

Shuffleboard Bonspiel

Everyone brought their best game to the Bonspiel in December, causing some surprising upsets to some of the top teams! Our championship game came down to teams of men vs. women and the crowd went wild at every shot. The match was close but ultimately, the men prevailed as the victors! Congratulations to all the participants for their outstanding effort! Our next round robin tournament starts on Friday, February 1st! Please contact a member of the Lifestyles Team if you are interested in participating. We look forward to seeing you there!



2018 shuffleboard champions Gord and Russ with their hard won gift baskets.



The Laughter's just getting started.

Laughter Yoga with Kathryn

Laughter Yoga is a beneficial and therapeutic wellness workout that combines laughter exercises with yogic deep breathing. Community Members had a hilariously fun time with Kathryn last month as she joined us in

singing, playing a ukulele, and inspiring us to relax and laugh without inhibition. It was a unique exercise that brought us all together to be silly, laugh, and have fun. Join us again on February 28th to try it out for yourself!

A Head Start to a New You

We are happy to say our January fitness classes were so full that we've had to adjust our schedule to accommodate all the participants! VIVAfit sessions will now be held at 9:15am and 10:15 in the VIVAfit Studio. Staying active and finding ways to enjoy moving your body may change as we move throughout the various stages of life and that is where VIVAfit comes in with a variety of fun, daily programs from group fitness classes like Chair Yoga and Tai Chi, to active games that are sure to keep you engaged. The New Year is a great time to begin your fitness adventure (or start it again!) Join us for Indoor Stroll & Stretch program on Mondays and build from there! Take a look at this month's calendar, and the Lifestyles Team is happy to support you whenever you need it!



VIVAfit session in progress.

Making Today Great!

VIVA Mississauga Retirement Community

5575 Bonnie Street, Mississauga, ON L5M 0N8

vivalife.ca (905) 566-4500 Find us on



Copyright VIVA Retirement Communities Corporation 2019

V!VAvoice



February 2019

Your V!VA Community Newsletter



Community Members packed into the lobby to enjoying the Oscar Kay Band.

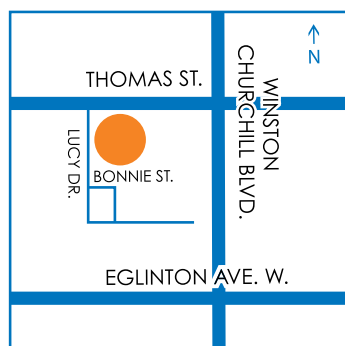
A Party to Last the Year

A large crowd gathered on New Year's Eve for an evening of live music, tasty appetizers, drinks, and most importantly – time together with friends and neighbours. We tapped our toes and sang along with the familiar tunes of the Oscar Kay Band all evening.

Many laughs were shared and memories made to last the whole year through. One thing is for sure: VIVA Mississauga knows how to celebrate! Here is to a wonderful 2019 with many more great times to come our way!



Having Fun! on New Year's Eve.



FOUR FEBRUARY FACTS ABOUT Cupid

1 **He's not simply a cherub. He's a GOD.** Cupid is the Roman god of beauty and love. He is also believed to be the son of goddess Venus.

2 **A God of Many Names.** The Romans called him Cupido, which means 'desire'. He was also called "Amor", and "Eros".

3 **A Tale as old As Time.** In 'Cupid and Psyche', an ancient Greek myth from the second century, Cupid lover's was named Psyche, and together they had a daughter named Voluptas. Venus was very jealous of Psyche because of her beauty and shot her with an arrow, cursing her to fall in love with the most horrifying being in the entire world. And you thought your mother-in-law was bad!

4 **Lead is bad for the heart, too.** Cupid carries two kinds of arrows, one with a sharp point made of gold, and the other with a blunt tip of lead. A person wounded by the golden arrow is filled with uncontrollable desire, but the one struck by the lead feels aversion and desires only to flee.

