



We're thankful for our wonderful volunteer Paul (centre) for always challenging Community Members to a game of pool.



Community Members having fun in one of our lively zumba classes.

Don't miss out!

Canada Day Celebration

Friday, July 1

12:00 pm – Winston's

We're kicking off our weekly Friday BBQ on Canada Day!

Pottery Painting Class

Wednesday, July 13

2:30 pm – Perks! Café

Sign up at Concierge!

V!VA Mississauga Summer Carnival

Friday, July 22

2:30 pm – Lobby

An exciting day of games, treats, and a chance to WIN prizes!

National Wine & Cheese Day Celebration

Monday, July 25

3:00 pm – Pints! Pub

Cheese and local wine, accompanied by live music.

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

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V!VAvoice

YOUR V!VA COMMUNITY NEWSLETTER

July 2022

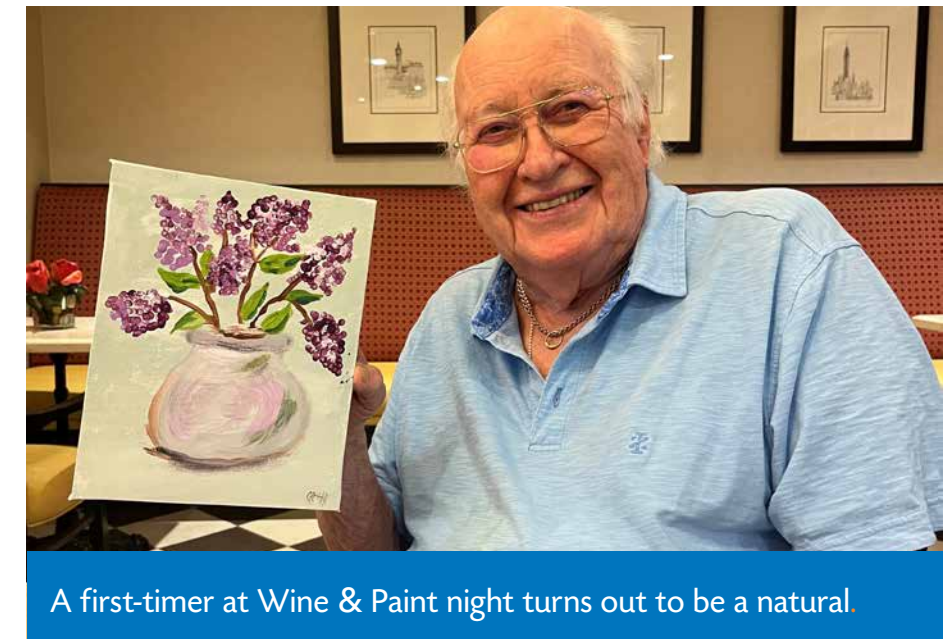
V!VA Retirement Communities™
MISSISSAUGA



Cheering on the Toronto Blue Jays in an executive suite at the Rogers Centre.



Snapping a selfie during the game.



A first-timer at Wine & Paint night turns out to be a natural.



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.



Laura Bourne
Wellness Consultant
& Holistic Nutritionist

How Essential Oils Can Support Mental Health

with Guest Speaker: **Laura Bourne**
NOW AVAILABLE IN-PERSON* OR ONLINE!

TUESDAY, JULY 19 | 2:00 PM
Aromatherapy has played an important role in holistic health and wellness practices for a long time. Join us once again for a rerun with Laura Bourne, Workplace Wellness Consultant and Holistic Nutritionist, to learn how using essential oils can offer the body natural and holistic solutions.

*Conditions apply including public health protocols.


