

Famous People Players Lunch and Show

What a great day we enjoyed at Famous People Players. Community Members were greeted by the actors, servers, cooks and the company founder, all of whom shared their infectious passion of this incredible theatre performance. The world renowned black light theater was amazing to behold along with the music, and overall atmosphere – all of which made for a spectacular experience to remember!



Lunch before the show.



Meeting local celebrities.

Building a Better Butter Chicken

In the VIVAcraft Kitchen, Team Member Karene created her favourite dish: Butter Chicken. Mouth-watering smells filled the room as we observed and assisted Karene in creating the dish. You can be certain it tasted as good as it smelled! We can't wait for what's in store this month: homemade pizza!



Butter it up.

Walking in a Winter... Mandarin?

It was easy to mistake the Mandarin in Brampton for a Christmas palace from another world! Trees and shrubs were wrapped in the brightest lights, and we discovered even more festive decorations inside as we dined on the 100-dish buffet of soups, salads, prime rib, sushi, and more! Following our feast, we toured past Gage Park on the VIVA bus where we took in more majestic views of colourful Christmas lights.



Buffet.

V!VAvoice

V!VA Retirement Communities™
MISSISSAUGA

January 2019

Your V!VA Community Newsletter

Holiday Bazaar a Wintery Success!



In late November, VIVA Mississauga transformed into a beautiful winter wonderland for our annual Holiday Bazaar, which featured over 20 vendors displaying crafts, art, beauty products, floral arrangements, jewelry, clothing, baked goods and much more! Community

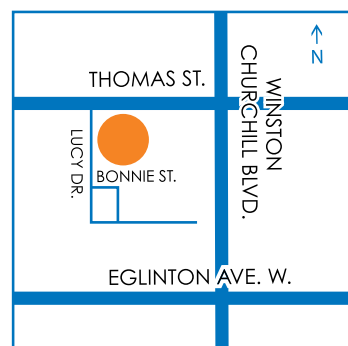
Members, Team Members, family, and guests browsed the displays, and enjoyed festive music. Best of all, VIVA Mississauga raised about \$1000 through our bake sale and raffle draw for the Salvation Army's Toy Mountain and Food Drive.



Donation drop off.



Local vendor.



Making Today Great!

V!VA Mississauga Retirement Community

5575 Bonnie Street, Mississauga, Ontario, L5M 0N8

www.vivalife.ca 905.566.4500



All About Fireworks

DID YOU KNOW...

- 1 The earliest documentation of fireworks dates back to 7th century China, having been invented there more than 2000 years ago.
- 2 In 1240, Arabs acquired knowledge of gunpowder. A Syrian named Hasan al-Rammah wrote of fireworks using terms that suggested he derived his knowledge from Chinese sources.
- 3 The first recorded fireworks in England were at the wedding of King Henry VII in 1486.
- 4 The largest firework rocket was 13kg and was produced and launched in Portugal in 2010.
- 5 The largest chocolate firework measured 3m high, 1.5m in diameter and contained 60kg of Swiss Cailler chocolates. The firework was released in Zurich on New Year's Eve 2002.



BRAIN



TEASER

New Year's Day has arrived! Five fireworks of varying colours were set off at different times.

Can you determine the colour of each rocket and at what time it was set off?

		Colour					Time				
		Blue	Green	Purple	Red	Red & Green	Midnight	12:30am	12:45am	1:00am	1:15am
Firework	Apollo Rock										
	Big Rocket										
	Exploder										
	Shooting Star										
	Whiz-Bang										
Time	Midnight										
	12:30am										
	12:45am										
	1:00am										
	1:15am										




























HINTS

1. The Big Rocket was set off before the Apollo Rock, but after the Whiz-Bang.
2. The Apollo Rock contained no red and was not set off last.
3. One of the rockets containing green was set off at 7:45pm, this was not the Big Rocket or the Shooting Star.
4. The red rocket was set off after the blue rocket, but before the purple rocket.
5. The Exploder was set off exactly 30 minutes after the blue rocket

