V!VA*voice*

V!VA Retirement Communities™ OAKVILLE

November 2019

Your V!VA Community Newsletter

Paint Night!

Community Members showed off their artistic talents for our first-ever paint night at V!VA Oakville. The painting instructor did a fantastic job leading our Community Members with easy to follow steps, and the result was a room full of beautiful artwork that all had plenty of style and individuality.

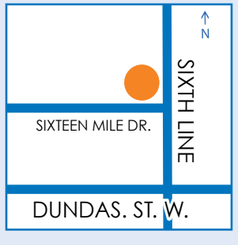
Proud artist.

Painting along with the instructor.

Murder at The Old Mill

Super sleuths ready to crack the case.

Community Members enjoyed an afternoon of intrigue, and a delicious lunch buffet, on a trip to the historic Old Mill Inn in Toronto to see an interactive murder mystery show! A cast of colourful characters introduced themselves during lunch, and then it was up to the guests to put together the clues as the ensemble worked out the mysterious events of the night right before our eyes! Our Community Members put on their detective caps and arrived at the identity of the killer!



Making Today Great!

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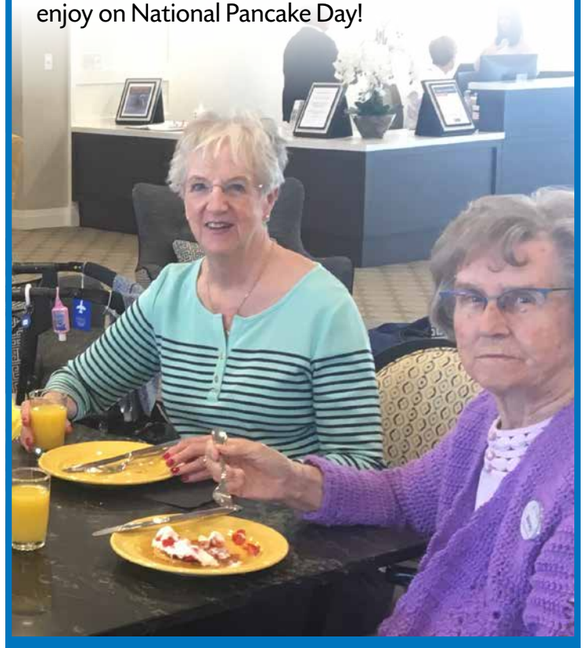
V!VA Retirement Communities™ OAKVILLE

Pancakes Piled at Perks!

Good conversation, laughs, and a whole lot of pancake–eating took place during V!VA Oakville's Pancake Social in late September. Our Executive Chef prepared stacks after stack of delicious, fluffy pancakes for our Community Members to enjoy on National Pancake Day!



Enjoying some delicious pancakes.

Community Members enjoyed a performance by local musician Marcus in *Pints!*Pub.

Lucy! You've got some Esplainin' to do!

Last month, V!VA Oakville celebrated national *I Love Lucy* Day! Fans of the classic television series from the 1950s put their knowledge of the show, and of series lead actress and comedienne Lucille Ball, to test in an *I Love Lucy* trivia showdown. Later in the day, Community Members shared in the nostalgia as we sat down in our V!VA*plex* cinema to watch some of our favourite episodes. Rounding off the evening, Community Members enjoyed some more time in the cinema, this time to watch the legendary Lucille Ball at work on the big screen.

7 INTERESTING FACTS ABOUT
REMEMBRANCE DAY

Remembrance Day was originally called “Armistice Day” to commemorate the armistice that ended the WWI on Monday, November 11, 1918, at 11 a.m.

From 1921 to 1930, Armistice Day was held on the Monday of the week of November 11. In 1931, MP Alan Neill introduced a bill to observe Armistice Day on November 11 itself. The bill also changed the name to “Remembrance Day”. The first Remembrance Day was observed on November 11, 1931.

Each Remembrance Day in Canada, more than 2,300,000 Canadians who have served throughout our nation’s history and more than 118,000 who made the ultimate sacrifice are honoured.

