



Theresa and Elvis striking a pose together.



Nick and Audry Beating away those winter blues.

Don't miss out!

Lunar New Year Presentation with Kevin Lee
Thursday, February 8
3:00 - 4:00 pm – *V!VAplex*

Valentine's Day with Violinist Oleksandra
Wednesday, February 14
3:00 - 4:00 pm – *Perks! Cafe*

Leaping Into Spring Celebration with Family and Friends
Thursday, February 29
2:00 - 4:00 pm – *Perks! Cafe*

Receive a cheque* for every friend you refer to V!VA Oakville who moves in.

All they need to do is tell us who referred them. That's just our way of saying 'Thanks!' for helping someone else be Happier Here™, too!

*Conditions apply

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Janet Helen Shirley and Diane ringing in 2024 in style.



Deo being serenaded by Elvis as he performs his greatest hits.



Ovita showcasing her vocal talents during an afternoon of karaoke.



The Book Club.

FOUR FEBRUARY
FACTS ABOUT

Cupid



He's not simply a cherub. He's a GOD. Cupid is the Roman god of beauty and love. He is also believed to be the son of goddess Venus.

A God of Many Names. The Romans called him Cupido, which means 'desire'. He was also called "Amor", and "Eros".

A Tale as old As Time. In 'Cupid and Psyche', an ancient Greek myth from the second century, Cupid lover's was named Psyche, and together they had a daughter named Voluptas. Venus was very jealous of Psyche because of her beauty and shot her with an arrow, cursing her to fall in love with the most horrifying being in the entire world. And you thought your mother-in-law was bad!

Lead is bad for the heart, too. Cupid carries two kinds of arrows, one with a sharp point made of gold, and the other with a blunt tip of lead. A person wounded by the golden arrow is filled with uncontrollable desire, but the one struck by the lead feels aversion and desires only to flee.

Source: <https://greekgodsandgoddesses.net/gods/cupid/> and <https://easyscienceforkids.com/cupid-facts/>

LOOKING FOR LOVE

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

love

romance

cupid

goldarrows

bow

chocolate

cleopatra

anthony

romeo

juliet

bonnie

clyde

eros

amor

flowers

lovenotes

heartache

loveisblind

sweetheart

honey

roses

carnations

kiss

kissingbooth

boyfriend

girlfriend

husband

wife

partner

holdinghands

couple

heart

Reserve your spot for outings at
Concierge.

