



CELEBRATING  
*Mother's Day*

On Wednesday, May 8th from 2:00pm – 4:00pm Natalie from *Beauty For All*, will be at the Community to offer complimentary, professional makeup applications based on sign-up. Later that day, we will celebrate the ladies of V!VA Mississauga with an evening of music by the Caledonia Music Duo.

On Mother's Day, Sunday, May 12th, Community Members have the opportunity to enjoy a delicious Mother's Day brunch followed by a social gathering featuring the musical talents of Team Member Catherine on the guitar. We hope to see you there!



Ron (standing, centre) after the performance.

### Ron on the Piano

At the beginning of April, the Community was greeted with a big smile and infectious laughter as one of our fantastic volunteers, Ron, returned to V!VA Mississauga to gift us with a stunning piano performance. It was a spectacular hour, as people flooded into the lobby, taken away by Ron's magical piano playing— each song ended with a wave of both arms and a smile. Ron is a man of many talents. Not only is he preparing for a concert in the Philippines, he trains daily for the Special Olympics. We look forward to his next visit on Monday, May 6th at 6:30pm – we hope to see you there!

# V!VAvoice

Retirement Communities™  
MISSISSAUGA

May 2019

Your V!VA Community Newsletter

## Buon appetito

Fine Italian Dining at V!VA Mississauga



On April 9th, the Culinary Team presented the first of the Fine Dining Series. The theme was Italian, and featured a spaghetti bolognese main, and a vanilla bean panna cotta with blackberry compote, fresh raspberries, and chocolate pistachio biscotti for dessert. The Fine Dining Dinner event was introduced to a small group

of Community Members in order to spread the word for future dinners – with the next one taking place on Tuesday, June 11th, featuring Greek-inspired cuisine and open to all! Stay tuned for sign-up information. Until then, be sure to attend the Greek Food Demo on Tuesday, May 28th to warm up your taste buds!



### Loving V!VA Mississauga?

Tell the world by posting a review on Google! Each month, one new review will **WIN a complimentary dinner for 4 at V!VA Mississauga**. Post your review here:

[vivalife.ca/viva-mississauga-review/](http://vivalife.ca/viva-mississauga-review/)

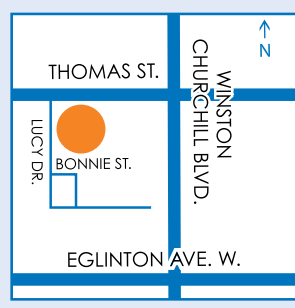
Please note: You must have a Gmail or Google account to post a Google review Thank you, and good luck!



### Second Annual Art Gallery

Over the past nine months our artists have been hard at work, improving their skills at every Wine and Paint program offered. Many of our participants start the program with some hesitancy for their lack of artistic experience, yet they inevitably leave with a smile; proud to display their masterpieces.

And they did exactly that on March 28th, with over nine exhibits in the Lobby with a variety of themes, colours, and a story of their own at V!VA Mississauga's Second Annual Art Gallery.



## Making Today Great!

V!VA Mississauga Retirement Community  
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# Queen Victoria & Her Holiday

**V**ictoria Day is a Canadian tradition and doesn't actually exist in most of England. However, 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.



