



Community Member Daphne enjoying a lively game of Jenga.



Bringing cultural vibrancy to the community placement student Ugochi shares the rhythmic joy of Nigerian dance with Community Members.

**Don't miss out!**

**Hindi Language Learning Workshop with Areej**  
Every Friday  
1:15 pm – V!VAcraft Kitchen

**Car Wash Fundraiser for Charity**  
Thursday, May 9  
1:00 - 4:00 pm – Parking Lot

**Tiara Talk with Patte Rosebank**  
Monday, May 20  
3:00 pm – Pints! Pub

**Lakeview Wine Co. – Tour & Tasting**  
Wednesday, May 22  
8:00 am – Lobby

**Munch & Mingle: Men's Get-Together**  
Thursday, May 30  
11:45 am – 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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1880 Glengrove Road, Pickering, ON L1V 0C6  
(905) 831-2088 | pickering@vivalife.ca | vivalife.ca

V!VA Pickering – Happier Here™



Community Members head down to the waterfront to get a glimpse of the rare spectacle of the solar eclipse.



Indulging in a festive feast Community Member Dave joins for an Easter brunch filled with a delicious meal.



Our beloved therapy dog returns for another heartwarming visit spreading joy and comfort to Community Member Carol.



Indulging in a festive feast Community Members gather for an Easter brunch filled with a delicious meal.

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## Queen Victoria & Her Holiday

**V**ictoria Day is a Canadian tradition and doesn't actually exist in most of England. But it is celebrated in parts of Scotland, especially Edinburgh, where it remains an official holiday.

When Victoria was just a little girl, she was known by her nickname, Drina.

Despite being born in England, Victoria only spoke German up until the age of three.

She married Prince Albert in 1840, although they'd known each other since she was 16. And it really was a family affair. Prince Albert of Saxe-Coburg and Gotha was her first cousin and his father was her mother's brother!

Because she was Queen, she had to propose to Albert, and not vice versa.

She took over the throne in 1837, after the death of William IV. She was just 18 years old.

She became a grandma at 39 and a great grandmother twenty years later.

She was the first Queen of Canada, sitting on the throne when this country was founded in 1867.

She liked to drink a concoction called Vin Mariani. One of its main ingredients? Cocaine.

It's said it was Victoria who started the tradition of a bride wearing white. Before her wedding a woman would simply wear her best dress, no matter what colour it was.

# SUDOKU FUN!

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

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

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.

