Community Members, with help from our Culinary Team, loved creating special appetizers for our Friday Happy Hour.

Don't miss out!

Manager Happy Hour

***Pints!* Pub – Monthly**

Every month, one of the managers will prepare and share their signature cocktail with Community Members! Keep an eye on the calendar for details.

Member of Parliament Pam Damoff Visit: Q & A

Wednesday, January 12th
V!VA*plex* – 3 pm

Pam Damoff will be at the Community to answer your questions, hear your concerns and how she can represent you as a Member of Parliament. Sign up is required. Please ask a Lifestyles Team Member for details.

Poker with Desi

Monday, January 17th
Community Commons – 2 pm

Desi returns to teach the art of playing poker.

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

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V!VA*voice*

YOUR V!VA COMMUNITY NEWSLETTER January 2022

V!VA Retirement Communities™ OAKVILLE

Community Members enjoyed a trip to the wonderful One–of–a–Kind Show in Toronto.

Creating some gingerbread houses for the Christmas holidays.

Community Members had a ball enjoying the 108th Grey Cup.

V!VA Oakville Retirement Community
1 Sixteen Mile Drive, Oakville, ON
(289) 725-6000 | oakville@vivalife.ca | vivalife.ca

values seniors' mental health

V!VA

Upcoming 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.

Amanda Li,
Registered Dietitian
& Educator

Protein & its Role in Healthy Aging and Longevity

Two Part Series with Guest Speaker:
Amanda Li, Registered Dietitian & Educator

NOW AVAILABLE IN-PERSON OR ONLINE!

TUESDAY, JANUARY 18 | 2:00 PM
We welcome back Registered Dietitian, educator, and owner of Wellness Simplified, Amanda Li, for a two-part virtual series that focuses on protein and its role in the body, daily targets, protein-rich foods, and meal planning.

WEDNESDAY, JANUARY 19 | 2:00 PM
Amanda prepares three protein-rich delicious meals and snacks you'll keep making on repeat! In-person guests will be treated to samples prepared by V!VA's own Red Seal Certified Chefs!

V!VA Retirement Communities™

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

Start to Finish

Brain Teasers

Directions: for each clue, find a corresponding word that starts and finishes with the same letter. There is one word for each of the alphabet except for i, j, q, u, v and z.

Spend time in front of the mirror.	PRIMP
Intuitive inkling,	
Pioneer in photocopying.	
Bitterly sarcastic.	
Gas in some signs.	
Inuit transportation.	
Chinese medicinal root.	
Where a rubber duckie lives.	BATHTUB
Roll in the mind.	
Please traveller.	
Temporary loss of memory.	
Deadly.	
Pizza herb.	
Vert knowledgeable.	
Forty-eight hours before tomorrow.	
The most.	
Excessive.	
Feudal land.	
Trepidation.	
Water storage area.	

https://www.puzzles-to-print.com/printable-brain-teasers/word-brain-teaser.shtml

V!VA Oakville Retirement Community
1 Sixteen Mile Drive, Oakville, ON
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January 2022

V!VA Oakville

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	**Pam Damoff, Member of Parliament Oakville North-Burlington** MP Pam Damoff will be joining us on Wednesday, January 12th to talk to Community Members. She is interested in your voice and how she can represent you as a Member of Parliament. Sign-up today to ask your important questions.			**1 New Year's Day** 10:15 V!VAfit Sit Beginner (VS) 11:00 V!VAfit Flow (VS) 2:00 Guided Meditation (VP) 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) ✔
2 10:15 V!VAfit Sit (VS) 11:00 V!VAfit Flow (VS) 1:30 Tech Assist ✔ 2:00 Guided Meditation 2:00 Bingo Club (VP) 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) $ 3:00 Knitting Club (BG) 4:00 Reading with Scott (CC)	**3** 10:15 V!VAfit Sit (VS) 11:00 V!VAfit Balance (VS) 1:30 Tech Assist ✔ 2:00 Guided Meditation (VP) 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) ✔	**4** 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 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) $ 3:00 Knitting Club (BG)	**5** 10:15 V!VAfit Sit (VS) 10:15 Bus Trip ✔ 11:00 V!VAfit Strength (VS) 2:00 Guided Meditation 2:00 Shuffleboard (VS) 2:15 Java Mentorship (VP) 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) $ 3:00 Knitting Club (BG) 7:00 Euchre Club (VP)	**6** 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 Games (VP) 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) 3:00 Knitting Club (BG)	**7** 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 Golf with Nolan (VL) ✔	**8** 10:15 V!VAfit Sit Beginner (VS) 11:00 V!VAfit Flow (VS) 2:00 Guided Meditation (VP) 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) ✔
9 10:15 V!VAfit Sit (VS) 11:00 V!VAfit Flow (VS) 1:30 Tech Assist ✔ 2:00 Guided Meditation 2:00 Bingo Club (VP) 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) $ 3:00 Knitting Club (BG) 4:00 Reading with Scott (CC)	**10** 10:15 V!VAfit Sit (VS) 11:00 V!VAfit Balance (VS) 1:30 Tech Assist ✔ 2:00 Guided Meditation (VP) 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) $ 3:00 Knitting Club (BG) 3:00 V!VAfit Walking Club (VS) 7:00 Movie Night (VP) ✔	**11** 9:45 2nd Floor V!VA Fun (FD) 10:15 V!VAfit Sit (VS) 10:45 Bus Trip ✔ 11:00 V!VA Sit (FD) 11:00 V!VAfit Sit & Stand (VS) 2:00 Bingo Club (VP) 2:00 Guided Meditation 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) $ 3:00 Knitting Club (BG)	**12** 10:15 V!VAfit Sit (VS) 10:15 Bus Trip ✔ 11:00 V!VAfit Strength (VS) 2:00 Guided Meditation 2:00 MP Pam Damoff Visit Q & A (VP) ✔ 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) $ 3:00 Knitting Club (BG) 7:00 Euchre Club (VP)	**13** 9:45 2nd Floor V!VA Fun (FD) 10:15 V!VAfit Sit & Stand (VS) 11:00 V!VAfit Sit (FD) 11:15 Drum Fit (VP) 1:30 Tech Assist ✔ 2:00 Trivia Games (VP) 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) 3:00 Knitting Club (BG)	**14** 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 Golf with Nolan (VL) ✔	**15** 10:15 V!VAfit Sit Beginner (VS) 11:00 V!VAfit Flow (VS) 2:00 Guided Meditation (VP) 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) ✔

