



Community Members celebrated the return of baking programs in the VIVAcraft Kitchen by baking some delicious muffins.



Don't miss out!

VIVA Oakville's 2nd Anniversary Celebration

Thursday, September 9th 2:00 p.m.

We're throwing a party to celebrate two years of *Making Today Great!* at VIVA Oakville. Join us for music, treats, and a celebration dinner.

Return of the Men's Club Wednesday, September 29th 3:00 p.m. – Pints! Pub

We are happy to announce the popular Men's Club has returned.

Check with Lifestyles for details on these and other events, programs, and activities happening this month.

LET'S WORK TOGETHER AND REMEMBER TO WEAR OUR MASKS AND KEEP A SAFE DISTANCE.

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V!VAoice

YOUR VIVA COMMUNITY NEWSLETTER

September 2021

V!VA Retirement Communities™
OAKVILLE



Community Members woke up early to help cheer on the Canadian team during the Tokyo 2020 Summer Olympics.



Decorations in support of Team Canada's athletes.



Pool noodle Javelin Throw.



Community Members played their own VIVA Olympic sports with gold, silver and bronze prizes up for grabs.



Upcoming Virtual Events

A monthly series to help us feel better together!

Please join us as we continue to increase awareness around mental health as an important issue for older adults, provide seniors and loved ones with relevant education and resources, and raise funds for local organizations supporting seniors' mental health.



Guest Speaker
Dr. Bonnie J. Kaplan

Nutrition Above the Neck

TUESDAY, SEPTEMBER 21ST | 11:00 AM

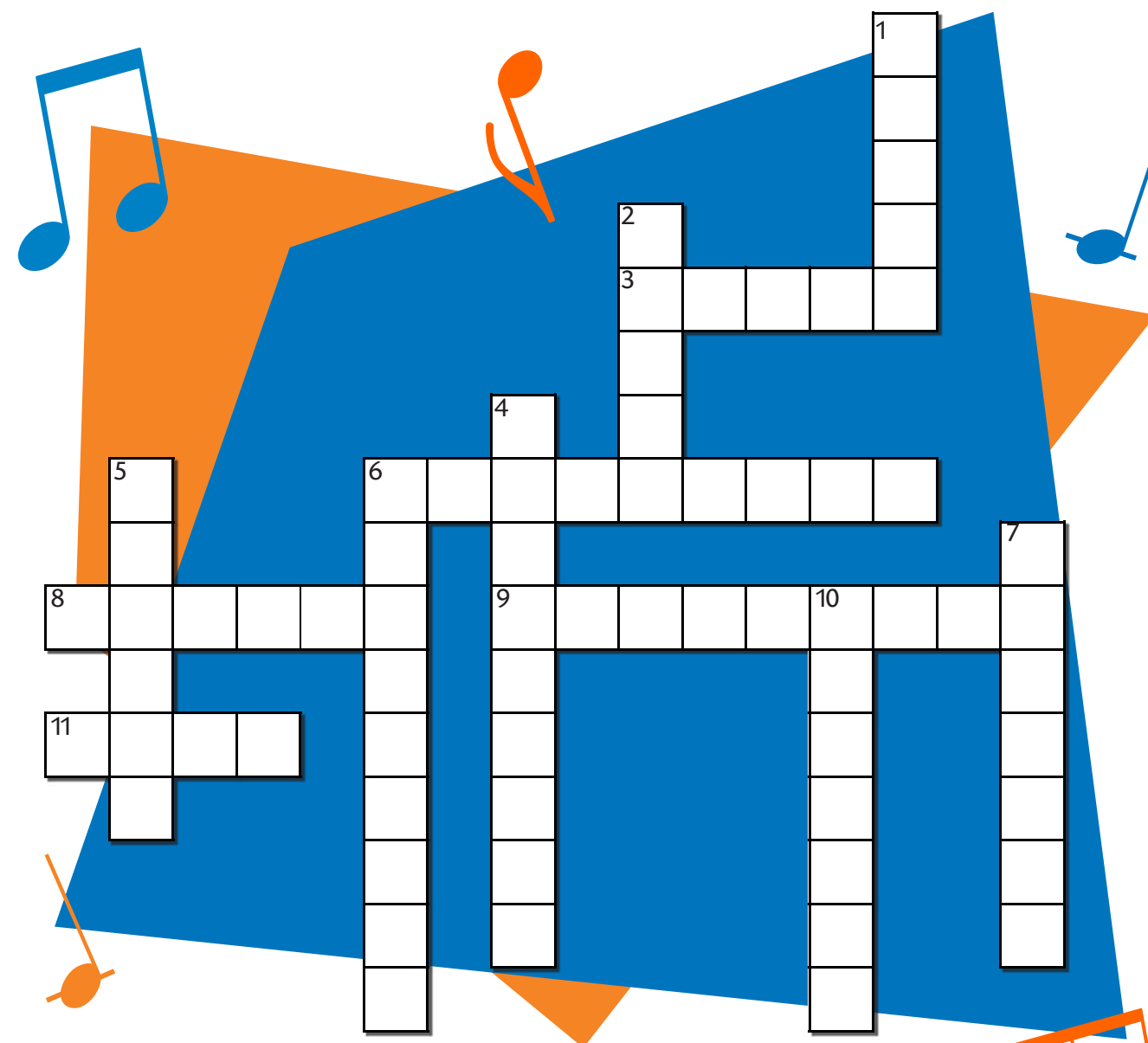
In an era when many people look down at their waists to assess nutritional health, Dr. Kaplan is looking up instead. She calls it "nutrition above the neck" and stresses the importance of food selection in her recently published book "The Better Brain - Overcome Anxiety, Combat Depression, and Reduce ADHS and Stress with Nutrition."

