



Community Member Jeanne, of the Métis, hands out orange ribbons in support of the country's first National Day of Truth and Reconciliation.



Lifestyles Manager Julie leads a presentation on the National Day for Truth and Reconciliation.

Don't miss out!

Remembrance Day Wreath Laying at Streetsville Cenopath

Thursday, November 11th
10:00 am – Meet in Lobby

A short outing to pay respects to all those who served and leave a token of our appreciation. Sign up at concierge.

Remembrance Day Service

Thursday, November 11th
11:00 am – V!VAplex

Wine & Paint Night
Thursday, November 18th
V!VAcraft Kitchen

No experience necessary! Unleash your creativity with an easy to follow step-by-step instructions and a complimentary glass of wine.

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

Copyright VIVA Retirement Communities Corporation 2021



Mariyn and Lois share a drink during happy hour in Pints! Pub.



Margaret gets into the groove during the newly added dance classes.



Thelma was feeling festive during our Oktoberfest celebration.





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
Patrick Tower
Warrant Officer, SMV, CD, MBA
and Combat Veteran

Resilience and Mental Toughness: Building a Battle-Tested Mindset

TUESDAY, NOVEMBER 16 | 11:00 AM

If you want to develop perseverance, mental toughness, and the ability to excel under extreme conditions, despite seemingly impossible odds, it is important to know what they look like – Patrick will show you. His personal stories of combat leadership, uncommon valour, steadfast determination, and devoted comradeship will leave you inspired, energized, and focused on accomplishing your true potential. The robust spirit that moves soldiers to confidently push forward and accomplish the extraordinary during life's most tenuous moments are as applicable in your day-to-day life as they are on the battlefield.

To register, go to
www.vivalife.ca/mentalhealth
or call Kaytee at (905) 566-4500
or email mississauga@vivalife.ca




