

Putting Our Heart Into It!

VIVA Mississauga was full of smiles this Valentine's Day! Community Members decorated the building with festive garland at our heart-warming Valentine Creations program. The dining room hosted a four-course dinner with a delicious entrée, and an unforgettable chocolate raspberry tiramisu.

The celebrations were topped off with an evening of music featuring The 5th Avenue Duo, as a few more sweet treats were served!



"Not-So-Newlywed" Game contestants.



Valentine's smiles.



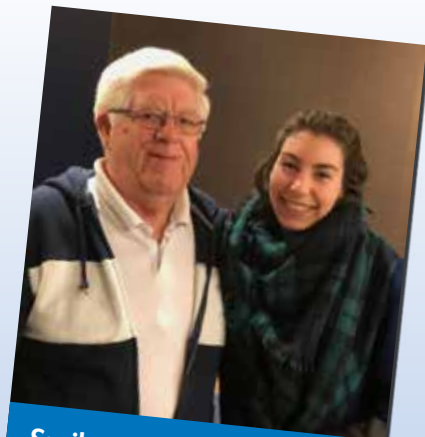
St. Patrick's Day Events

On March 15th at 2:00pm we are hosting a grand St. Patrick's Day party with great food, games, festive drinks, and live entertainment featuring Frank Wilkes!

On March 17th, the celebrations continue as *Pints! Pub* is transformed into an Irish Café with music on the piano by our talented volunteer, Virginia, along with drinks and treats.

Friends and Family Sundaes Social

It is said that the most important things in the world are family, friends, and love – and that's exactly what filled our Community on Family Day, along with delicious sundaes, and wonderful music performed by Team Member Catherine!



Smiles...



And Sundaes.

V!VAoice

V!VA Retirement Communities
MISSISSAUGA

March 2019

Your V!VA Community Newsletter

CHINESE NEW YEAR CELEBRATION

The Tong Le Senior Association and professional dancer Jessica Yue joined us to celebrate the The Year of the Pig with traditional Chinese folk dances along with an educational and entertaining presentation on various Chinese New Year traditions.



A traditional Chinese fan dance.



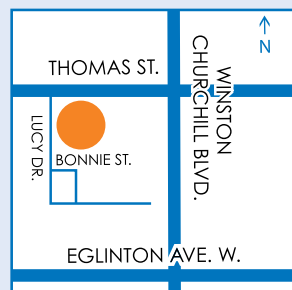
Our Community Members were real "fans" of the performance.

Crafts for a Cause

Our *Crafts for a Cause* Program is on a roll! Our Community Members have been flexing their creative muscles for the benefit of families in need within the community at large. *Crafts for a Cause* occurs twice monthly, with the goal to create greeting card and knitted goods for the Ronald McDonald House Charity, in support of families in need. Please consider joining your friends along volunteer-leader, Ariana, every other Sunday at 3:30pm in the Brain Gym to take part in this meaningful program.



Putting together greeting cards.



Making Today Great!

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ALL ABOUT

Mardi Gras

MARDI GRAS MARKS THE END OF CARNIVAL SEASON

Countries around the world celebrate Mardi Gras as the last day of Carnival season, which starts after Christmas, on January 6th, (known as 'Twelfth Night').

IT IS ALSO KNOWN AS "PANCAKE DAY"

In Ireland, England, Australia, New Zealand, and Canada, people celebrate Mardi Gras by eating pancakes, and participating in pancake themed activities.

THE COLOURS OF MARDI GRAS ARE PURPLE, GOLD, AND GREEN

Purple signifies justice, gold means power, and green stands for faith.

KING'S CAKE IS EATEN ALL THROUGHOUT CARNIVAL SEASON

King's Cake is eaten throughout the world during Carnival season. In the US, it is traditionally purple, green, and gold, with a trinket inside. Whoever gets a trinket receives good luck – and probably a chipped tooth, too!

NEW ORLEANS' FIRST MARDI GRAS PARADE WAS 177 YEARS AGO

New Orleans has been celebrating Fat Tuesday with parades since 1837. The first floats appeared in the parade in 1857.

MASKS ARE REQUIRED BY LAW FOR FLOAT RIDERS

Yep, it's illegal to ride on a float without a mask! The original purpose of the mask was to get rid of social constraints for the day, allowing people to mingle with whomever they chose.