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



MIND WORD SEARCH WKOUT

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| BEAVER | FIREWORKS | LACROSSE | PARLIAMENT |
| BILINGUAL | FLAG | MAPLE | PROVINCES |
| CANADA | FRENCH | MOOSE | ROCKIES |
| CONFEDERATION | GRIZZLY | ONTARIO | SYRUP |
| ENGLISH | HOCKEY | OTTAWA | TORONTO |

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>CANADA DAY BBQ & CELEBRATION</p> <p>Friday, July 1 12:00pm</p> <p>Celebrate Canada as we kick off the start of our weekly BBQ's taking place every Friday, from Canada Day all the way to Labour Day! Enjoy good food, live music, and even better company!</p>	<p>POTTERY PAINTING CLASS</p> <p>Wednesday, July 13 2:30pm</p> <p>Join local pottery painting studio – crock-A-doodle as they host a pottery painting class in Perks! Café. Please sign up at concierge to reserve your spot and let the artist in you shine through!</p>		<p>1 Canada Day</p> <p>9:15 Current Events (PC)</p> <p>10:30 VIVAfit Sit (VS)</p> <p>11:15 VIVAfit Balance (VS)</p> <p>12:00 Canada Day BBQ (Winston's)</p> <p>12:45 Canada Day Live Music & Cocktails (Winston's)</p> <p>3:00 Canada Coast to Coast (VP)</p> <p>7:30 Documentary Night: "Keith Richards: Under the Influence" (VP)</p>	<p>2</p> <p>10:00 Ron on the Piano (L)</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>2:00 Afternoon Movie: "Catch me if You Can" (VP)</p> <p>2:30 VIVAfit – Strength Class (VS)</p> <p>4:15 VIVAfit Fun (FD)</p>
<p>3</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 Therapeutic Coloring (FD)</p>	<p>4</p> <p>9:15 Current Events (PC)</p> <p>10:00 Mindful Meditation Group (VS)</p> <p>11:15 VIVAfit Sit (VS)</p> <p>2:00 Knitting Club (BG)</p> <p>2:30 Zumba with Ariam (VS)</p> <p>3:30 Drum Fit (VP)</p> <p>3:30 Neighbourly Social – 1st Floor (PP)</p> <p>4:15 VIVAfit Fun (FD)</p> <p>4:15 VIVAfit Stroll (L)</p>	<p>5</p> <p>9:15 Sign me up! Reminder calls</p> <p>10:00 Vendor Sale: Bijoux Treasures by Inja (L)</p> <p>10:30 Tai Chi (VS)</p> <p>11:15 VIVAfit Sit & Stand (VS)</p> <p>3:30 Baking & Brain Games (FD)</p> <p>3:30 Shuffleboard (PP)</p> <p>7:30 Movie Night "Liar Liar (VP)</p>	<p>6</p> <p>9:15 Sign me up! Reminder calls</p> <p>10:15 VIVAfit Fun (FD)</p> <p>11:15 VIVAfit Sit (VS)</p> <p>2:30 Billiards (PP)</p> <p>2:30 VIVAfit Sit - Strength Class (VS)</p> <p>3:00 August Program & Outing Planning Meeting (VP)</p> <p>4:00 Afternoon Game Show (PP)</p> <p>6:30 Bingo (VP)</p>	<p>7 World Chocolate Day</p> <p>9:15 Sign me up! Reminder Calls</p> <p>9:30 Vendor Sale: Laura Secord (L)</p> <p>10:00 Longo's & Shoppers Drug Mart ✓ 🚗 \$</p> <p>11:15 VIVAfit Sit & Stand (VS)</p> <p>2:00 School of Chocolate: Chocolate Hanging by a Thread (VP)</p> <p>3:00 VIVAfit Aquafit (P) ✓</p> <p>3:00 VIVALicious Meeting (VP)</p> <p>4:00 Chocolate Tasting (PC)</p> <p>7:00 Cards Club (PP)</p>	<p>8</p> <p>9:15 Current Events (PC)</p> <p>10:30 VIVAfit Sit (VS)</p> <p>11:15 VIVAfit Balance (VS)</p> <p>11:30 Picnic Lunch at Brueckner Rhododendron Gardens (L) ✓ 🚗 \$</p> <p>2:30 VIVAfit Combo Class (VS)</p> <p>3:30 VM Olympics – Shot Put (L)</p> <p>7:30 Documentary Night: "Amazing Grace" (VP)</p>	<p>9</p> <p>10:00 Vendor Sale: Traditions Alive (L)</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>2:00 Afternoon Movie: "Life as We Know it" (VP)</p> <p>2:30 VIVAfit Sit – Strength Class (VS)</p> <p>4:15 VIVAfit Fun (FD)</p>