In Flanders Fields

By 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.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LEGEND Orange Fitness Class Purple Special Event Green Excursion ✓ Sign Up 🚗 Shuttle \$ Cost required ▶▶ Walking	(PC) Perks! Café (PP) Pints! Pub (TR) Therapy Room (VP) V!VAplex (VG) Victory Garden (VS) V!VAfit Studio (VL) V!VAlinks (L) Lobby (CC) Community Commons (BG) Brain Gym (CK) V!VAcraft Kitchen (FD) Family Den (HR) Horticulture Room (P) Pool	SHUFFLEBOARD TOURNAMENT!! Sign up with Lifestyles to join us in an epic fight for reigning champion of the shuffleboard table! ✓ Kick off and rules day: Wednesday November 17 th ✓ Tournament start date: Thursday September 18 th !	Sign up at concierge to join us in laying a remembrance wreath at the Streetsville cenotaph on Remembrance Day. A short outing to pay respects to all those who served and leave a token of our appreciation.	<div style="border: 1px solid green; padding: 10px; text-align: center;"> <p style="font-size: 2em; color: #c0392b;">Lest we forget</p> <p style="color: #c0392b;">Thank you for your service and sacrifice</p>  </div>		
	1 9:15 Current Events (PC) 10:30 V!VAfit Sit (VS) 11:00 Falls Prevention Presentation (VP) 11:30 V!VAfit FUN (VS) 2:00 Knitting Club Shop ✓ 🚗 2:30 Drumfit! (VS) ✓ 3:30 Brain Games (PP) 4:15 V!VAfit Sit (FD)	2 9:15 Sign me up! Reminder Calls 10:30 Access Abilities – Walker Maintenance (PP) ✓ 10:30 Yoga (VS) 11:15 V!VAfit Sit & Stand (VS) 2:30 V!VAfit Balance (VS) 4:15 Bean Bag Toss (FD) 6:30 Bible Study (PP) Popcorn and a Classic Movie: Some Like it Hot (VP) 7:00	3 9:15 Sign me up! Reminder Calls 10:00-1:30 Erin Mills Town Centre & Lunch ✓ 🚗 \$ 10:30 V!VAfit FUN (FD) 11:00 V!VAfit Sit (VS) 2:00 Milk Mats (CK) 2:30 Yoga (VS) ✓ November Program & Outing Planning Meeting (VP) 3:30 6:30 Bingo (VP)	4 Diwali 9:15 Sign me up! Reminder Calls 11:00 V!VAfit Sit (VS) 1:30 Diwali Celebration (PC) 3:00 V!VALicious Meeting (VP) 4:15 V!VAfit FUN (FD) 6:30 Giant Group Crosswords (PP)	5 9:15 Current Events (PC) 11:00 V!VAfit Sit (VS) 11:00 Group Crosswords (PC) 2:30 V!VAfit Sit & Stand (VS) 4:15 V!VAfit FUN (FD) 8:00 Documentary Night: The Marked (VP)	6 10:30 Anglican Service (VP) 11:00 V!VAfit Sit (VS) Holiday Vendor Sales (L) 10:00-2:00 ✓ Avon ✓ Cathy's Accessories 2:00 Afternoon Movie: The Good Liar (VP) 2:30 V!VAfit Strength (VS)
7 10:30 Catholic Service (VP) 11:00 V!VAfit Sit (VS) 2:30 Bingo (VP) 4:15 V!VAfit FUN (FD)	8 9:15 Current Events (PC) 10:30 V!VAfit Sit (VS) 11:30 V!VAfit FUN (VS) 2:00 Knitting Club (BG) 2:30 Drumfit! (VS) ✓ 3:30 Brain Games (PP) 4:15 V!VAfit Sit (FD)	9 9:15 Sign me up! Reminder Calls 10:30 Tai Chi (VS) 11:15 V!VAfit Sit & Stand (VS) 2:30 V!VAfit Balance (VS) 4:15 Magnetic Darts (FD) 6:30 Bible Study (PP) 7:00 Popcorn and a Classic Movie: Casablanca (VP)	10 9:15 Sign me up! Reminder Calls 10:30 V!VAfit FUN (FD) 11:00 V!VAfit Sit (VS) 2:00 Milk Mats (CK) 2:30 Yoga (VS) ✓ 5:00 The Keg ✓ 🚗 \$ 6:30 Bingo (VP)	11 Remembrance Day 9:15 Sign me up! Reminder Calls 10:00 Streetsville Cenotaph – Wreath Laying ✓ 11:00 Remembrance Day Service (VP) 2:30 V!VAfit Sit & Stand (VS) 4:15 V!VAfit FUN (FD) Puttin on the Hits with Andrew and Louise: Remembrance Day Celebration (VP) 7:00	12 9:15 Current Events (PC) 11:00 V!VAfit Sit (VS) 2:00 Comedy Hour with Neil Berger (VP) 4:15 V!VAfit FUN (FD) 8:00 Documentary Night: Human, The World Within (VP)	13 10:30 Anglican Service (VP) 11:00 V!VAfit Sit (VS) Holiday Vendor Sales (L) 10:00-2:00 ✓ The Credit River Bakery ✓ Mary Kay Cosmetics ✓ Silva Designs 2:00 Afternoon Movie: Wonder (VP) 2:30 V!VAfit Strength (VS)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>14</p> <p>10:30 Catholic Service (VP)</p> <p>11:00 V!VAfit Sit (VS)</p> <p>2:30 Bingo (VP)</p> <p>4:15 V!VAfit FUN (FD)</p>	<p>15</p> <p>9:15 Current Events (PC)</p> <p>10:30 V!VAfit Sit (VS)</p> <p>11:30 V!VAfit FUN (VS)</p> <p>2:00 Knitting Club (BG)</p> <p>Lianne Harris Presents:</p> <p>2:30 The Secret Life of Romans (VP)</p> <p>3:30 Billiards (PP)</p> <p>4:15 V!VAfit Sit (FD)</p>	<p>16</p> <p>9:15 Sign me up! Reminder Calls</p> <p>10:30 Yoga (VS)</p> <p>11:15 V!VAfit Sit & Stand (VS)</p> <p>2:30 