February 2024

V!VA Oakville



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Locations Legend</u> V!VAfit Studio (VS) Family Den (FD) Pints! Pub (PP) Brain Gym (BG) V!VAplex (VP) Lobby (L) Community Commons (CC) Craft Kitchen (CK) Perks! Cafe (PC) Pool (P) Dining Room (DR)	Knitting Group 3:00 in the Brain Gym Please join us everyday at we gather as a group, work on our knitting projects and enjoy the company of fellow Community Members and Friends!	Happy Hour Join us in Perks! Pub everyday at 3:00pm for an amazing variety of drinks, snacks and of course tons of fun!		10:00 Bus Trip: Shoppers Drug Mart - Neyagawa Blvd (L) 1 10:15 V!VAfit Sit (VS) 10:30 V!VAfit Fun (FD) 11:00 V!VAfit Balance (VS) 2:00 Fun Bridge (CC) 2:00 V!VA Voices Choir Practice (VS) 2:00 Bus Trip: Oakville Place (L) 2:30 Beauty Club (FD) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 Rummikub (PC) 3:30 Scrapbooking: 2024 Resolutions (FD) 7:00 Classical Music Concert (VP)	10:00 Vendor Sale: The Boutique (CK) 2 10:15 V!VAfit Sit (VS) 10:30 V!VAfit Fun (FD) 11:00 Current Events (FD) 11:00 V!VAfit Sit and Stand (VS) 1:30 Rosary Group (CC) 2:00 Bingo (VP) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 Scattagories (CK) 7:00 Netflix Night - Firefly Lane (VP)	10:15 V!VAfit Sit (VS) 3 10:30 St.John Therapy Dog Visits (L) 11:00 V!VAfit Strength (VS) 11:00 St.John Therapy Dog Visits (FD) 2:30 Finish The Phrase (FD) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:30 V!VAfit Fun (FD) 7:00 Movie Night: Julie and Julia (VP)
10:15 V!VAfit Sit (VS) 4 10:30 V!VAfit Fun (FD) 11:00 V!VAfit Sit and Stand (VS) 2:00 Cribbage (PC) 2:30 Baking (FD) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:30 V!VAfit Fun (FD)	10:15 Tai Chi with Lina (VS) 5 10:30 V!VAfit Fun (FD) 11:00 V!VAfit Balance (VS) 11:00 Current Events (FD) 2:00 Table Shuffleboard (VS) 2:30 Bingo (FD) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:30 Sing a long with Susie Q (FD) 6:30 Poker with Desi (PP) 7:00 Community Bridge (BG)	10:15 V!VAfit Sit (VS) 6 10:30 V!VAfit Fun (FD) 11:00 V!VAfit Sit and Stand (VS) 2:00 Bingo (VP) 2:30 Indoor Gardening (FD) 3:00 Happy Hour (PP) 3:00 Aquafit (P) 3:00 Knitting Group (BG) 3:30 Tea and Talk (FD) 7:00 Bid Euchre (PP)	10:00 Bus Outing: Walmart (L) 7 10:30 V!VAfit Fun (FD) 10:30 Zumba with Ariam (VS) 10:30 Vendor Sale: Nellys Comfort Shoes (CK) 11:00 V!VAfit Strength (VS) 11:00 Current Events (FD) 1:30 Floor Shuffleboard (VS) 2:00 Java Mentorship Meeting (CC) 2:00 Bus Trip: Glen Abbey Library (L) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 Book Club (DR) 7:00 Euchre (VP)	10:00 Bus Trip: Shoppers Drug Mart- Upper Middle Road (L) 8 10:15 V!VAfit Sit (VS) 10:30 V!VAfit Fun (FD) 11:00 V!VAfit Balance (VS) 12:00 Vendor Sale: Gifts From China (CK) 12:00 Bus Trip: Lunch @ Mo's Family Restaurant (L) 2:00 Fun Bridge (CC) 2:00 V!VA Voices Choir Practice (VS) 2:30 Beauty Club (FD) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 Lunar New Year presentation with Kevin Lee (VP)	10:15 V!VAfit Sit (VS) 9 10:30 V!VAfit Fun (FD) 11:00 Current Events (FD) 11:00 V!VAfit Sit and Stand (VS) 11:00 Vendor Sale: Knitting by Carolyn (CK) 1:30 Rosary Group (CC) 2:00 Bingo (VP) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 Soap Making with Olivia (CK) 7:00 Netflix Night - Firefly Lane (VP)	10:15 V!VAfit Sit (VS) 10 10:30 St.John Therapy Dog Visits (L) 11:00 V!VAfit Strength (VS) 11:00 St.John Therapy Dog Visits (FD) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 Lunar New Year Social and Trivia (FD) 7:00 Movie Night: Pretty Women (VP)
10:15 V!VAfit Sit (VS) 11 10:30 V!VAfit Fun (FD) 11:00 V!VAfit Sit and Stand (VS) 2:00 Cribbage (PC) 2:00 Men's Club: Football Talk with Frank (PP) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 Superbowl Tailgate Party (PP)	10:15 V!VAfit Sit (VS) 12 10:30 V!VAfit Fun (FD) 11:00 V!VAfit Balance (VS) 11:00 Current Events (FD) 2:00 Table Shuffleboard (VS) 2:00 V!VA Voices Choir Practice (VS) 2:30 Bingo (FD) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:30 Valentines Day Crafting - Hersey Kisses Roses (FD) 7:00 Community Bridge (BG)	9:30 Seated Yoga with Natalie (VS) 13 10:00 Shrove Tuesday- Pancakes with the Lifestyles Team (CK) 10:15 V!VAfit Sit (VS) 10:30 V!VAfit Fun (FD) 11:00 V!VAfit Sit and Stand (VS) 2:00 Bingo (VP) 3:00 Happy Hour (PP) 3:00 Aquafit (P) 3:00 Knitting Group (BG) 3:00 Valentines Day Flower Arranging (CK) 7:00 Bid Euchre (PP)	10:00 Bus Outing: Walmart (L) 14 10:15 V!VAfit Sit (VS) 10:30 V!VAfit Fun (FD) 11:00 V!VAfit Strength (VS) 11:00 Current Events (FD) 1:30 Floor Shuffleboard (VS) 2:00 Java Mentorship Meeting (CC) 2:00 Ash Wednesday Service (VP) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 Valentines Day Celebration with violinist Oleksandra (PC) 7:00 Euchre (VP)	10:00 Bus Trip: Dixie Mall (L) 15 10:15 V!VAfit Sit (VS) 10:30 V!VAfit Fun (FD) 11:00 V!VAfit Balance (VS) 2:00 Fun Bridge (CC) 2:30 Beauty Club (FD) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 Scrabble (CK) 3:30 Scrapbooking (FD) 7:00 Classical Music Concert (VP)	10:15 V!VAfit Sit (VS) 16 10:30 V!VAfit Fun (FD) 11:00 Current Events (FD) 11:00 V!VAfit Sit and Stand (VS) 1:30 Rosary Group (CC) 2:00 Bingo (VP) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 7:00 Netflix Night - Firefly Lane (VP)	10:15 V!VAfit Sit (VS) 17 10:30 St.John Therapy Dog Visits (L) 11:00 V!VAfit Strength (VS) 11:00 St.John Therapy Dog Visits (FD) 11:00 Vendor Sale: Crochet Crafts, Mary Kay, Jewelry (CK) 2:30 Finish The Phrase (FD) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:30 V!VAfit Fun (FD) 7:00 Movie Night: Queen Bees (VP)