# May 2024



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><u>Locations Legend</u></p> <p>V!VAfit Studio (VS)</p> <p>Pints! Pub (PP)</p> <p>Family Den (FD)</p> <p>Lobby (L)</p> <p>Craft Kitchen (CK)</p> <p>Brain Gym (BG)</p> <p>V!VAplex (VP)</p> <p>Outdoor Patio (OP)</p> <p>InfoTV Channel 988 (TV)</p> <p>Pool (P)</p> <p>Perks! Cafe (PC)</p> <p>Victory Garden (VG)</p> <p>Parking Lot (PL)</p> <p>Treatment Room (TR)</p>	<p>Sign-up is required for all excursions.</p> <p>For more details about the excursions, please speak to a Lifestyles Team Member or refer to the Outings Information Binder located at Concierge.</p>	<p>10:00 V!VAbalance (VS) 1</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 Concentration: Match the Picture (PP)</p> <p>3:00 Birthday Social with Art (PC)</p> <p>4:00 Challenge Your Brain: Boggle (CK)</p> <p>7:00 Bingo Night (PP)</p>	<p>2</p> <p>9:00 Birkdale Ravine Cherry Blossoms (L) ▶▶</p> <p>10:00 V!VAstrength (VS)</p> <p>10:30 Hymn Sing with Patricia (PP)</p> <p>11:00 DrumFit (VS)</p> <p>1:15 Tech Class &amp; Online Shopping (BG)</p> <p>2:00 V!VAcombo (VS)</p> <p>3:00 Little Moments: Baby Pictures Slideshow (PP)</p> <p>4:00 Physical Game: Tower Toss (OP)</p> <p>7:00 Biography of Gloria Swanson (TV)</p> <p>7:00 Hockey Night (PP)</p>	<p>3</p> <p>10:00 V!VAsit &amp; stand (VS)</p> <p>10:45 Lifestyles Program Planning (CK)</p> <p>11:30 V!VAsit (FD)</p> <p>1:00 Rouge Valley Quilters' Guild - Quilt Show (L) ✓\$</p> <p>1:15 Hindi Language Learning Workshop with Areej (CK)</p> <p>2:00 Fitness Testing (VS)</p> <p>3:00 Wheel of Fortune (PP)</p> <p>4:00 Cards: Old Maid (BG)</p> <p>7:00 Pegs &amp; Joker (BG)</p>	<p>4</p> <p>10:00 V!VAflow (VS)</p> <p>10:00 Vendor Angela's Pop Up Shop (L)</p> <p>11:30 Movement to Music (FD)</p> <p>1:30 V!VAswim (P)</p> <p>3:00 Reflective Meditation and Reflection (VS)</p> <p>4:00 Left, Right &amp; Center (BG)</p> <p>7:00 Movie Night: Ford v. Ferrari (PP)</p>
<p>5</p> <p>10:00 V!VAsit (VS)</p> <p>10:30 St. Isaac Jogues Communion (PP)</p> <p>11:30 V!VAsit (FD)</p> <p>1:30 Documentary: Our Planet Series - Episode 5: From Deserts to Grasslands (VP)</p> <p>3:00 Discovering Destinations: Mexico (PP)</p> <p>4:00 Challenge Your Brain: Word in a Word (CK)</p> <p>7:00 Movie Night: Shirley (VP)</p>	<p>6</p> <p>10:00 V!VAsit &amp; stand (VS)</p> <p>10:00 Vendor Julita's Pop Up Shop (L)</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 Brain Aerobics: Checkers (PP)</p> <p>3:00 Embracing Diversity: Asian Heritage Month (PP)</p> <p>4:00 Garden Clean Up (VG)</p> <p>7:00 Card Bingo (PP)</p>	<p>7</p> <p>9:00 Kariya Park Cherry Blossoms (L) ▶▶▶</p> <p>10:00 V!VAstrength (VS)</p> <p>10:45 Hymn Sing with Carrie (PP)</p> <p>1:15 Tech Class &amp; Online Shopping (BG)</p> <p>2:00 V!VAcombo (VS)</p> <p>2:00 The Crown TV Series: Moondust (VP)</p> <p>3:00 Choir Practice (FD)</p> <p>4:00 Physical Game: Washer Toss (OP)</p> <p>7:00 Fiesta Night! Cinco de Mayo Pub Extravaganza (PP)</p>	<p>8</p> <p>9:30 Vandermeer Garden Centre (L) ✓</p> <p>10:00 V!VAbalance (VS)</p> <p>10:00 Vendor Georgina's Pop Up Shop (L)</p> <p>10:45 DanzFit with Matti (VS)</p> <p>11:30 V!VAsit (FD)</p> <p>2:00 Fun N' Games (FD)</p> <p>2:00 Challenge Your Brain: Word Twist (PP)</p> <p>3:00 The Story of Ingrid's Garden (PP)</p> <p>4:00 Brain Aerobics: Spot the Difference (CK)</p> <p>7:00 Bingo Night (PP)</p>	<p>9</p> <p>10:00 V!VAstrength (VS)</p> <p>10:00 2nd Floor Community Members: Country Drive (L)</p> <p>11:00 DrumFit (VS)</p> <p>1:00 Car Wash Fundraiser for Charity (PL) \$</p> <p>1:15 Tech Class &amp; Online Shopping (BG)</p> <p>2:00 V!VAcombo (VS)</p> <p>4:00 Physical Game: Bola Ball (OP)</p> <p>7:00 Biography of Greta Garbo (TV)</p>	<p>10</p> <p>8:00 Tulip Farm (L) ✓\$</p> <p>10:00 V!VAsit &amp; stand (VS)</p> <p>10:30 St. Isaac Jogues Mass Service (PP)</p> <p>11:30 V!VAsit (FD)</p> <p>1:15 Hindi Language Learning Workshop with Areej (CK)</p> <p>2:00 Fitness Testing (VS)</p> <p>3:00 Midday Mimosas! (CK)</p> <p>4:00 Garden Clean Up (VG)</p> <p>7:00 Pegs &amp; Joker (BG)</p>	<p>11</p> <p>10:00 V!VAflow (VS)</p> <p>11:30 Movement to Music (FD)</p> <p>1:30 V!VAswim (P)</p> <p>1:45 Music4life String Orchestra: Sunshine for the Soul (L) ✓\$</p> <p>3:00 Mother's Day Tribute Slideshow (PP)</p> <p>4:00 Let's Chat! - Mothers' Know Best (CK)</p> <p>7:00 Movie Night: As Good as It Gets (VP)</p>



