



Local cosmetology students helped our Community Members' beauty shine for some glamour shots.



The Horticulture Club preparing our beautiful spring planters.

Don't miss out!

Father's Day Celebration

Friday, June 17th

Perks! Café – 3:00 pm

Celebrate Father's Day with a beer tasting, good company, and live music.

Lecture:

Indigenous Culture

Wednesday, June 22nd

V!VAplex – 10:00 am

In support of National Indigenous People's Day (June 21st), speaker Dr. Tom Hamilton discusses old wounds, new paths, and traditional ceremonies of Canada's Indigenous people.

Summer Kick Off Party

Friday, June 24th

Perks! Café – 2:30 pm

Welcome the warm weather than with a party, including festive drinks and live music!

Lecture: Counting Sheep

Tuesday, June 28th

V!VAplex – 2:00 pm

Discover the surprisingly enormous impact of sleep on health and survival in the animal kingdom.

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V!VAvoice

YOUR V!VA COMMUNITY NEWSLETTER

June 2022

V!VA Retirement Communities™
MISSISSAUGA



Community Member Gord and Lifestyle Team Member Karli put on a great show at our tropical themed party.



Serving festive treats.



Community Members enjoying Mother's Day High Tea.



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.



Patricia Morgan,
Author, Speaker & Therapist

How to be a People Booster

with Guest Speaker: Patricia Morgan
NOW AVAILABLE IN-PERSON* OR ONLINE!

TUESDAY, JUNE 21ST | 2:00 PM
Empower yourself and ignite the best in those around you by learning about these resiliency-enhancing concepts and tools. Prepare to amplify your self-awareness and to improve your presence with others. Join us for a joyful and uplifting session with author, speaker & therapist Patricia Morgan.

**Conditions apply including public health protocols.*

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



Word Search!

Take a break with this challenging puzzle! Good luck!



FATHER'S DAY

Word Search

U R I E L A R N L P O E V U K R L O J H B T T W T
M B P B H U D K I S S E S H K C L D J U E E H Y M
C E D Q W E N O J C E I S Z S E H L Q S T J Z F A
G N I K R O W D R A H M C T A O Y K V B U H U A G
Z U Y F U N N Y P E T T O R R L Y Q Q A T J E S M
P Q S P L A Y R J W S L N S L O O R Q N Z V E M W
G G P U M M O I G G U G A I D V N I M D N O W E Z
Z N F T P T E T Q P O M S I O N F G A Y F H V R U
V Y M Y E P S L J A R T F N C L A U I B I S W R Y
U E L C U B O L I W E H G T C E O H E D I U G F Y
P L T U X B B R E F N A L R A E P U V C N G Z A T
W T R O F M O C T R E N E M Y E H S O B C A Y H L
Z J N L Z M W R Z E G K V A E G X D Y N N E S K R
T O G E T H E R C H V S O K U U C E Y B D G L E N
S I G N E W O H W T H X L N M C G P B S U G L L T
Z G B T Q T I Q K A P C R S N D M V E H M A T T M
V C S X N L B L Z F R G A J R F N I X X Y A Z H C
U C C E D L O N T X J V Z E E Y R I I X A S K B Y
B G M V J W Y U A J N Z V X T O G B K Z K D Q B C
F A R S O J E C M I M S D Y M T E E W S A F M Q A
H M H E K M C R B G M R Y E E G B A N W L I S L S
V G Q M E T W Z I E I N M B L U W Y B H O X L O Q
A L W A S G C P H I S K G O D Y I N Z Q B E O I Q
P C T G W W N V N J E W S B G H W M R F O J M W W
B W M V X D K I A I I Y C Q B I U N A R Y O T O O

- ADORE
- CHILD
- COMFORT
- FATHER
- FUNNY
- GAMES
- GENEROUS
- GUIDE
- HANDSOME
- HARDWORKING

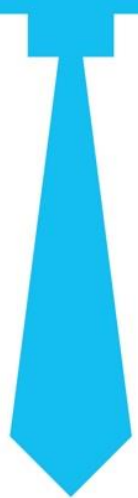
- LEARN
- LIFE
- LOVE
- MEMORIES
- MENTOR
- PLAY
- PROTECT
- SILLY
- SPECIAL
- STRONG



