

Beauty For All

Some of our Community Members had the opportunity to be pampered with a glamour makeup session by cosmetic make-up specialists *Beauty For All*. Nicole, the head makeup artist, brought out the inner beauty of our Community Members and brought a few of

them to tears with her excellent work. At the end of each session, Nicole provided quick tips and tricks, and answered questions to help our Community Members keep their radiant looks.



Getting glamorous.

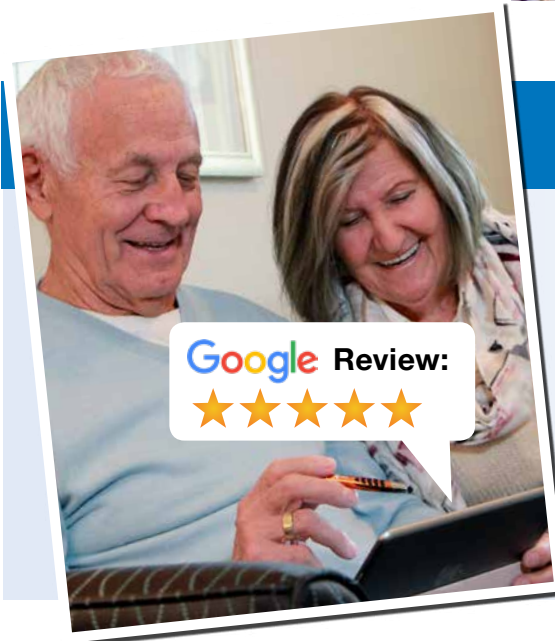


Loving V!VA Mississauga?

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/

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



V!VAvoice

V!VA Retirement Communities™
MISSISSAUGA

June 2019

Your V!VA Community Newsletter

Mother's Day Brunch



Mother's Day at V!VA Mississauga began with our annual Mother's Day brunch. The dining room was beautifully decorated, and our servers were dressed in pink and ready to wow our Community Members and their guests, each of whom were greeted with lovely carnations. Afterwards, Team Member Catherine delivered a wonderful performance; her captivating voice brought smiles and tears – the icing on the cake of an already wonderful day.



Posing for a family photo.



Mother and Daughter.



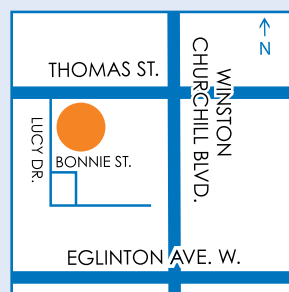
Team Members dressed for the occasion.

Volunteer Appreciation

V!VA Mississauga held its volunteer appreciation event in honour of the well-deserving people who put their busy schedules aside to give our Community a helping hand. Attendees enjoyed delicious appetizers, gifts and a special presentation. Thank you to all our volunteers for all the wonderful work you do!

V!VA Mississauga's Second Annual Big Bike Fundraiser

On June 6th, we will need 29 riders to power one big bike on a ride through the community. The ride is in support of research into heart disease and stroke prevention. To learn more, please attend an information session on June 5th. Please sign up at concierge, and feel free to ask Lifestyles Team Member Felicia for further details.



Making Today Great!

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HELLO JUNE!



We made it! Warmer weather is here and summer is right around the corner! Here are 10 fascinating facts about June!

- 1 June is the month with the longest daylight hours of the year in the Northern Hemisphere.
- 2 June's birthstones are the pearl, the Moonstone and the Alexandrite.
- 3 The June birth flower is the Rose (Rosa) and the Honeysuckle (Lonicera).
- 4 In 2009, June was the 662nd most popular name for girls in the USA.
- 5 Anglo-Saxons gave the June the name Sera monath (Dry month).
- 6 June is derived from either Juno, the goddess of marriage, or from "iuvenes" (latin for young people).
- 7 In both common and leap years, no other month begins on the same day of the week as June.
- 8 June is international men's month.
- 9 June has the shortest daylight hours of the year in the Southern Hemisphere.
- 10 June is often considered a "summer month", whereas September is not. This is despite the fact that September has twice as many summer days as June.

