



A Trip to the Caribbean Community Member David's grandson surprised us with an impromptu saxophone and steel drum concert.



Themed-Day Deliveries

Since our regular programming has been affected by the pandemic, VIVA Mississauga has decided to celebrate some of the lesser known holidays within these past few months with door-to-door deliveries to our Community Members in their suites!

So far, they've enjoyed National Campfire Day with homemade S'mores, Canadian Craft Beer Day with craft beer and chips, and Honey Bee Awareness Day, where honey roasted cashew treats were delivered along with information on saving our dwindling honeybee population.



A thirst-quenching delivery.

Librarian Duff

Duff has been a proud Community Member since 2019 and has been making a big difference since his arrival. Duff, having been a Hospitality Specialist, has brought many ideas to V!VA Mississauga – including managing our library (and through a pandemic – that was not an

easy task)! Our library is now up-to-date with modern books, organized and marked with our own V!VA library stamp. Thanks for living the V!VA Orange Dot Value of *Making it Better!*, Duff!



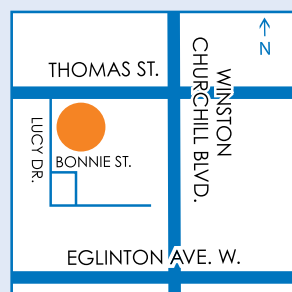
Librarian Duff.



Duff in his element

Knitting Club Now Offers Cuddles

Jeanne is an avid knitter who – instead of making blankets, hats or sweaters – prefers to create most adorable, soft and cuddly teddy bears which are then donated to the Canadian Fund for Struggling Children Abroad program.



Making Today Great!

V!VA Mississauga Retirement Community
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AUTUMN WORD SEARCH

FIVE FALL FOLIAGE FACTS

1 Although we notice the leaves change color in the fall, the red, orange and yellow pigments are actually present in leaves all year round! The only difference is that during other seasons, the pigments are primarily underneath the leaves' surface.

2 The reason these beautiful colors come out in the fall has to do with the change in sunlight. As the summer sun starts to die down, the chemical chlorophyll breaks down, which brings out the hidden colors.

3 Some suspect that global warming may have a negative impact on fall foliage, since part of the reason leaves change has to do with the change in temperature.





4 A leaf's color is typically a result of the species of tree it can be found on – for example, the leaves on aspen trees are generally a golden yellow during the fall months.

5 Leaves that fall to the ground during this time of year are extremely important for the ecosystem, as they become a form of protection for tree seeds as they germinate during the winter.

G O S T D P M R E K L K V E A M R E D V M A S A Q
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 N Z P E U F A N N J C K Q J P J X W Q N J O V S Z
 C K S L O T B C K K I R X G L Q Z H P K Y R V J P
 J I J H F W U D L M D C E T E Z M H K J X N C M J
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|-------------|---------|--------|--------|-------|
| Chlorophyll | Hayride | Orange | Chilly | Red |
| Labour | Foliage | Autumn | Brown | Trees |
| Day | Pumpkin | Leaves | Crunch | Hay |
| Pigment | Colours | Acorns | Cider | |
| Harvest | Yellow | Apples | Rake | |