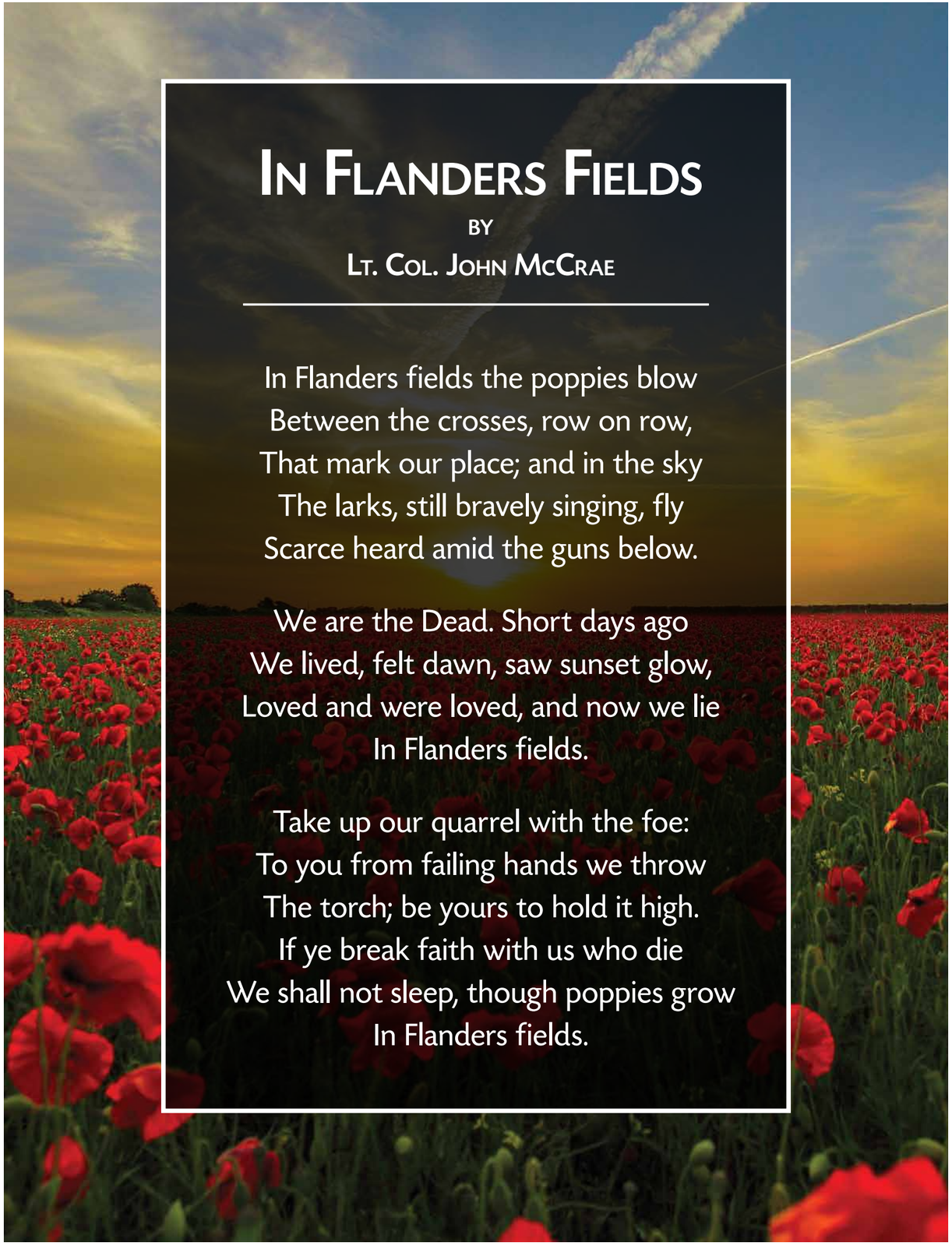
Remembrance Day is a federal statutory holiday in Canada. It is also a statutory holiday in the three territories and in six provinces (British Columbia, Alberta, Saskatchewan, New Brunswick, Prince Edward Island and Newfoundland and Labrador).

The national ceremony is held at the National War Memorial in Ottawa. The Governor General of Canada presides over the ceremony, with the Prime Minister, government officials, dignitaries, diplomatic representatives, Veterans, and the general public in attendance.

Some of the 54 Commonwealth member states observe Remembrance Day on the eleventh hour of the eleventh day of the eleventh month. Other nations observe a solemn day but on different dates, such as April 25 in New Zealand). Many nations that are not members of the Commonwealth also observe Remembrance Day on November 11, including France, Belgium and Poland.

The United States used to commemorate Armistice Day on November 11. However, in 1954 they changed the name to Veterans Day.

https://www.veterans.gc.ca/eng/remembrance/information-for/educators/quick-facts/remembrance-day



In Flanders Fields

BY

Lt. Col. John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

November 2019 — WEEKS 1, 2 & 3 — V!VA Oakville

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
(VL) V!VAlinks Golf Simulator
(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
10:15 V!VA*fit* Sit & Stand (VS)
11:00 Open Gym (VS)
2:00 Lifestyles Meeting (VP)
3:00 Giant Crosswords (PC)
4:15 Driving Range Practice (VL)
7:00 Movie Night (VP)

2
10:15 V!VA*fit* Sit Advanced (VS)
11:15 V!VA*fit* Sit Beginner (VS)
2:00 Current Events Discussion Group (PC)
3:00 Beano (FD)
4:15 Wii Bowling (VP)