| Sunday  | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday  |
|---|---|---|---|---|---|---|
| <p><b>LEGEND</b></p> <p><b>Orange</b> Fitness Class</p> <p><b>Purple</b> Special Event</p> <p><b>Green</b> Excursion</p> <p> Sign Up</p> <p> Cost Required</p> <p> Shuttle</p> <p> Walking</p>  | <p>(PC) Perks! Café</p> <p>(PP) Pints! Pub</p> <p>(TR) Therapy Room</p> <p>(VP) VIVAplex</p> <p>(VG) Victory Garden</p> <p>(VS) VIVAfit Studio</p> <p>(L) Lobby</p> <p>(CC) Community Commons</p> <p>(BG) Brain Gym</p> <p>(CK) VIVAcraft Kitchen</p> <p>(FD) Family Den</p> <p>(HR) Horticulture Room</p> <p>(P) Pool</p>  |   | <p><b>1</b></p> <p>9:15 <b>VIVAfit Balance (VS)</b></p> <p>10:00 Melodies w/ Ronia (L)</p> <p>10:15 <b>VIVAfit Balance (VS)</b></p> <p>11:15 <b>VIVAfit Sit (FD)</b></p> <p>1:30 <b>VIVAfit Open Gym (VS)</b></p> <p>2:00 VIVALicious Community Member Meeting (VP)</p> <p>3:00 Happy Hour &amp; Spot It (PP)</p> <p>3:00 Music with Steve Angel (L)</p> <p>4:00 Non-Denominational Church Service (VP)</p> <p>6:30 Po-Ke-No Game (CK)</p>  | <p><b>2</b></p> <p>9:15 <b>VIVAfit Combo (VS)</b></p> <p>10:00 <b>Library &amp; Loblaws</b></p> <p> </p> <p>10:00 - <b>Cathy's Scarves, Gifts &amp; Jewelry Vendor (L)</b></p> <p>2:00 <b>VIVAfit Combo(VS)</b></p> <p>11:15 <b>VIVAfit Sit (FD)</b></p> <p>1:45 <b>Chair Yoga (VS)</b></p> <p>2:00 Billiards (PP)</p> <p>2:00 Milk Mats Program (CK)</p> <p>3:00 Catholic Mass (VP)</p> <p>3:00 Happy Hour &amp; Skip Bo (PP)</p> <p>4:00 <b>Program &amp; Outing Planning Meeting (CK)</b></p> <p>6:30 Bingo Night (CK)</p> | <p><b>3</b></p> <p>9:15 <b>VIVAfit Sit &amp; Stand (VS)</b></p> <p>10:15 <b>VIVAfit Sit &amp; Stand (VS)</b></p> <p>11:15 <b>VIVAfit Sit (FD)</b></p> <p>1:30 Brittany Glen Hearing Centre Info &amp; Services Booth (L)</p> <p>2:30 Cinco De Mayo Social (PP)</p> <p>3:00 Happy Hour &amp; Crosswords (PP)</p> <p>4:20 Washer Toss (FD)</p> <p>6:30 Movie Night: War Horse (VP)</p>  | <p><b>4</b></p> <p>10:30 <b>VIVAfit Sit (VS)</b></p> <p>11:15 <b>VIVAfit Sit (FD)</b></p> <p>2:00 Netflix New Release: The Theory of Everything (VP)</p> <p>3:00 National Fitness Day Trivia and Info (PC)</p> <p>3:00 Happy Hour &amp; Trivia (PP)</p> <p>4:20 Balloon Tennis (FD)</p> <p>6:30 Retro Tube: The Brady Bunch True Hollywood Story (VP)</p> |
| <p><b>5</b></p> <p>10:30 <b>VIVAfit Sit (VS)</b></p> <p>11:00 Catholic Communion (VP)</p> <p>11:15 <b>VIVAfit Sit (FD)</b></p> <p>2:30 Doc: Run For The Roses: History Of The Kentucky Derby (VP)</p> <p>3:00 Happy Hour &amp; Monopoly (PP)</p> <p>3:30 Crafts For a Cause with Ariana (Knitting &amp; Greeting Cards) (BG)</p> <p>4:20 <b>VIVAfit Outdoor Stroll &amp; Stretch (L)</b></p> <p>6:30 Movie Night: Strangers on a Train (VP)</p> | <p><b>6</b></p> <p>10:00 