Your Answers

Firework	Colour	Time
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Apollo Rock, Green, 12:45am / Exploder, Red, 1:00am / Shooting Star, Purple, 1:15am / Big Rocket, Blue, 12:30am / Whiz-Bang, Red & Green, midnight

January 2019		WEEKS 1, 2 & 3					VIVA Mississauga
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
LEGEND Orange Fitness Class Purple Special Event Green Excursion  Sign Up  Cost Required  Shuttle  Walking	(PC) Perks! Café (PP) Pints! Pub (TR) Therapy Room (VP) V!VAplex (VG) Victory Garden (VS) V!VAfit Studio (L) Lobby (CC) Community Commons (BG) Brain Gym (CK) V!VAcraft Kitchen (FD) Family Den (HR) Horticulture Room (P) Pool	1 New Year's Day 10:15 V!VAfit Combo (VS) 11:15 V!VAfit Fun (FD) 2:00 Milk Mats Program (CK) 3:00 New Beginnings Afternoon Tea & Treats (PP) 4:20 Colour & Create (FD) 6:30 New Year's Movie Night: <i>Holiday Inn</i> (VP)	2 10:00 Morning Melodies with Ronia (L) 10:15 V!VAfit Balance (VS) 11:15 V!VAfit Sit (FD) 1:30 V!VAfit Balance (VS) 2:00 Ring in The New Year Social: Music Guest TBA (L) 4:00 Non-Denominational Church Service (VP) 6:30 Colour & Create (FD)	3 10:15 V!VAfit Combo (VS) 11:15 V!VAfit Fun (FD) 1:30 V!VAfit Combo (VS) 2:00 Milk Mats Program (CK) 2:00 Billiards (PP) 3:00 Catholic Mass with Rev. Villanueva (VP) 3:00 LCBO, Library, & Loblaws    4:20 Mental Aerobics: Giant Crossword (FD) 6:30 Bingo Night (CK)	4 10:15 V!VAfit Sit & Stand (VS) 11:15 V!VAfit Sit (FD) 1:00 Tech Coaches-Technology Assistance Sessions (Sign-up) (BG) 1:30 V!VAfit Sit & Stand (VS)    2:00 Hot Chocolate Bar & Happy New Year Around The World (PP) 3:00 Rummikub (PC) 4:20 Pres: <i>How to Get & Stay Happy</i> (VP)	5 10:00 Tech Support with Volunteer Shahir (BG) 10:30 V!VAfit Sit (VS) 11:15 V!VAfit Sit (FD) 2:00 Po-Ke-No Game (CK) 2:30 Movie Matinee: <i>The Back-up Plan</i> (VP) 3:00 Mental Aerobics: Putting The Past in Order (FD) 4:20 Washer Toss (VP)	
6 10:30 V!VAfit Sit (VS) 11:00 Catholic Communion (VP) 11:15 V!VAfit Sit (FD) 2:00 Movement with Music (VP) 3:30 Crafts for A Cause with Ariana (Knitting & Get Well Soon Cards) (BG) 4:20 Café Chats: <i>Current Events</i> (PC) 6:30 Movie Night: <i>Life of Pi</i> (VP)	7 10:00 Morning Melodies with Ronia (L) 10:30 Tai Chi with Yvonne (VS) 11:15 V!VAfit Sit (FD) 1:30 V!VAfit Sit & Stand (VS) 2:00 Laughter Yoga with Kathryn (VP) 2:00 Knitting Club (BG) 3:00 V!VA Live: <i>Price is Right</i> (VP) 4:20 V!VAfit Indoor Stroll & Stretch (L) 6:30 Nintendo Wii Bowling League (VP)	8 10:30 Chair Yoga (VS) 11:15 Chair Yoga (FD) 1:30 V!VAfit Open Gym (VS) 1:30 Program & Outing Planning Meeting (VP) 2:00 Milk Mats