Reserve your spot for events and programs at Lifestyles.

# May 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 V!VAsit (VS) <b>12</b></p> <p>10:30 St. Isaac Jogues Communion (PP)</p> <p>11:30 V!VAsit (FD)</p> <p>1:30 Documentary: Our Planet Series - Episode 6: The High Seas (VP)</p> <p>3:00 A Mother's Day Celebration with Jeannette (VP)</p> <p>4:00 V!VAstrolls: Neighborhood Walk (L) ▶▶</p> <p>7:00 Movie Night: Shooter (VP)</p>	<p>10:00 V!VAsit &amp; stand (VS) <b>13</b></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 Wii Bowling (PP)</p> <p>3:00 Creative Perspectives: Sketching Class (CK)</p> <p>4:00 Brain Aerobics: Blank Slate (BG)</p> <p>7:00 Card Bingo (PP)</p>	<p>10:00 V!VAstrength (VS) <b>14</b></p> <p>12:45 Cold Springs Alpacas Farm (L) ✓\$</p> <p>1:15 Tech Class &amp; Online Shopping (BG)</p> <p>2:00 V!VAcombo (VS)</p> <p>2:00 The Crown TV Series: Dangling Man (VP)</p> <p>3:00 Choir Practice (FD)</p> <p>4:00 Physical Game: Bucket Ball Toss (OP)</p> <p>7:00 Ted Talk: Sleep Is Your Superpower (TV)</p>	<p>10:00 V!VAbalance (VS) <b>15</b></p> <p>10:30 Footcare Clinic (TR)</p> <p>10:45 Knitting Club (CK)</p> <p>11:30 V!VAsit (FD)</p> <p>2:00 2nd Floor Community Members: Get to Know your Neighbours (FD)</p> <p>2:00 Gratitude Jar Project (CK)</p> <p>3:00 Tune Times: Karaoke Party (PP)</p> <p>4:00 Cards: UNO (BG)</p> <p>7:00 Bingo Night (PP)</p>	<p>9:30 Ajax Waterfront Park (L) ✓▶▶ <b>16</b></p> <p>10:00 V!VAstrength (VS)</p> <p>10:30 Hymn Sing with Patricia (PP)</p> <p>11:00 DrumFit (VS)</p> <p>1:15 Tech Class &amp; Online Shopping (BG)</p> <p>2:00 V!VAcombo (VS)</p> <p>3:00 Bake O' Clock (CK)</p> <p>4:00 Physical Game: Magnetic Darts (OP)</p> <p>7:00 Biography of Marlene Dietrich (TV)</p>	<p>10:00 V!VAsit &amp; stand (VS) <b>17</b></p> <p>10:00 V!VAsit (FD)</p> <p>11:30 Spring High Tea (Sign-up Required) (PP) ✓</p> <p>1:15 Hindi Language Learning Workshop with Areej (CK)</p> <p>2:00 Fitness Testing (VS)</p> <p>3:00 Jeopardy (PP)</p> <p>4:00 Challenge Your Brain: Tapple (BG)</p> <p>6:45 Regent Theatre: Legends Show (L)</p> <p>7:00 Pegs &amp; Joker (BG)</p>	<p>10:00 V!VAflow (VS) <b>18</b></p> <p>11:30 Movement to Music (FD)</p> <p>1:30 V!VAswim (P)</p> <p>3:00 Penny For Your Thoughts (CK)</p> <p>4:00 Test Your Senses! - Name That Instrument (BG)</p> <p>7:00 Movie Night: The Gray Man (VP)</p>
<p>10:00 V!VAsit (VS) <b>19</b></p> <p>10:30 St. Isaac Jogues Communion (PP)</p> <p>11:30 V!VAsit (FD)</p> <p>1:30 Documentary: Our Planet Series - Episode 7: Fresh Water (VP)</p> <p>3:00 Fit Mind: Trivia Challenge (PP)</p> <p>4:00 Brain Aerobics: Shut the Box (L)</p> <p>7:00 Movie Night: Jumanji - Welcome to the Jungle (VP)</p>	<p>10:00 V!VAsit &amp; stand (VS) <b>20</b> ✓</p> <p>10:45 Making Milk Bag Mats (CK)</p> <p>11:30 V!VAsit (FD)</p> <p>3:00 Tiara Talk with Patte Rosebank (PP)</p> <p>4:00 Challenge Your Brain: Scrabble Slam (BG)</p> <p>7:00 Card Bingo (PP)</p>	<p>9:30 Fairview Mall (L) <b>21</b></p> <p>10:00 V!VAstrength (VS)</p> <p>10:45 Hymn Sing with Carrie (PP)</p> <p>1:15 Tech Class &amp; Online Shopping (BG)</p> <p>2:00 V!VAcombo (VS)</p> <p>2:00 The Crown TV Series: Imbroglia (VP)</p> <p>3:00 Choir Practice (FD)</p> <p>4:00 Physical Game: Axe Throw (OP)</p> <p>7:00 Ted Talk: The Secret to Being Happy (TV)</p>	<p>8:00 Lakeview Wine Co. - Tour &amp; Tasting (L) ✓ <b>22</b></p> <p>10:00 V!VAbalance (VS)</p> <p>10:45 DanzFit with Matti (VS)</p> <p>11:30 V!VAsit (FD)</p> <p>2:00 Fun N' Games (FD)</p> <p>2:00 Brain Aerobics: Connect 4 (PP)</p> <p>3:00 Exploring the Wonders of Gemstones: Emerald (PP)</p> <p>4:00 Cards: Red or Black (PC)</p> <p>7:00 Bingo Night (PP)</p>	<p>10:00 V!VAstrength (VS) <b>23</b></p> <p>10:00 2nd Floor Community Members: Country Drive (L)</p> <p>11:00 DrumFit (VS)</p> <p>1:15 Tech Class &amp; Online Shopping (BG)</p> <p>2:00 V!VAcombo (VS)</p> <p>3:00 Entertainment with Corby (PC)</p> <p>4:00 Physical Game: Bean Bag Toss (OP)</p> <p>7:00 Biography of Jean Harlow (TV)</p>	<p>8:30 The Donkey Sanctuary (L) ✓\$ <b>24</b></p> <p>10:00 V!VAsit &amp; stand (VS)</p> <p>11:30 V!VAsit (FD)</p> <p>1:15 Hindi Language Learning Workshop with Areej (CK)</p> <p>2:00 Fitness Testing (VS)</p> <p>3:00 Paint N' Sip! (CK)</p> <p>4:00 Brain Aerobics: Taboo (BG)</p> <p>7:00 Pegs &amp; Joker (BG)</p>	<p>8:15 Alzheimer Society Durham Region's Walk for Alzheimer's (L) ✓▶▶ <b>25</b></p> <p>10:00 V!VAflow (VS)</p> <p>11:30 Movement to Music (FD)</p> <p>1:30 V!VAswim (P)</p> <p>3:00 Challenge Your Brain: Guess the Word (PP)</p> <p>4:00 Giant Jenga (L)</p> <p>7:00 Movie Night: The Adam Project (VP)</p>