<p>10</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 Therapeutic Coloring (FD)</p>	<p>11</p> <p>9:15 Current Events (PC)</p> <p>10:00 Vendor Sale: Adrian's Family Clothing (L)</p> <p>10:00 Brittney Glen Hearing Clinic (PP)</p> <p>10:00 Mindful Mediation Group (VS)</p> <p>11:15 VIVAfit Sit (VS)</p> <p>2:00 Knitting Club (BG)</p> <p>2:30 Yoga with Natalie (VS)</p> <p>3:30 Neighbourly Social – 2nd Floor (PP)</p> <p>4:15 VIVAfit Fun (FD)</p> <p>4:15 VIVAfit Walk (L)</p>	<p>12</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>3:30 Drum Fit (VP)</p> <p>3:30 Shuffleboard (PP)</p> <p>6:30 JT's Choir & Sing Along (L)</p> <p>7:30 Movie Night: "Indiana Jones and the Last Crusade" (VP)</p>	<p>13</p> <p>9:15 Sign me up! Reminder calls</p> <p>10:15 VIVAfit Fun (FD)</p> <p>11:15 VIVAfit Sit (VS)</p> <p>11:30 Cynthia's Oakville ✓ 🚗 \$</p> <p>2:30 Billiards (PP)</p> <p>2:30 VIVAfit Sit – Strength Class (VS)</p> <p>2:30 Pottery Painting Class with "Crock-A-Doodle" (PC) ✓ \$</p> <p>4:00 Afternoon Game Show (PP)</p> <p>6:30 Bingo (VP)</p>	<p>14</p> <p>9:15 Sign me up! Reminder Calls</p> <p>10:00 Meadowvale Town Centre ✓ 🚗 \$</p> <p>11:15 VIVAfit Sit & Stand (VS)</p> <p>2:00 Ted Talk & Discussion – Jane Fonda & Lily Tomlin (VP)</p> <p>3:00 VIVAfit Aquafit (P) ✓</p> <p>4:00 Armchair Travel – Italy (VP)</p> <p>4:15 VIVAfit Fun (FD)</p> <p>7:00 Cards Club (PP)</p>	<p>15</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 Combo Class (VS)</p> <p>3:30 VM Olympics – Washer Toss (L)</p> <p>7:30 Documentary Night: "Secrets of the Saqqara Tomb" (VP)</p>	<p>16</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>2:00 Afternoon Movie: "Sense and Sensibility" (VP)</p> <p>2:30 VIVAfit Sit – Strength Class (VS)</p> <p>4:15 VIVAfit Fun (FD)</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>17</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 Therapeutic Coloring (FD)</p>	<p>18 National Ice Cream Day</p> <p>9:15 Current Events (PC)</p> <p>10:00 Mindful Mediation Group (VS)</p> <p>10:00 VIVAfit Stroll (L)</p> <p>11:15 VIVAfit Sit (VS)</p> <p>2:00 Knitting Club (BG)</p> <p>2:30 Zumba with Ariam (VS)</p> <p>3:00 National Ice Cream Day Celebration (L)</p> <p>4:15 VIVAfit Fun (VS)</p>	<p>19</p> <p>9:15 Sign me up! Reminder calls</p> <p>10:30 Tai Chi (VS)</p> <p>11:15 VIVAfit Sit & Stand (VS)</p> <p>2:30 VIVAfit Open Gym (VS)</p> <p>3:30 Baking & Balloon Tennis (FD)</p> <p>3:30 Shuffleboard (PP)</p> <p>7:30 Movie Night: "84 Charing Cross Road" (VP)</p>	<p>20</p> <p>9:15 Sign