Source: <https://greekgodsandgoddesses.net/gods/cupid/> and <https://easyscienceforkids.com/cupid-facts/>

LOOKING FOR LOVE

H H F G L P X A I E F H M K E J P Z K E D P H V H S F J D T U Y Y X C
R N S J I N N H C L B B J B U Z L I C L N Y O Y R W S Q U O D L G L Z
U E Y S S R F V O P W B A K Q F S N C R E H N Q Y O A S Z Q F V E T Z
C O H N Y I L Z K U F X C W R S A G F J I U E B V R L R Z S J O R S W
E L F C N Z D F B O K K D O I M P W T D R S Y A Q R P D M Z P A Q D M
G G E X A N V L R C G I K N O F T P O Z F B C C T A S G T A E Q S M O
W I T M A T F G V I U R G R D T J E W W Y A I O H D M K T H C W V F S
U S M B O K R V D I E B F F T I R X N D O N M X I L K R T X H F I Y J
R Z U R Q W Y A U T O N K A U O L O E Y B D K P M O A E W L O K M F Q
T S D M D J T P E O J U D Y M E C L L W Y N M Z E G E R N L C G E U E
G C H I X Z V D T H B P E A A K D E K B S T V L V W W N R R O E N J X
X B P Q Q E B H M P C C D O R H Y B O U J D K E S E H C U F L U X V F
V U A E K R J P Y Z W A G Q T D P R P A D V N B I B X Y J F A J Y R N
C U T A Q N S B Y S F P P B E J Y G E G V J S I C N F O H A T S O B R
B S F M X T A W S S E T O N E V O L S P T X F U L I N Z T T E S E F O
B H W X R O P S F C Q B I S E E O W O R U J N I E B G O A V D F Q N Q
H Z Y O B B W A W X O G K S E Q Z L R K L H C B O T S G B F P J N I T
V U S O A F B R O M E O U M Y A V A E I T B G E A C V I A N T H O N Y
P E M V R F G S D N A H G N I D L O H F R A R S D Z Y U E O D O Z C O
S Q D Z A C L G C K R M U M L O R T E H D B R P K I S S K V S H E T V
R V K A B I K O T R A E H X Y J P X P C K O N A U P A R Q T O O D Y W
H A O T X X C U W B O W P I A C E W K M L W R Q H I D U M V I L H G F
H H Z C S Y I H T E F A O V X Y C E E J J Y W P R Y F Z W R E R B N X
C A R N A T I O N S R A Q D B Q C F O C W O D U B L U P H S D C G T Q
F R P E T P I L S T Q S R L V F L T F M O T M E G C G Y Z R K F N F N
W Q S S O A K G N F M F N N K H B U K B T Y J E R S P Z T F I H T T H
A W R V O C W E A A B C B Y H V E D G F I Z F L P M W E P H N I B I J
C Y B C H P R W S Q D P P V G P W H B T E I L U J T Z Q J X K B E L Y
D H J U X G F K Y Q O C E N Q D J A F H G K V D X I B B Z B D E T L Z
W B R H F K O V W S C G C Y W T E D J M X R V R K X C N K R X X F Q C

love	romeo	heartache	boyfriend
romance	juliet	loveisblind	girlfriend
cupid	bonnie	sweetheart	husband
goldarrows	clyde	honey	wife
bow	eros	roses	partner
chocolate	amor	carnations	holdinghands
cleopatra	flowers	kiss	couple
anthony	lovenotes	kissingbooth	heart

