Reserve your spot for events and programs outside the Brain Gym

November 2026

V!VA Pickering

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 V!VAfit Sit (VS) 10:00 Sunday Catholic Service & Communion (PP) 11:15 Oasis Floor: V!VAfit Sit (FD) 1:45 Movie Matinee: Eleanor The Great (2025) (VP) 2:00 V!VAfit FUN Swim - Pool Games (P) 3:00 Video: How It's Made (PP) 7:00 Movie Night: Eleanor The Great (2025) (PP)	**2** 9:30 V!VAfit Strength (VS) 10:00 Oasis Floor V!VAfit Sit (FD) 10:00 Shopping: Giant Tiger (OUT) 10:15 V!VAfit Strength (VS) 11:00 Tai Chi Class (VS) **1:00 Information Session: V!VA Pickering Holiday Market (CK)** 1:15 Oasis Floor: Cognitive Connections (FD) 1:30 Documentary: The Foods That Built America - Pizza (VP) 3:00 Happy Hour & Would You Rather Game (PP) 7:00 Cards: Euchre (PP)	**3** 9:30 V!VAfit Sit & Stand (VS) 10:00 Oasis Floor V!VAfit Sit (FD) 10:15 V!VAfit Sit & Stand (VS) 10:45 Hymn Sing with Carrie (PP) 10:45 Mental Aerobics: Word & Memory Challenges (PC) **1:00 Baking for the Holiday Market (CK)** 1:30 Shopping: Walmart (OUT) 1:30 Technology Help (BG) 2:00 Healthy Mind Series: The Aging Brain (VP) **3:00 V!VA Choir Practice (PP)** 7:00 Billiards (PP)	**4** 9:45 V!VAfit Balance Circuit (VS) 10:00 Oasis Floor V!VAfit Sit (FD) 10:45 Oasis Floor: DanzSit With Matti (FD) **10:45 Needlecrafts Club -- Knitting, Quilting, Crochet and Sewing (CK)** 11:30 Lunch at Swiss Chalet (OUT) 2:00 V!VAfit Swim (P) 2:00 Line Dancing with Nicole (PP) 3:00 Happy Hour (PP) 3:00 Arts & Crafts: Poppy Crafts (CK) 4:15 Creative Construction: Building Lego & Wooden Houses (CK) 7:00 Bingo Night (PP)	**5** Vendor: Traditions Alive Clothing (L) 9:30 V!VAfit Strength (VS) 10:00 Oasis Floor V!VAfit Sit (FD) 10:00 Outing: Encore Symphonic Orchestra (OUT) 10:15 V!VAfit Strength (VS) 11:00 Video & Discussion: Climate Change - Lines of Evidence (PP) **1:00 Baking for the Holiday Market (CK)** 1:30 Oasis Floor: Laughter Yoga (FD) 2:00 Cards: Euchre (PP) 3:00 Water Colour Painting (CK) 4:00 Billiards (PP) 6:30 Article Pick-Up: Fighting Climate Change (CD) 7:00 Scrabble Night (BG)	**6** 9:30 V!VAfit Sit & Stand (VS) 10:00 Oasis Floor V!VAfit Sit (FD) **10:00 Complimentary Massages from RMT Students (VP)** 10:00 Shopping: Loblaws or Pickering Town Center (OUT) 10:15 V!VAfit Sit & Stand (VS) 10:45 Dog Therapy with Marigold (L) **1:00 Baking for the Holiday Market (CK)** 2:00 Cards: Bridge (PP) 3:00 Happy Hour & Board Games (PP) 4:15 Oasis Floor: Sing Along (FD) 7:00 Pegs & Joker (BG)	**7** 10:00 V!VAfit Flow (VS) 10:30 Mental Aerobics: Word in a Word (PC) 10:30 Tyrone Holiday Market (OUT) 11:15 V!VAfit Flow (FD) 1:45 Movie Matinee: Maudie (2016) (VP) 2:00 Discussion Group - Fighting Climate Change Article (PP) 3:15 Mindful Meditation Class with Renita (VS) 4:00 Oasis Floor: Bingo (FD) 7:00 Movie Night: Maudie (2016) (PP)
8 10:00 V!VAfit Sit (VS) 10:00 V!VA Pickering Holiday Market (L) 10:00 Sunday Catholic Service & Communion (CC) 11:15 Oasis Floor: V!VAfit Sit (FD) 1:45 Movie Matinee: They Shall Not Grow Old (2018) (VP) 2:00 V!VAfit FUN Swim - Pool Games (P) 3:00 Fact Or Fiction? (FD) 4:15 Pick Up Brain Booster Packages (CD) 7:00 Movie Night: They Shall Not Grow Old (2018) (PP)	**9** 9:30 V!VAfit Strength (VS) 10:00 Oasis Floor V!VAfit Sit (FD) 10:15 V!VAfit Strength (VS) 11:15 Chair Yoga with Debbie (VS) 1:15 Oasis Floor: Cognitive Connections (FD) 1:30 Documentary: The Foods That Built America - Cereal (VP) 3:00 New Community Member Social (PP) 7:00 Cards: Euchre (PP)	**10** 10:00 Oasis Floor V!VAfit Sit (FD) 10:00 Shopping: Walmart (OUT) 