Program (CK) 3:00 Intro & Benefits of the V!VAfit Program (VP) 4:20 Mental Aerobics: Word Twist (PP) 4:30 Dinner at Boston Pizza & Mary Poppins Movie at Cineplex    6:30 Movie Night: <i>The A-Team</i> (VP)	9 10:00 Morning Melodies with Ronia (L) 10:15 V!VAfit Balance (VS) 11:15 V!VAfit Sit (FD) 1:30 V!VAfit Balance (VS) 2:00 Ladder Ball (VP) 3:00 Food Demo with Karene: Homemade Pizza (CK) 3:00 Pet Visits with Pixie & Gay 4:00 Non-Denominational Church Service (VP) 6:30 "B-Funk" Dance Performance by Juhi Arora (L)	10 10:00 Shoppers & Longos    10:15 V!VAfit Combo (VS) 10:30 Reading Buddies with ACE Daycare (PP) 11:15 V!VAfit Fun (FD) 1:30 V!VAfit Combo (VS) 2:00 Milk Mats Program (CK) 2:00 Billiards (PP) 3:00 January Birthday Celebration with Francis DeMello (L) 4:20 Winter Word Search (FD) 6:30 Bingo Night (CK)	11 10:15 V!VAfit Sit & Stand (VS) 11:15 V!VAfit Sit (FD) 1:30 V!VAfit Sit & Stand (VS) 1:30 Afternoon Tea at Montgomery's Inn   2:00 Name That Tune (PP) 3:00 Rummikub (PC) 4:20 Pres: <i>Sugar Awareness</i> (VP)	12 10:30 V!VAfit Sit (VS) 11:15 V!VAfit Sit (FD) 2:00 Crafter's Corner: Icy Cold Snow Dough Creations (CK) 2:30 Movie Matinee: <i>My Best Friend's Wedding</i> (VP) 3:00 Café Chats: <i>What Does Your Name Mean?</i> (PC) 4:20 Noodle Ball (VP)	
13 10:30 V!VAfit Sit (VS) 11:00 Catholic Communion (VP) 11:15 V!VAfit Sit (FD) 2:00 Po-Ke-No Game (CK) 3:00 Mini Manicures (FD) 4:20 Café Chats: <i>January in History</i> (PC) 6:30 Movie Night: <i>Gone With The Wind</i> (VP)	14 10:00 Morning Melodies with Ronia (L) 10:15 V!VAfit Sit & Stand (VS) 11:15 V!VAfit Sit (FD) 1:30 V!VAfit Sit & Stand (VS) 2:00 Mental Aerobics: You Be The Judge (PP) 2:00 Knitting Club (BG) 3:00 Meet Our New Community Members Social (PP) 4:20 V!VAfit Indoor Stroll & Stretch (L) 6:30 Leafs Game Pub Social (PP)	15 10:30 Chair Yoga (VS) 10:00 Canadian Warplane Heritage Museum    11:15 Chair Yoga (FD) 1:30 V!VAfit Open Gym (VS) 2:00 Milk Mats Program (CK) 2:00 Rummikub (PP) 3:00 Bottle Bowling Challenge (VP) 4:20 YouTube Interactive: Produce P's & Q's Game (FD) 6:30 JT's Choir Group (L)	16 10:00 Morning Melodies with Ronia (L) 10:15 V!VAfit Balance (VS) 11:00 Rexall Presentation: Digestive Health (BG) 11:15 V!VAfit Sit (FD) 1:30 V!VAfit Balance (VS) 2:00 V!VALicious Community Member Meeting (PP) 3:00 Happy Hour with Patricia Duffy (L) 4:00 Non-Denominational Church Service (VP) 6:30 Nintendo Wii Bowling League (VP)	17 10:00 Shoppers & Metro    10:15 V!VAfit Combo (VS) 11:15 V!VAfit Fun (FD) 1:30 V!VAfit Combo (VS) 2:00 Milk Mats Program (CK) 2:00 Billiards (PP) 3:00 Richard Jordan Pres: The Boyd Gang (VP) 