BRAIN



TEASER

There's been a theft at the Big Al's Big Kahuna Surfboard Shop. Police have interviewed six suspects. Below is a summary of their statements. Police know that exactly four of them told one lie each and all of the other statements are true. From this information can you tell who committed the crime?

Sneaky Pete said:

It wasn't Fast Eddie
It wasn't Slick Nick
It wasn't Tony Lip

Smugs McGee said:

It wasn't Fast Eddie
It wasn't Steady Freddie
It wasn't Tony Lip

Tony Lip said:

It wasn't Smugs McGee
It wasn't Slick Nick
It wasn't Steady Freddie

Fast Eddie said:

It wasn't Sneaky Pete
It wasn't Smugs McGee
It wasn't Tony Lip

Slick Nick said:





It wasn't Sneaky Pete
It wasn't Steady Freddie
It wasn't Smugs McGee

Steady Freddie said:

It wasn't Smugs McGee
It wasn't Slick Nick
It wasn't Sneaky Pete

WORKSHEET

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>LEGEND</p> <p>Orange Fitness Class</p> <p>Purple Special Event</p> <p>Green 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>What do sheep do on sunny days? Have a baa-baa-cue.</p>				<p>1</p> <p>10:30 VIVAfit Sit (VS)</p> <p>11:15 VIVAfit Sit (FD)</p> <p>2:00 Netflix: The Music of Silence (VP)</p> <p>3:00 Happy Hour & Joggin your Noggin (PP)</p> <p>3:00 National Reef Awareness (BG)</p> <p>4:00 Riddle Me This (FD)</p> <p>6:30 Retro Tube: Happy Days (VP)</p>
<p>2</p> <p>10:30 VIVAfit Sit (VS)</p> <p>11:00 Catholic Communion (VP)</p> <p>11:15 VIVAfit Sit (FD)</p> <p>2:30 Rummikub (PC)</p> <p>3:00 Happy Hour & Checkers (PP)</p> <p>3:30 Name That Tune (PP)</p> <p>4:00 VIVAfit Outdoor Stroll &Stretch (L)</p> <p>6:30 Movie: Runner Runner (VP)</p>	<p>3</p> <p>9:15 VIVAfit Sit & Stand (VS)</p> <p>10:00 Melodies w/ Ronia (L)</p> <p>10:15 VIVAfit Sit & Stand (VS)</p> <p>11:15 Chair Yoga (FD)</p> <p>2:00 Knitting Club (BG)</p> <p>3:00 Happy Hour & Solitaire (PP)</p> <p>3:00 Music at the Piano w/ Tony Gray (L)</p> <p>4:00 Biography of Sal Mineo (FD)</p> <p>6:30 Nintendo Wii Bowling (VP)</p>	<p>4</p> <p>9:00 Shopping & Planting Victory Garden (L)</p> <p>10:15 VIVAfit Combo (VS)</p> <p>11:15 VIVAfit Sit (FD)</p> <p>1:30 VIVAfit Open Gym (VS)</p> <p>2:00 Milk Mats(CK)</p> <p>2:00 Billiards (PP)</p> <p>3:00 Richard Jordan: Marathon swims across Lake Ontario (VP)</p> <p>3:00 Happy Hour & Uno (PP)</p> <p>4:00 Mindful Meditation (FD)</p> <p>6:30 JT Choir Group (L)</p>	<p>5</p> <p>9:15 VIVAfit Balance (VS)</p> <p>10:00 Bijoux Treasures by Inga Vendor (L)</p> <p>10:00 Melodies w/ Ronia (L)</p> <p>10:15 VIVAfit Balance (VS)</p> <p>11:15 VIVAfit Sit (FD)</p> <p>2:00 