www.saynotsweetanne.com

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	Father's Day Celebration Friday, June 17 3:00pm Celebrate Father's Day with Beer Tasting and live music in the Perks! Cafe	1 9:15 Sign me up! Reminder calls 10:15 V!VAfit Fun (FD) 11:30 V!VAfit Sit (VS) 11:30 Jack Astors ✓ 🚗 \$ 2:30 Billiards (PP) 2:30 Walking Club with Sarah (L) 3:30 June Program & Outing Planning Meeting (VP) 6:30 Bingo (VP)	2 9:15 Sign me up! Reminder Calls 10:00 Meadowvale Town Centre ✓ 🚗 \$ 11:15 V!VAfit Sit & Stand (VS) 1:30 Blue Jays Game ✓ 🚗 \$ 2:00 Ted Talk & Discussion – How to Heal a Divided World (VP) 3:00 V!VALicious Meeting (VP) 3:00 V!VAfit Aquafit (P) ✓ 3:30 Afternoon Game Show (VP) 4:15 V!VAfit FUN (FD) 7:00 Cards Club (PP)	3 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 DrumFit (VP) 4:15 V!VAfit Fun (FD) 7:30 Documentary Night: "The Mystery of Marilyn Monroe" (VP)	4 10:15 News and Views (FD) 10:30 Anglican Service (988) InfoTV 11:15 V!VAfit Sit (VS) 2:00 Afternoon Movie: "Sleepless in Seattle" 2:30 V!VAfit Strength (VS) 4:15 V!VAfit Fun (FD)
5 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)	6 9:15 Current Events (PC) 10:00 Ron on the Piano (L) 10:15 V!VAfit Fun (FD) 11:30 V!VAfit Sit (VS) 2:00 Knitting Club (BG) 2:30 Zumba with Ariam (VS) 3:30 Gardening (VG) 3:30 Neighbourly Social – 3 rd Floor (PP)	7 9:15 Sign me up! Reminder calls 10:15 V!VAfit Fun (FD) 10:30 Tai Chi (VS) 11:15 V!VAfit Sit & Stand (VS) 2:30 Open Gym (VS) 3:00 Horticulture Club (HR) 3:30 Baking (FD) 7:30 Popcorn and a Movie: "Wine Country" (VP)	8 9:15 Sign me up! Reminder calls 10:15 V!VAfit Fun (FD) 11:30 V!VAfit Sit (VS) 11:30 Scaddabush ✓ 🚗 \$ 2:00 Community Member Council Meeting (VP) 3:30 Mindful Meditation (HR) 6:30 Bingo (VP)	9 9:15 Sign me up! Reminder Calls 10:00 Longos ✓ 🚗 \$ 11:15 V!VAfit Sit & Stand (VS) 2:00 Surprise Student Event (PC) 2:00 Ted Talk & Discussion – Stand with Ukraine (VP) 3:00 V!VAfit Aquafit (P) ✓ 4:00 Wine & Paint (PC) 4:15 V!VAfit FUN (FD) 7:00 Cards Club (PP)	10 9:15 Current Events (PC) 10:00 Vendor Sale: Joy by Julie – All Natural Products (L) 10:30 V!VAfit Sit (VS) 11:15 V!VAfit Balance (VS) 2:30 V!VAfit Sit & Stand (VS) 7:30 Documentary Night: "Miles Davis – The Birth of the Cool" (VP)	11 10:15 News and Views (FD) 10:30 Anglican Service (988) InfoTV 11:15 V!VAfit Sit (VS) 2:00 Afternoon Movie: "Patriot's Day" 2:30 V!VAfit Strength (VS) 4:15 V!VAfit Fun (FD)
12 10:15 V!VAfit Fun (FD) 10:30 Catholic Mass (988) INFOTV 11:15 V!VAfit Sit (VS) 2:30 Bingo (VP) 4:15 Name that Tune (FD)	13 9:15 Current Events (PC) 10:15 V!VAfit Fun (FD) 11:30 V!VAfit Sit (VS) 2:00 Knitting Club (BG) 2:00 Guest Lecture (VP) 2:30 Yoga (VS) 3:00 DrumFit (VP) 3:30 Gardening (VG) 3:30 Neighbourly Social – 4 th Floor (PP)	14 9:15 Sign me up! Reminder calls 10:15 V!VAfit Fun (FD) 11:15 V!VAfit Sit & Stand (VS) 11:30 Crepe De Luxe ✓ 🚗 \$ 3:00 Horticulture Club (HR) 3:30 Balloon Tennis (FD) 7:30 Popcorn and a Movie: "Manhattan Murder Mystery" (VP)	15 9:15 Sign me up! Reminder calls 10:15 V!VAfit Fun (FD) 10:30 Stratford Festival – Chicago ✓ 🚗 \$ 11:00 St. Joan of Arc Portrait & Painting Class (PP) 11:30 V!VAfit Sit (VS) 2:30 Baking with Karli (CK) 2:30 Billiards (PP) 3:00 Book Club (BG) 3:30 Mindful Meditation (HR) 6:30 Bingo (VP)	16 9:15 Sign me up! Reminder Calls 10:00 Brittney Glen Centre ✓ 🚗 \$ 11:15 V!VAfit Sit & Stand (VS) 2:00 Ted Talk & Discussion – How to Build a Community as a Newcomer (VP) 2:30 Walking Club with Sarah (L) 3:00 V!VAfit Aquafit (P) ✓ 3:30 Afternoon Game Show (VP) 4:15 V!VAfit FUN (FD) 7:00 Cards Club (PP)	17 9:15 Current Events (PC) 