Melodies w/ Ronia (L)</p> <p>10:30 <b>Tai Chi with Yvonne (VS)</b></p> <p>11:15 <b>Chair Yoga (FD)</b></p> <p>2:00 Knitting Club (BG)</p> <p>2:30 Pres: Tips &amp; Tricks For Surviving Allergy Season (VP)</p> <p>3:00 Happy Hour &amp; Dominoes (PP)</p> <p>4:20 Mindful Meditation (FD)</p> <p>6:30 An Evening of Piano with Ron (L)</p>  | <p><b>7</b></p> <p>10:00 <b>Flower Fair &amp; Gifts Vendor (L)</b></p> <p>10:15 <b>VIVAfit Combo(VS)</b></p> <p>11:15 <b>VIVAfit Sit (FD)</b></p> <p>1:30 <b>VIVAfit Open Gym (VS)</b></p> <p>1:30 <b>Walmart (L)</b> </p> <p>2:00 Milk Mats Program (CK)</p> <p>2:00 Billiards (PP)</p> <p>3:00 Music with Lou (FD)</p> <p>3:00 Happy Hour &amp; Canada TimeLine Game (PP)</p> <p>4:20 <b>VIVAfit Indoor Stroll &amp; Stretch (L)</b></p> <p>6:30 JT's Choir Group (L)</p> | <p><b>8</b></p> <p>9:15 <b>VIVAfit Balance (VS)</b></p> <p>10:15 <b>VIVAfit Balance (VS)</b></p> <p>11:00 Rexall Pres: Healthy Eyes (VP)</p> <p>11:15 <b>VIVAfit Sit (FD)</b></p> <p>1:30 <b>VIVAfit Open Gym (VS)</b></p> <p>2:00 <b>"Beauty for All" Professional Make-Up Applications *Sign up at Concierge* (CK)</b></p> <p>3:00 Happy Hour with Pixie &amp; Gay (PP)</p> <p>4:00 Non-Denominational Church Service (VP)</p> <p>6:30 Women's Appreciation Evening with live music (L)</p> | <p><b>9</b></p> <p>9:15 <b>VIVAfit Combo (VS)</b></p> <p>10:00 <b>Longo's &amp; Shoppers (L)</b></p> <p> </p> <p>10:15 <b>VIVAfit Combo(VS)</b></p> <p>11:00 <b>Reading Buddies (PP)</b></p> <p>1:30 <b>VIVAfit Sit (FD)</b></p> <p>1:45 <b>Chair Yoga (VS)</b></p> <p>2:00 <b>Billiards (PP)</b></p> <p>3:00 <b>Milk Mats Program (CK)</b></p> <p>3:00 <b>Happy Hour &amp; Jenga (PP)</b></p> <p>3:30 "Interpret This" Photo Game Fun (BG)</p> <p>6:30 Bingo Night (CK)</p>  | <p><b>10</b></p> <p>9:15 <b>VIVAfit Sit &amp; Stand (VS)</b></p> <p>9:30 Kitchen Tour *Sign up at Concierge* (L)</p> <p>10:00-3:00 <b>The Dressing Room &amp; Stars Modern Jewelry Vendor (L)</b></p> <p>10:15 <b>VIVAfit Sit &amp; Stand (VS)</b></p> <p>10:30 <b>Walker Tune-Ups (PP)</b></p> <p>11:15 <b>VIVAfit Sit (FD)</b></p> <p>2:00 VIVA Live: Family Feud (PP)</p> <p>3:00 Happy Hour &amp; Bananagrams (PP)</p> <p>4:20 Ladder Ball (FD)</p> <p>6:30 Movie Night: Pride and Prejudice (VP)</p> | <p><b>11</b></p> <p>10:30 <b>VIVAfit Sit (VS)</b></p> <p>11:15 <b>VIVAfit Sit (FD)</b></p> <p>2:00 Netflix New Release: Our Souls at Night (VP)</p> <p>2:30 <b>Baker's Corner : Decorate Spring Sugar Cookies (CK)</b></p> <p>3:00 Happy Hour &amp; Boggle (PP)</p> <p>4:20 Ladder Ball (VS)</p> <p>6:30 Retro Tube: I Love Lucy (VP)</p>                 |
