



Community Member Rose shares her beautifully painted reindeer ornament for her Christmas tree.



Community Member Donna joins us for our special Christmas lunch.



Community Forum Meeting

Tuesday, January 9
2:00 - 3:00 pm – V!VAplex

Hockey Nights

Thursday, January 11
Wednesday, January 24
7:00 pm – Pints! Pub

DanzSit with Matti

Wednesday, January 17
Wednesday, January 31
10:45 am – V!VAfit Studio

Wine Not? It's Happy Hour Time!

Tuesday, January 30
3:00 pm – Pints! Pub

Receive a cheque* for every friend you refer to V!VA Pickering who moves in.

All they need to do is tell us who referred them. That's just our way of saying 'Thanks!' for helping someone else be Happier Here™, too!

*Conditions apply

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Our talented Culinary Team put together an amazing Christmas lunch.



Community Member Gail joins in on the holiday festivities decorating gingerbread cookies.



Community Member Shirlie all beautifully dressed up for our special Christmas lunch.



The VIVA Pickering Choir performed A Christmas Concert directed by our wonderful volunteers Jill Smith and Karen Porter.



The beginning of a new year is often accompanied by the desire to make positive changes in one's life. As we age, it becomes even more important to take care of our physical, mental, and emotional well-being. To help seniors stay on track with their goals, here is a list of 10 tips to keep in mind when making and keeping New Year's resolutions.

1. Be Realistic

As a senior, your energy levels or physical abilities have likely changed. Therefore, setting achievable goals that take into consideration our current capabilities is key to avoiding feeling discouraged or overwhelmed.

2. Set Specific Goals

Try setting specific and measurable goals. This could mean instead of saying "I want to exercise more," try setting a goal of "I will walk for 30 minutes, three times a week." This makes the goals more tangible and easier to track progress.

3. Focus on Health

As we age, we become more susceptible to injury and illness, so it's important to prioritize our health. This could mean incorporating regular exercise, a balanced and nutritious diet, and regular check-ups with the doctor.

4. Work as a Team!

Making resolutions together with friends or family who have similar goals can provide support and motivation throughout the year, and can make a significant difference in staying on track overcoming obstacles that may arise.

5. Celebrate Small Wins

It's important to celebrate even the smallest accomplishments when working towards our goals no matter how small it may seem. This can help keep us motivated and focused on the end goal.

6. Prioritize Self-Care

Self-care means making time for activities such as reading, practicing a hobby (or picking up a new one!), or simply taking time to relax. Our mental and emotional health is as important as our physical health.

7. Have Fun!

Resolutions don't have to feel like a chore. Find ways to make them enjoyable, whether it be by trying new activities or incorporating elements that you already enjoy into your goals. Perhaps a friendly competition to reach a goal before a friend?

8. Be Patient

Change takes time, so it's important to be patient with ourselves when working towards goals. Don't get discouraged if there are setbacks or progress is slow. Remember tip n0. 5: Every step, no matter how small, is still a step in the right direction.

9. Stay Positive

Lastly, it's important to maintain a positive mindset when working towards resolutions. By focusing on the progress we have made, we can stay motivated and optimistic for ourselves and for the friends who might be sharing the same resolution!

This article is for informational purposes only and should not be considered medical or professional advice. Always consult with a healthcare professional before starting any new exercise or health routine.

Five friends - Eliza, Fred, George, Hannah, and Iris, each hail from a different country - Australia, Brazil, Canada, Denmark, and England, and have different resolutions for the New Year: To meditate daily, to adopt a pet, to start a business, to learn to play a musical instrument, and to write a book. Based on the clues below, can you figure out who is from which country and what their resolution is?

- The person who wants to start a business is not from Australia or Canada.
- Fred, who isn't from England or Denmark, does not want to write a book or meditate daily.
- Hannah is either from Brazil or Canada and she doesn't want to start a business or learn a musical instrument.
- The person from Denmark, who isn't George, wants to write a book.
- Iris is from Australia and doesn't want to start a business or adopt a pet.
- The person who wants to meditate daily is from England and it isn't Eliza.

Answer Key:
Eliza is from Brazil and her New Year's resolution is to start a business.
Fred is from Canada and his New Year's resolution is to adopt a pet.
George is from England and his New Year's resolution is to meditate daily.
Hannah is from Denmark and her New Year's resolution is to write a book.
Iris is from Australia and her New Year's resolution is to learn to play a musical instrument.