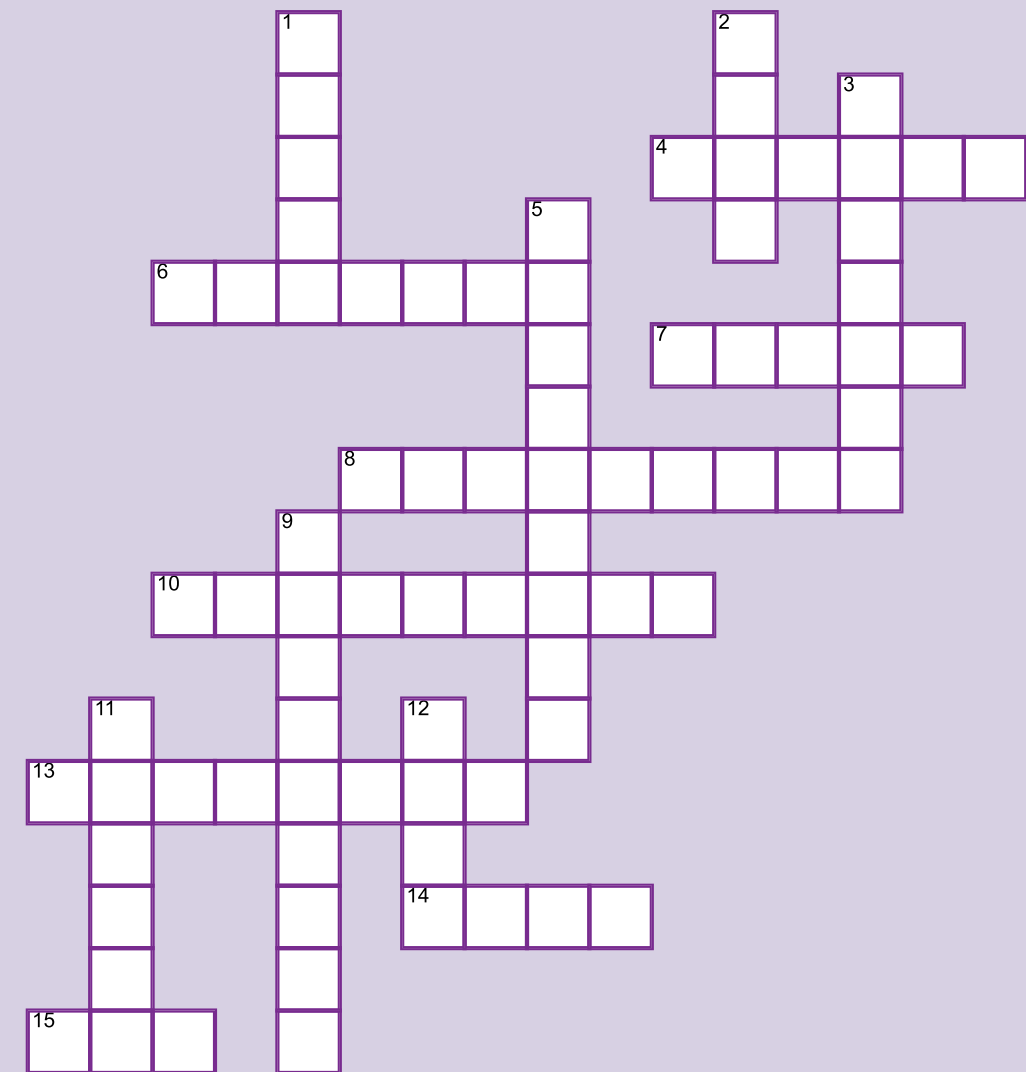
BEADS HAVE BEEN A TRADITION SINCE THE EARLY 1900s

Beads were first thrown by Santa during a parade. It wasn't until a few decades ago that they became synonymous with today's less than savoury means of acquiring them. Participants also throw stuffed animals, toys and more.

MARDI GRAS IS A STATE HOLIDAY IN SOME PLACES

Fat Tuesday is an official state holiday in Alabama, (the home of the first Mardi Gras parade and 2nd biggest current celebration), Florida, and parts of Louisiana. Although it's not a state holiday in Texas, Galveston is home to one of the biggest celebrations in the country!

Use the clues below to complete this crossword! It's harder than it looks – not all the answers are on the previous page! Good luck!