10:30 V!VAfit Sit (VS) 11:15 V!VAfit Balance (VS) 1:00 V!VAfit Fun (FD) 3:00 Father's Day Celebrations – Beer Tasting & Live Music (PC) 7:30 Documentary Night: "Fantastic Fungi" (VP)	18 10:15 News and Views (FD) 10:30 Anglican Service (988) InfoTV 11:15 V!VAfit Sit (VS) 2:00 Afternoon Movie: "Our Souls at Night" 2:30 V!VAfit Strength (VS) 4:15 V!VAfit Fun (FD)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>19 Father's Day</p> <p>10:15 VIVAfit Fun (FD)</p> <p>10:30 Catholic Mass (988) INFOTV</p> <p>11:15 VIVAfit Sit (VS)</p> <p>12:00 Father's Day BBQ</p> <p>2:30 Bingo (VP)</p> <p>4:15 Finish the Lines (FD)</p>	<p>20</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>3:30 Gardening (VG)</p> <p>3:30 Neighbourly Social – 5th Floor (PP)</p>	<p>21</p> <p>9:15 Sign me up! Reminder calls</p> <p>10:15 VIVAfit Fun (FD)</p> <p>10:30 Tai Chi (VS)</p> <p>11:15 VIVAfit Sit & Stand (VS)</p> <p>VIVA Values Seniors' Mental Health – Virtual Speaker (VP)</p> <p>2:00 Open Gym (VS)</p> <p>3:00 Horticulture Club (HR)</p> <p>3:30 Baking (FD)</p> <p>7:30 Popcorn and a Movie: "The Graduate" (VP)</p>	<p>22</p> <p>9:15 Sign me up! Reminder calls</p> <p>10:00 Guest Lecture – National Indigenous People's Day Presentation (VP)</p> <p>10:15 VIVAfit Fun (FD)</p> <p>11:30 VIVAfit Sit (VS)</p> <p>11:30 Maddie Hatter – Erin ✓ 🚗 \$</p> <p>Get your Jam On – Homemade Strawberry Jam (CK)</p> <p>2:30 Billiards (PP)</p> <p>3:00 Book Club (BG)</p> <p>3:30 Mindful Mediation (HR)</p> <p>6:30 Bingo (VP)</p>	<p>23</p> <p>9:15 Sign me up! Reminder Calls</p> <p>11:30 Terra Cotta Inn ✓ 🚗 \$</p> <p>11:15 VIVAfit Sit & Stand (VS)</p> <p>Ted Talk & Discussion – Innovations we need to Avoid Climate Disaster (VP)</p> <p>2:00 VIVAfit Aquafit (P) ✓</p> <p>4:15 VIVAfit FUN (FD)</p> <p>7:00 Cards Club (PP)</p>	<p>24</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 Summer Kick- Off Party with Jay Vazquez (PC)</p> <p>4:15 VIVAfit Fun (FD)</p> <p>Documentary Night: The Mystery of Marilyn Monroe (VP)</p> <p>7:30</p>	<p>25</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: "Guess Who's Coming to Dinner"</p> <p>2:30 VIVAfit Strength (VS)</p> <p>4:15 VIVAfit Fun (FD)</p>
<p>26</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>27</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 Yoga (VS)</p> <p>3:30 Gardening (VG)</p> <p>3:30 Book Club (BG)</p>	<p>28</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>2:00 Guest Lecture: Counting Sheep (VP)</p> <p>3:00 Horticulture Club (HR)</p> <p>3:30 Balloon Tennis (FD)</p> <p>7:30 Popcorn and a Movie: "Captain Phillips" (VP)</p>	<p>29</p> <p>9:15 Sign me up! Reminder calls</p> <p>10:15 VIVAfit Fun (FD)</p> <p>10:30 Classic Car Show</p> <p>11:30 VIVAfit Sit (VS)</p> <p>11:30 Erin Mills Town Centre ✓ 🚗 \$</p> <p>2:30 Billiards (PP)</p> <p>3:00 Monthly Birthday Party with Patricia Duffy (PC)</p> <p>6:30 Bingo (VP)</p>	<p>30</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 Walking Club (L)</p> <p>3:00 VIVAfit Aquafit (P) ✓</p> <p>4:15 VIVAfit FUN (FD)</p> <p>7:00 Cards Club (PP)</p>	<p>Guest Lecture – Dr. Tom Hamilton Wednesday, June 22 10:00am</p> <p>In support of National Indigenous People's Day on June 21st. Dr. Tom Hamilton will be presenting on the Indigenous Culture. He will discuss welcoming songs, old wounds, new paths and traditional ceremonies.</p>	<p>Summer Kick Off Party Friday, June 24 2:30pm</p> <p>Join us in celebrating the first week of summer, with a fun summer kick off! Delicious summer themed drinks and live music by the one and only, Jay Vazquez!</p>



happy
Father's Day

What does a baby computer call his father?

Data.