*Calendars are subject to change. All programs, activities & terminology are property of V!VA Retirement Communities™

See reverse for additional weeks

January 2022

V!VA Oakville

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16 **10:15 V!VAfit Sit (VS)** **11:00 V!VAfit Flow (VS)** 1:30 Tech Assist ✔ 2:00 Guided Meditation 2:00 Bingo Club (VP) 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) $ 3:00 Knitting Club (BG) 4:00 Reading with Scott (CC)	**17** **10:15 V!VAfit Sit (VS)** **11:00 V!VAfit Balance (VS)** 1:30 Tech Assist ✔ 2:00 Guided Meditation (VP) 2:00 Poker with Desi (CC) 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) $ 3:00 Knitting Club (BG) **3:00 V!VAfit Walking Club (VS)** 7:00 Movie Night (VP) ✔	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 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) $ 3:00 Knitting Club (BG)	**19** **10:15 V!VAfit Sit (VS)** **10:15 Bus Trip** ✔ **11:00 V!VAfit Strength (VS)** 2:00 Guided Meditation 2:00 Shuffleboard (VS) 2:15 Java Mentorship (VP) 3:00 Coffee & Tea Social (PC) 3:00 Executive Community Member Council Meeting 3:00 Happy Hour (PP) $ 3:00 Knitting Club (BG) 7:00 Euchre Club (VP)	**20** 9:45 2nd Floor V!VA Fun (FD) **10:15 Bus Trip** ✔ **10:15 V!VAfit Sit & Stand (VS)** **11:00 V!VAfit Sit (FD)** **11:15 Drum Fit (VP)** 1:30 Tech Assist ✔ 2:00 Trivia Games (VP) 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) 3:00 Knitting Club (BG)	**21** **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 Golf with Nolan (VL) ✔	**22** **10:15 V!VAfit Sit Beginner (VS)** **11:00 V!VAfit Flow (VS)** 2:00 Guided Meditation (VP) 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) ✔
23 **10:15 V!VAfit Sit (VS)** **11:00 V!VAfit Flow (VS)** 1:30 Tech Assist ✔ 2:00 Guided Meditation 2:00 Bingo Club (VP) 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) $ 3:00 Knitting Club (BG) 4:00 Reading with Scott (CC)	**24** **10:15 V!VAfit Sit (VS)** **11:00 V!VAfit Balance (VS)** 1:30 Tech Assist ✔ 2:00 Guided Meditation (VP) 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) $ 3:00 Knitting Club (BG) **3:00 V!VAfit Walking Club (VS)** 7:00 Movie Night (VP) ✔	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 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) $ 3:00 Knitting Club (BG)	**26** **10:15 V!VAfit Sit (VS)** **10:15 Bus Trip** ✔ **11:00 V!VAfit Strength (VS)** 2:00 Guided Meditation 2:00 Shuffleboard (VS) 3:00 Coffee & Tea Social (PC) **3:00 Men's Club - Tasting (PP)** 3:00 Knitting Club (BG) 7:00 Euchre Club (VP)	**27** 9:45 2nd Floor V!VA Fun (FD) **10:15 V!VAfit Sit & Stand (VS)** **11:00 Catholic Mass (VP)** **11:00 V!VAfit Sit (FD)** **11:15 V!VAfit Sit & Stand (VS)** 1:30 Tech Assist ✔ 3:00 Community Member Forum (VP) 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) 3:00 Knitting Club (BG)	**28** **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 Golf with Nolan (VL) ✔	**29** **10:15 V!VAfit Sit Beginner (VS)** **11:00 V!VAfit Flow (VS)** **1:00 Bus Trip – Woodbine Casino** ✔ 2:00 Guided Meditation (VP) 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) ✔
30 **10:15 V!VAfit Sit (VS)** **11:00 V!VAfit Flow (VS)** 1:30 Tech Assist ✔ 2:00 Guided Meditation 2:00 Bingo Club (VP) 3:00 Coffee & Tea Social (PC) 3:00 Happy Hour (PP) $ 3:00 Knitting Club (BG) 4:00 Reading with Scott (CC)	**31** **10:15 V!VAfit Sit (VS)** **11:00 V!VAfit Balance (VS)** 1:30 Tech Assist ✔ 2:00 Guided Meditation (VP) 3:00 Coffee & Tea Social (PC) **3:00 Manager Happy Hour (PP)** 3:00 Knitting Club (BG) **3:00 V!VAfit Walking Club (VS)** 7:00 Movie Night (VP) ✔	What is corn's favourite holiday?		New Ear's Day!		

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