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January 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LEGEND Orange Fitness Class Purple Special Event Green Excursion ✓ Sign Up 🚌 Shuttle \$ Cost required ➡ Walking	10:00 V!VAsit & stand (VS) 1 10:45 Milk Mats (CK) 11:30 V!VAsit (FD) 1:45 Ted Talk: The Power of Vulnerability by Brene Brown (VP) 2:00 Mindful Meditation (VS)	10:00 Vendor Pop Up Shop (L) 2 10:00 V!VAstrength (VS) 10:45 Activities Meeting (CK) 1:30 Tech Class/ Online Shopping (BG) 2:00 V!VAcombo (VS) 3:00 New Community Member Orientation Presentation (PP) 4:00 World News & Views (BG) 7:00 Documentary: Our Universe Ep 1: Chasing Starlight (VP)	10:00 V!VAbalance (VS) 3 10:45 Knitting Club (CK) 11:30 V!VAsit (FD) 2:00 Brain Yoga (VS) 2:00 Concentration: Match the Picture (PP) 3:00 Let's Sing! Karaoke Time (PP) 4:00 Cornhole (VS) 4:00 Shut the Box (BG) 7:00 Bingo Night (PP)	9:30 Shopping: Giant Tiger (L) ✓ 4 10:00 V!VAstrength (VS) 11:00 DrumFit (VS) 1:30 Tech Class/ Online Shopping (BG) 2:00 V!VAcombo (VS) 2:00 Roll A Word (BG) 3:00 Tamil Heritage Month with Melany: South Asian Cuisine (PP) 4:00 Ping Pong (PP) 7:00 The Crown: Misadventure (VP)	10:00 V!VAsit & stand (VS) 5 11:30 V!VAsit (FD) 2:00 Fun N' Games (FD) 2:00 Word in a Word (CK) 3:00 Birthday Social: Entertainment with Manvir (PC) 4:00 Magnetic Darts (VS) 6:00 Sleeping Beauty: Wake Me Up Before You Panto! (L) ✓ \$ 7:00 Pegs & Joker with Bob (PP)	10:00 V!VAflow (VS) 6 11:30 Movement to Music (FD) 1:30 V!VAswim (P) 3:00 Presentation: Common Winter Birds Across North America (PP) 4:00 Cards: Old Maid (BG) 7:00 Movie Night: Flaming Star (VP)
10:00 V!VAsit (VS) 7 10:30 Communion with St. Isaac Jogues Church (PP) 11:30 V!VAsit (FD) 1:30 Tech Class/ Online Shopping (BG) 3:00 Trivia Elvis Presley Edition (PP) 4:00 Spot the Difference (CK) 7:00 Movie Night: King Creole (VP)	10:00 V!VAsit & stand (VS) 8 10:45 Milk Mats (CK) 11:30 V!VAsit (FD) 1:00 Shopping Shuttle (L) ✓ 2:00 Fun N' Games (FD) 2:00 Mental Aerobics: Word Twist (PP) 3:00 Duolingo (PP) 3:00 Bake O' Clock (CK) 4:00 Washer Toss (VS) 7:00 Card Bingo with Bob (PP)	9:30 Centennial Park Conservatory (L) ✓ ➡ 9 10:00 Vendor Pop Up Shop (L) 10:00 V!VAstrength (VS) 10:30 Hymn Sing with Carrie (PP) 1:30 Tech Class/ Online Shopping (BG) 2:00 Community Forum Meeting (VP) 3:00 Arts & Craft (CK) 4:00 Name That Tune (BG) 7:00 Documentary: Our Universe Ep 2: The Cosmic Clock (VP)	10:00 V!VAbalance (VS) 10 10:00 Vendor: Adrian's Clothing Shop (L) 10:45 Knitting Club (CK) 11:30 V!VAsit (FD) ✓ \$ 12:30 Arcadia Earth (L) ✓ \$ 2:00 2nd Floor: Entertainment with Terry (FD) 2:00 Line Dancing (PP) 3:00 Presentation: The Garnet Gemstone (PP) 4:00 Tower Toss (VS) 7:00 Bingo Night (PP)	10:00 V!VAstrength (VS) 11 10:30 Church Service with Patricia (PP) 11:00 DrumFit (VS) 1:30 Tech Class/ Online Shopping (BG) 2:00 V!VAcombo (VS) 2:00 Three G's (CK) 3:00 Tamil Heritage Month with Melany: South Asian Clothes (PP) 7:00 The Crown: A Company of Men (VP) 7:00 Hockey Night (PP) 7:00 Andre Philippe Gagnon Concert (L) ✓ \$	9:30 Malvern Town Centre (L) ✓ 12 10:00 V!VAsit & stand (VS) 10:30 Mass Service with St. Isaac Jogues Church (PP) 11:30 V!VAsit (FD) 2:00 Fun N' Games (FD) 2:00 Scrabble (BG) 3:00 Entertainment with Marcus (PC) 4:00 Bucket Ball Toss (VS) 7:00 Pegs & Joker with Bob (PP)	10:00 V!VAflow (VS) 13 11:30 Movement to Music (FD) 1:30 V!VAswim (P) 3:00 Turkish Coffee & Chat (CK) 4:00 Left, Right & Center (BG) 7:00 Movie Night: Julie & Julia (VP)