To register, go to www.vivalife.ca/mentalhealth or call Megan at (289) 725-6000 or email oakville@vivalife.ca



CROSSWORD

Take a break and relax with this music themed crossword puzzle. Fill in the blanks with the clues below!



Across

- 3. Tune in to your favourite station on this
- 6. Bach, Beethoven and Mozart
- 8. Played with a horse hair bow
- 9. Group of performers, including a string, woodwind, brass, and percussion section playing classical music
- 11. Four strings and a deep sound

Down

- 1. 52 white keys and 36 black keys
- 2. Performed with sticks
- 4. Metal wind instruments used in jazz and dance music.
- 5. Six strings and a long neck
- 6. Person who waves a wand to keep the band in time
- 7. Sound is made by squeezing a bag under the player's arm
- 10. Make musical sounds with the voice

1. Piano 2. Drums 3. Radio 4. Saxophone 5. Guitar 6. Conductor 7. Bagpipe 8. Violin 9. Orchestra 10. Singing 11. Bass

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>🚐 Shuttle</p> <p>\$ Cost required</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>(VL) VIVALinks</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>Celebrating 2 years at VIVA Oakville Thursday, September 9</p> <p>Celebrating our 2-year Anniversary here at VIVA Oakville.</p> <p>Celebration will include music, cake, celebration dinner and VIVA fun.</p>	<p>1</p> <p>10:15 VIVAfit Sit (VS)</p> <p>10:15 Bus Trip 🚐 ✓</p> <p>11:00 VIVAfit Strength (VS)</p> <p>1:30 Tech Assist ✓</p> <p>2:00 Guided Meditation (CC)</p> <p>3:00 Coffee & Tea Social (PC)</p> <p>3:00 Happy Hour (PP) \$</p> <p>3:00 Knitting Club (BG)</p> <p>7:00 Euchre Club (VP)</p>	<p>2</p> <p>9:45 2nd Floor VIVA Fun (FD)</p> <p>10:30 VIVAfit Sit & Stand (VS)</p> <p>11:00 VIVAfit Sit (FD)</p> <p>11:00 VIVAfit Sit & Stand (VS)</p> <p>1:30 Tech Assist ✓</p> <p>2:00 Scattergories (VP)</p> <p>3:00 Coffee & Tea Social (PC)</p> <p>3:00 Happy Hour (PP) \$</p> <p>3:00 Knitting Club (BG)</p>	<p>3</p> <p>10:15 VIVAfit Sit (VS)</p> <p>11:00 VIVAfit Sit & Stand (VS)</p> <p>1:30 Tech Assist ✓</p> <p>1:30 Rosary Club (CC)</p> <p>2:00 Bingo Club (VP)</p> <p>3:00 Coffee & Tea Social (PC)</p> <p>3:00 Happy Hour (PP) \$</p> <p>3:00 Knitting Club (BG)</p> <p>3:00 Going fore a Round with Nolan (VL) ✓</p>	<p>4</p> <p>10:15 VIVAfit Sit Beginner (VS)</p> <p>11:00 VIVAfit Flow (VS)</p> <p>2:00 Guided Meditation (CC)</p> <p>3:00 Coffee & Tea Social (PC)</p> <p>3:00 Happy Hour (PP) \$</p> <p>3:00 Knitting Club (BG)</p> <p>3:45 Lecture Series: Ancient and medieval History (VP)</p>
