



Getting into festive the fest spirit for Easter.



Clown Performance

Monday, May 2nd
3:30 p.m. – Lobby
Celebrate World Laughter Day with a clown and juggler performance in the Lobby.

Drum Circle with Sam

Thursday, May 12th
11:00 a.m. – VIVAFit Studio
Join Sam for a fun and interactive drum circle that's sure to raise your heart rate – and your spirits!

Question & Answer with Councillor Sue McFadden

Thursday, May 19th
3:00 p.m. – Pints! Pub
Ward 10 Councillor Sue McFadden will drop by to answer your questions and provide updates on what is happening in our city! Wine, fruit, and cheese will be provided.

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

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Community Members and their families welcomed the warmer weather with a springtime concert.



Laughing and dancing in Perks! Café to the concert tunes.



Al shakes fellow Community Member Jack's hand to congratulate him on his 100th Birthday – What a milestone! Happy Birthday, Jack.



Enjoying the sweet results of an Easter egg hunt in the Family Den.





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.



Melisa Cannella,
Registered Holistic Nutritionist

Quench Your Brain! Supporting Mental Health Through Hydration

with Guest Speaker: **Melissa Cannella**
NOW AVAILABLE IN-PERSON* OR ONLINE!

TUESDAY, MAY 17TH | 2:00 PM

Did you know the brain is approximately 73% water and that its function can be heavily impacted by lack of hydration? Melisa Cannella, Registered Holistic Nutritionist, explores the connection between hydration and the brain, how to self-diagnose dehydration, and tips to remain hydrated.

**Conditions apply including public health protocols.*

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

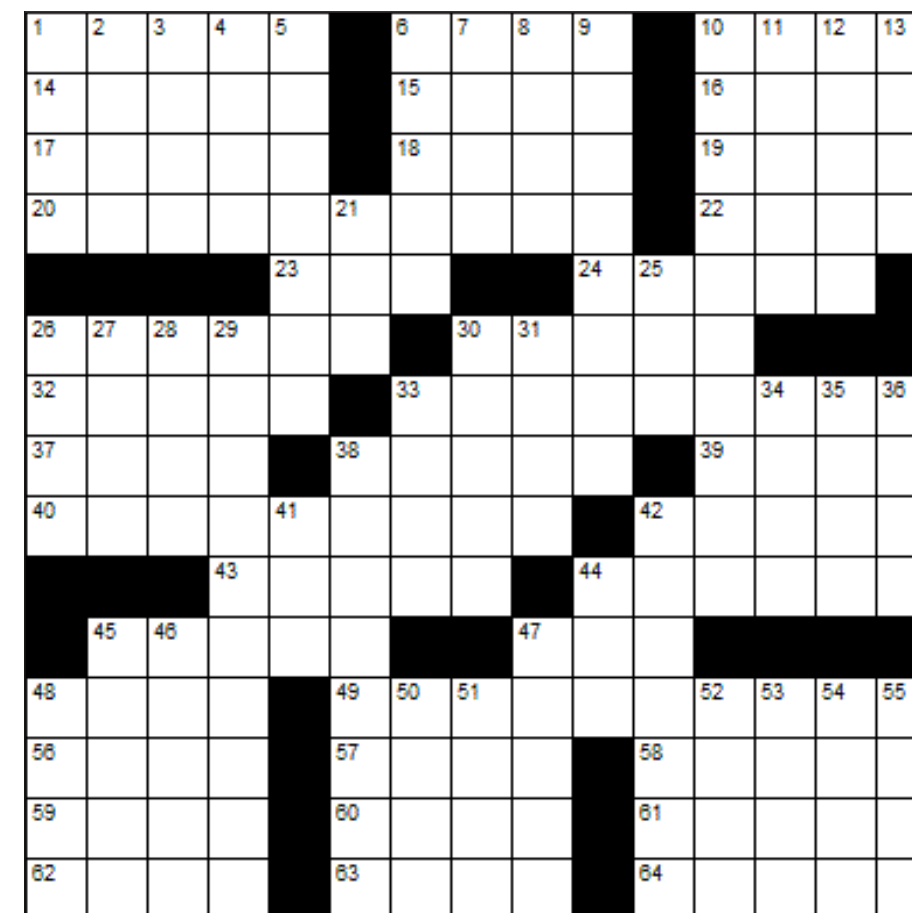


Crossword!

Take a break with this challenging puzzle! Good luck!