February 2019		WEEKS 1, 2 & 3				V!VA Mississauga
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LEGEND <div>Orange Fitness Class</div> <div>Purple Special Event</div> <div>Green Excursion</div> <div> Sign Up</div> <div> Cost Required</div> <div> Shuttle</div> <div> Walking</div>	(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	<div>HAPPY</div> <div>Valentine's Day</div> 			1 9:15 V!VAfit Sit & Stand (VS) 10:15 V!VAfit Sit & Stand (VS) 11:15 V!VAfit Sit (FD) 2:00 Shuffleboard Round Robin Tournament Kick-Off (PP) 3:00 Rummikub (PC) 4:20 Café Chats: Current Events (PC) 6:30 Movie Night: The Great Gatsby (VP)	2 10:00 Pick up February Trivia Challenge (L) 10:00 Tech Support w/ Volunteer Shahir (BG) 10:30 V!VAfit Sit (VS) 11:15 V!VAfit Sit (FD) 2:00 Heart to Heart Art (CK) 2:30 Retro Tube: The Carol Burnett Show (VP) 3:30 Groundhog Day Fast Facts & Scavenger Hunt (PP) 4:20 Washer Toss (VS)
3 10:30 V!VAfit Sit (VS) 11:00 Catholic Communion (VP) 11:15 V!VAfit Sit (FD) 2:00 Andre Rieu in Dublin on the Big Screen (VP) 3:30 Crafts for A Cause w/ Ariana (Knitting & Get Well Cards) (BG) 4:20 Mental Aerobics: Guess That Sketch (FD) 6:30 Cheer on The Super Bowl in The Pub (PP)	4 10:00 Morning Melodies w/ Ronia (L) 10:30 Tai Chi w/ Yvonne (VS) 11:15 V!VAfit Sit (FD) 11:30 Lunch at Moxies, Stop at Bed, Bath & Beyond    1:30 V!VAfit Sit & Stand (VS) 2:00 Team Member Spotlight (PP) 2:00 Knitting Club (BG) 3:00 Bingo w/ Stacy Ann (CK) 4:20 V!VAfit Indoor Stroll & Stretch (L) 6:30 Nintendo Wii Bowling League (VP)	5 10:30 Chair Yoga (VS) 11:15 Chair Yoga (FD) 1:30 Test Your Chinese New Year Trivia (PC) 2:00 Milk Mats Program (CK) 2:00 Chinese New Year Folk Dance Performance (L) 3:00 Giant Snakes & Ladders Game (VS) 4:20 Bottle Bowling (VP) 6:30 JT's Choir Group (L)	6 9:15 V!VAfit Balance (VS) 10:00 Melodies w/ Ronia (L) 10:15 V!VAfit Balance (VS) 11:15 V!VAfit Sit (FD) 1:30 V!VAfit Assessments / Open Gym (VS) 2:30 Cooking Demo w/ Karene: Jerk Chicken (CK) 3:00 Pet Visits w/ Gay & Pixie 4:00 Non-Denominational Church Service (VP) 6:30 Crafter's Corner: "Heart-Warming" Valentine Creations (CK)	7 9:15 V!VAfit Combo (VS) 10:15 V!VAfit Combo (VS) 10:30 Fifth Avenue Collection Vendor (L) 11:15 V!VAfit Fun (FD) 1:30 Program & Outing Planning Meeting (VP) 2:00 Milk Mats Program (CK) 2:00 Billiards (PP) 3:00 Heritage Mississauga Presentation (VP) 3:15 LCBO, Library & Loblaws    7:00 Chinese New Year Festival Demonstration & Teaching (L)	8 9:15 V!VAfit Sit & Stand (VS) 10:00 The Dressing