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January 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>10:00 V!VAsit (VS) 14</div> <div>10:30 Communion with St. Isaac Jogues Church (PP)</div> <div>11:30 V!VAsit (FD)</div> <div>1:30 Tech Class/ Online Shopping (BG)</div> <div>3:00 Wheel of Fortune Game (PP)</div> <div>4:00 Cards: UNO (BG)</div> <div>7:00 Movie Night: The Fugitive (VP)</div>	<div>10:00 V!VAsit & stand (VS) 15</div> <div>10:45 Milk Mats (CK)</div> <div>11:30 V!VAsit (FD)</div> <div>1:00 Shopping Shuttle</div> <div>2:00 Fun N' Games (FD)</div> <div>2:00 Wii Bowling (PP)</div> <div>3:00 Refresher Presentation: Fire Safety and Security Plan (PP)</div> <div>4:00 Cornhole (VS)</div> <div>7:00 Card Bingo with Bob (PP)</div>	<div>10:00 Vendor Pop Up Shop (L) 16</div> <div>10:00 V!VAstrength (VS)</div> <div>12:30 Varley Art Gallery (L)</div> <div>1:30 Tech Class/ Online Shopping (BG)</div> <div>2:00 V!VAcombo (VS)</div> <div>2:00 Brain Teasers & Puzzles (BG)</div> <div>3:00 Creative Sketching Class (CK)</div> <div>4:00 Billiards (PP)</div> <div>7:00 Documentary: Our Universe Ep 3: Turning Seasons (VP)</div>	<div>9:00 BAPS Shri Swaminarayan Mandir (L) 17</div> <div>10:00 V!VAbalance (VS)</div> <div>10:30 Footcare Clinic (TR)</div> <div>10:45 Knitting Club (CK)</div> <div>10:45 DanzSit with Matti (VS)</div> <div>11:30 V!VAsit (FD)</div> <div>2:00 Shut the Box (BG)</div> <div>3:00 Students Appreciation Get-Together (PP)</div> <div>4:00 Magnetic Darts (VS)</div> <div>7:00 Bingo Night (PP)</div>	<div>9:30 Square One Shopping Centre (L) 18</div> <div>10:00 V!VAstrength (VS)</div> <div>11:00 DrumFit (VS)</div> <div>1:30 Tech Class/ Online Shopping (BG)</div> <div>2:00 V!VAcombo (VS)</div> <div>2:00 Roll A Word (BG)</div> <div>3:00 Tamil Heritage Month with Melany: South Asian Festivities (PP)</div> <div>7:00 The Crown: Lisbon (VP)</div>	<div>10:00 V!VAsit & stand (VS) 19</div> <div>11:30 V!VAsit (FD)</div> <div>12:30 Textile Museum (L)</div> <div>1:45 Movie Matinee: Casablanca (VP)</div> <div>2:00 Fun N' Games (FD)</div> <div>2:00 Word in a Word (CK)</div> <div>3:00 Paint N' Sip! (CK)</div> <div>4:00 Bola Ball (VS)</div> <div>7:00 Pegs & Joker with Bob (PP)</div>	<div>10:00 V!VAflow (VS) 20</div> <div>11:30 Movement to Music (FD)</div> <div>1:30 V!VAswim (P)</div> <div>3:00 Women's Circle (PP)</div> <div>4:00 Connect 4 (BG)</div> <div>7:00 Movie Night: Driving Miss Daisy (VP)</div>