ACROSS

1. Bedouin
6. Fellow
10. Geographic illustrations
14. 3-banded armadillo
15. Christmas season
16. Small island
17. Compassion
18. Family group
19. Protruding part of the lower jaw
20. Charmed
22. Marsh plant
23. Lyric poem
24. Long times
26. Walk quietly
30. Parental sisters
32. Ignominy
33. Dismantled
37. Clairvoyant
38. Prods
39. A single time
40. Sign of things to come
42. Seasoning
43. Mammary gland of bovids
44. Move unsteadily
45. Of the cheekbone
47. Woman
48. Venician magistrate
49. Exhilaration
56. Distinctive flair
57. Allies' foe
58. Hot chocolate
59. Nonclerical
60. Fog
61. Fortuneteller's card
62. Sea eagle
63. Chickadees
64. Spurs



DOWN

- | | | |
|------------------------------|-------------------------------|--------------------------|
| 1. What a person is called | 13. Transmit | 38. Unimagined |
| 2. Not closed | 21. Citrus drink | 41. Actress Lupino |
| 3. Shopping place | 25. Estimated time of arrival | 42. Chooses |
| 4. Ogee | 26. Nonsense (British) | 44. Make lace |
| 5. A hospital common room | 27. Bright thought | 45. Back tooth |
| 6. Pedal | 28. Jetty | 46. Encore |
| 7. Body of a ship | 29. Instability | 47. Central points |
| 8. Wings | 30. Cholera | 48. Expunge |
| 9. Necklaces | 31. End ___ | 50. 22 in Roman numerals |
| 10. Used to see small things | 33. Desire | 51. A box or chest |
| 11. Pale with fright | 34. Make a sweater | 52. Groan |
| 12. Layers | 35. Behold, in old Rome | 53. Beige |
| | 36. Bucks and does | 54. Newbie (slang) |
| | | 55. Makes lace |

