



Community Member Marilyn joins us for our Irish Cheers & Beers St. Paddy's Happy Hour event.



Community Member Anton embarks on a fun adventure to Reptilia.



AfroGroove: Exploring African Dance Styles with Ugochi
 Thursday, April 4
 3:00 pm – Pints! Pub

Hindi Language Learning Workshop with Areej
 Every Friday
 1:00 pm – V!VAcraft Kitchen

Friendly Bridge at V!VA Whitby Shores
 Wednesday, April 10
 1:30 pm – Lobby
 Sign-up Required

V!VA Pickering Hosts Friendly Euchre with V!VA Whitby Shores
 Tuesday, April 23
 1:30 pm – Pints! Pub

Living Well: Education in Holistic Health and Wellness
 Thursday, April 25
 1:30 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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 (905) 831-2088 | pickering@vivalife.ca | vivalife.ca

V!VA Pickering – Happier Here™



Community Members join us for an inspiring celebration of Women's Day with a special presentation featuring a distinguished guest speaker Sanaaj Mirrie a social entrepreneur community development programmer and cultural curator.



Community Member Giulia and Team Member Courtney join us for our Irish Cheers & Beers St. Paddy's Happy Hour event.



Community Member Gwen meets our beloved therapy dog Gus.



Community Members immerse themselves in the vibrant traditions and customs of Japan at the Japanese Canadian Cultural Centre Spring Festival.

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Let's Say Hello to April!

DID YOU KNOW...

The zodiac signs for April are Aries (March 21-April 19) and Taurus (April 20-May 20)

April 6 is considered National Pillow Fight Day! Don't forget to have some fun with this one!

The daisy and the sweet pea are birth flowers for the month of April. The sweet pea signifies blissful pleasure, while daisies represent childhood innocence, loyalty, and purity.

April takes its name from the Latin word aperire, meaning 'to open', just like flowers do in spring.

The diamond is the traditional birthstone for April!

SUDOKU FUN!

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4	9	2					6	
6	5	3		7			8	1
3	6		7	2	5			
				4		5		
		5		6				
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			4	9			2	
8		3		2			5	4

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5	9				3	7	6	1
	7	8		5		2	4	
	1		4	7			9	5

Each puzzle consists of a 9x9 grid containing given clues in various places. The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3x3 box.

Reserve your spot for events and programs at Lifestyles.