4:20 Mindful Meditation (FD) 6:30 Bingo Night (CK)	18 10:00 Brittany Glen Hearing Aid Clinic (VP) 10:15 V!VAfit Sit & Stand (VS) 11:15 V!VAfit Sit (FD) 1:30 V!VAfit Sit & Stand (VS) 1:30 Shopping at Oakville Place Mall    2:00 Pop Culture Reactions (VP) 3:00 Cribbage (PC) 4:20 Mental Aerobics: Giant Crossword (FD)	19 10:00 Tech Support with Volunteer Shahir (BG) 10:30 V!VAfit Sit (VS) 11:15 V!VAfit Sit (FD) 2:00 Po-Ke-No Game (CK) 2:30 Movie Matinee: <i>School of Rock</i> (VP) 3:30 Library Organizing (BG) 4:20 Tosser Challenge (VP)	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>20</p> <p>10:30 VIVAfit Sit (VS)</p> <p>11:00 Catholic Communion (VP)</p> <p>11:15 VIVAfit Sit (FD)</p> <p>2:00 Washer Toss (VP)</p> <p>3:00 Spiritual Program: Hymn Sing & Devotions (VP)</p> <p>3:30 Crafts for A Cause with Ariana (Knitting & Get Well Soon Cards) (BG)</p> <p>4:15 Non-Denominational Communion (VP)</p> <p>4:20 Café Chats: <i>Current Events</i> (PC)</p> <p>6:30 Movie Night: <i>Australia</i> (VP)</p>	<p>21</p> <p>10:00 Morning Melodies with Ronia (L)</p> <p>10:30 Tai Chi with Yvonne (VS)</p> <p>11:15 VIVAfit Sit (FD)</p> <p>11:30 Men's Lunch at Peter's on Eglinton </p> <p>1:30 VIVAfit Sit & Stand (VS)</p> <p>2:00 Baker's Corner: Soft & Chewy Granola Bars (CK)</p> <p>2:00 Knitting Club (BG)</p> <p>3:00 Mental Aerobics: Word Twist (FD)</p> <p>4:20 VIVAfit Indoor Stroll & Stretch (L)</p> <p>6:30 Nintendo Wii Bowling League (VP)</p>	<p>22</p> <p>10:30 Chair Yoga (VS)</p> <p>11:15 Chair Yoga (FD)</p> <p>11:30 Lunch at Clarkson Mediterranean</p> <p>Bistro </p> <p>1:30 VIVAfit Open Gym (VS)</p> <p>2:00 Milk Mats Program (CK)</p> <p>2:00 Bottle Bowling Challenge (VP)</p> <p>3:00 Team Member Spotlight: Guest TBA (PP)</p> <p>4:20 Doc: <i>Martin Luther King Jr. & Civil Rights of 1968</i> (VP)</p> <p>6:30 Movie Night: <i>Parental Guidance</i></p>	<p>23</p> <p>10:00 Morning Melodies with Ronia (L)</p> <p>10:15 VIVAfit Balance (VS)</p> <p>11:15 VIVAfit Sit (FD)</p> <p>1:30 VIVAfit Balance (VS)</p> <p>2:00 Mental Aerobics: Guess That Sketch (FD)</p> <p>3:00 Music with Lou (FD)</p> <p>3:00 Pet Visits with Pixie & Gay</p> <p>4:00 Non-Denom. Church Service (VP)</p> <p>6:30 Scottish Music with Daren Marriot (L)</p>	<p>24</p> <p>10:00 Shoppers & Longos </p> <p>10:15 VIVAfit Combo (VS)</p> <p>10:30 Reading Buddies with ACE Daycare (PP)</p> <p>11:15 VIVAfit Fun (FD)</p> <p>1:30 VIVAfit Combo (VS)</p> <p>2:00 Milk Mats Program (CK)</p> <p>2:00 Billiards (PP)</p> <p>3:00 Robbie Burns Celebration with Bob MacLean (L)</p> <p>4:20 Mindful Meditation (FD)</p> <p>6:30 Bingo Night (CK)</p>	<p>25</p> <p>10:15 VIVAfit Sit & Stand (VS)</p> <p>11:15 VIVAfit Sit (FD)</p> <p>1:30 VIVAfit Sit & Stand (VS)</p> <p>2:00 Winter Shuffleboard Round Robin Tournament Interest Meeting (PP)</p> <p>3:00 VIVA Live: Family Feud- Canadian Style (VP)</p> <p>4:20 Doc: <i>Gracie Allen: The Better Half</i> (VP)</p>	<p>26</p> <p>10:30 VIVAfit Sit (VS)</p> <p>11:15 VIVAfit Sit (FD)</p> <p>2:00 Mini Winter Floral Arrangements (CK)</p> <p>2:30 Movie Matinee: <i>Rene Clair's And Then There Were None</i> (VP)</p> <p>3:00 UNO Card Game & Get to Know Your Neighbours (PC)</p> <p>4:20 Ladder Ball (VP)</p>
<p>27</p> <p>10:30 VIVAfit Sit (VS)</p> <p>11:00 Catholic Communion (VP)</p> <p>11:15 VIVAfit Sit (FD)</p> <p>1:30 Mini Manicures</p> <p>3:00 Caesar Social in The Pub (PP)</p> <p>4:20 Café Chats: <i>Top Winter Tourist Destinations of The World</i> (PC)</p> <p>6:30 Movie Night: <i>The African Queen</i> (VP)</p>	<p>28</p> <p>10:00 Morning Melodies with Ronia (L)</p> <p>10:15 VIVAfit Sit & Stand (VS)</p> <p>11:15 VIVAfit Sit (FD)</p> <p>1:30 VIVAfit Sit & Stand (VS)</p> <p>2:00 Mental Aerobics: You Be The Judge (PP)</p> <p>2:00 Knitting Club (BG)</p> <p>3:00 Lianne Harris: Undressed: History of Hygiene (VP)</p> <p>4:20 VIVAfit Indoor Stroll & Stretch (L)</p> <p>6:30 Nintendo Wii Bowling League (VP)</p>	<p>29</p> <p>10:15 VIVAfit Combo (VS)</p> <p>11:15 VIVAfit Fun (FD)</p> <p>1:30 VIVAfit Open Gym (VS)</p> <p>1:30 Scenic Country Drive </p> <p>2:00 Milk Mats Program (CK)</p> <p>2:00 Movement with Music (VP)</p> <p>3:00 Rummikub (PC)</p> <p>4:20 January Highlights Slideshow (PP)</p> <p>6:30 Movie Night: <i>Minority Report</i> (VP)</p>	<p>30</p> <p>10:00 Morning Melodies with Ronia (L)</p> <p>10:15 VIVAfit Balance (VS)</p> <p>11:15 VIVAfit Sit (FD)</p> <p>1:30 VIVAfit Balance (VS)</p> <p>2:00 Wine & Paint (CK)</p> <p>3:00 Hollywood Greats: Doris Day (VP)</p> <p>3:00 Pet Visits with Pixie & Gay</p> <p>4:00 Non-Denominational Church Service (VP)</p> <p>6:30 Karaoke Night (PP)</p>	<p>31</p> <p>10:00 Shoppers & FreshCo </p> <p>10:15 VIVAfit Combo (VS)</p> <p>11:15 VIVAfit Fun (FD)</p> <p>1:30 VIVAfit Combo (VS)</p> <p>2:00 Milk Mats Program (CK)</p> <p>2:00 Billiards (PP)</p> <p>2:00 Inspire Your Heart with Art (CK)</p> <p>3:30 Winter Social with Mal Kearns (PP)</p> <p>6:30 Bingo Night (CK)</p>	 <p>Robbie Burns</p> <p>Scottish Music with Daren Marriot Wednesday, January 23rd at 6:30pm</p> <p>Robbie Burns Celebration with Bob MacLean Thursday, January 24th at 3:00pm.</p>	

Did you hear about the cell phone and the firework that were arrested on New Year's Eve?

One was charged and the other was let off.

*Calendars are subject to change.