10:15 V!VAfit Sit & Stand (VS) 10:45 Mental Aerobics: Word & Memory Challenges (PC) 1:30 Technology Help (BG) 2:00 Healthy Mind Series: Memory Strategies That Work (VP) **3:00 V!VA Choir Practice (PP)** **4:00 Monthly Program Meeting (CK)** 7:00 Billiards (PP)	**11** 9:45 V!VAfit Balance Circuit (VS) 10:00 Oasis Floor V!VAfit Sit (FD) 10:30 Ottawa Remembrance Day Ceremony Broadcast (PP) **10:45 Needlecrafts Club -- Knitting, Quilting, Crochet and Sewing (CK)** 1:30 Remembrance Day Ceremony with Rev Patricia (PP) 3:00 Happy Hour (PP) 3:00 Paint N' Sip (CK) 4:00 Oasis Floor: Balloon Volleyball (FD) 7:00 Bingo Night (PP)	**12** 9:30 V!VAfit Strength (VS) 10:00 Oasis Floor V!VAfit Sit (FD) 10:00 Shopping Shuttle: Loblaws or Pickering Town Center (OUT) 10:15 V!VAfit Strength (VS) 10:45 DanzSit Class with Matti (PP) 11:00 Hymn Sing with Patricia (FD) 2:00 Cards: Euchre (PP) 3:00 Birthday Social with Samira (PC) 4:00 Billiards (PP) 6:30 Article Pick-Up: Alzheimer's treatments: What's on the Horizon? (CD) 7:00 Scrabble Night (BG)	**13** 9:30 V!VAfit Sit & Stand (VS) 10:00 Oasis Floor V!VAfit Sit (FD) 10:15 V!VAfit Sit & Stand (VS) 10:30 Catholic Church Service (CC) 10:45 Dog Therapy with Marigold (L) 2:00 Critter Visits: Bringing the Farm to You (L) 2:00 Cards: Bridge (PP) 3:00 Happy Hour & Cards (PP) 7:00 Pegs & Joker (BG) 7:00 Family & Friends Trivia Night! (PP)	**14** 10:00 V!VAfit Flow (VS) 10:30 Mental Aerobics: Word in a Word (PC) 10:30 Outings to St. Martin's Anglican Church's Holly Bazaar (OUT) 11:15 V!VAfit Flow (FD) 1:45 Movie Matinee: Notes For My Son (2020) (VP) 2:00 Discussion Group - Alzheimer's Treatments (PP) 3:15 Mindful Meditation Class with Renita (VS) 4:00 Oasis Floor: Bingo (FD) 5:30 Outing to Winter Nights, City Lights at Esplanade Park (OUT) 7:00 Movie Night: Notes For My Son (2020) (PP)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 10:00 V!VAfit Sit (VS) 10:00 Sunday Catholic Service & Communion (PP) 11:15 Oasis Floor: V!VAfit Sit (FD) 1:45 Movie Matinee: Chicago (2002) (VP) 2:00 V!VAfit FUN Swim - Pool Games (P) 3:00 Drink Making: Blackberry Hot Chocolate (CK) 7:00 Movie Night: Chicago (2002) (PP)	**16** 9:30 V!VAfit Strength (VS) 10:00 Oasis Floor V!VAfit Sit (FD) 10:00 Shopping Shuttle: Scarborough Town Center (OUT) 10:15 V!VAfit Strength (VS) 11:00 Rosary Circle from St Isaac Joques (PP) 11:00 Tai Chi Class (VS) 1:15 Oasis Floor: Cognitive Connections (FD) 1:30 Documentary: The Foods That Built America - Bubblegum (VP) 3:00 Guest Speaker Lianne Harris - India: Her 10,000 Year Journey (PP) 7:00 Cards: Euchre (PP)	**17** 10:00 Oasis Floor V!VAfit Sit (FD) 10:15 V!VAfit Sit & Stand (VS) 10:45 Hymn Sing with Carrie (PP) 10:45 Mental Aerobics: Word & Memory Challenges (PC) 1:30 Shopping: Walmart (OUT) 1:30 Technology Help (BG) 2:00 Healthy Mind Series: Nutrition for Brain Health (VP) **3:00 V!VA Choir Practice (PP)** 7:00 Billiards (PP)	**18** 9:30 Visit to The Little Canada Miniature Exhibit (OUT) 9:45 V!VAfit Balance Circuit (VS) 10:00 Oasis Floor V!VAfit Sit (FD) 10:45 Oasis Floor: DanzSit With Matti (FD) **10:45 Needlecrafts Club -- Knitting, Quilting, Crochet and Sewing (CK)** 2:00 V!VAfit Swim (P) 2:00 Line Dancing with Nicole (PP) 3:00 Live Entertainment with Deidrey (PC) 3:00 Happy Hour (PP) 7:00 Bingo Night (PP)	**19** 9:30 V!VAfit Strength (VS) 10:00 Oasis Floor V!VAfit Sit (FD) 10:15 V!VAfit Strength (VS) 11:00 Video & Discussion: China's Robot Humans (PP) 1:15 Oasis Floor: Cards (FD) 1:30 Shopping Shuttle: Loblaws or Pickering Town Center (OUT) 2:00 Cards: Euchre (PP) 3:00 Presentation by Joseph: Opera Choruses (VP) 4:00 Billiards (PP) 6:30 Article Pick-Up: Ways Robots Are Helping Humans (CD) 7:00 Scrabble Night (BG)	**20** 9:30 V!VAfit Sit & Stand (VS) 10:00 Oasis Floor V!VAfit Sit (FD) **10:00 Complimentary Massages from RMT Students (VP)** 10:15 V!VAfit Sit & Stand (VS) 10:45 Dog Therapy with Marigold (L) **12:30 Complimentary Walker & Wheelchair Maintenance Clinic (L)** 2:00 Cards: Bridge (PP) 3:00 Guest Speaker Ritesh Presents: Emotional Intelligence (PP) 4:15 Oasis Floor: Sing Along (FD) 7:00 Pegs & Joker (BG) 7:00 Outing to Scarborough Theatre - Anything Goes! (OUT)	**21** 10:00 V!VAfit Flow (VS) 10:30 Mental Aerobics: Word in a Word (PC) 11:15 V!VAfit Flow (FD) 1:45 Movie Matinee: Unforgiven (1992) (VP) 2:00 Discussion Group - Artificial Intelligence and Robots (PP) 3:15 Mindful Meditation Class with Renita (VS) 4:00 Oasis Floor: Bingo (FD) 4:00 Presentation: The History of the CN Tower (PP) 7:00 Movie Night: Unforgiven (1992) (PP)
22 10:00 V!VAfit Sit (VS) 10:00 Sunday Catholic Service & Communion (PP) 11:15 Oasis Floor: V!VAfit Sit (FD) 1:45 Movie Matinee: Mamma Mia (2008) (VP) 2:00 V!VAfit FUN Swim - Pool Games (P) 3:00 Bake & Learn with Areej and Zoe (CK) 4:15 Pick Up Brain Booster Packages (CD) 7:00 Movie Night: Mamma Mia (2008) (PP)	**23** 9:30 V!VAfit Strength (VS) 10:00 Oasis Floor V!VAfit Sit (FD) 10:15 V!VAfit Strength (VS) 11:15 Chair Yoga with Debbie (VS) 12:00 Oasis Floor: 25 Greatest Natural Wonders of the World (FD) 1:15 Oasis Floor: Cognitive Connections (FD) 1:30 Outing: Michael's Craft Store (OUT) 1:30 Documentary: The Foods That Built America - Drive Thru Burgers (VP) 3:00 Paint N' Sip (CK) 3:00 Happy Hour (PP) 7:00 Cards: Euchre (PP)	**24** 10:00 Oasis Floor V!VAfit Sit (FD) 10:00 Shopping: Walmart (OUT) 10:15 V!VAfit Sit & Stand (VS) 10:45 Mental Aerobics: Word & Memory Challenges (PC) 10:45 Pickering Village United Church Service (PP) 1:30 Technology Help (BG) 2:00 Healthy Mind Series: Games and Activities that Keep the Mind Sharp (VP) **3:00 V!VA Choir Practice (PP)** 7:00 Billiards (PP)	**25** 9:45 V!VAfit Balance Circuit (VS) 10:00 Oasis Floor V!VAfit Sit (FD) 10:45 DanzSit Class with Matti (PP) **10:45 Needlecrafts Club -- Knitting, Quilting, Crochet and Sewing (CK)** 11:30 Men's Lunch Get-Together (PP) 1:30 Oasis Floor: Balloon Volleyball (FD) **1:45 Book Club Discussion (VP)** 2:00 V!VAfit Swim (P) 3:00 Happy Hour & Trivia (PP) 7:00 Bingo Night (PP)	**26** 9:30 V!VAfit Strength (VS) 10:00 Oasis Floor V!VAfit Sit (FD) 10:00 Shopping Shuttle: Loblaws or Pickering Town Center (OUT) 10:15 V!VAfit Strength (VS) 11:00 Hymn Sing with Patricia (FD) 11:00 Video & Discussion: The NHL Rival of the 1960's (PP) **1:00 Library Day (CK)** 2:00 Cards: Euchre (PP) 3:00 Town Hall with Community Director Fletcher (VP) 4:00 Billiards (PP) 6:30 Article Pick-Up: Brief History of the NHL (CD) 7:00 Scrabble Night (BG)	**27** 9:30 V!VAfit Sit & Stand (VS) 10:00 Oasis Floor V!VAfit Sit (FD) 10:15 V!VAfit Sit & Stand (VS) 10:45 Dog Therapy with Marigold (L) 2:00 Cards: Bridge (PP) 2:30 Crack the Code Scavenger Hunt (CK) 3:00 Happy Hour & Board Games (PP) 4:00 Oasis Floor: How It's Made (FD) 7:00 Pegs & Joker (BG)	**28** 10:00 V!VAfit Flow (VS) 10:00 Pickering Santa Clause Parade - Ride the Bus in the Parade! (OUT) 10:30 Mental Aerobics: Word in a Word (PC) 11:15 V!VAfit Flow (FD) 1:45 Movie Matinee: James Bond - No Time To Die (2021) (VP) 2:00 Discussion Group - NHL Then and Now (PP) 3:15 Mindful Meditation Class with Renita (VS) 4:00 Oasis Floor: Bingo (FD) 7:00 Movie Night: James Bond - No Time To Die (2021) (PP)

