



Decorating wine glasses for the holidays.



Our holiday clothes donation campaign collected 22 bags of clothes for donation to the local Goodwill Centre.

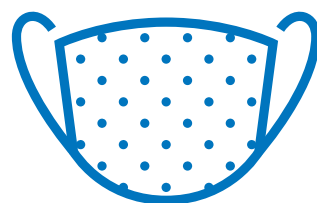
Don't miss out!

New Year, New You

A new year means a new list of goals and aspirations. Talk with the VIVA Team to create a plan personalized for you. Let's make this year great!

Council Nominations

January means continuing the tradition of having great team players on the VIVA Council Committee. Start thinking about your nominations, and reach out to the Lifestyles Team.



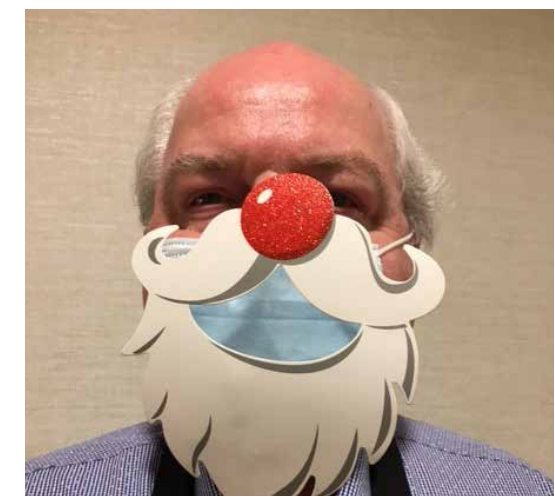
FACEMASKS MUST BE WORN WHEN PARTICIPATING IN ACTIVITIES

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Due to the ongoing pandemic, there is no events calendar. Please speak to your Community's Lifestyles Team to learn more about what's happening at your Community this month!



Making holiday cards for family, friends, and loved ones.



Enjoying some goofy and festive fun in December.



Community Member June found all the hidden Santa's Elves.



Upcoming Virtual Events

A new monthly series to help us feel better together!



Guest Speaker
Amanda Li, Registered Dietician & Educator

The Role of Nutrition in Seniors' Mental Health and Wellbeing

Two Part Series with Guest Speaker:
Amanda Li

TUESDAY, JANUARY 19 | 10:00 - 11:00 AM

Join us on Zoom as Registered Dietitian, educator, and owner of Wellness Simplified, Amanda Li, examines key nutrients for older adults and their role in mental health and wellbeing. Participants will be entered to WIN a virtual 30 minute nutrition consult with Amanda!

TUESDAY, JANUARY 26 | 10:00 - 11:00 AM

Now that we have discussed the key nutrients, let's put this knowledge into practice! Amanda prepares two easy, nutritious, and mouth-watering recipes rich in important nutrients



Guest Speaker
Mike Stroh, MACP, Registered Psychotherapist

Kindness and Compassion

TUESDAY, FEBRUARY 16 | 10:00 - 11:00 AM

Join us as MACP, Registered Psychotherapist, Mike Stroh, explores why exercising self compassion and cultivating kindness can make us feel more connected and motivated while enhancing personal wellbeing.

To register for these events, please call Megan at (289) 725-6000 or email oakville@vivalife.ca.

Word Search

The New Year is almost here! Get into the spirit searching for festive words in the block below.

O U V D O E V J S R P X F N N K C X W L F I R M S
O Y X T G C A K E Z R A C R V W G E B T J M Q I R
D B Q H I N R S O K U T P E D C O N F E T T I D E
E D G S U O O T H H H J K S B T Y D Y Z R F V N M
X U U A W L H P G T O C V O B V G A T A E A I I A
U M R E U H W N K C H I A L O H K U M N D Q U G E
T Y R T I B A K M S S G Q U P A R T Y M U I D H R
C I I C H K K N D R Z Q V T T R C T Y C A O L T T
F O B K A P L D G L S V T I E N G A P M A H C O S
N P S Y J C G H S O W Q L O Q P L H M B E Z G L H
F S Q S H A K S U E V Z A N S X N M N J V O L J Y
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CHAMPAGNE

CONFETTI

COUNTDOWN

DANCING

FIREWORKS

HANGOVER

HOLIDAY

JANUARY

MIDNIGHT

MUSIC

PARTY

RESOLUTION

RESOLUTIONS

STREAMERS

TUXEDO