<p>5</p> <p>10:15 VIVAfit Sit (VS)</p> <p>11:00 VIVAfit Flow (VS)</p> <p>1:30 Tech Assist ✓</p> <p>2:00 Guided Meditation (CC)</p> <p>3:00 Coffee & Tea Social (PC)</p> <p>3:00 Happy Hour (PP) \$</p> <p>3:00 Knitting Club (BG)</p> <p>3:00 Word Games (FD)</p>	<p>6</p> <p>10:15 VIVAfit Sit (VS)</p> <p>11:00 VIVAfit Balance (VS)</p> <p>1:30 Tech Assist ✓</p> <p>2:00 Guided Meditation (CC)</p> <p>3:00 Coffee & Tea Social (PC)</p> <p>3:00 Happy Hour (PP) \$</p> <p>3:00 Knitting Club (BG)</p> <p>7:00 Movie Night (VP) ✓</p>	<p>7</p> <p>9:45 2nd Floor VIVA Fun (FD)</p> <p>10:15 VIVAfit Sit (VS)</p> <p>11:00 VIVAfit Sit (FD)</p> <p>11:00 VIVAfit Sit & Stand (VS)</p> <p>2:00 Bingo Club (VP)</p> <p>2:00 Guided Meditation (CC)</p> <p>3:00 Coffee & Tea Social (PC)</p> <p>3:00 Happy Hour (PP) \$</p> <p>3:00 Knitting Club (BG)</p> <p>3:45 Lecture Series: Mindfulness (VP)</p>	<p>8</p> <p>10:15 VIVAfit Sit (VS)</p> <p>10:15 Bus Trip 🚐 ✓</p> <p>11:00 VIVAfit Strength (VS)</p> <p>1:30 Tech Assist ✓</p> <p>2:00 Guided Meditation (CC)</p> <p>3:00 Coffee & Tea Social (PC)</p> <p>3:00 Happy Hour (PP) \$</p> <p>3:00 Knitting Club (BG)</p> <p>7:00 Euchre Club (VP)</p>	<p>9</p> <p>9:45 2nd Floor VIVA Fun (FD)</p> <p>10:30 VIVAfit Sit & Stand (VS)</p> <p>11:00 VIVAfit Sit (FD)</p> <p>11:00 VIVAfit Sit & Stand (VS)</p> <p>1:30 Tech Assist ✓</p> <p>2:00 2nd Year Anniversary Celebration</p> <p>4:30-6:30 Celebration Dinner</p>	<p>10</p> <p>10:15 VIVAfit Sit (VS)</p> <p>11:00 VIVAfit Sit & Stand (VS)</p> <p>1:30 Tech Assist ✓</p> <p>1:30 Rosary Club (CC)</p> <p>2:00 Bingo Club (VP)</p> <p>3:00 Coffee & Tea Social (PC)</p> <p>3:00 Happy Hour (PP) \$</p> <p>3:00 Knitting Club (BG)</p> <p>3:00 Going fore a Round with Nolan (VL) ✓</p>	<p>11</p> <p>10:15 VIVAfit Sit & Stand (VS)</p> <p>11:00 VIVAfit Flow (VS)</p> <p>2:00 Guided Meditation (CC)</p> <p>3:00 Coffee & Tea Social (PC)</p> <p>3:00 Happy Hour (PP) \$</p> <p>3:00 Knitting Club (BG)</p> <p>3:45 Lecture Series: Ancient and medieval History (VP)</p> <p>7:00 Movie Night (VP) ✓</p>
<p>12</p> <p>10:15 VIVAfit Sit (VS)</p> <p>11:00 VIVAfit Flow (VS)</p> <p>1:30 Tech Assist ✓</p> <p>2:00 Guided Meditation (CC)</p> <p>3:00 Coffee & Tea Social (PC)</p> <p>3:00 Happy Hour (PP) \$</p> <p>3:00 Knitting Club (BG)</p> <p>3:00 Word Games (FD)</p>	<p>13</p> <p>10:15 VIVAfit Sit (VS)</p> <p>11:00 VIVAfit Balance (VS)</p> <p>1:30 Tech Assist ✓</p> <p>2:00 Guided Meditation (CC)</p> <p>3:00 Coffee & Tea Social (PC)</p> <p>3:00 Happy Hour (PP) \$</p> <p>3:00 Knitting Club (BG)</p> <p>7:00 Movie