Room & Stars Modern Jewelry Vendor (L) 3:00 10:15 V!VAfit Sit & Stand (VS) 10:30 Walker Tune-Ups (Sign up) (PP) 11:30 11:15 V!VAfit Sit (FD) 2:00 Shuffleboard Round Robin Tournament (PP) 3:00 Rummikub (PC) 6:30 Movie Night: Mr. & Mrs. Smith (VP)	9 10:00 Pick up February Trivia Challenge (L) 10:30 V!VAfit Sit (VS) 11:15 V!VAfit Sit (FD) 2:00 Rummikub (PC) 2:30 Retro Tube: I Love Lucy (VP) 3:00 Mini Manicures (FD) 4:20 Ladder Ball (VS)
10 10:30 V!VAfit Sit (VS) 11:00 Catholic Communion (VP) 11:15 V!VAfit Sit (FD) 2:00 Movement w/ Music (VP) 3:00 Andre Rieu in Dublin on the Big Screen (VP) 4:20 Mental Aerobics: Word Twist (FD) 6:30 Movie Night: New York, New York (VP)	11 9:15 V!VAfit Sit & Stand (VS) 10:00 Morning Melodies w/ Ronia (L) 10:15 V!VAfit Sit & Stand (VS) 11:15 V!VAfit Sit (FD) 1:30 Erin Mills Town Centre & Dollarama    2:00 Knitting Club (BG) 3:00 Bingo w/ Stacy Ann (CK) 4:20 V!VAfit Indoor Stroll & Stretch (L) 6:30 Nintendo Wii Bowling League (VP)	12 10:30 Chair Yoga (VS) 11:15 Chair Yoga (FD) 2:00 Milk Mats Program (CK) 2:00 V!VA Live: Price is Right (VP) 3:00 Pres: Lifestyles & The Benefits of Staying Active in Later Life (VP) 4:20 Mental Aerobics: Friendship Month Word Search (FD) 6:30 Movie Night: Mamma Mia! (VP)	13 9:15 V!VAfit Balance (VS) 10:15 V!VAfit Balance (VS) 11:00 Rexall Pres: Healthy Hearts (BG) 11:15 V!VAfit Sit (FD) 1:30 V!VAfit Assessments / Open Gym (VS) 2:00 Resident Council Meeting (All Welcome) (VP) 3:00 Music w/ Lou (FD) 3:00 Pet Visits w/ Gay & Pixie 4:00 Non-Denominational Church Service (VP) 6:30 Music Reflections (PP)	14 Valentine's Day 9:00 Red, Pink, Purple & White Spirit Day 9:15 V!VAfit Combo (VS) 10:00 Shoppers & Longo's    10:15 V!VAfit Combo (VS) 11:00 ACE Daycare Valentine's Presentation (L) 1:30 V!VAfit Fun (FD) 2:00 Milk Mats Program (CK) 2:00 Billiards (PP) 3:00 "The Not So Newly Wed" Game Show (VP) 6:30 Valentine's Day Celebration w/ Fifth Avenue Duo (L)	15 9:15 V!VAfit Sit & Stand (VS) 10:00 Brittany Glen Hearing Clinic (VP) 10:15 V!VAfit Sit & Stand (VS) 11:15 V!VAfit Sit (FD) 2:00 Shuffleboard Round Robin Tournament (PP) 3:00 Rummikub (PC) 4:20 Black History Month: Nelson Mandela Film & Discussion (VP) 6:30 Movie: Seven Brides For Seven Brothers (VP)	16 10:00 Pick up February Trivia Challenge (L) 10:00 Tech Support w/ Volunteer Shahir (BG) 10:30 V!VAfit Sit (VS) 11:15 V!VAfit Sit (FD) 2:00 Community Member Guess Who (PP) 2:30 Retro Tube: The Dean Martin Show (VP) 3:30 Mindful Meditation (FD) 4:20 Test Your Aim (VS)