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	Drum Circle with Sam May 12 11:00am Join Sam for a fun and interactive drum circle that's sure to raise your heart rate – and your spirits!	Question & Answer with Councillor Sue McFadden May 19 3:00pm Ward 10 Councillor Sue McFadden will drop by to answer your questions and provide updates on what is happening in our city! Wine, fruit, and cheese will be provided.	 <h1 style="color: red; font-family: cursive;">Happy Mother's Day</h1>		
1 10:15 V!VAfit Fun (FD) 10:30 Catholic Mass (988) INFOTV 11:15 V!VAfit Sit (VS) 2:30 Bingo (VP) 4:15 Therapeutic Coloring (FD)	2 World Laughter Day 9:15 Current Events (PC) 10:15 V!VAfit Fun (FD) 11:00 Ron on the Piano (L) 11:30 V!VAfit Sit (VS) 2:00 Knitting Club (BG) 2:30 Zumba with Ariam (VS) 2:30 DrumFit (VP) 3:30 Clown Performance (L)	3 9:15 Sign me up! Reminder calls 10:15 V!VAfit Fun (FD) 11:30 Tai Chi (VS) 11:15 V!VAfit Sit & Stand (VS) 2:00 Glamour Shots (CK) 3:00 Horticulture Club (HR) 7:30 Popcorn and a Movie: "Wine Country" (VP)	4 9:15 Sign me up! Reminder calls 10:00 Vendor Sale: Avon (PP) 10:15 V!VAfit Fun (FD) 11:30 V!VAfit Sit (VS) 11:30 Springridge Farm ✓ 🚗 \$ 2:30 Baking (FD) 2:30 Billiards (PP) 3:30 June Program & Outing Planning Meeting (VP) 6:30 Bingo (VP)	5 9:15 Sign me up! Reminder Calls 10:00 Walmart at Argentia ✓ 🚗 \$ 11:15 V!VAfit Sit & Stand (VS) 3:00 V!VAlicious Meeting (VP) 3:00 V!VAfit Aquafit (P) ✓ 4:15 V!VAfit FUN (FD) 7:00 Cards Club (PP)	6 9:15 Current Events (PC) 10:30 V!VAfit Sit (VS) 11:15 V!VAfit Balance (VS) 2:30 V!VAfit Sit & Stand (VS) 3:00 Mother's Day Celebration (PC) 4:15 V!VAfit Fun (FD) 8:00 Documentary Night: "Dolly Parton: Here I Am" (VP) 9:15 Current Events (PC)	7 10:15 News and Views (FD) 10:30 Anglican Service (988) InfoTV 11:15 V!VAfit Sit (VS) 2:00 Afternoon Movie: "Notting Hill" 2:30 V!VAfit Strength (VS) 4:15 V!VAfit Fun (FD)
8 Mother's Day 10:15 V!VAfit Fun (FD) 10:30 Catholic Mass (988) INFOTV 11:15 V!VAfit Sit (VS) 2:30 Bingo (VP) 3:30 Barrie on the Piano (L) 4:15 Mother's Day Story Telling (FD)	9 9:15 Current Events (PC) 10:15 V!VAfit Fun (FD) 11:30 V!VAfit Sit (VS) 2:00 Knitting Club (BG) 2:30 Yoga with Natalie (VS) 2:30 DrumFit (VP) 3:30 Get to Know Your Neighbour Social – 1st Floor (PP) 4:15 Balloon Tennis (FD)	10 9:15 Sign me up! Reminder calls 10:15 V!VAfit Fun (FD) 11:30 Tai Chi (VS) 11:15 V!VAfit Sit & Stand (VS) 2:30 Baking (FD) 3:00 Horticulture Club (HR) 6:30 JT's Choir & Sing Along (L)	11 9:15 Sign me up! Reminder calls 11:30 Lunch at Crepe Deluxe ✓ 🚗 \$ 10:30 V!VAfit Fun (FD) 11:15 V!VAfit Sit (VS) 2:00 Baking (FD) 6:30 Bingo (VP)	12 9:15 Sign me up! Reminder Calls Shoppers Drug 10:00 Mart/LCBO/Metro at MTC ✓ 🚗 \$ 0:00 V!VAfit Fun (FD) 11:00 Drum Circle with Sam (VS) 3:00 V!VAfit Aquafit (P) ✓ 7:00 Cards Club (PP)	13 9:15 Current Events (PC) 10:30 V!VAfit Sit (VS) 11:15 V!VAfit Balance (VS) 2:30 V!VAfit Sit & Stand (VS) 3:00 Book Club (BG) 8:00 Documentary Night: "Ella Fitzgerald: Just One of Those Things" (VP)	14 10:15 News and Views (FD) 10:00 Vendor Sale: Nelly's Comfort Shoes (L) 10:30 Anglican Service (988) InfoTV 11:15 V!VAfit Sit (VS) 2:00 Afternoon Movie: "The Breakfast Club" 2:30 V!VAfit Strength (VS) 4:15 V!VAfit Fun (FD)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>15</p> <p>10:15 VIVAfit Fun (FD)</p> <p>10:30 Catholic Mass (988) INFOTV</p> <p>11:15 VIVAfit Sit (VS)</p> <p>2:30 Bingo (VP)</p> <p>4:15 Name That Tune (FD)</p>	<p>16</p> <p>9:15 Current Events (PC)</p> <p>10:15 VIVAfit Fun (FD)</p> <p>11:30 VIVAfit Sit (VS)</p> <p>2:00 Knitting Club (BG)</p> <p>2:30 Zumba with Ariam (VS)</p> <p>2:30 DrumFit (VP)</p> <p>Get to Know Your Neighbour Social – 2nd Floor (PP)</p> <p>3:30</p> <p>4:15 Joggin' Your Noggin (FD)</p>	<p>17</p> <p>9:15 Sign me up! Reminder calls</p> <p>10:15 VIVAfit Fun (FD)</p> <p>11:15 VIVAfit Sit & Stand (VS)</p> <p>3:00 Horticulture Club (HR)</p> <p>6:30 Canvas Painting (FD)</p> <p>6:30 Bible Study (PP)</p> <p>7:30 Popcorn and a Movie: "Blended" (VP)</p>	<p>18</p> <p>9:15 Sign me up! Reminder calls</p> <p>10:00 Brittney Glen Centre ✓ 🚗 \$</p> <p>10:30 VIVAfit FUN (FD)</p> <p>11:15 VIVAfit Sit (VS)</p> <p>2:00 Baking (FD)</p> <p>6:30 Bingo (VP)</p>	<p>19</p> <p>9:15 Sign me up! Reminder calls</p> <p>10:30 VIVAfit FUN (FD)</p> <p>11:15 VIVAfit Sit (VS)</p> <p>1:30 Terra Green House ✓ 🚗 \$</p> <p>3:00 Q&A with Councillor Sue McFadden (PP)</p> <p>7:00 Cards Club (PP)</p>	<p>20</p> <p>9:15 Current Events (PC)</p> <p>10:30 VIVAfit Sit (VS)</p> <p>11:15 VIVAfit Balance (VS)</p> <p>2:30 VIVAfit Sit & Stand (VS)</p> <p>3:00 Book Club (BG)</p> <p>4:15 VIVAfit Fun (FD)</p> <p>Documentary Night: "Late Life: The Chien-Ming Wang Story" (VP)</p> <p>8:00</p>	<p>21</p> <p>10:15 News and Views (FD)</p> <p>10:30 Anglican Service (988) InfoTV</p> <p>11:15 VIVAfit Sit (VS)</p> <p>1:30 Blue Jays Game ✓ 🚗 \$</p> <p>2:00 Afternoon Movie: "The Best of Me"</p> <p>2:30 VIVAfit Strength (VS)</p> <p>4:15 VIVAfit Fun (FD)</p>	
<p>22</p> <p>10:15 VIVAfit Fun (FD)</p> <p>10:30 Catholic Mass (988) INFOTV</p> <p>11:15 VIVAfit Sit (VS)</p> <p>2:30 Bingo (VP)</p> <p>4:15 Sing Along with Susie Q (FD)</p>	<p>23 Victoria Day</p> <p>9:15 Current Events (PC)</p> <p>10:15 VIVAfit Fun (FD)</p> <p>11:30 VIVAfit Sit (VS)</p> <p>2:00 Knitting Club (BG)</p> <p>2:30 DrumFit (VP)</p> <p>Victoria Day Celebration – Blue Eyed Bill (L)</p> <p>3:00</p> <p>4:15 Darts (FD)</p>	<p>24</p> <p>9:15 Sign me up! Reminder calls</p> <p>10:15 VIVAfit Sit (FD)</p> <p>11:30 Tai Chi (VS)</p> <p>11:15 VIVAfit Sit & Stand (VS)</p> <p>3:00 Horticulture Club (HR)</p> <p>6:30 Performance by Emilio (L)</p> <p>7:30 Popcorn and a Movie: "The Blind Side" (VP)</p>	<p>25</p> <p>9:15 Sign me up! Reminder calls</p> <p>10:30 VIVAfit Fun (FD)</p> <p>11:15 VIVAfit Sit (VS)</p> <p>11:30 Lunch at Goodfellas ✓ 🚗 \$</p> <p>2:00 Baking (FD)</p> <p>2:30 Billiards (PP)</p> <p>6:30 Bingo (VP)</p>	<p>26</p> <p>9:15 Sign me up! Reminder Calls</p> <p>10:00 Art Gallery of Ontario ✓ 🚗 \$</p> <p>10:30 VIVAfit Fun (FD)</p> <p>11:15 VIVAfit Sit & Stand (VS)</p> <p>3:00 VIVAfit Aquafit (P) ✓</p> <p>4:15 Name That Tune (FD)</p> <p>7:00 Cards Club (PP)</p>	<p>27</p> <p>9:15 Current Events (PC)</p> <p>10:30 VIVAfit Sit (VS)</p> <p>11:15 VIVAfit Balance (VS)</p> <p>2:30 Yoga with Natalie (VS)</p> <p>4:15 VIVAfit Fun (FD)</p> <p>Documentary Night: "David Attenborough: A Life on our Planet" (VP)</p> <p>8:00</p> <p>9:15 Current Events (PC)</p>	<p>28</p> <p>10:15 News and Views (FD)</p> <p>10:00 Vendor Sale: Traditions Alive (L)</p> <p>10:30 Anglican Service (988) InfoTV</p> <p>11:15 VIVAfit Sit (VS)</p> <p>2:00 Afternoon Movie: "Ocean's Eleven"</p> <p>2:30 VIVAfit Strength (VS)</p> <p>4:15 VIVAfit Fun (FD)</p>	
<p>29</p> <p>10:15 VIVAfit Fun (FD)</p> <p>10:30 Catholic Mass (988) INFOTV</p> <p>11:15 VIVAfit Sit (VS)</p> <p>2:30 Bingo (VP)</p> <p>4:15 Finish the Lines (FD)</p>	<p>30</p> <p>9:15 Current Events (PC)</p> <p>10:15 VIVAfit Fun (FD)</p> <p>11:30 VIVAfit Sit (VS)</p> <p>2:00 Knitting Club (BG)</p> <p>2:30 Zumba with Ariam (VS)</p> <p>2:30 DrumFit (VP)</p> <p>3:00 Monthly Birthday Party with Manvir (PC)</p>	<p>31</p> <p>9:15 Sign me up! Reminder Calls</p> <p>10:30 VIVAfit Fun (FD)</p> <p>10:00 Vendor Sale: Bijoux Treasures by Inga (L)</p> <p>10:00 Vendor Sale: Aloette Skincare (L)</p> <p>11:15 VIVAfit Sit & Stand (VS)</p> <p>3:00 Horticulture Club (HR)</p> <p>3:30 Balloon Tennis (FD)</p> <p>7:30 Popcorn and a Movie: Good Will Hunting (VP)</p>	<p>Clown Performance May 2 3:30pm</p> <p>Celebrate <i>World Laughter Day</i> with a clown and juggler performance in the Lobby.</p>	<div style="background-color: #f4a460; padding: 20px; text-align: center;"> <p>Why is Peter Pan always flying?</p> </div> <div style="background-color: #f4a460; padding: 20px; text-align: center;"> <p>He Neverlands. This joke never gets old.</p> </div>			