<div>10:00 V!VAsit (VS) 21</div> <div>10:30 Communion with St. Isaac Jogues Church (PP)</div> <div>11:30 V!VAsit (FD)</div> <div>1:30 Tech Class/ Online Shopping (BG)</div> <div>3:00 Tea N' Chat (CK)</div> <div>4:00 Zen Colouring (CK)</div> <div>7:00 Movie Night: The Hunt for Red October (VP)</div>	<div>10:00 V!VAsit & stand (VS) 22</div> <div>10:45 Milk Mats (CK)</div> <div>11:30 V!VAsit (FD)</div> <div>1:00 Shopping Shuttle</div> <div>2:00 Fun N' Games (FD)</div> <div>2:00 Mental Aerobics: Word Twist (PP)</div> <div>3:00 Presentation: Wonders of the World - Europe (PP)</div> <div>4:00 Bucket Ball Toss (VS)</div> <div>7:00 Card Bingo with Bob (PP)</div>	<div>10:00 Vendor Pop Up Shop (L) 23</div> <div>10:00 V!VAstrength (VS)</div> <div>10:30 Hymn Sing with Carrie (PP)</div> <div>12:45 White Feather Country Store (L)</div> <div>1:30 Tech Class/ Online Shopping (BG)</div> <div>2:00 V!VAcombo (VS)</div> <div>2:00 Cards: Blackjack (BG)</div> <div>3:00 Arts & Craft (CK)</div> <div>4:00 Ping Pong (PP)</div> <div>7:00 Documentary: Our Universe Ep 4: Elemental (VP)</div>	<div>9:30 Allan Gardens Conservatory (L) 24</div> <div>10:00 V!VAbalance (VS)</div> <div>10:45 Knitting Club (CK)</div> <div>11:30 V!VAsit (FD)</div> <div>2:00 2nd Floor: Entertainment with Paul & Mary (FD)</div> <div>2:00 Line Dancing (PP)</div> <div>3:00 6th Floor: Get to Know your Neighbors (CC)</div> <div>4:00 Axe Throw (VS)</div> <div>7:00 Hockey Night (PP)</div> <div>7:00 Bingo Night (PC)</div>	<div>9:30 Woodside Square (L) 25</div> <div>10:00 V!VAstrength (VS)</div> <div>10:30 Church Service with Patricia (PP)</div> <div>11:00 DrumFit (VS)</div> <div>1:30 Tech Class/ Online Shopping (BG)</div> <div>2:00 V!VAcombo (VS)</div> <div>2:00 Three G's (CK)</div> <div>3:00 Tamil Heritage Month with Melany: Music & Dance (PP)</div> <div>4:00 Poems of Robert Burns (BG)</div> <div>7:00 The Crown: Beryl (VP)</div>	<div>10:00 V!VAsit & stand (VS) 26</div> <div>11:00 Men's Outing: Magwyers Pub (Ajax) (L)</div> <div>11:30 V!VAsit (FD)</div> <div>2:00 Fun N' Games (FD)</div> <div>2:00 Scrabble (BG)</div> <div>3:00 In Celebration of Robert Burns: Entertainment with Dave (VP)</div> <div>4:00 Washer Toss (VS)</div> <div>7:00 Pegs & Joker with Bob (PP)</div>	<div>10:00 V!VAflow (VS) 27</div> <div>11:30 Movement to Music (FD)</div> <div>1:30 V!VAswim (P)</div> <div>3:00 Superfood Series: Apples (PP)</div> <div>4:00 Cards: Red or Black (BG)</div> <div>7:00 Movie Night: The Miracle Club (VP)</div>