VIVALicious Community Member Meeting (VP)</p> <p>3:00 Happy Hour & Jenga (PP)</p> <p>3:00 Big Bike information Session (PP)</p> <p>4:00 Non-Denominational Service (VP)</p> <p>6:30 Men's Pool Pub Night (PP)</p>	<p>6</p> <p>9:15 VIVAfit Combo (VS)</p> <p>10:15 VIVAfit Combo (VS)</p> <p>9:30 The Big Bike(L) </p> <p>11:15 VIVAfit Sit (FD)</p> <p>1:45 Chair Yoga (VS)</p> <p>2:00 Billiards (PP)</p> <p>3:00 Milk Mats Program (CK)</p> <p>3:00 Happy Hour & Boggle (PP)</p> <p>3:15 Library & Loblaws</p> <p> </p> <p>4:00 Creative writing: Acrostic poems (BG)</p> <p>6:30 Bingo Night (CK)</p>	<p>7</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 Team Member Spotlight with Faron (PP)</p> <p>3:00 Rummikub (PC)</p> <p>3:00 Happy Hour & Dominoes (PP)</p> <p>3:30 Program & Outing Meeting (VP)</p> <p>6:30 Movie Night: Radio (VP)</p>	<p>8</p> <p>10:30 VIVAfit Sit (VS)</p> <p>11:15 VIVAfit Sit (FD)</p> <p>2:00 Classic tunes on Piano w/ Virginia (L)</p> <p>3:00 Happy Hour & Joggin your Noggin (PP)</p> <p>3:15 Logic Puzzles (BG)</p> <p>4:00 Word in a word (FD)</p> <p>6:30 Retro Tube: Father Knows Best (VP)</p>
<p>9</p> <p>10:30 VIVAfit Sit (VS)</p> <p>11:00 Catholic Communion (VP)</p> <p>11:15 VIVAfit Sit (FD)</p> <p>2:30 Movement to Music (VP)</p> <p>3:00 Happy Hour & Bananagrams (PP)</p> <p>3:30 Magazine Scavenger Hunt (FD)</p> <p>4:00 VIVAfit Outdoor Stroll &Stretch (L)</p> <p>6:30 Movie Night: Butch Cassidy and the Sundance Kid (VP)</p>	<p>10</p> <p>9:15 VIVAfit Sit & Stand (VS)</p> <p>10:00 Melodies with Ronia (L)</p> <p>10:30 Tai Chi w/Yvonne (VS)</p> <p>11:15 Chair Yoga (FD)</p> <p>11:30 Lunch at Canyon Creek </p> <p>1:00 Outdoor strolls (O)</p> <p>2:00 Knitting Club (BG)</p> <p>2:30 Lemonade in the shade (G)</p> <p>3:00 Happy Hour & Timeline (PP)</p> <p>4:00 Balloon Tennis (FD)</p> <p>6:30 Performance by Ron On The Piano (L)</p>	<p>11</p> <p>10:15 VIVAfit Combo (VS)</p> <p>11:00 Sonita Accessories (L)</p> <p>11:15 VIVAfit Sit (FD)</p> <p>1:30 VIVAfit Open Gym (VS)</p> <p>2:00 Milk Mats (CK)</p> <p>2:00 Billiards (PP)</p> <p>3:00 Happy Hour with Marcus (L)</p> <p>4:00 Reading Chicken soup for the soul Short stories (FD)</p> <p>6:00 Chef Dinner- Greece *Sign up* (CK) </p>	<p>12</p> <p>9:15 VIVAfit Balance (VS)</p> <p>10:00 Melodies w/ Ronia (L)</p> <p>10:00 Hot Chocolate & games w/ Ruth Thompson School (PP)</p> <p>11:15 VIVAfit Sit (FD)</p> <p>2:00 Resident Council Meeting (VP)</p> <p>3:00 Happy Hour & Uno (PP)</p> <p>3:00 Music with Lou (FD)</p> <p>4:00 Non-Denominational Service (VP)</p> <p>6:30 Nintendo Wii Bowling (VP)</p>	<p>13</p> <p>9:15 