



Some Community Members enjoyed an outing to the "Little Canada" exhibit in downtown Toronto.



Don't miss out!

Winter Clothes Donation Drive

November 8th – 22nd

We're accepting donations of new and gently used winter clothing for Safetynet Charities. Please drop off your donations at the Lifestyles Office.

Origins of the Human Mind Series

Saturdays, 3 pm – V!VAplex

Professor Stephen Hinshaw provides a fascinating look at the human mind.

Java Mentorship Program

Looking to make a difference in the Community? Contact the Lifestyles Team and ask how you can become a V!VA Oakville Peer Mentor.

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

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V!VAoice

YOUR VIVA COMMUNITY NEWSLETTER

November 2021

V!VA Retirement Communities™
OAKVILLE



Community Member Bob scored his first virtual hole-in-one while playing Pebble Beach at our V!VAlinks.



Community Member Inge, raises a glass for Oktoberfest.



VIVA Oakville celebrated International Donut Day by transforming Perks! Café into a Tim Hortons Drive Thru.



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 Megan at (289) 725-6000
or email oakville@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 |
|--|--|---|---|--|---|---|
| <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) V!VAplex</p> <p>(VG) Victory Garden</p> <p>(VS) V!VAfit Studio</p> <p>(VL) V!VAlinks</p> <p>(L) Lobby</p> <p>(CC) Community Commons</p> <p>(BG) Brain Gym</p> <p>(CK) V!VAcraft Kitchen</p> <p>(FD) Family Den</p> <p>(HR) Horticulture Room</p> <p>(P) Pool</p> | <p>Remembrance Day November 11th</p> <p>We will be holding a Remembrance Day service at 11:00am on November 11th.</p> <p>Please come down to the parking lot and join us in honouring our veterans!</p> | <p>Poker with Desi</p> <p>Come down to the Community Commons and play poker with our professional dealer Desi.</p> <p>Chips, cards, and poker table will be provided.</p> <p>Sign-up at concierge today!</p> | <div style="border: 1px solid green; padding: 10px; text-align: center;"> <p>Lest we forget</p> <p>Thank you for your service and sacrifice</p>  </div> | | |
| <p>Winter Clothes Drive November 8-22</p> <p>Looking to donate some extra winter clothing for people in need?</p> <p>We will be holding a Winter Clothes Drive for Safetynet.</p> <p>Please drop-off all clothing to the Lifestyles Office between November 8th-22nd.</p> | <p>1</p> <p>10:15 V!VAfit Sit (VS)</p> <p>11:00 V!VAfit 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>3:00 V!VAfit Strength (VS)</p> <p>7:00 Movie Night (VP) ✓</p> | <p>2</p> <p>9:45 2nd Floor V!VA Fun (FD)</p> <p>10:30 Bus Trip – Oakville Place 🚗 ✓</p> <p>11:45 Bus Trip – Oakville Library 🚗 ✓</p> <p>10:15 V!VAfit Sit (VS)</p> <p>11:00 V!VA Sit (FD)</p> <p>11:00 V!VAfit 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</p> <p>10:15 V!VAfit Sit (VS)</p> <p>10:15 Bus Trip 🚗 ✓</p> <p>11:00 V!VAfit Strength (VS)</p> <p>1:30 Tech Assist ✓</p> <p>2:00 Guided Meditation (CC)</p> <p>2:00 Shuffleboard (VS)</p> <p>2:15 Java Mentorship (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>7:00 Euchre Club (VP)</p> | <p>4</p> <p>9:45 2nd Floor V!VA Fun (FD)</p> <p>10:15 V!VAfit Sit & Stand (VS)</p> <p>11:00 V!VAfit Sit (FD)</p> <p>11:00 V!VAfit Sit & Stand (VS)</p> <p>1:30 Tech Assist ✓</p> <p>2:00 Scattergories (VP)</p> <p>2:00 Poker with Desi (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 Golf with Nolan (VL) ✓</p> | <p>5</p> <p>10:15 V!VAfit Sit (VS)</p> <p>11:00 V!VAfit 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 Golf with Nolan (VL) ✓</p> | <p>6</p> <p>10:15 V!VAfit Sit Beginner (VS)</p> <p>11:00 V!VAfit Flow (VS)</p> <p>2:00 Guided Meditation (CC)</p> <p>2:00 Shuffleboard (VS)</p> <p>3:00 Coffee & Tea Social (PC)</p> <p>3:00 Happy Hour (PP) \$</p> <p>3:00 Knitting Club (BG)</p> <p>3:30 Origins of Human Mind Series (VP)</p> <p>7:00 Movie Night (VP) ✓</p> |
| <p>7</p> <p>10:15 V!VAfit Sit (VS)</p> <p>11:00 V!VAfit Flow (VS)</p> <p>1:30 Tech Assist ✓</p> <p>2:00 Guided Meditation (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 Reading with Scott (FD)</p> | <p>8</p> <p>10:15 V!VAfit Sit (VS)</p> <p>11:00 V!VAfit Balance (VS)</p> <p>1:30 Tech Assist ✓</p> <p>2:00 Guided Meditation (CC)</p> <p>2:30 V!VA Pool Fit (P) ✓</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>9</p> <p>9:45 2nd Floor V!VA Fun (FD)</p> <p>10:15 V!VAfit Sit (VS)</p> <p>11:00 V!VA Sit (FD)</p> <p>11:00 V!VAfit 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>10</p> <p>10:15 V!VAfit Sit (VS)</p> <p>10:15 Bus Trip 🚗 ✓</p> <p>11:00 V!VAfit Strength (VS)</p> <p>1:30 Tech Assist ✓</p> <p>2:00 Guided