| <p><b>12 Mother's Day</b></p> <p>10:30 <b>VIVAfit Sit (VS)</b></p> <p>11:00 Catholic Communion (VP)</p> <p>11:15 <b>VIVAfit Sit (FD)</b></p> <p>12:00 <b>Mother's Day Brunch</b></p> <p>2:30 Mother's Day Social with Musical Guest Catherine (VP)</p> <p>3:00 Happy Hour &amp; Checkers (PP)</p> <p>4:20 <b>VIVAfit Outdoor Stroll &amp; Stretch (L)</b></p> <p>6:30 Movie Night: The Expendables 3 (VP)</p>                                   | <p><b>13</b></p> <p>9:15 <b>VIVAfit Sit &amp; Stand (VS)</b></p> <p>10:00 Melodies w/ Ronia (L)</p> <p>10:15 <b>VIVAfit Sit &amp; Stand (VS)</b></p> <p>11:15 <b>Chair Yoga (FD)</b></p> <p>2:00 Knitting Club (BG)</p> <p>3:00 Happy Hour &amp; Timeline Canada (PP)</p> <p>3:00 <b>Richard Jordan Pres: Shanghai Old &amp; New (VP)</b></p> <p>4:20 <b>Mindful Meditation (FD)</b></p> <p>6:30 Nintendo Wii Bowling League (VP)</p> | <p><b>14</b></p> <p>10:15 <b>VIVAfit Combo (VS)</b></p> <p>11:15 <b>VIVAfit Sit (FD)</b></p> <p>1:30 <b>VIVAfit Open Gym (VS)</b></p> <p>2:00 Milk Mats Program (CK)</p> <p>2:00 Billiards (PP)</p> <p>3:00 Happy Hour &amp; Boggle (PP)</p> <p>3:00 <b>VIVA Horticultural Club (HR)</b></p> <p>4:20 TED Talks: "The Secret to Living Longer May Be Your Social Life" (VP)</p> <p>6:30 Performance with Taryn &amp; Sophie (L)</p>  | <p><b>15</b></p> <p>9:15 <b>VIVAfit Balance (VS)</b></p> <p>10:00 Melodies w/ Ronia (L)</p> <p>10:15 <b>VIVAfit Balance (VS)</b></p> <p>11:15 <b>VIVAfit Sit (FD)</b></p> <p>1:30 <b>VIVAfit Open Gym (VS)</b></p> <p>3:00 Musical performance w/ Francis De Mello (L)</p> <p>3:00 Happy Hour with Pixie &amp; Gay Visit (PP)</p> <p>4:00 Non-Denominational Church Service (VP)</p> <p>6:30 Wine &amp; Paint (CK)</p>  | <p><b>16</b></p> <p>9:15 <b>VIVAfit Combo (VS)</b></p> <p>10:00 <b>Metro, Shoppers &amp; LCBO</b></p> <p> </p> <p>10:15 <b>VIVAfit Combo (VS)</b></p> <p>11:15 <b>VIVAfit Sit (FD)</b></p> <p>1:45 <b>Chair Yoga (VS)</b></p> <p>2:00 Billiards (PP)</p> <p>3:00 Milk Mats Program (CK)</p> <p>3:00 Doc: Queen Victoria's Letters: A Monarch Unveiled (FD)</p> <p>3:00 Happy Hour &amp; Dominoes (PP)</p> <p>4:20 <b>VIVAfit Outdoor Stroll &amp; Stretch (L)</b></p> <p>6:30 Bingo Night (CK)</p>                            | <p><b>17</b></p> <p>9:15 <b>VIVAfit Sit &amp; Stand (VS)</b></p> <p>10:00 <b>TERRA Milton (L)</b></p> <p> </p> <p>10:00 Brittany Glen Hearing Clinic (VP)</p> <p>10:15 <b>VIVAfit Sit &amp; Stand (VS)</b></p> <p>11:15 <b>VIVAfit Sit (FD)</b></p> <p>2:00 Royal Spring Tea (PP)</p> <p>3:00 Happy Hour &amp; Jenga (PP)</p> <p>4:20 Giant Crossword (FD)</p> <p>6:30 Movie Night: The King's Speech (VP)</p>  | <p><b>18</b></p> <p>10:30 <b>VIVAfit Sit (VS)</b></p> <p>11:15 <b>VIVAfit Sit (FD)</b></p> <p>2:00 Netflix New Release: Like Father (VP)</p> <p>2:30 <b>Name That Tune (PP)</b></p> <p>3:00 Happy Hour &amp; Uno (PP)</p> <p>4:20 Washer Toss (VS)</p> <p>6:30 Retro Tube: The Three Stooges (VP)</p>   |