3
10:15 V!VA*fit* Sit Advanced (VS)
11:15 V!VA*fit* Sit Beginner (VS)
2:00 Scrabble (BG)
3:00 Crafty Crafters (CK)
4:15 Classic Oldies Sing Along (VP)
7:00 Movie Night (VP)

4
10:15 V!VA*fit* Sit & Stand (VS)
10:45 V!VA*fit* Sit (VS)
11:15 Open Gym (VS)
1:15 Walden School: Remembrance Day (PP)
2:15 Sweet Treats Social (PC)
3:00 Meditation (VP)
4:15 Table Shuffleboard (VL)
7:00 Trivia Night (PP)
National Candy Day

5
10:15 V!VA*fit* Strength Advanced (VS)
10:45 V!VA*fit* Strength Beginner (VS)
11:15 Outdoor Stroll (L)
2:00 Book Swap (FD)
3:00 Word Game: Text Twist (PC)
4:15 iPad, Cell Phone & Computer Assistance (PC)
7:00 Beano (CK)

6
10:00 Vendor: The Dressing Room (CK)
10:15 V!VA Steppers (L)
11:00 Stretch Class (VS)
2:00 V!VA*licious* Meeting (VP)
3:00 Movie Matinee (VP)
4:15 Billiards (PP)
7:00 Euchre Night (PC)

7
10:15 Chair Yoga (VS)
10:45 V!VA*fit* Sit (VS)
11:15 V!VA*fit* Studio Equipment Orientation (VS)
11:45 Lunch at Snug Harbour (L)
2:00 Book Club (FD)
3:00 Floor Shuffleboard (VS)
4:15 Horseracing (CK)
7:00 Bridge Night (PC)

8
10:15 V!VA*fit* Sit & Stand (VS)
11:00 Open Gym (VS)
2:00 Giant Crosswords (PC)
3:00 Guest Speaker: Dr. Gordon Bannerman "The Evolution of Memory: 100 years of Remembrance" (VP)
4:15 Driving Range Practice (VL)
7:00 Movie Night (VP)

9
10:15 V!VA*fit* Sit Advanced (VS)
11:15 V!VA*fit* Sit Beginner (VS)
2:00 Cards: Cribbage (PC)
3:00 Beano (FD)
4:15 Wii Bowling (VP)

10
10:15 V!VA*fit* Sit Advanced (VS)
11:15 V!VA*fit* Sit Beginner (VS)
2:00 Pictionary (PC)
3:00 Ted Talks: Influential Videos (VP)
4:15 Name That Tune (PP)
7:00 Movie Night (VP)

11
10:15 V!VA*fit* Sit & Stand (VS)
10:45 V!VA*fit* Sit (VS)
10:45 Televised Remembrance Day Ceremony (VP)
2:00 Classic War Songs Sing Along (VP)
3:00 Meditation (VP)
4:15 Table Shuffleboard (VL)
7:00 Trivia Night (CK)
Remembrance Day

12
10:15 V!VA*fit* Strength Advanced (VS)
10:45 V!VA*fit* Strength Beginner (VS)
11:00 Outdoor Stroll (L)
2:00 Poker with Desi (CC)
4:15 iPad, Cell Phone & Computer Assistance (PC)
7:00 Beano (CK)

13
10:15 V!VA*fit* Sit (VS)
10:15 V!VA*fit* Steppers (L)
10:30 Walker Clinic (PP)
11:00 Stretch Class (VS)
2:00 Cupcake Baking (CK)
3:30 Delivering Cupcakes to Fire Station (L)
4:15 Billiards (PP)
7:00 Euchre Night (PC)
World Kindness Day

14
10:15 Chair Yoga (VS)
10:45 V!VA*fit* Sit (VS)
11:15 V!VA*fit* Studio Equipment Orientation (VS)
2:00 Brain Fitness (VP)
3:00 Floor Shuffleboard (VS)
4:15 Horseracing (CK)
7:00 Bridge Night (PC)

15
10:15 V!VA*fit* Sit & Stand (VS)
11:00 Rexall Presents: Feel Confident Where You Stand (VP)
1:30 Retro Festive Christmas Store (L)
3:00 Recycling Documentary Series (VP)
4:15 Driving Range Practice (VL)
7:00 Movie Night (VP)
National Recycling Day

16
10:15 V!VA*fit* Sit Advanced (VS)
11:15 V!VA*fit* Sit Beginner (VS)
2:00 Current Events Discussion Group (PC)
3:00 Beano (FD)
4:15 Wii Bowling (VP)

