



Community Member Charlie has the eye of the tiger as he demonstrates his shuffleboard skills!



Pat enjoying the hot coffee and fresh donuts we served straight from Tim Hortons on International Donut Day.

Don't miss out!

**Canada Day Celebrations
Friday, July 1**

From a flag raising to a party, we are celebrating throughout the day. See the calendar for details!

**Springridge Farms
Thursday, July 7**

10:00 am – Meet in Lobby
Its time to go strawberry picking! Springridge Farms also has a wonderful bakery with delicious tarts, cookies and jam.

**Q&A with Town and
Regional Counsellor
Pavan Parmar**

Monday, July 18
3:00 pm – VIVAplox
Ward 7 Town & Regional Councillor Pavan Parmar is here to provide updates on the future of the area, current road construction and answering any questions you may have.

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

July 2022

V!VA Retirement Communities™
OAKVILLE



Team Member Tanya and Community Member Joan snap a selfie during their boat ride.



Community Member Ron enjoying the scenic views during a boat ride.



Chef Rob serves the grilled goodies at our Father's Day BBQ.



Cheers! Fay and Martha raise their Margaritas during the "Maragritaville" social.



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 (289) 725-6000 or
email oakville@vivalife.ca



MIND WORKOUT

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

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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) 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>Everyday Events:</p> <p>3:00pm Happy Hour in Pints! Pub</p> <p>3:00pm Knitting Club in the Brain Gym</p>	<p>Canada Day Celebration Friday July 01, 2022</p> <p>Join us for a full day of festivities as we begin the day with the raising of a new Canada flag followed by a great Canadian tradition of Tim Hortons coffee and doughnuts. In the afternoon, put on your dancing shoes as we continue to celebrate with our wonderful entertainer Laralee !</p>		<p>1 Canada Day</p> <p>10:30 Raising of Canada Flag (Parking Lot)</p> <p>11:00 Coffee and Doughnuts (PC)</p> <p>1:30 Rosary Club (CC)</p> <p>2:00 Bingo (VP)</p> <p>3:00 Canada Day Celebration with Laralee (PC)</p> <p>7:00 Movie Night "The Other Guys" (VP)</p>	<p>2</p> <p>10:15 V!VAfit Sit (VS)</p> <p>11:00 V!VAfit Sit & Stand (VS)</p> <p>2:30 Sunshine Strolls</p> <p>3:00 Happy Hour (PP) \$</p> <p>3:00 Knitting Club (BG)</p> <p>3:30 TED Talks Lecture Series (VP)</p>
<p>3</p> <p>10:15 V!VAfit Sit (VS)</p> <p>11:00 V!VAfit Sit & Stand (VS)</p> <p>2:30 Baking (FD)</p> <p>3:00 Finish The Phrase (FD)</p> <p>3:00 Happy Hour (PP) \$</p> <p>3:00 Knitting Club (BG)</p>	<p>4</p> <p>10:15 V!VAfit Sit (VS)</p> <p>11:00 V!VAfit Balance (VS)</p> <p>2:30 Relaxation Group (VP)</p> <p>3:30 Let's Dance to Elvis (VS)</p> <p>7:00 Documentary Night "Aretha Franklin – Amazing Grace" (VP)</p>	<p>5</p> <p>10:00 Bus Trip: Oakville Place ✓ \$ 🚌</p> <p>10:15 V!VAfit Sit (VS)</p> <p>11:00 V!VAfit Sit & Stand (VS)</p> <p>2:00 Bingo (VP)</p> <p>3:30 Strawberry Smoothies and Canadian Trivia (VG)</p> <p>7:00 Bridge Club (BG)</p> <p>7:00 Bid Euchre (PP)</p>	<p>6</p> <p>10:00 Bus Trip: Walmart ✓ \$ 🚌</p> <p>10:15 V!VAfit Sit (VS)</p> <p>11:00 V!VAfit Strength (VS)</p> <p>11:30 Lunch: Swiss Chalet ✓ \$ 🚌</p> <p>2:30 Get to know your Neighbour (1st Floor) (PP)</p> <p>3:00 AquaFit (P)</p> <p>3:30 Family Feud (VP)</p> <p>7:00 Euchre Club (VP)</p>	<p>7</p> <p>10:15 V!VAfit Sit (VS)</p> <p>10:00 Bus Trip: Springridge Farms ✓ \$ 🚌</p> <p>11:00 V!VAfit Balance(VS)</p> <p>2:30 Yoga with Natalie (VS)</p> <p>3:00 Travel Documentary: Canada (VP)</p> <p>4:00 Walking Club (L)</p>	<p>8</p> <p>10:00 Vendor Sale: Bijoux Treasures</p> <p>10:15 V!VAfit Sit (VS)</p> <p>11:00 V!VAfit Sit and Stand (VS)</p> <p>1:30 Rosary Club (CC)</p> <p>2:00 Bingo (VP)</p> <p>3:30 Relaxation Group (VP)</p> <p>4:00 Billiards (PP)</p> <p>7:00 Movie Night "Hello My Name Is Doris" (VP)</p>	<p>9</p> <p>10:15 V!VAfit Sit (VS)</p> <p>11:00 V!VAfit Strength (VS)</p> <p>2:30 Sunshine Strolls</p> <p>3:00 Happy Hour (PP) \$</p> <p>3:00 Knitting Club (BG)</p> <p>3:30 TED Talks Lecture Series (VP)</p>
<p>10</p> <p>10:15 V!VAfit Sit (VS)</p> <p>11:00 V!VAfit Sit & Stand (VS)</p> <p>2:30 Baking (FD)</p> <p>3:00 Finish The Phrase (FD)</p> <p>3:00 Happy Hour (PP) \$</p> <p>3:00 Knitting Club (BG)</p>	<p>11</p> <p>10:00 TaiChi (VS)</p> <p>11:00 V!VAfit Balance (VS)</p> <p>2:30 Relaxation Group (VP)</p> <p>3:30 Let's Dance (VS)</p> <p>6:00-8:00 Poker with Desi (PP)</p> <p>7:00 Documentary Night "Apollo 11" (VP)</p>	<p>12</p> <p>10:30 Bus Trip: Oakville Library ✓ \$ 🚌</p> <p>10:15 V!VAfit Sit (VS)</p> <p>11:00 V!VAfit Sit & Stand (VS)</p> <p>1:30 Bus Trip: Dorval Crossing ✓ \$ 🚌</p> <p>2:00 Bingo (VP)</p> <p>3:30 Peaches and Cream Social (VG)</p> <p>7:00 Bridge Club (BG)</p> <p>7:00 Bid Euchre (PP)</p>	<p>13</p> <p>10:00 Bus Trip: Walmart ✓ \$ 🚌</p> <p>10:15 V!VAfit Sit (VS)</p> <p>11:00 V!VAfit Strength (VS)</p> <p>Pizza Making</p> <p>11:30 Demonstration and Lunch (CK)</p> <p>2:30 Get to Know your Neighbour (2nd Floor)(FD)</p> <p>2:30 Creative Corner (CK)</p> <p>3:00 AquaFit (P)</p> <p>7:00 Euchre Club (VP)</p>	<p>14</p> <p>11:00 Bus Trip: Shoppers Drug Mart ✓ \$ 🚌</p> <p>10:15 V!VAfit Sit (VS)</p> <p>11:00 V!VAfit Balance(VS)</p> <p>1:00 Bus Trip Cineplex Theatres: Elvis ✓ \$</p> <p>2:30 Baking with Sanel "Canadian Maple Pie" (CK)</p> <p>4:00 Walking Club (L)</p>	<p>15</p> <p>10:15 V!VAfit Sit (VS)</p> <p>11:00 V!VAfit Sit & Stand (VS)</p> <p>1:30 Rosary Club (CC)</p> <p>2:00 Bingo (VP)</p> <p>3:30 Relaxation Group(VP)</p> <p>4:00 Drop in Shuffleboard (VS)</p> <p>7:00 Movie Night "Always Be My Lady" (VP)</p>	<p>16</p> <p>10:15 V!VAfit Sit (VS)</p> <p>11:00 V!VAfit Strength(VS)</p> <p>2:30 Sunshine Strolls</p> <p>3:00 Happy Hour (PP) \$</p> <p>3:00 Knitting Club (BG)</p> <p>3:30 TED Talks Lecture Series (VP)</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17 10:15 V!VAfit Sit (VS) 11:00 V!VAfit Sit & Stand (VS) 2:30 Baking (FD) 3:00 Finish The Phrase (FD) 3:00 Happy Hour (PP) \$ 3:00 Knitting Club (BG)	18 10:15 V!VAfit Sit (VS) 11:00 V!VAfit Balance (VS) 2:30 Relaxation Group (VP) 3:00 Q&A with Town and Regional Counsellor Pavan Parmar (VP) 7:00 Documentary Night "Late Life" (VP)	19 10:00 Vendor Sale 10:15 V!VAfit Sit (VS) 11:00 V!VAfit Sit & Stand (VS) Bus Trip: Gairloch Gardens and Picnic ✓ 🚌 11:30 Gardens and Picnic ✓ 🚌 2:00 Bingo (CK) 2:00 Essential Oils Presentation (VP) 3:30 Strawberry Sundaes and Name That Tune (VG) 7:00 Bridge Club (BG) 7:00 Bid Euchre (PP)	20 Bus Trip: Walmart ✓ 🚌 \$ 10:00 10:15 V!VAfit Sit (VS) 11:00 V!VAfit Strength (VS) 12:30 Lunch:IL Fornello ✓ 🚌 \$ 2:30 Get to Know your Neighbour (3 rd Floor)(PP) 3:00 AquaFit 3:30 Cash Cab (VP)	21 10:15 V!VAfit Sit (VS) 11:00 V!VAfit Balance (VS) 1:00 Niagara Winery ✓ 🚌 \$ 2:30 Drop-in Shuffleboard (VS) 2:30 Yoga with Natalie (VS) 3:00 Travel Documentary: Netherlands(VP) 4:00 Walking Club (L)	22 10:15 V!VAfit Sit (VS) 11:00 V!VAfit Sit & Stand (VS) 1:30 Rosary Club (CC) 2:00 Bingo Club (VP) 3:30 Relaxation Group (VP) 4:00 Scrabble (BG) 7:00 Movie Night "Wine Country" (VP)	23 10:15 V!VAfit Sit (VS) 11:00 V!VAfit Strength (VP) 2:30 Sunshine Strolls 3:00 Happy Hour (PP) \$ 3:00 Knitting Club (BG) 3:30 TED Talks Lecture Series (VP)
24 World Grandparents Day 10:15 V!VAfit Sit (VS) 11:00 V!VAfit Sit & Stand (VS) 3:00 Grandparents Day Celebration with Vivianna (PC) 3:00 Happy Hour (PP) \$ 3:00 Knitting Club (BG)	25 10:00 TaiChi (VS) 11:00 V!VAfit Balance (VS) 2:30 Relaxation Group (VP) 3:30 Let's Dance (VS) 7:00 Documentary Night "100 days with Tata"(VP)	26 10:30 Bus Trip Oakville Library ✓ 🚌 \$ 10:15 V!VAfit Sit (VS) 11:00 V!VAfit Sit & Stand (VS) Bus Trip: Dorval Crossing ✓ 🚌 \$ 1:30 2:00 Bingo (VP) 7:00 Bridge Club (BG) 7:00 Bid Euchre (PP)	27 Bus Trip: Walmart ✓ 🚌 \$ 10:00 10:15 V!VAfit Sit (VS) 11:00 V!VAfit Strength(VS) 12:30 Bus Trip: Delta Bingo ✓ 🚌 \$ 2:30 Get to Know your Neighbour (4 th Floor)(PP) 3:00 AquaFit (P) 3:30 Jeopardy (VP)	28 Bus Trip: Shoppers Drug Mart ✓ 🚌 \$ 11:00 10:15 V!VAfit Sit (VS) 11:00 V!VAfit Balance (VS) 11:00 Catholic Mass (VP) 3:00 Monthly Birthday Party with Manvir (PC)	29 10:15 V!VAfit Sit (VS) 11:00 V!VAfit Sit & Stand (VS) 1:30 Rosary Club (CC) 2:00 Bingo Club (VP) 3:30 Relaxation Group (VP) 4:00 Stop the Bus (Card Game) (BG) 7:00 Movie Night "The Blind Side" (VP)	30 10:15 V!VAfit Sit (VS) 11:00 V!VAfit Sit & Stand (VS) 2:30 Sunshine Strolls 3:00 Happy Hour (PP) \$ 3:00 Knitting Club (BG) 3:30 TED Talks Lecture Series (VP)

31 10:15 V!VAfit Sit (VS) 11:00 V!VAfit Sit & Stand (VS) 2:30 Baking (FD) 3:00 Finish The Phrase (FD) 3:00 Happy Hour (PP) \$ 3:00 Knitting Club (BG)
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World Grandparents Day
 July 24, 2022
 3:00 PM – 4:00 PM

Happy World Grandparents Day!!!! Yes, we are celebrating you and all the grandparents around the world with some sweet treats and amazing singer Vivianna

What makes up fifty percent of Canada?

The letter A.