Night (VP) ✓</p>	<p>14</p> <p>9:45 2nd Floor VIVA Fun (FD)</p> <p>10:15 VIVAfit Sit (VS)</p> <p>11:00 VIVAfit Sit (FD)</p> <p>11:00 VIVAfit Sit & Stand (VS)</p> <p>2:00 Bingo Club (VP)</p> <p>2:00 Guided Meditation (CC)</p> <p>3:00 Coffee & Tea Social (PC)</p> <p>3:00 Happy Hour (PP) \$</p> <p>3:00 Knitting Club (BG)</p> <p>3:45 Lecture Series: Mindfulness (VP)</p> <p>7:00 Virtual Classical Concert Night (VP) ✓</p>	<p>15</p> <p>10:15 VIVAfit Sit (VS)</p> <p>10:15 Bus Trip 🚐 ✓</p> <p>11:00 VIVAfit Strength (VS)</p> <p>1:30 Tech Assist ✓</p> <p>2:00 Guided Meditation (CC)</p> <p>3:00 Executive Community Member Council Meeting (CC)</p> <p>3:00 Coffee & Tea Social (PC)</p> <p>3:00 Happy Hour (PP) \$</p> <p>3:00 Knitting Club (BG)</p> <p>7:00 Euchre Club (VP)</p>	<p>16</p> <p>9:45 2nd Floor VIVA Fun (FD)</p> <p>10:15 Bus Trip 🚐 ✓</p> <p>10:30 VIVAfit Sit & Stand (VS)</p> <p>11:00 VIVAfit Sit (FD)</p> <p>11:00 VIVAfit Sit & Stand (VS)</p> <p>1:30 Tech Assist ✓</p> <p>2:00 Scattergories (VP)</p> <p>3:00 Coffee & Tea Social (PC)</p> <p>3:00 Happy Hour (PP) \$</p> <p>3:00 Knitting Club (BG)</p>	<p>17</p> <p>10:15 VIVAfit Sit (VS)</p> <p>11:00 VIVAfit Sit & Stand (VS)</p> <p>1:30 Tech Assist ✓</p> <p>1:30 Rosary Club (CC)</p> <p>2:00 Bingo Club (VP)</p> <p>3:00 Coffee & Tea Social (PC)</p> <p>3:00 Happy Hour (PP) \$</p> <p>3:00 Knitting Club (BG)</p> <p>3:00 Going fore a Round with Nolan (VL) ✓</p>	<p>18</p> <p>10:15 VIVAfit Sit Beginner (VS)</p> <p>11:00 VIVAfit Flow (VS)</p> <p>2:00 Guided Meditation (CC)</p> <p>3:00 Coffee & Tea Social (PC)</p> <p>3:00 Happy Hour (PP) \$</p> <p>3:00 Knitting Club (BG)</p> <p>3:45 Lecture Series: Ancient and medieval History (VP)</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>19</p> <p>10:15 V!VAfit Sit (VS) 11:00 V!VAfit Flow (VS) 1:30 Tech Assist ✓ 2:00 Guided Meditation (CC) 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) \$ 3:00 Knitting Club (BG) 3:00 Word Games (FD) 3:00 Tea & Flute Party in Garden (VG) ✓</p>	<p>20 Election Day</p> <p>10:15 V!VAfit Sit (VS) 11:00 V!VAfit Balance (VS) 1:30 Tech Assist ✓ 2:00 Guided Meditation (CC) 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) \$ 3:00 Knitting Club (BG) 7:00 Movie Night (VP) ✓</p>	<p>21 VIVA Doughnut Day</p> <p>9:45 2nd Floor VIVA Fun (FD) 10:15 V!VAfit Sit (VS) 11:00 V!VAfit Sit (FD) 11:00 V!VAfit Sit & Stand (VS) 2:00 Bingo Club (VP) 2:00 Guided Meditation (CC) 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) \$ 3:00 Knitting Club (BG) 3:45 Lecture Series: Mindfulness (VP)</p>	