC) 10:30 Hymn Sing with Altona Road Community Church (PP) 1:30 Technology Class / Online Shopping Assistance (BG) 2:00 Presentation: Boost your Mental Health with Autumn's Bounty (VP) 3:00 Live Entertainment (PC) 4:00 Dog Therapy with Mandy (L) 7:00 Bio: Seeing Allred ((TV)	21 9:30 Footcare Clinic (TR) \$ ✓ 9:30-3:00 Massage Clinic with Daniel (in-suite) \$ ✓ 10:00 VIVAsit Class (CC) 10:45 DanzFit Class with Matti (PP) 1:30 Cat Therapy with Selene (FD) 3:00 How to Make Kombucha with Naomi (CK) 4:00 Physical Game: Basket Bash (CC) 7:00-8:00 Bingo Night (PP)	22 10:00 VIVAcombo & VIVAstrength Class (CC) 10:00 Shopping: Loblaws ✓ 10:30 Church Service with Patricia (PP) 1:30 Technology Class / Online Shopping Assistance (BG) 2:00 DrumFit Exercise Class (PP) 3:00 Presentation: Arthritis (VP) 4:00 Physical Game: Bola Ball (CC) 7:00 Games Night with Karen (PC)	23 10:00 VIVAsit & VIVAstanding Class (CC) 11:30 VIVAsit Class (FD) 1:00 Outing: White Feather Country Store ✓ 2:00 Nintendo Wii Bowling (PP) 3:00 VIVA Live: Are you Smarter than the Lifestyles Team? (PC) 4:00 Physical Game: Magnetic Darts (CC) 7:00 Street Food Asia: Yogyakarta, Indonesia (TV)	24 10:00 VIVAflow Class (CC) 11:30 2 nd Floor: Left, Right, & Center (FD) 1:30 VIVAswim (P) 3:00 Snack & Chat with Georgia (CK) 4:00 Physical Game: Bucket Ball Toss (CC) 7:00 Movie Night: Elvis (VP)
25 10:00 VIVAsit Class (CC) 10:30 Holy Communion (PP) 11:30 2 nd Floor: Physical Game: Tower Toss (FD) 1:30 Technology Class / Online Shopping Assistance (BG) 3:00 Baking: Pistachio Oat Squares (CK) 4:00 Physical Game: Tower Toss (CC) 7:00 Movie Night: The Sound of Music (VP)	26 10:00 VIVAsit & VIVAstanding Class (CC) 11:30 VIVAsit Class (FD) 2:00 Sundaes on Monday (CK) 2:45 2 nd Floor: Sundaes on Monday (FD) 3:00 Line Dancing with Metta Dance (PC) 4:00 Physical Game: Axe Throw (CC) 7:00 The Hollywood Masters: Jake Gyllenhaal (TV)	27 10:00 VIVAcombo & VIVAstrength Class (CC) 11:00-2:00 Picnic & Games at Ajax Rotary Park ✓ 1:30 Technology Class / Online Shopping Assistance (BG) 2:00-4:00 Friendly Bridge (PP) 3:00 Crafts: No-Sew Rope Basket (CK) ✓ 4:00 Physical Game: Rollin Rebounder (CC) 7:00 Bio: Elizabeth & Margaret: Love and Loyalty (TV)	28 9:30 Outing: Stratford Festival: Chicago \$ ✓ 10:00 VIVAsit Class (CC) 11:30 VIVAsit Class (CC) 2:00 Mental Aerobics: Word Twist (PP) 3:00 Live Entertainment (PC) 4:00 Mental Aerobics: Spot the Difference (CK) 7:00-8:00 Bingo Night (PP)	29 10:00 VIVAcombo & VIVAstrength Class (CC) 1:30 Technology Class / Online Shopping Assistance (BG) 1:00 Shopping: Walmart ✓ 2:00 DrumFit Exercise Class (PP) 3:00 Team Member Spotlight (PC) 4:00 Physical Game: Disc Golf (CC) 7:00 Games Night with Karen (PC)	30 10:00 VIVAsit & VIVAstanding Class (CC) 11:30 Fall High Tea Luncheon (PP) ✓ 1:30-4:00 Afternoon of Friendly Euchre (PP) \$ 4:00 Physical Game: Battle Bags (CC) 7:00 Street Food Asia: Chiayi, Taiwan (TV)	DINNER & CASINO NIGHT AT NIAGARA FALLS SEPTEMBER 19th 12:30 PM Sign up for a dinner at the Skylon Tower and to try out your luck at the Fallsview Casino Resort.

STRATFORD FESTIVAL – CHICAGO
 SEPTEMBER 28th
 9:30 AM

Join us for a trip to Stratford Festival to enjoy the musical, Chicago.

Please sign up at the Lifestyles office.

What's green, and smells like red paint?

Green paint.