Across

- 4 Decorated platforms pulled by a tractor in a parade
- 6 Fashion of dress for a particular occasion
- 7 A female sovereign or monarch
- 8 Plastic or metal coins thrown from parade floats
- 10 Torches to light the night parade routes
- 13 The season immediately preceding Lent
- 14 A male sovereign or Monarch
- 15 King of Mardi Gras

Down

- 1 Small round pieces of material, for stringing or beading
- 2 Mr. Big Stuff of Mardi Gras
- 3 "Krewe" members who ride on a float
- 5 To have or participate in a party
- 9 Fat Tuesday
- 11 A large public procession
- 12 A covering for all or part of the face

Across 4. Floats, 6. Costume, 7. Queen, 8. Doubloons, 10. Flambeaux, 13. Carnival, 14. King, 15. Rex
Down 1. Beads, 2. Zulu, 3. Maskers, 5. Celebrate, 9. Mardi Gras, 11. Parade, 12. Mask

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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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	9:15 V!VAfit Sit & Stand (VS)
	10:00-3:00 Kelly Liquidations Vendor (L)
	10:15 V!VAfit Sit & Stand (VS)
	11:15 V!VAfit Sit (FD)
	11:45 Men's Lunch at Peters on Eglington
	2:00 Shuffleboard Round Robin Tournament (PP)
	3:00 Happy Hour with Milan Vincic (L)
	3:00 Happy Hour & UNO (PP)
	4:20 Nintendo Wii Golf (FD)
	6:30 Movie Night: The Chorus (VP)

2	10:00 Tech Support with Volunteer Sahir (BG)
	10:30 V!VAfit Sit (VS)
	11:15 V!VAfit Sit (FD)
	2:00 Pres: Fitting Exercise & Daily Activity into your Routine (VP)
	2:30 Retro Tube: The Carol Burnett Show (VP)
	3:00 Happy Hour & Jenga (PP)
	3:00 Po-Ke-No Game (CK)
	4:20 Washer Toss (FD)

3	10:30 V!VAfit Sit (VS)
	11:00 Catholic Communion (VP)
	11:15 V!VAfit Sit (FD)
	2:00 Ladder Ball (VS)
	3:00 Happy Hour & Skip-Bo (PP)
	3:00 Movement to Music (VP)
	3:30 Crafts For a Cause with Ariana (Knitting & Greeting Cards) (BG)
	4:20 Café Chat: What is your Horoscope (PC)
	6:30 Movie Night: And So It Goes (VP)

4	9:15 V!VAfit Sit & Stand (VS)
	10:00 Melodies with Ronia (L)
	10:15 V!VAfit Sit & Stand (VS)
	10:00 Cloverdale Mall Shopping & Lunch
	11:15 Chair Yoga (FD)
	1:00-3:00 Technology Assistance w/ Tech Coach *Sign-Up* (BG)
	2:00 Knitting Club (BG)
	3:00 Happy Hour & Spot It (PP)
	3:00 BINGO with Stacy Ann (CK)
	4:20 V!VAfit Indoor Stroll & Stretch (L)
	6:30 Nintendo Wii Bowling (VP)

5	10:15 V!VAfit Combo (VS)
	11:15 V!VAfit Sit (FD)
	1:30 Program & Outing Planning Meeting (VP)
	1:30 V!VAfit Assessment / Open Gym (VS)
	2:00 Milk Mats Program (CK)
	3:00 Happy Hour & Monopoly Deal (PP)
	3:00 Mardi Gras Pancake Social (PP)
	4:20 You Be The Judge (FD)
	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)
	2:00 V!VAlicious Community Member Meeting (VP)
	3:00 Happy Hour with Bruce McGregor (PP)
	3:00 Happy Hour & Bananagrams (PP)
	3:00 Pet Visits w/ Gay & Pixie
	4:00 Non-Denominational Church Service (VP)
	6:30 Relaxation Spa Evening (CK)

7	9:15 V!VAfit Combo (VS)
	10:15 V!VAfit Combo (VS)
	11:15 V!VAfit Sit (FD)
	1:45 Chair Yoga (VS)
	2:00 Milk Mats Program (CK)
	3:00 Catholic Mass with Rev. Villanueva (VP)
	3:00 Happy Hour & Dominoes (PP)
	3:00 Milk Mats Program (CK)
	3:15 LCBO, Library & Loblaw's
	4:20 Joggin' Your Noggin' (FD)
	6:30 Mosaic Paper Art (CK)

8	9:15 V!VAfit Sit & Stand (VS)
	10:15 V!VAfit Sit & Stand (VS)
	10:30 Walker Tune-Ups *Sign-up* (PP)
	11:15 V!VAfit Sit (FD)
	2:00 Shuffleboard Round Robin Tournament (PP)
	3:00 Rummikub (PC)
	3:00 Happy Hour & UNO (PP)
	4:20 Pres: International Women's Day – Famous Contributions By Women (PP)
	6:30 Movie Night: Just Go With It (VP)