VIVAfit Combo (VS)</p> <p>10:00 Shoppers & Longos </p> <p>10:15 VIVAfit Combo (VS)</p> <p>11:00 Reading Buddies (PP)</p> <p>1:30 VIVAfit Sit (FD)</p> <p>1:45 Chair Yoga (VS)</p> <p>2:00 Billiards (PP)</p> <p>3:00 Catholic Mass (VP)</p> <p>3:00 Milk Mats Program (CK)</p> <p>3:00 Happy Hour & Boggle (PP)</p> <p>6:30 Pokeno (CK)</p>	<p>14</p> <p>9:15 VIVAfit Sit & Stand (VS)</p> <p>9:30 Kitchen Tour *Sign up at Concierge* (L)</p> <p>10:15 VIVAfit Sit & Stand (VS)</p> <p>10:30 Walker Tune ups (VP)</p> <p>11:15 VIVAfit Sit (FD)</p> <p>2:30 Jeopardy (PP)</p> <p>3:00 Happy Hour & Dominoes (PP)</p> <p>6:30 Movie : How to Succeed in Business Without Really Trying (VP)</p>	<p>15</p> <p>10:30 VIVAfit Sit (VS)</p> <p>11:15 VIVAfit Sit (FD)</p> <p>2:00 Netflix: Made of Honor (VP)</p> <p>3:00 Happy Hour & Joggin your Noggin (PP)</p> <p>3:00 Biography of Meghan Markle (BG)</p> <p>4:00 Scattegories (FD)</p> <p>6:30 Retro Tube: I Dream of Jeannie (VP)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>16 Father's Day</p> <p>10:30 V!VAfit Sit (VS) 11:00 Catholic Communion (VP) 12:00 Father's Day Brunch 11:15 V!VAfit Sit (FD) 2:30 Father's Day Social with Steve Vaughn (L) 3:00 Happy Hour & Giant Crossword (PP) 4:00 V!VAfit Outdoor Stroll &Stretch (L) 6:30 Movie: Parental Guidance (VP)</p>	<p>17</p> <p>10:00 Melodies with Ronia (L) 10:00 Cloverdale Mall & Lunch  10:30 Tai Chi with Yvonne (VS) 11:15 Chair Yoga (FD) 2:00 Knitting Club (BG) 2:00 Sundae on a Monday Social (WP) 3:00 Introduction to Beauty Clinic Shoppers (VP) 3:00 Happy Hour & Solitaire (PP) 4:00 Pres: Heat stroke (VP) 6:30 Nintendo Wii Bowling (VP)</p>	<p>18</p> <p>10:15 V!VAfit Combo (VS) 11:15 V!VAfit Sit (FD) 1:30 V!VAfit Open Gym (VS) 2:00 Milk Mats (CK) 2:00 Billiards (PP) 3:00 June Birthday Party with Patricia Duffy (PP) 3:00 Happy Hour & Uno (PP) 4:00 Joggin' your Noggin & Trivia (FD)</p>	<p>19</p> <p>9:15 V!VAfit Balance (VS) 10:00–2:00 Avon Vendor (L) 10:00 Melodies w/ Ronia (L) 10:15 V!VAfit Balance (VS) 11:15 V!VAfit Sit (FD) 11:45 Lunch at Cynthia's Chinese (L)  2:00 Laughter Yoga (VP) 3:00 Happy Hour & Match Up (PP) 3:00 Music Reflections (FD) 4:00 Non-Denominational Service (CK) 6:30 Wine and Paint (CK)</p>	<p>20</p> <p>9:15 V!VAfit Combo (VS) 10:00 Walmart  10:15 V!VAfit Combo (VS) 11:15 V!VAfit Sit (FD) 1:45 Chair Yoga (VS) 2:00 Billiards (PP) 3:00 Heritage Mississauga : First Nations (VP) 3:00 Milk Mats Program (CK) 3:00 Happy Hour & Boggle (PP) 4:00 Ted Talk & Disc: Psychology of Self-Motivation (BG) 6:30 Bingo Night (CK)</p>	<p>21</p> <p>9:15 V!VAfit Sit & Stand (VS) 