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November 2026

V!VA Pickering

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 10:00 V!VAfit Sit (VS) 10:00 Sunday Catholic Service & Communion (PP) 10:30 Uxbridge Countdown to Christmas Craft & Vendor Show (OUT) ✔🚌$ 11:15 Oasis Floor: V!VAfit Sit (FD) 1:45 Outing to Poinsetta Tea (OUT) ✔🚌$ 1:45 Movie Matinee: Andre Rieu Christmas Concert (2025) (VP) 2:00 V!VAfit FUN Swim - Pool Games (P) 3:00 Superfood Series: Kefir Yogurt (PP) 7:00 Movie Night: Andre Rieu Christmas Concert (2025) (PP)	**30** 9:30 V!VAfit Strength (VS) 10:00 Oasis Floor V!VAfit Sit (FD) 10:15 V!VAfit Strength (VS) 11:00 Tai Chi Class (VS) 1:15 Oasis Floor: Cognitive Connections (FD) 1:30 Documentary: The Foods That Built America - Chocolate Syrup (VP) 3:00 Live Performance by The Lakeridge Dixie Stompers (PC) 3:00 Happy Hour (PP) 7:00 Cards: Euchre (PP)			**Critter Visits!** Friday November 13th 2:00pm Lobby Come and get some snuggles from all your favourite cuddly animals brought to us by Zoo-To-You! 	

Remembrace Day Ceremony
Wednesday November 11
1:30pm
Pints! Pub
Please join us for a meaningful Remembrance Day Ceremony with Rev. Patricia as we gather to honour and remember the brave men and women who have served and sacrificed for our freedom. Together, we will reflect on their courage, express our gratitude, and pay tribute to all those who have given so much for our country. Let us come together in a spirit of remembrance, peace, and unity as we honour their legacy. Lest we forget.



Locations Legend

Pints! Pub (PP)	Outing (OUT)	Pool (P)
V!VAfit Studio (VS)	Craft Kitchen (CK)	Lobby (L)
Family Den (FD)	Brain Gym (BG)	Concierge Desk (CD)
V!VAplex (VP)	Perks! Cafe (PC)	Community Commons (CC)

Orange	Fitness Class
Purple	Special Event
Green	Excursion
✔	Sign Up
🚌	Shuttle
$	Cost required
⏩	Walking