9	10:30 V!VAfit Sit (VS)
	11:15 V!VAfit Sit (FD)
	2:00 Ladder Ball (VS)
	2:30 Retro Tube: The Dean Martin Show (VP)
	3:00 Happy Hour & Jenga (PP)
	3:00 Colour and Create (FD)
	4:20 Learn to play Sudoku (BG)

10	10:30 V!VAfit Sit (VS)
	11:00 Catholic Communion (VP)
	11:15 V!VAfit Sit (FD)
	1:30 Concert on The Big Screen: Andre Rieu – Silvester Punsch (VP)
	3:00 Happy Hour & Skip-Bo (PP)
	2:00 Mini Manicures (FD)
	3:00 Scrabble Hour (BG)
	4:20 Washer Toss (FD)
	6:30 Movie Night: Hairspray (VP)

11	10:00 Melodies with Ronia (L)
	10:30 Tai Chi with Yvonne (VS)
	11:15 Chair Yoga (FD)
	1:30 V!VAfit Assessment / Open Gym (VS)
	2:00 Knitting Club (BG)
	2:00 BINGO with Stacy Ann (CK)
	3:00 Happy Hour & Spot It (PP)
	3:00 Monday Shake-Up: Milkshakes & Music by Francis Demello (L)
	4:20 V!VAfit Indoor Stroll & Stretch (L)
	6:30 Nintendo Wii Bowling League (VP)

12	10:15 V!VAfit Combo (VS)
	11:00 Lunch, Tour & Games Afternoon at V!VA Meadowlands (Ancaster)
	11:15 V!VAfit Sit (FD)
	2:00 Milk Mats Program (CK)
	3:00 Happy Hour & Monopoly Deal (PP)
	3:00 Eye Express Information Session (PP)
	3:30 Green Thumb Club: Mason Jar Cactuses (CK)
	6:30 Netflix Night (VP)

13	9:15 V!VAfit Balance (VS)
	10:00 Melodies w/ Ronia (L)
	10:15 V!VAfit Balance (VS)
	11:15 V!VAfit Sit (FD)
	1:00 Popovich Comedy Pet Theater
	1:30 V!VAfit Assessments / Open Gym (VS)
	2:00 Lecture: The Gardens and Landscapes of Pompeii by Kelley Prendergast (VP)
	3:00 Happy Hour & Bananagrams (PP)
	3:00 Pet Visits w/ Gay & Pixie
	4:00 Non-Denominational Church Service (VP)
	7:00 Maple Leafs Pub Night (PP)

14	9:15 V!VAfit Combo (VS)
	10:00 Longo's & Shoppers
	10:15 V!VAfit Combo (VS)
	11:00 Reading Buddies (PP)
	1:30 V!VAfit Sit (FD)
	1:45 Chair Yoga (VS)
	2:00 Billiards (PP)
	3:00 Happy Hour & Dominoes (PP)
	3:00 Milk Mats Program (CK)
	3:00 Wine and Paint (HR)
	4:20 Writing Reflections (BG)
	6:30 Po-Ke-No Game (CK)

15	9:15 V!VAfit Sit & Stand (VS)
	9:30 Kitchen Tour *Sign up* (L)
	10:00 Hearing Clinic (VP)
	10:15 V!VAfit Sit & Stand (VS)
	11:15 V!VAfit Sit (FD)
	2:00 St. Patrick's Party with Frank Wilkes (L)
	3:00 Happy Hour & UNO (PP)
	3:00 Rummikub (PC)
	4:20 TED Talk: Celebrate Everyday (FD)
	6:30 Movie Night: The Sons of Katie Elder (VP)