| Sunday   | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  |
|--|---|--|--|---|---|---|
| <p><b>19</b></p> <p>10:30 <b>VIVAfit Sit (VS)</b></p> <p>11:00 Catholic Communion (VP)</p> <p>11:15 <b>VIVAfit Sit (FD)</b></p> <p>2:00 Crafter's Corner: Creative Mini Pot Planting (CK)</p> <p>3:00 Happy Hour &amp; Skip Bo (PP)</p> <p>3:00 <b>Spiritual Program: Hymn Sing &amp; Devotions (VP)</b></p> <p>4:15 Non-Denominational Communion (VP)</p> <p>4:20 <b>VIVAfit Outdoor Stroll &amp; Stretch (L)</b></p> <p>6:30 Movie Night: Guess Who (VP)</p>   | <p><b>20 Victoria Day</b></p> <p>9:15 <b>VIVAfit Sit &amp; Stand (VS)</b></p> <p>10:00 Melodies w/ Ronia (L)</p> <p>10:15 <b>VIVAfit Sit &amp; Stand (VS)</b></p> <p>11:15 <b>Chair Yoga (FD)</b></p> <p>2:00 Knitting Club (BG)</p> <p>2:30 <b>Wii Bowling Tournament (VP)</b></p> <p>3:00 Happy Hour &amp; Scrabble (PP)</p> <p>4:20 Balloon Volleyball (FD)</p> <p>6:30 Nintendo Wii Bowling League (VP)</p> | <p><b>21</b></p> <p>10:15 <b>VIVAfit Combo (VS)</b></p> <p>11:15 <b>VIVAfit Sit (FD)</b></p> <p>1:30 <b>VIVAfit Open Gym (VS)</b></p> <p>11:30 <b>Lunch at Saucy Restaurant (L)</b> 🍴💰</p> <p>2:00 Milk Mats Program (CK)</p> <p>2:00 Billiards (PP)</p> <p>2:30 <b>Wii Bowling Tournament (VP)</b></p> <p>3:00 Happy Hour &amp; Jenga (PP)</p> <p>4:20 Colour &amp; Create (FD)</p> <p>6:30 Movie Night: TBA (VP)</p>                       | <p><b>22</b></p> <p>9:15 <b>VIVAfit Balance (VS)</b></p> <p>10:00 Melodies w/ Ronia (L)</p> <p>10:15 <b>VIVAfit Balance (VS)</b></p> <p>11:15 <b>VIVAfit Sit (FD)</b></p> <p>1:30 <b>VIVAfit Open Gym (VS)</b></p> <p>2:00 Gemologist Pres: Queen Victoria's Jewelry (VP)</p> <p>2:00 Classical Piano performance by Nicole (L)</p> <p>3:00 Happy Hour &amp; Dominoes (PP)</p> <p>4:00 Non-Denominational Church Service (VP)</p> <p>6:30 Performance by June Lawrence School of Dance (L)</p> | <p><b>23</b></p> <p>9:15 <b>VIVAfit Combo (VS)</b></p> <p>10:00 <b>Sobeys &amp; Shoppers (L)</b> 🛒💰🍴</p> <p>10:15 <b>VIVAfit Combo(VS)</b></p> <p>11:00 Reading Buddies (PP)</p> <p>1:30 <b>VIVAfit Sit (FD)</b></p> <p>1:45 <b>Chair Yoga (VS)</b></p> <p>2:00 Billiards (PP)</p> <p>2:30 <b>Wii Bowling Tournament Finals (VP)</b></p> <p>3:00 Milk Mats Program (CK)</p> <p>3:00 Happy Hour &amp; Word In a Word (PP)</p> <p>4:20 <b>VIVAfit Outdoor Stroll (L)</b></p> <p>6:30 Bingo Night (CK)</p> | <p><b>24</b></p> <p>9:15 <b>VIVAfit Sit &amp; Stand (VS)</b></p> <p>10:15 <b>VIVAfit Sit &amp; Stand (VS)</b></p> <p>11:15 <b>VIVAfit Sit (FD)</b></p> <p>2:00 Pres: Great Canadian Authors (VP)</p> <p>3:00 Happy Hour &amp; Crosswords (PP)</p> <p>4:20 Café Chats: Currents Events (PC)</p> <p>6:30 Movie Night: Casablanca (VP)</p>                   | <p><b>25</b></p> <p>10:30 <b>VIVAfit Sit (VS)</b></p> <p>11:15 <b>VIVAfit Sit (FD)</b></p> <p>2:00 Netflix New Release: Book Club (VP)</p> <p>2:30 Ladder Ball (VS)</p> <p>3:00 Happy Hour &amp; Crazy 8's (PP)</p> <p>4:20 <b>Pres: Today's Royal Family (PP)</b></p> <p>6:30 Retro Tube: The Beverly Hillbillies (VP)</p> |