April 2024

Search the Platform



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>10:00 V!VAsit & stand (VS) 1</p> <p>11:30 V!VAsit (FD)</p> <p>1:45 Rick Steves' European Easter (VP)</p> <p>3:00 Scrabble (BG)</p> <p>4:00 Mental Aerobics: Spot the Difference (CK)</p> <p>7:00 Card Bingo (PP)</p>	<p>10:00 V!VAstrength (VS) 2</p> <p>10:00 Quilt Show Display & Demonstration (L)</p> <p>10:45 Lifestyles Activity Meeting (CK)</p> <p>1:00 Tech Class & Online Shopping (BG)</p> <p>1:30 Walker Clinic (CK)</p> <p>2:00 V!VAcombo (VS)</p> <p>3:00 Choir Practice (FD)</p> <p>4:00 Physical Game: Bola Ball (VS)</p> <p>7:00 TEDTalks: My Philosophy For A Happy Life - Sam Berns (TV)</p>	<p>10:00 V!VAbalance (VS) 3</p> <p>10:00 Vendor Pop Up Shop (L)</p> <p>10:45 Knitting Club (CK)</p> <p>11:30 V!VAsit (FD)</p> <p>2:00 Fun N' Games (FD)</p> <p>2:00 Wii Bowling (PP)</p> <p>3:00 Discovering Destinations: Nigeria - A Journey through Culture, History, & Tradition (PP)</p> <p>4:00 Mental Aerobics: Word Twist (PP)</p> <p>7:00 Bingo Night (PP)</p>	<p>10:00 V!VAstrength (VS) 4</p> <p>10:00 Giant Tiger (Sign Up) (L) 🚌 ✓</p> <p>11:00 DrumFit (VS)</p> <p>1:00 Tech Class & Online Shopping (BG)</p> <p>2:00 V!VAcombo (VS)</p> <p>2:00 The Crown: Aberfan (VP)</p> <p>3:00 AfroGroove: Exploring African Dance Styles with Ugochi (PP)</p> <p>4:00 Physical Game: Tower Toss (VS)</p> <p>7:00 Game Night (PC)</p>	<p>10:00 V!VAsit & stand (VS) 5</p> <p>11:30 V!VAsit (FD)</p> <p>1:00 Hindi Language Learning Workshop with Areej (CK)</p> <p>2:00 Fitness Testing (VS)</p> <p>3:00 Birthday Social: Live Entertainment with Fran & Robert (VP)</p> <p>4:00 Mental Aerobics: Word in a Word (CK)</p> <p>7:00 Pegs & Joker (BG)</p>	<p>10:00 V!VAflow (VS) 6</p> <p>11:30 Movement to Music (FD)</p> <p>1:30 V!VAswim (P)</p> <p>3:00 Bake O' Clock (CK)</p> <p>4:00 Jokes and Riddles (CK)</p> <p>7:00 Movie Night: Society of the Snow (Rated-R) (VP)</p>
<p>10:00 V!VAsit (VS) 7</p> <p>10:30 Communion with St. Isaac Jogues Church (PP)</p> <p>11:30 V!VAsit (FD)</p> <p>1:30 Nature Documentary: Our Planet Series - Episode 1: One Planet (VP)</p> <p>3:00 Wheel of Fortune (PP)</p> <p>4:00 Left, Right & Center (PC)</p> <p>7:00 Movie Night: October Sky (VP)</p>	<p>10:00 V!VAsit & stand (VS) 8</p> <p>10:45 Making Milk Bag Mats (CK)</p> <p>11:30 V!VAsit (FD)</p> <p>1:00 Shopping Shuttle (Sign Up) (L) 🚌 ✓</p> <p>2:00 Fitness Testing (VS)</p> <p>3:00 New Community Member Orientation Presentation (PP)</p> <p>4:00 Mental Aerobics: Roll A Word (BG)</p> <p>7:00 Acapella Gospel Performance (VP)</p> <p>7:00 Card Bingo (PP)</p>	<p>10:00 V!VAstrength (VS) 9</p> <p>10:30 Hymn Sing (PP)</p> <p>1:00 Tech Class & Online Shopping (BG)</p> <p>1:30 Documentary: The Battle Of Vimy Ridge (VP)</p> <p>2:00 V!VAcombo (VS)</p> <p>3:00 Choir Practice (FD)</p> <p>4:00 Physical Game: Washer Toss (VS)</p> <p>7:00 TEDTalks: What Makes A Good Life? Lessons From The Longest Study On Happiness - Robert Waldinger (TV)</p>	<p>10:00 V!VAbalance (VS) 10</p> <p>10:45 DanzFit with Matti (VS)</p> <p>10:45 Knitting Club (CK)</p> <p>11:30 V!VAsit (FD)</p> <p>1:30 Friendly Bridge at V!VA Whitby Shores (Sign Up) (L) 🚌 ✓</p> <p>2:00 Fun N' Games (FD)</p> <p>2:00 Shuffleboard (PP)</p> <p>3:00 National Siblings Day: Picture Sharing Presentation (PP)</p> <p>4:00 Mental Aerobics: Heads Up! (BG)</p> <p>7:00 Bingo Night (PP)</p>	<p>10:00 V!VAstrength (VS) 11</p> <p>11:00 DrumFit (VS)</p> <p>11:45 Munch & Mingle: Men's Get-Together (PP)</p> <p>1:00 Tech Class & Online Shopping (BG)</p> <p>2:00 V!VAcombo (VS)</p> <p>2:00 The Crown: Bubbikins (VP)</p> <p>3:00 Refresher Presentation: Fire Safety and Security Plan (PP)</p> <p>4:00 Physical Game: Magnetic Darts (VS)</p> <p>7:00 Game Night (PC)</p>	<p>10:00 V!VAsit & stand (VS) 12</p> <p>10:30 Mass Service with St. Isaac Jogues Church (PP)</p> <p>11:30 V!VAsit (FD)</p> <p>1:00 Hindi Language Learning Workshop with Areej (CK)</p> <p>2:00 Fitness Testing (VS)</p> <p>3:00 Team Member Spotlight: Food & Beverage Dept. (PP)</p> <p>4:00 Mental Aerobics: Word Pairs (CK)</p> <p>7:00 Pegs & Joker (BG)</p>	<p>10:00 V!VAflow (VS) 13</p> <p>11:30 Movement to Music (FD)</p> <p>1:30 V!VAswim (P)</p> <p>3:00 Turkish Coffee & Chat with Georgia (CK)</p> <p>4:00 Cards: Old Maid (BG)</p> <p>7:00 Movie Night: The Hill (VP)</p>