16	10:00 Tech Support with Volunteer Sahir (BG)
	10:00-2:00 Mary Kay & 5th Ave Vendor (L)
	10:30 V!VAfit Sit (VS)
	11:15 V!VAfit Sit (FD)
	2:00 Craft: St. Patrick's Wreaths (CK)
	2:30 Retro Tube: I Love Lucy (VP)
	3:00 Happy Hour & Jenga (PP)
	3:00 Giant Crosswords (PP)
	4:20 Mindful Meditation (FD)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>17 St. Patrick's Day</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 St. Patrick's Day Café with Virginia on The Piano (L)</p> <p>3:00 Happy Hour & Skip-Bo (PP)</p> <p>3:00 Spiritual Program: Hymn Sing & Devotions (VP)</p> <p>4:15 Non-Denominational Communion (VP)</p> <p>4:20 Café Chats: Household Changes (PC)</p> <p>6:30 Movie Night: Crash (VP)</p>	<p>18</p> <p>9:15 VIVAfit Sit & Stand (VS)</p> <p>10:00 Melodies with Ronia (L)</p> <p>10:15 VIVAfit Sit & Stand (VS)</p> <p>11:15 Chair Yoga (FD)</p> <p>1:30 VIVAfit Assessments / Open Gym (VS)</p> <p>2:00 Knitting Club (BG)</p> <p>3:00 Happy Hour & Spot It (PP)</p> <p>3:00 Lianne Harris: The Celts (VP)</p> <p>4:20 VIVAfit Indoor Stroll & Stretch (L)</p> <p>6:30 Nintendo Wii Bowling League (VP)</p>	<p>19</p> <p>10:15 VIVAfit Combo (VS)</p> <p>11:15 VIVAfit Sit (FD)</p> <p>1:30 VIVAfit Assessment / Open Gym (VS)</p> <p>1:30 Shuffleboard Bonspiel Day 1 (PP)</p> <p>2:00 Milk Mats (CK)</p> <p>3:00 Happy Hour & Monopoly Deal (PP)</p> <p>3:00 BINGO with Stacy Ann (CK)</p> <p>4:20 UNO Card Game (FD)</p> <p>6:30 Netflix Night (VP)</p>	<p>20 Welcome Spring</p> <p>9:15 VIVAfit Balance (VS)</p> <p>10:00 Melodies w/ Ronia</p> <p>10:00-5:00 Shuffleboard Bonspiel Finale & Award Presentation (PP)</p> <p>10:15 VIVAfit Balance (VS)</p> <p>11:15 VIVAfit Sit (FD)</p> <p>2:00 Pres: The Origin & Value of Chinese Medicine with Dr. James (VP)</p> <p>3:00 Happy Hour & Bananagrams (PP)</p> <p>3:00 Pet Visits</p> <p>4:00 Non-Denominational Church Service (VP)</p> <p>6:30 Swing into Spring with Tristan Alexander (L)</p>	<p>21</p> <p>9:15 VIVAfit Combo (VS)</p> <p>10:00 Metro & Shoppers </p> <p>10:15 VIVAfit Combo (VS)</p> <p>11:15 VIVAfit Sit (FD)</p> <p>1:45 Chair Yoga (VS)</p> <p>2:00 Billiards (PP)</p> <p>3:00 Happy Hour & Dominoes (PP)</p> <p>3:00 Heritage Mississauga: "Flying into History: Remembering the AVRO Arrow" (VP)</p> <p>4:20 Left, Right, Center Dice Game (FD)</p> <p>6:30 Wine & Paint (CK)</p>	<p>22</p> <p>9:15 VIVAfit Sit & Stand (VS)</p> <p>10:15 VIVAfit Sit & Stand (VS)</p> <p>11:15 VIVAfit Sit (FD)</p> <p>2:00 Milk Mats (CK)</p> <p>2:00 Sudoku Club (BG)</p> <p>3:00 Happy Hour & UNO (PP)</p> <p>3:00 Irish Songs with Mal Kearns (PP)</p> <p>4:20 World Water Day (FD)</p> <p>6:30 Movie Night: The Speckled Band (VP)</p>	<p>23</p> <p>10:30 VIVAfit Sit (VS)</p> <p>11:15 VIVAfit Sit (FD)</p> <p>2:00 Poetry & Pie (PP)</p> <p>2:30 Retro Tube: Leave It To Beaver (VP)</p> <p>3:00 Happy Hour & Jenga (PP)</p> <p>3:00 Ladder Ball (VS)</p> <p>4:20 Chicken Soup for the Soul Reading & Inspiration (FD)</p>