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January 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>10:00 V!VASit (VS) 28</div> <div>10:30 Communion with St. Isaac Jogues Church (PP)</div> <div>11:30 V!VASit (FD)</div> <div>1:30 Tech Class/ Online Shopping (BG)</div> <div>3:00 Jeopardy Game (PP)</div> <div>4:00 5 Second Rule (BG)</div> <div>7:00 Movie Night: The Truman Show (VP)</div>	<div>10:00 V!VASit & stand (VS) 29</div> <div>10:45 Milk Mats (CK)</div> <div>11:30 V!VASit (FD)</div> <div>1:00 Shopping Shuttle (L) ✓</div> <div>2:00 Fun N' Games (FD)</div> <div>2:00 Shuffleboard (VS)</div> <div>3:00 Duolingo (PP)</div> <div>3:00 Bake O' Clock (CK)</div> <div>4:00 Bola Ball (VS)</div> <div>7:00 Card Bingo with Bob (PP)</div>	<div>10:00 Vendor Pop Up Shop (L) 30</div> <div>10:00 V!VAstrength (VS)</div> <div>1:00 Casino (L) ✓</div> <div>1:30 Tech Class/ Online Shopping (BG)</div> <div>2:00 V!VAcombo (VS)</div> <div>2:00 Book Club Discussion (CK)</div> <div>3:00 Wine Not? It's Happy Hour Time! (PP)</div> <div>4:00 World News & Views (BG)</div> <div>7:00 Documentary: Our Universe Ep 5: Water World (VP)</div>	<div>10:00 V!VAbalance (VS) 31</div> <div>10:45 Knitting Club (CK)</div> <div>10:45 DanzSit with Matti (VS)</div> <div>11:30 V!VASit (FD)</div> <div>12:30 McMichael Canadian Art Collection (L) \$▶▶</div> <div>2:00 Brain Yoga (VS)</div> <div>2:00 Concentration: Match the Picture (PP)</div> <div>3:00 Travel Series: The Bahamas (PP)</div> <div>4:00 Tower Toss (VS)</div> <div>4:00 Shut the Box (BG)</div> <div>7:00 Bingo Night (PP)</div>	<div>Locations Legend</div> <div>V!VAfit Studio (VS)</div> <div>Pints! Pub (PP)</div> <div>Family Den (FD)</div> <div>Brain Gym (BG)</div> <div>Craft Kitchen (CK)</div> <div>Lobby (L)</div> <div>V!VAplex (VP)</div> <div>Pool (P)</div> <div>Perks! Cafe (PC)</div> <div>Treatment Room (TR)</div> <div>Community Commons (CC)</div>	<div>Sleeping Beauty: Wake Me Up Before You Panto!</div> <div>Friday, January 5th 6:00 PM</div> <div>With jokes, music, and a dazzling spectacle of a musical adventure of this new take on the beloved Sleeping Beauty.</div> <div>Ticket pricing: \$49.00</div> <div>Deadline: Tuesday, January 2, 2024.</div>	<div>Centennial Park Conservatory</div> <div>Tuesday, January 9th 9:30 AM</div> <div>The greenhouses display varieties of tropical, blooming and fruiting plants that include palms, orchids, banana, bromeliaeds, and agave.</div> <div>Free.</div> <div>Deadline: Saturday, January 6, 2024.</div>
<div>Arcadia Earth</div> <div>Wednesday, Jan 10th 12:30 PM</div> <div>This immersive experience showcases the beauty of our planet and the impact of human actions on the environment.</div> <div>General pricing: \$29.00 / Group discount pricing: \$26.10</div> <div>Deadline: Sunday, January 7, 2024</div>	<div>Andre Philippe Gagnon</div> <div>Thursday, Jan 11th 7:00 PM</div> <div>The #1 singing impressionist aka "the man of a thousand voices", including Mick Jagger, John Lennon, Louis Armstrong, The Black-Eyed Peas and even Sam Smith.</div> <div>Ticket pricing: \$66.00</div> <div>Deadline: Monday, January 8, 2024</div>	<div>Varley Art Gallery</div> <div>Tuesday, January 16th 12:30 PM</div> <div>Presents exhibitions of historical and contemporary Canadian art.</div> <div>Free.</div> <div>Deadline: Saturday, January 13, 2024.</div>	<div>BAPS Shri Swaminarayan Mandir</div> <div>Wednesday, Jan 17th 9:00 AM</div> <div>Canada's first traditionally hand-carved stone and marble Mandir built according to the principles of ancient Indian Shilpshastras.</div> <div>Free.</div> <div>Deadline: Sunday, January 14, 2024.</div>	<div>Textile Museum</div> <div>Friday, January 19th 12:30 PM</div> <div>The only museum in Canada delivering programs and exhibitions dedicated solely to textile arts.</div> <div>Ticket pricing: \$10.00</div> <div>Deadline: Tuesday, January 16, 2024.</div>	<div>Allan Gardens Conservatory</div> <div>Wednesday, Jan 24th 9:30 AM</div> <div>This indoor botanical garden features five greenhouses of colourful plants and flowers from around the world.</div> <div>Free.</div> <div>Deadline: Sunday, January 21, 2024.</div>	<div>McMichael Canadian Art Collection</div> <div>Wednesday, Jan 31st 12:30 PM</div> <div>A collection of artworks by Tom Thomson, the Group of Seven, their contemporaries, and First Nations, Métis, Inuit and contemporary artists.</div> <div>Ticket pricing: \$17.50</div> <div>Deadline: Sunday, January 28, 2024.</div>