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# May 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 V!VAsit (VS) <b>26</b></p> <p>10:30 St. Isaac Jogues Communion (PP)</p> <p>11:30 V!VAsit (FD)</p> <p>1:00 Pickering Artfest (L) ✓▶▶</p> <p>1:30 Documentary: Our Planet Series - Episode 8: Forests (VP)</p> <p>3:00 Tea Talk (CK)</p> <p>4:00 V!VAstrolls: Neighborhood Walk (L) ▶▶</p> <p>7:00 Movie Night: Jumanji - The Next Level (VP)</p>	<p>10:00 V!VAsit &amp; stand (VS) <b>27</b></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 Book Club Discussion (CK)</p> <p>3:00 Therapeutic Aromatherapy (PP)</p> <p>4:00 Brain Aerobics: Heads Up! (BG)</p> <p>7:00 Card Bingo (PP)</p>	<p>10:00 V!VAstrength (VS) <b>28</b></p> <p>10:45 Picnic at Ajax Rotary Park (L) ✓▶▶</p> <p>1:15 Tech Class &amp; Online Shopping (BG)</p> <p>2:00 V!VAcombo (VS)</p> <p>2:00 The Crown TV Series: Cri de Coeur (VP)</p> <p>3:00 Choir Practice (FD)</p> <p>4:00 Physical Game: Battle Bags (OP)</p> <p>7:00 Ted Talk: What Really Matters at the End of Life (TV)</p>	<p>10:00 V!VAbalance (VS) <b>29</b></p> <p>10:45 Knitting Club (CK)</p> <p>11:30 V!VAsit (FD)</p> <p>1:00 Casino (L) ✓</p> <p>2:00 Fun N' Games (FD)</p> <p>2:00 Shuffleboard (PP)</p> <p>3:00 Superfood Series: Figs (PP)</p> <p>4:00 Brain Aerobics: Qwirkle (BG)</p> <p>7:00 Bingo Night (PP)</p>	<p>10:00 V!VAstrength (VS) <b>30</b></p> <p>11:00 DrumFit (VS)</p> <p>11:45 Lunch &amp; Mingle: Men's Get-Together (PP) ✓</p> <p>1:15 Tech Class &amp; Online Shopping (BG)</p> <p>2:00 V!VAcombo (VS)</p> <p>2:30 Team Member Spotlight: Ethan (PP)</p> <p>3:15 Fact or Myth (PP)</p> <p>4:00 Physical Game: Mini Golf (OP)</p> <p>7:00 Biography of Mae West (TV)</p>	<p>9:30 Pickering Beachfront Park (L) ✓▶▶ <b>31</b></p> <p>10:00 V!VAsit &amp; stand (VS)</p> <p>11:30 V!VAsit (FD)</p> <p>1:15 Hindi Language Learning Workshop with Areej (CK)</p> <p>2:00 Fitness Testing (VS)</p> <p>3:00 Entertainment with Manvir (VP)</p> <p>4:00 Cards: Skip-Bo (BG)</p> <p>7:00 Pegs &amp; Joker (BG)</p>	

**LEGEND**

<span style="color: orange;">Orange</span>	<b>Fitness Class</b>
<span style="color: purple;">Purple</span>	<b>Special Event</b>
<span style="color: green;">Green</span>	<b>Excursion</b>
✓	Sign Up
🚌	Shuttle
\$	Cost required
▶▶	Walking

**Locations Legend**

V!VAfit Studio (VS)
Pints! Pub (PP)
Family Den (FD)
Lobby (L)
Craft Kitchen (CK)
Brain Gym (BG)
V!VAplex (VP)
Outdoor Patio (OP)
InfoTV Channel 988 (TV)
Pool (P)
Perks! Cafe (PC)
Victory Garden (VG)
Parking Lot (PL)
Treatment Room (TR)

Sign-up is required for all excursions.

For more details about the excursions, please speak to a Lifestyles Team Member or refer to the Outings Information Binder located at Concierge.