<p>24</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 Giant Snakes and Ladders (VS)</p> <p>3:00 Happy Hour & Skip-Bo (PP)</p> <p>3:00 Doc: Tales of Irish Castles – Don't Mess with the Knight (VP)</p> <p>3:30 Crafts For a Cause with Ariana (Knitting & Greeting Cards) (BG)</p> <p>4:20 Mental Aerobics: Word Scramble (FD)</p> <p>6:30 Movie Night: The Guilt Trip (VP)</p>	<p>25</p> <p>10:00 Melodies with Ronia (L)</p> <p>10:00 Hamilton War Plane Museum </p> <p>10:30 Tai Chi with Yvonne (VS)</p> <p>11:15 Chair Yoga (FD)</p> <p>2:00 Knitting Club (BG)</p> <p>3:00 Happy Hour & Spot It (PP)</p> <p>3:00 BINGO with Stacy Ann (CK)</p> <p>4:20 VIVAfit Indoor Stroll & Stretch (L)</p> <p>6:30 Nintendo Wii Bowling League (VP)</p>	<p>26</p> <p>10:00 Faven Design Jewelry – 2:00 Vendor (L)</p> <p>10:15 VIVAfit Combo (VS)</p> <p>11:15 VIVAfit Sit (FD)</p> <p>1:30 VIVAfit Assessment / Open Gym (VS)</p> <p>2:00 Milk Mats (HR)</p> <p>3:00 Happy Hour & Monopoly Deal (PP)</p> <p>3:00 Food Demo with The Kitchen Team (CK)</p> <p>4:20 Concentration (FD)</p> <p>6:30 Netflix Night (VP)</p>	<p>27</p> <p>9:15 VIVAfit Balance (VS)</p> <p>10:00 Melodies w/ Ronia</p> <p>10:15 VIVAfit Balance (VS)</p> <p>11:15 VIVAfit Sit (FD)</p> <p>1:30 VIVAfit Assessments / Open Gym (VS)</p> <p>2:00 Welcome New Community Members Social (PP)</p> <p>3:00 Happy Hour & Bananagrams (PP)</p> <p>3:00 Pet Visits</p> <p>4:00 Non-Denominational Church Service (VP)</p> <p>6:30 An Evening in Italy with Daren Marriot (L)</p>	<p>28</p> <p>9:15 VIVAfit Combo (VS)</p> <p>9:30 Eye Clinic Express (PP)</p> <p>10:00 Longo's & Shoppers</p> <p>10:15 VIVAfit Combo (VS)</p> <p>11:00 Reading Buddies</p> <p>1:30 VIVAfit Sit (FD)</p> <p>1:45 Chair Yoga (VS)</p> <p>2:30 VIVA Art Gallery (PP)</p> <p>3:00 Happy Hour & Dominoes (PP)</p> <p>3:00 Milk Mats Program (CK)</p> <p>4:20 Billiards (PP)</p> <p>6:30 Po-Ke-No Game (CK)</p>	<p>29</p> <p>9:15 VIVAfit Sit & Stand (VS)</p> <p>10:00-2:00 Mobile Senior Shop Vendor</p> <p>10:15 VIVAfit Sit & Stand (VS)</p> <p>11:15 VIVAfit Sit (FD)</p> <p>2:00 People in History: Roberta Bondar (VP)</p> <p>2:30 Cooking Demo with Karene: Jerk Chicken (CK)</p> <p>3:00 Happy Hour & UNO (PP)</p> <p>3:00 Rummikub (PC)</p> <p>4:20 Ladder Ball (VS)</p> <p>6:30 Movie Night: The Quiet Man (VP)</p>	<p>30</p> <p>10:00 Tech Support w/ Volunteer Sahir (BG)</p> <p>10:30 VIVAfit Sit (VS)</p> <p>11:15 VIVAfit Sit (FD)</p> <p>2:00 March Highlights Slideshow (PP)</p> <p>2:30 Retro Tube: The Lawrence Welk Show (VP)</p> <p>3:00 Happy Hour & Jenga (PP)</p> <p>3:00 Mississauga City Hall: Now and Then (VP)</p> <p>4:20 Music Reflections (FD)</p>
<p>31</p> <p>10:30 VIVAfit Sit (VS)</p> <p>10:00 Brunch at Sunset Grill </p> <p>11:00 Catholic Communion (VP)</p> <p>11:15 VIVAfit Sit (FD)</p> <p>2:00 Melting Crayon Creativity (CK)</p> <p>3:00 Happy Hour & Skip-Bo (PP)</p> <p>3:30 Movement to Music (VP)</p> <p>4:20 Mental Aerobics: Giant Crossword (FD)</p> <p>6:30 Movie Night: Wildlife Planet (VP)</p>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="background-color: #f4a460; padding: 20px; border-radius: 15px; text-align: center; width: 40%;"> <p>What did the tree say to spring?</p> </div> <div style="background-color: #f4a460; padding: 20px; border-radius: 15px; text-align: center; width: 40%;"> <p>What a re-leaf!</p> </div> </div>					

*Calendars are subject to change.