me up! Reminder calls</p> <p>10:15 VIVAfit Fun (FD)</p> <p>11:15 VIVAfit Sit (VS)</p> <p>11:30 Mini Golf & Lunch at Lionheart Pub ✓ 🚗 \$</p> <p>2:30 Billiards (PP)</p> <p>2:30 VIVAfit Sit – Strength Class (VS)</p> <p>3:00 Baking with Karli (CK)</p> <p>4:00 Happy Hour (PP) \$</p> <p>6:30 Bingo (VP)</p>	<p>21</p> <p>9:15 Sign me up! Reminder Calls</p> <p>10:00 Walmart Argentia ✓ 🚗 \$</p> <p>11:15 VIVAfit Sit & Stand (VS)</p> <p>2:00 Ted Talk & Discussion – Hidden Music Rituals (VP)</p> <p>3:00 VIVAfit Aquafit (P) ✓</p> <p>4:00 Armchair Travel – Scotland (VP)</p> <p>4:15 VIVAfit Fun (FD)</p> <p>7:00 Cards Club (PP)</p>	<p>22</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 Combo Class (VS)</p> <p>2:30 VIVA Mississauga Carnival (L)</p> <p>7:30 Documentary Night: "Audrey" (VP)</p>	<p>23</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>2:00 Afternoon Movie: "Paddington" (VP)</p> <p>2:30 VIVAfit Sit – Strength Class (VS)</p> <p>4:15 VIVAfit Fun (FD)</p>
<p>24</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 Therapeutic Coloring (FD)</p>	<p>25 National Wine & Cheese Day</p> <p>9:15 Current Events (PC)</p> <p>10:00 Mindful Mediation Group (VS)</p> <p>10:00 VIVAfit Walk (L)</p> <p>11:15 VIVAfit Sit (VS)</p> <p>2:00 Knitting Club (BG)</p> <p>2:30 Yoga with Natalie (VS)</p> <p>National Wine & Cheese Day Event with Live Music (PC)</p> <p>4:15 VIVAfit Fun (FD)</p>	<p>26</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>3:30 Shuffleboard (PP)</p> <p>3:30 Baking & Brain Games (FD)</p> <p>7:30 Movie Night: "Judy" (VP)</p>	<p>27</p> <p>9:15 Sign me up! Reminder calls</p> <p>10:15 VIVAfit Fun (FD)</p> <p>11:15 VIVAfit Sit (VS)</p> <p>11:30 Picnic Lunch at Jack Darling Park ✓ 🚗 \$</p> <p>2:30 Billiards (PP)</p> <p>2:30 VIVAfit Sit – Strength Class (VS)</p> <p>2:30 Afternoon Game Show (PP)</p> <p>4:00 Happy Hour (PP) \$</p> <p>6:30 Bingo (VP)</p>	<p>28</p> <p>9:15 Sign me up! Reminder Calls</p> <p>10:00 Brittney Glen Centre ✓ 🚗 \$</p> <p>11:15 VIVAfit Sit & Stand (VS)</p> <p>2:00 Ted Talk & Discussion – What it Takes to Create Social Change Against the Odds (VP)</p> <p>3:00 VIVAfit Aquafit (P) ✓</p> <p>4:00 Wine & Paint (PC)</p> <p>4:15 VIVAfit Fun (FD)</p> <p>7:00 Cards Club (PP)</p>	<p>29</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 Combo Class (VS)</p> <p>3:00 Monthly Birthday Party (PC)</p> <p>7:30 Documentary Night: "Dancing with the Birds" (VP)</p>	<p>30</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>2:00 Afternoon Movie: "The Great Gatsby" (VP)</p> <p>2:30 VIVAfit Sit – Strength Class (VS)</p> <p>4:15 VIVAfit Fun (FD)</p>
<p>31</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 Therapeutic Coloring (FD)</p>	<p>NATIONAL WINE & CHEESE DAY EVENT Monday, July 25 3:00pm</p> <p>Indulge in gourmet cheese and local wine, as we celebrate National Wine and Cheese Day. Accompanied by live music, you'll be sure to enjoy this elegant afternoon in the Pints! Pub.</p>					