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April 2024

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 V!VAsit (VS) 14</p> <p>10:30 Communion with St. Isaac Jogues Church (PP)</p> <p>11:30 V!VAsit (FD)</p> <p>1:30 Nature Documentary: Our Planet Series - Episode 2: Frozen Worlds (VP)</p> <p>3:00 Guess the Car Logo? (PP)</p> <p>4:00 V!VAstrolls: Neighborhood Walk (L) ▶▶</p> <p>7:00 Movie Night: Devotion (VP)</p>	<p>10:00 V!VAsit & stand (VS) 15</p> <p>11:30 V!VAsit (FD)</p> <p>1:00 Shopping Shuttle (Sign Up) (L) 🚌</p> <p>2:00 Fitness Testing (VS)</p> <p>3:00 Presentation with Lianne: Greed & Desire: A Short History of Luxury Goods (VP)</p> <p>4:00 Shut the Box (BG)</p> <p>7:00 Card Bingo (PP)</p>	<p>10:00 V!VAstrength (VS) 16</p> <p>1:00 Tech Class & Online Shopping (BG)</p> <p>2:00 V!VAcombo (VS)</p> <p>3:00 Choir Practice (FD)</p> <p>4:00 Physical Game: Disc Golf (VS)</p> <p>6:00 Lumiere: The Art of Light at Trillium Park (Sign Up) (L) 🚌</p> <p>7:00 TEDTalks: After Watching This, Your Brain Will Not Be The Same - Lara Boyd (TV)</p>	<p>10:00 V!VAbalance (VS) 17</p> <p>10:00 Shopping Mall: Scarborough Town Centre (Sign Up) (L) 🚌</p> <p>10:30 Footcare (TR) \$</p> <p>10:45 Knitting Club (CK)</p> <p>11:30 V!VAsit (FD)</p> <p>2:00 Fun N' Games (FD)</p> <p>2:00 Wii Bowling (PP)</p> <p>3:00 Creative Perspectives: Sketching Class (CK)</p> <p>4:00 Giant Jenga (L)</p> <p>7:00 Bingo Night (PP)</p>	<p>10:00 V!VAstrength (VS) 18</p> <p>11:00 DrumFit (VS)</p> <p>1:00 Tech Class & Online Shopping (BG)</p> <p>2:00 V!VAcombo (VS)</p> <p>2:00 The Crown: Coup (VP)</p> <p>3:00 Live Entertainment with Louise & Andrew (VP)</p> <p>4:00 Physical Game: Bucket Ball Toss (VS)</p> <p>7:00 Game Night (PC)</p>	<p>10:00 V!VAsit & stand (VS) 19</p> <p>11:30 V!VAsit (FD)</p> <p>12:45 Steam Whistle Brewery (Sign Up) (L) 🚌 \$</p> <p>1:00 Hindi Language Learning Workshop with Areej (CK)</p> <p>2:00 Fitness Testing (VS)</p> <p>3:00 Team Member Spotlight: Food & Beverage Dept. (PP)</p> <p>4:00 Checkers (PC)</p> <p>7:00 Pegs & Joker (BG)</p>	<p>10:00 V!VAflow (VS) 20</p> <p>11:30 Movement to Music (FD)</p> <p>1:30 V!VAswim (P)</p> <p>3:00 Superfood Series: Grapes (PP)</p> <p>4:00 Great Minds Think Alike Game (BG)</p> <p>7:00 Movie Night: May December (Rated-R) (VP)</p>