November 2019 — WEEKS 4 & 5 — V!VA Oakville

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 10:15 V!VA*fit* Sit Advanced (VS) 11:15 V!VA*fit* Sit Beginner (VS) 2:15 Non – Denominational Church Service (VP) 2:45 Church Social (PC) 3:00 Crafty Crafters (CK) 4:15 Name That Tune (PP) 7:00 Movie Night (VP)	**18** 10:15 V!VA*fit* Sit & Stand (VS) 10:45 V!VA*fit* Sit (VS) 11:15 Open Gym (VS) 2:00 Word Game: Scattergories (CK) 3:00 Meditation (VP) 4:15 Table Shuffleboard (VL) 7:00 Trivia Night (CK)	**19** 10:15 V!VA*fit* Strength Advanced (VS) 10:45 V!VA*fit* Strength Beginner (VS) 11:00 Outdoor Stroll (L) 2:00 Giant Crosswords (PC) 3:00 Darren Evorglens Entertains! (PP) 4:15 iPad, Cell Phone & Computer Assistance (PC) 7:00 Beano (CK)	**20** 9:00 Hearing Clinic (Wellness Centre) 10:15 V!VA*fit* Sit (VS) 10:15 V!VA Steppers (L) 11:00 Stretch Class (VS) 11:45 Lunch at Swiss Chalet (L) 2:00 Word Game: Text Twist (PC) 3:00 Resident Council Meeting (CC) 4:15 Billiards (PP) 7:00 Euchre Night (PC)	**21** 10:15 Chair Yoga (VS) 10:45 V!VA*fit* Sit (VS) 11:15 V!VA*fit* Studio Equipment Orientation (VS) 2:00 Brain Fitness (VP) 3:00 Floor Shuffleboard (VS) 4:15 Horseracing (CK) 7:00 Bridge Night (PC)	**22** 10:15 V!VA*fit* Sit & Stand (VS) 11:00 Open Gym (VS) 2:00 Travelogue to Germany (VP) 3:00 Taste of Germany Social (CC) 4:15 Driving Range Practice (VL) 7:00 Movie Night (VP)	**23** 10:15 V!VA*fit* Sit Advanced (VS) 11:15 V!VA*fit* Sit Beginner (VS) 2:00 Cards: Cribbage (PC) 3:00 Beano (FD) 4:15 Wii Bowling (VP)
24 10:15 V!VA*fit* Sit Advanced (VS) 11:00 Vendor: Calah's City Glam (L) 11:15 V!VA*fit* Sit Beginner (VS) 2:00 Scrabble (BG) 3:00 Ted Talks: Influential Videos (VP) 4:15 Classic Oldies Sing Along (VP) 7:00 Movie Night (VP)	**25** 10:15 V!VA*fit* Sit & Stand (VS) 10:45 V!VA*fit* Sit (VS) 11:15 Open Gym (VS) 2:00 Heads Up (PC) 3:00 Meditation (VP) 4:15 Table Shuffleboard (VL) 7:00 Paint Night (CK)	**26** 10:00 Vendor: Fragrance Warmers (L) 10:15 V!VA*fit* Strength Advanced (VS) 10:45 V!VA*fit* Strength Beginner (VS) 11:00 Outdoor Stroll (L) 1:30 Bowling at Centre Lanes (L) 2:00 Book Swap (FD) 3:00 Cake Tasting Social (PC) 4:15 iPad, Cell Phone & Computer Assistance (PC) 7:00 Beano (CK) ***National Cake Day***	**27** 10:00 Vendor: Avon (L) 10:15 V!VA*fit* Sit (VS) 10:15 V!VA Steppers (L) 11:00 Stretch Class (VS) 2:00 Town Hall Meeting (VP) 3:00 Movie Matinee (VP) 4:15 Billiards (PP) 7:00 Euchre Night (PC)	**28** 10:15 Chair Yoga (VS) 10:45 V!VA*fit* Sit (VS) 11:00 Vendor: Ab's Gift Baskets (L) 11:15 V!VA*fit* Studio Equipment Orientation (VS) 1:30 Shoppers Drug Mart (L) 2:00 Brain Fitness (VP) 3:00 Floor Shuffleboard (VS) 4:15 Horseracing (CK) 7:00 Bridge Night (PC)	**29** 10:15 V!VA*fit* Sit & Stand (VS) 11:00 Open Gym (VS) 2:00 Giant Crosswords (PC) 3:00 Patrick Rose Entertains! (PP) 4:15 Driving Range Practice (VL) 7:00 Movie Night (VP)	**30** 10:15 V!VA*fit* Sit Advanced (VS) 11:15 V!VA*fit* Sit Beginner (VS) 2:00 Current Events Discussion Group (PC) 3:00 Beano (FD) 4:15 Wii Bowling (VP)

What do you call an iguana that thinks it's a dog?

A reptile dysfunction.

*Calendars are subject to change.