<p>22</p> <p>10:15 V!VAfit Sit (VS) 10:15 Bus Trip 🚌 ✓ 11:00 V!VAfit Strength (VS) 1:30 Tech Assist ✓ 2:00 Guided Meditation (CC) 2:30 Lifestyles Advisory Meeting (VP) ✓ 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) \$ 3:00 Knitting Club (BG) 7:00 Euchre Club (VP)</p>	<p>23</p> <p>9:45 2nd Floor VIVA Fun (FD) 10:30 V!VAfit Sit & Stand (VS) 11:00 V!VAfit Sit (FD) 11:00 V!VAfit Sit & Stand (VS) 1:30 Tech Assist ✓ 2:00 Scattergories (VP) 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) \$ 3:00 Knitting Club (BG) 2:00 Community Member Town Hall Meeting (VP)</p>	<p>24</p> <p>10:15 V!VAfit Sit (VS) 11:00 V!VAfit Sit & Stand (VS) 1:30 Tech Assist ✓ 1:30 Rosary Club (CC) 2:00 Bingo Club (VP) 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) \$ 3:00 Knitting Club (BG) 3:00 Going fore a Round with Nolan (VL) ✓</p>	<p>25</p> <p>10:15 V!VAfit Sit & Stand (VS) 11:00 V!VAfit Flow (VS) 2:00 Guided Meditation (CC) 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) \$ 3:00 Knitting Club (BG) 3:45 Lecture Series: Ancient and medieval History (VP) 7:00 Movie Night (VP) ✓</p>
<p>26</p> <p>10:15 V!VAfit Sit (VS) 11:00 V!VAfit Flow (VS) 1:30 Tech Assist ✓ 2:00 Guided Meditation (CC) 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) \$ 3:00 Knitting Club (BG) 3:00 Word Games (FD)</p>	<p>27</p> <p>10:15 V!VAfit Sit (VS) 11:00 V!VAfit Balance (VS) 1:30 Tech Assist ✓ 2:00 Guided Meditation (CC) 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) \$ 3:00 Knitting Club (BG) 7:00 Movie Night (VP) ✓</p>	<p>28</p> <p>9:45 2nd Floor VIVA Fun (FD) 10:15 V!VAfit Sit (VS) 11:00 V!VAfit Sit (FD) 11:00 V!VAfit Sit & Stand (VS) 2:00 Bingo Club (VP) 2:00 Guided Meditation (CC) 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) \$ 3:00 Knitting Club (BG) 3:45 Lecture Series: Mindfulness (VP)</p>	<p>29</p> <p>10:15 V!VAfit Sit (VS) 10:15 Bus Trip 🚌 ✓ 11:00 V!VAfit Strength (VS) 1:30 Tech Assist ✓ 2:00 Guided Meditation (CC) 3:00 Men's Club (PP) 3:00 Coffee & Tea Social (PC) 3:00 Knitting Club (BG) 7:00 Euchre Club (VP)</p>	<p>30</p> <p>9:45 2nd Floor VIVA Fun (FD) 10:15 Bus Trip 🚌 ✓ 10:30 V!VAfit Sit & Stand (VS) 11:00 V!VAfit Sit (FD) 11:00 V!VAfit Sit & Stand (VS) 1:30 Tech Assist ✓ 2:00 Scattergories (VP) 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) \$ 3:00 Knitting Club (BG)</p>	<p>Men's Club</p> <p>We are happy to bring back our Men's Club. Community Members are invited down to the Pub for some drinks, fun, and billiards!</p>	

What is a car purchased in September called?

An Autumnobile.