<p>10:00 V!VAsit (VS) 21</p> <p>10:30 Communion with St. Isaac Jogues Church (PP)</p> <p>11:30 V!VAsit (FD)</p> <p>1:30 Nature Documentary: Our Planet Series - Episode 3: Jungles (VP)</p> <p>3:00 Jeopardy (PP)</p> <p>4:00 Mental Aerobics: Taboo (PC)</p> <p>7:00 Movie Night: The Cider House Rules (VP)</p>	<p>10:00 V!VAsit & stand (VS) 22</p> <p>10:45 Making Milk Bag Mats (CK)</p> <p>11:30 V!VAsit (FD)</p> <p>1:00 Shopping Shuttle (Sign Up) (L) 🚌</p> <p>2:00 Fitness Testing (VS)</p> <p>3:00 Making Mini Terrarium in recognition of Earth Day (CK)</p> <p>4:00 Garden Clean Up Assistance (VG)</p> <p>7:00 Card Bingo (PP)</p>	<p>10:00 V!VAstrength (VS) 23</p> <p>10:30 Hymn Sing (PP)</p> <p>1:00 Tech Class & Online Shopping (BG)</p> <p>1:30 V!VA Pickering Hosts Friendly Euchre with V!VA Whitby Shores (PP)</p> <p>2:00 V!VAcombo (VS)</p> <p>3:00 Choir Practice (FD)</p> <p>4:00 Physical Game: Battle Bags (VS)</p> <p>7:00 TEDTalks: The Shocking Truth About Your Health - Lissa Rankin (TV)</p>	<p>10:00 V!VAbalance (VS) 24</p> <p>10:45 DanzFit with Matti (VS)</p> <p>10:45 Knitting Club (CK)</p> <p>11:30 V!VAsit (FD)</p> <p>2:00 Fun N' Games (FD)</p> <p>2:00 Shuffleboard (PP)</p> <p>3:00 3rd Floor Community Members: Get To Know Your Neighbours (CC)</p> <p>4:00 Garden Clean Up Assistance (VG)</p> <p>7:00 Bingo Night (PP)</p>	<p>10:00 V!VAstrength (VS) 25</p> <p>10:00 Vandermeer Garden Centre (Sign Up) (L) 🚌</p> <p>11:00 DrumFit (VS)</p> <p>1:00 Tech Class & Online Shopping (BG)</p> <p>1:30 Living Well: Education in Holistic Health and Wellness (PP)</p> <p>2:00 The Crown: Tywysog Cymru (VP)</p> <p>3:00 Paint N' Sip! (CK)</p> <p>4:00 Physical Game: Bean Bag Toss (VS)</p> <p>7:00 Game Night (PC)</p>	<p>10:00 V!VAsit & stand (VS) 26</p> <p>11:30 V!VAsit (FD)</p> <p>1:00 Hindi Language Learning Workshop with Areej (CK)</p> <p>2:00 Fitness Testing (VS)</p> <p>3:00 Rock n' Roll: Live Entertainment with Dan Champagne (VP)</p> <p>4:00 Garden Clean Up Assistance (VG)</p> <p>7:00 Pegs & Joker (BG)</p>	<p>10:00 V!VAflow (VS) 27</p> <p>11:30 Movement to Music (FD)</p> <p>12:45 Theatre Scarborough: Trap for a Lonely Man (Sign Up) (L) 🚌 \$</p> <p>1:30 V!VAswim (P)</p> <p>3:00 Penny For Your Thoughts (CK)</p> <p>4:00 Left, Right & Center (PC)</p> <p>7:00 Movie Night: Rescued by Ruby (VP)</p>