February 2019			WEEKS 4 & 5						V!VA Mississauga				
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
17 10:30 V!VAfit Sit (VS) 11:00 Catholic Communion (VP) 11:15 V!VAfit Sit (FD) 2:00 Name That Tune (PP) 3:00 Spiritual Program: Hymn Sing & Devotions (VP) 3:30 Crafts for A Cause w/ Ariana (Knitting & Get Well Cards) (BG) 4:15 Non-Denominational Communion (VP) 4:20 Café Chats: Past Professions (PC) 6:30 Movie Night: One Fine Day (VP)		18 Family Day 10:00 Morning Melodies w/ Ronia (L) 10:30 V!VAfit Sit & Stand (VS) 11:15 V!VAfit Sit (FD) 2:00 Friends & Family Sundae Social (PP) 2:00 Knitting Club (BG) 3:00 Pres: What Makes Friendship Fabulous (PP) 4:20 V!VAfit Indoor Stroll & Stretch (L) 6:30 Nintendo Wii Bowling League (VP)		19 10:30 Chair Yoga (VS) 11:15 Chair Yoga (FD) 1:30 Mindful Meditation (FD) 2:00 Cribbage w/ Michelle (PC) 2:00 Milk Mats Program (CK) 3:00 Bingo w/ Stacy Ann (CK) 4:20 Mental Aerobics: Memory Tray (PP) 6:30 Movie Night: <i>Crazy Stupid Love</i> (VP)		20 9:15 V!VAfit Balance (VS) 10:00 Melodies w/ Ronia (L) 10:15 V!VAfit Balance (VS) 11:15 V!VAfit Sit (FD) 1:30 V!VAfit Assessments / Open Gym (VS) 2:00 First Full Moon of Chinese New Year Program (VP) 3:00 V!VA Live: Jeopardy (VP) 4:00 Non-Denominational Church Service (VP) 6:30 Relaxation Spa Evening (CK)		21 9:15 V!VAfit Combo (VS) 10:00 Shoppers, Metro & Little Bit of Britain  10:15 V!VAfit Combo (VS) 11:15 V!VAfit Fun (FD) 2:00 Milk Mats Program (CK) 2:00 Billiards (PP) 3:00 Info Session: Benefits of the V!VAfit Program (VP) 4:20 Bottle Bowling (VP) 6:30 Pokeno (CK)		22 9:15 V!VAfit Sit & Stand (VS) 10:15 V!VAfit Sit & Stand (VS) 11:15 V!VAfit Sit (FD) 1:30 Shuffleboard Round Robin Tournament (PP) 3:00 February Birthday Celebration w/ Caledonia Music (L) 4:20 Mental Aerobics: You Be The Judge (PC) 6:30 Movie Night: Dirty Dancing (VP)		23 10:00 Pick up February Trivia Challenge (L) 10:15 Milton Terra Winter Market  10:30 V!VAfit Sit (VS) 11:15 V!VAfit Sit (FD) 2:00 Classical Piano Performance by Nicole Anastasopoulos (L) 2:30 Retro Tube: The Lawrence Welk Show (VS) 3:00 Rummikub (PC) 4:20 Ladder Ball (VS)	
24 10:30 V!VAfit Sit (VS) 11:00 Catholic Communion (VP) 11:15 V!VAfit Sit (FD) 2:00 Baker's Corner: Mouth-Watering Banana Bread (CK) 3:15 UNO Fun (PC) 4:20 Mental Aerobics: Wintery Canada Trivia (FD) 6:30 Movie Night: A Streetcar Named Desire (VP)		25 10:00 Morning Melodies w/ Ronia (L) 10:30 Tai Chi w/ Yvonne (VS) 11:15 V!VAfit Sit (FD) 1:00 Montgomery's Inn Tea & Tour  2:00 Knitting Club (BG) 3:00 Lianne Harris Presentation: The Turkish Harem (VP) 4:20 V!VAfit Indoor Stroll & Stretch (L) 6:30 Nintendo Wii Bowling League (VP)		26 10:30 Chair Yoga (VS) 11:15 Chair Yoga (FD) 2:00 Pres: "Healthy Brain" w/ Danielle Farrell of Alzheimer Society (VP) 2:00 Milk Mats Program (CK) 3:00 Bingo w/ Stacy Ann (CK) 4:20 Test Your Aim (VS) 6:30 Movie Night: Leap Year		27 9:15 V!VAfit Balance (VS) 10:00 Melodies w/ Ronia (L) 10:15 V!VAfit Balance (VS) 11:15 V!VAfit Sit (FD) 1:30 V!VAfit Assessments / Open Gym (VS) 2:00 V!VALicious Community Member Meeting (PP) 3:00 Pet Visits w/ Gay & Pixie 3:00 Scenic Country Drive  4:00 Non-Denominational Church Service (VP) 6:30 Music Reflections (PP)		28 9:15 V!VAfit Combo (VS) 10:00 Shoppers & Longo's 10:15 V!VAfit Combo (VS) 11:00 Reading w/ ACE Daycare (PP) 1:30 V!VAfit Fun (FD) 2:00 Milk Mats Program (CK) 2:00 Billiards (PP) 2:00 Laughter Yoga w/ Kathryn (VP) 3:30 February Highlights Slideshow (PP) 6:30 Wine & Paint (CK)					