V!VAfit Balance (VS)</p> <p>4:15 Therapeutic Art (FD)</p> <p>6:30 Bible Study (PP)</p> <p>Popcorn and a Classic Movie: Guess Who's Coming to Dinner? (VP)</p>	<p>17</p> <p>9:15 Sign me up! Reminder Calls</p> <p>10:00-12:00 Fo Guang Shan Temple (Buddhist Museum) ✓ 🚗 \$</p> <p>10:30 V!VAfit FUN (FD)</p> <p>11:00 V!VAfit Sit (VS)</p> <p>2:00 Milk Mats (CK)</p> <p>2:30 Yoga (VS) ✓</p> <p>3:00 Shuffleboard Kickoff! (PP)</p> <p>6:30 Bingo (VP)</p>	<p>18</p> <p>9:15 Sign me up! Reminder Calls</p> <p>10:30 Longos ✓ 🚗</p> <p>11:00 V!VAfit Sit (VS)</p> <p>2:00 Shuffleboard Tournament (PP)</p> <p>2:30 V!VAfit Sit & Stand (VS)</p> <p>3:00 V!VAfit Aquafit (P) ✓</p> <p>4:15 V!VAfit FUN (FD)</p> <p>6:30 Wine & Paint Night (PP) ✓</p>	<p>19</p> <p>9:15 Current Events (PC)</p> <p>11:00 V!VAfit Sit (VS)</p> <p>11:30 V!VAfit Balance (VS)</p> <p>2:00 Poetry & Pie (CK)</p> <p>2:30 V!VAfit Sit & Stand (VS)</p> <p>4:15 V!VAfit FUN (FD)</p> <p>Documentary Night: The World's Most Extraordinary Homes (VP)</p>	<p>20</p> <p>10:30 Anglican Service (VP)</p> <p>11:00 V!VAfit Sit (VS)</p> <p>Holiday Vendor Sales (L)</p> <p>10:00-2:00 ✓ Avon ✓ Scentsy</p> <p>2:00 Afternoon Movie: A Dog's Journey (VP)</p> <p>2:30 V!VAfit Strength (VS)</p>
<p>21</p> <p>10:30 Catholic Service (VP)</p> <p>11:00 V!VAfit Sit (VS)</p> <p>2:30 Bingo (VP)</p> <p>4:15 V!VAfit FUN (FD)</p>	<p>22</p> <p>9:15 Current Events (PC)</p> <p>10:30 V!VAfit Sit (VS)</p> <p>11:30 V!VAfit FUN (VS)</p> <p>2:00 Knitting Club (BG)</p> <p>2:30 Drumfit! (VS) ✓</p> <p>3:30 You be The Judge (PP)</p> <p>4:15 V!VAfit Sit (FD)</p>	<p>23</p> <p>9:15 Sign me up! Reminder Calls</p> <p>10:30 Tai Chi (VS)</p> <p>11:15 V!VAfit Sit & Stand (VS)</p> <p>2:30 V!VAfit Balance (VS)</p> <p>4:15 Bowling (FD)</p> <p>6:30 Bible Study (PP)</p> <p>Popcorn and a Classic Movie: It Happened one Night (VP)</p>	<p>24 Community Member of the Month</p> <p>9:15 Sign me up! Reminder Calls</p> <p>10:30 V!VAfit FUN (FD)</p> <p>11:00 V!VAfit Sit (VS)</p> <p>12:00 Red Lobster ✓ 🚗 \$</p> <p>2:00 Milk Mats (CK)</p> <p>2:30 Yoga (VS) ✓</p> <p>3:30 Billiards (PP)</p> <p>6:30 Bingo (VP)</p>	<p>25</p> <p>9:15 Sign me up! Reminder Calls</p> <p>10:30 Brittany Glen Centre ✓ 🚗</p> <p>11:00 V!VAfit Sit (VS)</p> <p>2:00 Shuffleboard Tournament (PP)</p> <p>2:30 V!VAfit Sit & Stand (VS)</p> <p>3:00 V!VAfit Aquafit (P) ✓</p> <p>4:15 V!VAfit FUN (FD)</p> <p>6:30 Wine & Cheese Night with Florin Clonta (PP)</p>	<p>26</p> <p>9:15 Current Events (PC)</p> <p>11:00 V!VAfit Sit (VS)</p> <p>Virtual Tours of China Series #1 with Kevin Lee (VP)</p> <p>2:00 V!VAfit Sit & Stand (VS)</p> <p>4:15 V!VAfit FUN (FD)</p> <p>8:00 Documentary Night: Audrey (VP)</p>	<p>27</p> <p>10:30 Anglican Service (VP)</p> <p>11:00 V!VAfit Sit (VS)</p> <p>Holiday Vendor Sales (L)</p> <p>10:00-2:00 ✓ The Credit River Bakery ✓ Gems for you</p> <p>2:00 Afternoon Movie: The Age of Adeline (VP)</p> <p>2:30 V!VAfit Strength (VS)</p>
<p>28</p> <p>10:30 Catholic Service (VP)</p> <p>11:00 V!VAfit Sit (VS)</p> <p>2:30 Bingo (VP)</p> <p>4:15 V!VAfit FUN (FD)</p>	<p>29</p> <p>9:15 Current Events (PC)</p> <p>10:30 V!VAfit Sit (VS)</p> <p>11:30 V!VAfit FUN (VS)</p> <p>2:00 Knitting Club (BG)</p> <p>2:30 Drumfit! (VS) ✓</p> <p>3:30 Brain Games (PP)</p> <p>4:15 V!VAfit Sit (FD)</p>	<p>30</p> <p>9:15 Sign me up! Reminder Calls</p> <p>10:30 Yoga (VS)</p> <p>11:15 V!VAfit Sit & Stand (VS)</p> <p>2:30 V!VAfit Balance (VS)</p> <p>4:15 Mini Putt (FD)</p> <p>6:30 Bible Study (PP)</p> <p>Popcorn and a Classic Movie: One Flew over the Cuckoo's Nest (VP)</p>	<p>Virtual Tours of China Series! Join China enthusiast Kevin Lee as he shares his virtual tours of Chinas biggest and most interesting attractions!</p>	<p>Do you like to paint? Or would like to learn? Join us on Wine and Paint night! With a step-by-step process from a great artist, your masterpiece awaits! Thursday November 18th in the Craft Kitchen.</p>	<div style="background-color: #f4a460; padding: 20px; border-radius: 15px; text-align: center;"> <p>What's the opposite of a croissant?</p> </div> <div style="background-color: #f4a460; padding: 20px; border-radius: 15px; text-align: center; margin-top: 10px;"> <p>A happy uncle.</p> </div>	