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April 2024

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 V!VAsit (VS) 28</p> <p>10:30 Communion with St. Isaac Jogues Church (PP)</p> <p>11:30 V!VAsit (FD)</p> <p>1:30 Nature Documentary: Our Planet Series - Episode 4: Coastal Seas (VP)</p> <p>3:00 Exploring the Wonders of Gemstones: Diamonds (PP)</p> <p>4:00 V!VAstrolls: Neighborhood Walk (L) ▶▶</p> <p>7:00 Movie Night: Here Today (VP)</p>	<p>10:00 V!VAsit & stand (VS) 29</p> <p>11:30 V!VAsit (FD)</p> <p>1:00 Shopping Shuttle (Sign Up) (L) 🚌</p> <p>2:00 Fitness Testing (VS)</p> <p>3:00 Sing it Loud, Sing it Proud: Karaoke Party (VP)</p> <p>4:00 Mental Aerobics: Test Your Memory (CK)</p> <p>7:00 Card Bingo (PP)</p>	<p>10:00 V!VAstrength (VS) 30</p> <p>1:00 Tech Class & Online Shopping (BG)</p> <p>1:00 Casino (Sign Up) (L) 🚌</p> <p>1:30 Book Club Discussion (CK)</p> <p>2:00 V!VAcombo (VS)</p> <p>3:00 Choir Practice (FD)</p> <p>4:00 Physical Game: Cornhole (VS)</p> <p>7:00 Sips & Socializing: Pub Night at the Pints! (PP)</p>	<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><u>Locations Legend</u></p> <p>V!VAfit Studio (VS)</p> <p>Pints! Pub (PP)</p> <p>Family Den (FD)</p> <p>V!VAplex (VP)</p> <p>Craft Kitchen (CK)</p> <p>Brain Gym (BG)</p> <p>Lobby (L)</p> <p>Perks! Cafe (PC)</p> <p>InfoTV Channel 988 (TV)</p> <p>Pool (P)</p> <p>Victory Garden (VG)</p> <p>Treatment Room (TR)</p> <p>Community Commons (CC)</p>		
<p>Shopping Shuttle</p> <p>Hop on our dedicated Shopping Shuttle, offering convenient rides to local malls and retail stores.</p> <p>Date: Every Monday Time: 1:00 PM</p>	<p>Luminere: The Art of Light</p> <p>This free outdoor light-based art exhibition welcomes visitors to explore Trillium Park and experience bold and imaginative public art created by talented Ontario-based artists.</p> <p>Date: Tuesday, April 16 Time: 6:00 PM Cost: Free</p>	<p>Scarborough Town Centre</p> <p>Calling all shopping enthusiasts! Join us for a day of leisurely shopping.</p> <p>Date: Wed, April 17 Time: 10:00 AM</p>	<p>Steam Whistle Brewery</p> <p>Discover the founding story of Canada's largest single-brand independent brewery and learn the history of John Street Roadhouse, a national historic site.</p> <p>Date: Friday, April 19 Time: 12:45 PM Cost: \$20.00 (HST/service fees not included)</p>	<p>Trap For A Lonely Man</p> <p>In a remote chalet in the French Alps, Daniel Corban, has reported his wife's disappearance to the police. Soon after, a young priest delivers his wife alive and well. But is she his wife?</p> <p>Date: Saturday, April 27 Time: 12:45 PM Cost: \$20.00</p>	<p>Casino</p> <p>Feeling lucky? Join us for an trip to the casino where the excitement never ends! Sign up now and let the games begins!</p> <p>Date: Tuesday, April 30 Time: 1:00 PM</p>	<p>Reminder for Bus Excursions</p> <p>Secure your spot! Sign up in advance to ensure timely access to ticket purchases.</p> <p>Feel free to contact the Lifestyles Department to sign up and/or if you have any questions.</p>