September 2020		WEEKS 1, 2 & 3						VIVA MISSISSAUGA
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 (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 9:30 V!VAfit Sit (VS) 10:30 V!VAfit Combo (VS) 2:00 V!VAfit Fun (VS) 2:30 Chair Yoga (VS) 3:00 One to One Support (BG) 3:30 Summer Country Drive & Ice Cream Stop 6:00 Shuffleboard (PP) 	2 9:30 V!VAfit Sit (VS) 10:30 V!VAfit Combo (VS) 11:00 Tea & Chats (PP) 11:15 V!VAfitSwim(P) 2:00 V!VAfit Fun (VS) 3:00 Audio Book Club (L) 3:00 One to One Support (BG) 6:30 Outdoor Caribbean Night	3 9:30 V!VAfit Sit (VS) 10:00 Longo's & Shoppers Drug Mart 10:30 V!VAfit Combo (VS) 2:00 V!VAfit Fun (VS) 2:30 Chair Yoga (VS) 3:00 One to One Support (BG) 6:30 Wii Games: Jeopardy (PP)	4 9:30 V!VAfit Sit (VS) 11:00 Hymn Sing (FD) 2:00 V!VAfit Fun (VS) 3:00 Audio Book Club (L) 4:00 One to One Support (BG) 6:30 Billiards (PP)	5 National Hawaiian Pizza Day. See Info TV (988) 10:00 Tech Support with Shahir (BG) 10:30 V!VAfit Sit (VS) 11:15 Outdoor Stroll & Stretch (L) 2:30 V!VAfit Fun (VS) 3:00 The Tudors (VP) 3:30 Pineapple Smoothie Delivery 6:30 Retro Tube: Happy Days (FD)		
6 10:00 Catholic Mass LIVE from the Vatican (VP) 10:30 V!VAfit Sit (VP) 11:15 Outdoor Stroll & Stretch (L) 2:30 V!VAfit Fun (VS) 3:30 Canadian National Parks Scavenger Hunt Prize Giveaway (PP) 6:30 Doc: Night on Earth: Frozen Nights (VP)	7 Labour Day 9:30 V!VAfit Sit & Stand (VS) 11:00 Milk Mats (CK) 2:00 V!VAfit Fun (FD) 3:00 Audio Book Club (L) 6:30 Billiards (PP)	8 9:30 V!VAfit Sit (VS) 10:30 V!VAfit Combo (VS) 2:00 V!VAfit Fun (VS) 2:30 Chair Yoga (VS) 3:00 One to One Support (BG) 3:30 Summer Walk at Memorial Park 6:00 Shuffleboard (PP) 	9 9:30 V!VAfit Sit (VS) 10:30 V!VAfit Combo (VS) 11:00 Tea & Chats (PP) 11:15 V!VAfitSwim(P) 2:00 V!VAfit Fun (VS) 3:00 Audio Book Club (L) 3:00 One to One Support (BG) 6:30 Non-denominational Bible Study (PP)	10 9:30 V!VAfit Sit (VS) 10:00 Metro/LCBO & Shoppers Drug Mart 10:30 V!VAfit Combo (VS) 2:00 V!VAfit Fun (VS) 2:30 Chair Yoga (VS) 3:00 One to One Support (BG) 6:30 Wii Games: Bowling (PP)	11 9:30 V!VAfit Sit (VS) 11:00 Hymn Sing (FD) 2:00 V!VAfit Fun (FD) 3:00 Audio Book Club (L) 3:30 Outdoor Entertainment 6:30 Billiards (PP)	12 International Chocolate Milkshake Day. See Info TV (988) 10:30 V!VAfit Sit (VS) 11:15 Outdoor Stroll & Stretch (L) 2:30 V!VAfit Fun (VS) 3:00 The Tudors (VP) 3:30 Chocolate Milkshake Delivery 6:30 Retro Tube: Happy Days (FD)		
13 Grandparents Day Knitting Club Charity Sale 10:00 Catholic Mass LIVE from the Vatican (VP) 10:30 V!VAfit Sit (VP) 11:15 Outdoor Stroll & Stretch (L) 2:30 V!VAfit Fun (VS) 6:30 Documentary: Night on Earth: Jungle Nights (VP)	14 Constellations Scavenger Hunt Starts 9:30 V!VAfit Sit & Stand (VS) 11:00 Milk Mats (CK) 2:00 V!VAfit Fun (FD) 3:00 Audio Book Club (L) 4:00 One to One Support (BG) 6:30 Billiards (PP)	15 9:30 V!VAfit Sit (VS) 10:30 V!VAfit Combo (VS) 2:00 V!VAfit Fun (VS) 2:30 Chair Yoga (VS) 3:00 One to One Support (BG) 3:30 Summer Country Drive 6:00 Shuffleboard (PP) 	16 9:30 V!VAfit Sit (VS) 10:30 V!VAfit Combo (VS) 11:00 Tea & Chats (PP) 11:15 V!VAfitSwim(P) 2:00 V!VAfit Fun (VS) 3:00 Audio Book Club (L) 3:00 One to One Support (BG) 6:30 Non-denominational Bible Study (PP)	17 9:30 V!VAfit Sit (VS) 10:00 Longo's & Shoppers Drug Mart 10:30 V!VAfit Combo (VS) 2:00 V!VAfit Fun (VS) 2:30 Chair Yoga (VS) 3:00 One to One Support (BG) 6:30 Wii Games: Jeopardy (PP)	18 9:00-11:00 Brittany Glen Hearing Clinic (TR) 9:30 V!VAfit Sit (VS) 11:00 Hymn Sing (FD) 2:00 V!VAfit Fun (FD) 3:00 Audio Book Club (L) 4:00 One to One Support (BG) 6:30 Billiards (PP)	19 Oktoberfest (Germany) See Info TV (988) 10:00 Tech Support with Shahir (BG) 10:30 V!VAfit Sit (VS) 11:15 Outdoor Stroll & Stretch (L) 2:30 V!VAfit Fun (VS) 3:00 The Tudors (VP) 3:30 Beer & Hot Pretzel Delivery 6:30 Retro Tube: Happy Days (FD)		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>20</p> <p>10:00 Catholic Mass LIVE from the Vatican (VP)</p> <p>10:30 V!VAfit Sit (VP)</p> <p>11:15 Outdoor Stroll & Stretch (L)</p> <p>2:30 V!VAfit Fun (VS)</p> <p>6:30 Documentary: Night on Earth: Sleepless Cities (VP)</p>	<p>21</p> <p>9:30 V!VAfit Sit & Stand (VS)</p> <p>11:00 Milk Mats (CK)</p> <p>2:00 V!VAfit Fun (FD)</p> <p>2:30 Knitting Club (BG)</p> <p>3:00 Audio Book Club (L)</p> <p>4:00 One to One Support (BG)</p> <p>6:30 Billiards (PP)</p>	<p>22 First Day of Fall</p> <p>9:30 V!VAfit Sit (VS)</p> <p>10:30 V!VAfit Combo (VS)</p> <p>2:00 V!VAfit Fun (VS)</p> <p>2:30 Chair Yoga (VS)</p> <p>3:00 One to One Support (BG)</p> <p>3:30 Fall Country Drive & Tim Hortons </p> <p>6:00 Shuffleboard (PP) </p>	<p>23</p> <p>9:30 V!VAfit Sit (VS)</p> <p>10:30 V!VAfit Combo (VS)</p> <p>11:00 Tea & Chats (PP)</p> <p>11:15 V!VAfitSwim(P)</p> <p>2:00 V!VAfit Fun (VS)</p> <p>3:00 Audio Book Club (L)</p> <p>3:00 One to One Support (BG)</p> <p>6:30 Non-denominational Bible Study (PP)</p>	<p>24</p> <p>9:30 V!VAfit Sit (VS)</p> <p>10:00 Metro/LCBO & Shoppers Drug Mart </p> <p>10:30 V!VAfit Combo (VS)</p> <p>2:00 V!VAfit Fun (VS)</p> <p>2:30 Chair Yoga (VS)</p> <p>3:00 One to One Support (BG)</p> <p>6:30 Wii Games: Bowling (PP)</p>	<p>25</p> <p>9:30 V!VAfit Sit (VS)</p> <p>11:00 Hymn Sing (FD)</p> <p>2:00 V!VAfit Fun (FD)</p> <p>3:00 Audio Book Club (L)</p> <p>4:00 One to One Support (BG)</p> <p>6:30 Billiards (PP)</p>	<p>26 International Wine & Cheese Day. See Info TV (988)</p> <p>10:30 V!VAfit Sit (VS)</p> <p>11:15 Outdoor Stroll & Stretch (L)</p> <p>2:30 V!VAfit Fun (VS)</p> <p>3:00 The Tudors (VP)</p> <p>3:30 Wine & Cheese Delivery</p> <p>6:30 Retro Tube: Happy Days (FD)</p>
<p>27</p> <p>10:00 Catholic Mass LIVE from the Vatican (VP)</p> <p>10:30 V!VAfit Sit (VP)</p> <p>11:15 Outdoor Stroll & Stretch (L)</p> <p>2:30 V!VAfit Fun (VS)</p> <p>3:30 Constellations Scavenger Hunt Prize Giveaway (PP)</p> <p>6:30 Documentary: Night on Earth: Dusk till Dawn (VP)</p>	<p>28 Classical Music Composers Scavenger Hunt Starts</p> <p>9:30 V!VAfit Sit & Stand (VS)</p> <p>11:00 Milk Mats (CK)</p> <p>2:00 V!VAfit Fun (FD)</p> <p>2:30 Knitting Club (BG)</p> <p>3:00 Audio Book Club (L)</p> <p>4:00 One to One Support (BG)</p> <p>6:30 Billiards (PP)</p>	<p>29</p> <p>9:30 V!VAfit Sit (VS)</p> <p>10:30 V!VAfit Combo (VS)</p> <p>2:00 V!VAfit Fun (VS)</p> <p>2:30 Chair Yoga (VS)</p> <p>3:00 Sing along with Lou (FD)</p> <p>6:00 Shuffleboard (PP) </p>	<p>30</p> <p>9:30 V!VAfit Sit (VS)</p> <p>10:30 V!VAfit Combo (VS)</p> <p>11:00 Tea & Chats (PP)</p> <p>11:15 V!VAfitSwim(P)</p> <p>2:00 V!VAfit Fun (VS)</p> <p>3:00 Audio Book Club (L)</p> <p>3:00 One to One Support (BG)</p> <p>6:30 Non-denominational Bible Study (PP)</p>			

What do you call a car being driven by a lamb in a swimsuit?

A "lamb-bikini".