| <p><b>26</b></p> <p>10:30 <b>VIVAfit Sit (VS)</b></p> <p>11:15 <b>VIVAfit Sit (FD)</b></p> <p>2:00 <b>TED Talks: What Makes A Good Life? Lessons From The Longest Study on Happiness (VP)</b></p> <p>2:30 Pres: Proverbs to Exercise Memory &amp; Reasoning (BG)</p> <p>3:00 Happy Hour &amp; Dominoes (PP)</p> <p>3:30 Crafts For a Cause with Ariana (Knitting &amp; Greeting Cards) (BG)</p> <p>4:20 <b>VIVAfit Outdoor Stroll &amp; Stretch (L)</b></p> <p>6:30 Movie Night: Good Will Hunting(VP)</p> | <p><b>27</b></p> <p>9:15 <b>VIVAfit Sit &amp; Stand (VS)</b></p> <p>10:00 Melodies w/ Ronia (L)</p> <p>10:30 <b>Tai Chi with Yvonne (VS)</b></p> <p>11:15 <b>Chair Yoga (FD)</b></p> <p>2:00 Knitting Club (BG)</p> <p>3:00 Happy Hour &amp; Spot It (PP)</p> <p>3:00 <b>Lianne Harris Presents: Titanic Time (VP)</b></p> <p>4:20 You be the Judge (FD)</p> <p>6:30 Nintendo Wii Bowling League (VP)</p>       | <p><b>28</b></p> <p>10:15 <b>VIVAfit Combo(VS)</b></p> <p>11:15 <b>VIVAfit Sit (FD)</b></p> <p>1:30 <b>VIVAfit Assessments/ Open Gym (VS)</b></p> <p>2:00 <b>Greek Cooking Demo with The Culinary Team (CK)</b></p> <p>2:00 Billiards (PP)</p> <p>3:00 Happy Hour &amp; May Highlights Slideshow (PP)</p> <p>3:30 Mill Mats Program (CK)</p> <p>4:20 Café Chats: Current Events (PC)</p> <p>6:30 Performance with Taryn &amp; Sophie (L)</p> | <p><b>29</b></p> <p>9:15 <b>VIVAfit Balance (VS)</b></p> <p>10:00 <b>VIVAfit Walk at Jack Darling Park (L)</b> 🚶🛒🍴</p> <p>10:00 Melodies w/ Ronia (L)</p> <p>10:15 <b>VIVAfit Balance (VS)</b></p> <p>11:15 <b>VIVAfit Sit (FD)</b></p> <p>1:30 <b>VIVAfit Open Gym (VS)</b></p> <p>2:00 <b>May Birthday Party with Daren Marriot (L)</b></p> <p>3:00 Happy Hour w/ Pixie &amp; Gay (PP)</p> <p>4:00 Non-Denominational Church Service (VP)</p> <p>6:30 <b>Po-Ke-No Game (CK)</b></p>          | <p><b>30</b></p> <p>9:15 <b>VIVAfit Combo (VS)</b></p> <p>10:00 <b>Longo's &amp; Shoppers</b> 🛒💰🍴</p> <p>10:15 <b>VIVAfit Combo(VS)</b></p> <p>11:15 <b>VIVAfit Sit (FD)</b></p> <p>1:45 <b>Chair Yoga (VS)</b></p> <p>2:00 Billiards (PP)</p> <p>3:00 Milk Mats Program (CK)</p> <p>3:00 Happy Hour (PP)</p> <p>3:00 VIVA Live: Price is Right (PP)</p> <p>4:20 Guess the Canadian Landscape Game (FD)</p> <p>6:30 Bingo Night (CK)</p>  | <p><b>31</b></p> <p>9:15 <b>VIVAfit Sit &amp; Stand (VS)</b></p> <p>10:15 <b>VIVAfit Sit &amp; Stand (VS)</b></p> <p>11:15 <b>VIVAfit Sit (FD)</b></p> <p>2:00 Performance by The Noteables Choir (L)</p> <p>3:00 Happy Hour &amp; Uno (PP)</p> <p>4:20 <b>VIVAfit Outdoor Stroll &amp; Stretch (L)</b></p> <p>6:30 Movie Night: West Side Story (VP)</p> |   |