10:00 Brittany Glen Hearing Clinic (VP) 10:15 V!VAfit Sit & Stand (VS) 10:30–3:30 5th Avenue Jewelry Vendor (L) 11:15 V!VAfit Sit (FD) 2:00 Tech Coaches (BG) 3:00 Fruit Harvest Social (WP) 3:00 Happy Hour & Dominoes (PP) 4:00 Giant Crossword (FD) 6:30 Movie: The Italian Job (VP)</p>	<p>22</p> <p>10:30 V!VAfit Sit (VS) 11:15 V!VAfit Sit (FD) 2:00 Netflix: Same Kind of Different as Me (VP) 3:00 Happy Hour & Joggin your Noggin (PP) 4:00 Guess who famous fathers (VP) 6:30 Retro Tube: Bewitched (VP)</p>
<p>23</p> <p>10:30 V!VAfit Sit (VS) 11:00 Catholic Communion (VP) 11:15 V!VAfit Sit (FD) 2:30 Bird House Painting (CK) 3:00 Happy Hour & Dominoes (PP) 3:30 Travel Trivia (FD) 4:00 V!VAfit Outdoor Stroll &Stretch (L) 6:30 Movie: Pirates of the Caribbean (VP)</p>	<p>24</p> <p>9:15 V!VAfit Sit & Stand (VS) 10:00 Melodies with Ronia (L) 10:30 Tai Chi with Yvonne (VS) 11:15 Chair Yoga (FD) 2:00 Knitting Club (BG) 3:00 Lianne Harris Presents: Like the Pioneers (VP) 3:00 Happy Hour & Boggle (PP) 4:00 Short Stories (FD) 6:30 Nintendo Wii Bowling (VP)</p>	<p>25</p> <p>10:15 V!VAfit Combo (VS) 11:15 V!VAfit Sit (FD) 1:30 V!VAfit Open Gym (VS) 2:00 Milk Mats (CK) 2:00 Billiards (PP) 3:00 Happy Hour & Jenga (PP) 3:00 Making Strawberry Parfaits (CK) 4:00 Ladder Ball (FD)</p>	<p>26</p> <p>9:15 V!VAfit Balance (VS) 10:00 Melodies w/ Ronia (L) 10:15 V!VAfit Balance (VS) 11:15 V!VAfit Sit (FD) 2:00 Balloon shot put (O) 3:00 Happy Hour & Word Scramble (PP) 4:00 Non-Denominational Service (VP) 6:30 Evening of Music with Tristan Alexander (L)</p>	<p>27</p> <p>9:15 V!VAfit Combo (VS) 10:00 Metro, Shoppers & LCBO  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 Milk Mats Program (CK) 3:00 Happy Hour & Jenga (PP) 4:00 Name that Star (FD) 6:30 Pokeno (CK)</p>	<p>28</p> <p>9:15 V!VAfit Sit & Stand (VS) 10:00 Jack Darling Park  10:15 V!VAfit Sit & Stand (VS) 11:15 V!VAfit Sit (FD) 2:00 The Price Is Right (PP) 3:00 "Speaking of Bones" by Osteoporosis Canada (VP) 3:00 Happy Hour & Dominoes (PP) 4:00 Washer Toss (FD) 6:30 Movie: ChittyChitty BangBang (VP)</p>	<p>29</p> <p>10:30 V!VAfit Sit (VS) 11:15 V!VAfit Sit (FD) 2:00 Netflix: My Big fat Greek Wedding 2 (VP) 3:00 Happy Hour & Joggin your Noggin (PP) 3:00 Mindful Meditation (VS) 4:00 Ladder Ball (FD) 6:30 Retro Tube: The Andy Griffith (VP)</p>
<p>30</p> <p>10:30 V!VAfit Sit (VS) 11:00 Catholic Communion (VP) 11:15 V!VAfit Sit (FD) 2:30 Rummikub (PC) 3:00 Happy Hour & Giant Crossword (PP) 3:30 Doc: Pope Francis: A man of his Word (VP) 4:00 V!VAfit Outdoor Stroll &Stretch (L) 6:30 Movie: School of Rock (VP)</p>	