Meditation (CC)</p> <p>2:00 Shuffleboard (VS)</p> <p>2:00 JFK Seminar – Special Guest Speaker ✓</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>11 Remembrance Day</p> <p>10:00 V!VAfit Sit & Stand (VS)</p> <p>11:00 Remembrance Day service (L)</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>3:00 Golf with Nolan (VL) ✓</p> | <p>12</p> <p>10:15 V!VAfit Sit (VS)</p> <p>11:00 V!VAfit 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 Golf with Nolan (VL) ✓</p> | <p>13</p> <p>10:15 V!VAfit Sit Beginner (VS)</p> <p>11:00 V!VAfit Flow (VS)</p> <p>2:00 Guided Meditation (CC)</p> <p>2:00 Shuffleboard (VS)</p> <p>3:00 Coffee & Tea Social (PC)</p> <p>3:00 Happy Hour (PP) \$</p> <p>3:00 Knitting Club (BG)</p> <p>3:30 Origins of Human Mind Series (VP)</p> <p>7:00 Movie Night (VP) ✓</p> |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|--|--|
| <p>14</p> <p>10:15 V!VAfit Sit (VS) 11:00 V!VAfit Flow (VS) 1:30 Tech Assist ✓ 2:00 Guided Meditation (CC) 2:00 Bingo Club (VP) 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) \$ 3:00 Knitting Club (BG) 3:00 Reading with Scott (FD)</p> | <p>15</p> <p>10:15 V!VAfit Sit (VS) 11:00 V!VAfit Balance (VS) 1:30 Tech Assist ✓ 2:00 Guided Meditation (CC) 2:30 V!VA Pool Fit (P) ✓ 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) \$ 3:00 Knitting Club (BG) 7:00 Movie Night (VP) ✓</p> | <p>16</p> <p>9:45 2nd Floor V!VA Fun (FD) 10:15 V!VAfit Sit (VS) 11:00 V!VA 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)</p> | <p>17</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) 2:15 Java Mentorship (VP) 3:00 Executive Community Member Council Meeting (CC) 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) \$ 3:00 Knitting Club (BG) 7:00 Euchre Club (VP)</p> | <p>18</p> <p>9:45 2nd Floor V!VA Fun (FD) 10:15 V!VAfit Sit & Stand (VS) 10:15 Bus Trip 🚌 ✓ 11:00 V!VAfit Sit (FD) 11:00 V!VAfit Sit & Stand (VS) 1:30 Tech Assist ✓ 2:00 Trivia Game (VP) 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) 3:00 Knitting Club (BG) 3:00 Golf with Nolan (VL) ✓</p> | <p>19</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) 3:15 Drum Fit (VP) ✓</p> | <p>20</p> <p>10:15 V!VAfit Sit Beginner (VS) 11:00 V!VAfit Flow (VS) 2:00 Guided Meditation (CC) 2:00 Shuffleboard (VS) 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) \$ 3:00 Knitting Club (BG) 3:30 Origins of Human Mind Series (VP) 5:00 Bus Trip – Mary Mother of God 🚌 ✓ 7:00 Movie Night (VP) ✓</p> |
| <p>21</p> <p>10:15 V!VAfit Sit (VS) 11:00 V!VAfit Flow (VS) 1:30 Tech Assist ✓ 2:00 Guided Meditation (CC) 2:00 Bingo Club (VP) 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) \$ 3:00 Knitting Club (BG) 3:00 Reading with Scott (FD)</p> | <p>22</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) 3:00 V!VAfit Strength (VS) 7:00 Movie Night (VP) ✓</p> | <p>23</p> <p>9:45 2nd Floor V!VA Fun (FD) 10:15 V!VAfit Sit (VS) 11:00 V!VA Sit (FD) 11:00 V!VAfit Sit & Stand (VS) 2:00 Bingo Club (VP) 2:00 Guided Meditation (CC) 2:30 V!VA Pool Fit (P) ✓ 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) \$ 3:00 Knitting Club (BG)</p> | <p>24</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) 2:15 Java Mentorship (VP) 2:00 Shuffleboard (VS) 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) \$ 3:00 Knitting Club (BG) 7:00 Euchre Club (VP)</p> | <p>25</p> <p>9:45 2nd Floor V!VA Fun (FD) 10:15 V!VAfit Sit & Stand (VS) 11:00 V!VAfit Sit (FD) 11:00 V!VAfit Sit & Stand (VS) 1:30 Tech Assist ✓ 2:00 Trivia Game (VP) 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) 3:00 Knitting Club (BG) 3:00 Golf with Nolan (VL) ✓</p> | <p>26</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) 3:15 Drum Fit (VP) ✓</p> | <p>27</p> <p>10:15 V!VAfit Sit Beginner (VS) 11:00 V!VAfit Flow (VS) 2:00 Guided Meditation (CC) 2:00 Shuffleboard (VS) 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) \$ 3:00 Knitting Club (BG) 3:30 Origins of Human Mind Series (VP) 7:00 Movie Night (VP) ✓</p> |
| <p>28</p> <p>10:15 V!VAfit Sit (VS) 11:00 V!VAfit Flow (VS) 1:30 Tech Assist ✓ 2:00 Guided Meditation (CC) 2:00 Bingo Club (VP) 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) \$ 3:00 Knitting Club (BG) 3:00 Reading with Scott (FD)</p> | <p>29</p> <p>10:00- Bijoux Treasures Vendor (CK) 2:00 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>30</p> <p>9:45 2nd Floor V!VA Fun (FD) 10:15 V!VAfit Sit (VS) 11:00 V!VA 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 Manager Happy Hour (PP) 3:00 Knitting Club (BG)</p> | <p>Origins of the Human Mind Series Saturdays at 3:30pm</p> <p>Come on down to the V!VAplex and learn all about the origins of the human mind with Prof. Stephen Hinshaw.</p> | | | |