Reserve your spot for outings at
Concierge.

February 2024

V!VA Oakville



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 10:15 V!VAfit Sit (VS) 10:30 V!VAfit Fun (FD) 11:00 V!VAfit Sit and Stand (VS) 2:00 Cribbage (PC) 2:30 Baking (FD) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:30 V!VAfit Fun (FD)	19 10:15 V!VAfit Sit (VS) 10:30 V!VAfit Fun (FD) 11:00 V!VAfit Balance (VS) 11:00 Current Events (FD) 2:00 Table Shuffleboard (VS) 2:00 V!VA Voices Choir Practice (VS) 2:30 Bingo (FD) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:30 Creative Crafting - Pink Bracelets (CK) 7:00 Community Bridge (BG)	20 10:00 Bus Outing - Antiquing and Lunch @ Freelon Mall (L) 10:15 V!VAfit Sit (VS) 10:30 V!VAfit Fun (FD) 11:00 V!VAfit Sit and Stand (VS) 2:00 Bingo (VP) 2:30 Indoor Gardening (FD) 3:00 Happy Hour (PP) 3:00 Aquafit (P) 3:00 Knitting Group (BG) 3:30 Tea and Talk (FD) 7:00 Bid Euchre (PP)	21 10:00 Bus Outing: Walmart (L) 10:15 V!VAfit Sit (VS) 10:30 V!VAfit Fun (FD) 10:30 Zumba with Ariam (VS) 11:00 V!VAfit Strength (VS) 11:00 Current Events (FD) 1:30 Floor Shuffleboard (VS) 2:00 Java Mentorship Meeting (CC) 2:00 Bus Trip: Glen Abbey Library (L) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 7:00 Euchre (VP)	22 10:00 Bus Trip: Shoppers Drug Mart- Upper Middle Road (L) 10:15 V!VAfit Sit (VS) 10:30 V!VAfit Fun (FD) 11:00 V!VAfit Balance (VS) 2:00 Fun Bridge (CC) 2:00 V!VA Voices Choir Practice (VS) 2:30 Beauty Club (FD) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 Community Member Forum (VP) 4:00 Documentary: My Hero's Were Cowboys (VP)	23 10:15 V!VAfit Sit (VS) 10:30 V!VAfit Fun (FD) 11:00 Current Events (FD) 11:00 V!VAfit Sit and Stand (VS) 1:30 Rosary Group (CC) 2:00 Bingo (VP) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 7:00 Netflix Night - Firefly Lane (VP)	24 10:15 V!VAfit Sit (VS) 10:30 St.John Therapy Dog Visits (L) 11:00 V!VAfit Strength (VS) 11:00 St.John Therapy Dog Visits (FD) 2:30 Finish The Phrase (FD) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:30 V!VAfit Fun (FD) 7:00 Movie Night: Rustin (VP)
25 10:15 V!VAfit Sit (VS) 10:30 V!VAfit Fun (FD) 11:00 V!VAfit Sit and Stand (VS) 2:00 Cribbage (PC) 2:30 Baking (FD) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:30 V!VAfit Fun (FD)	26 10:15 Tai Chi with Lina (VS) 10:30 V!VAfit Fun (FD) 11:00 V!VAfit Balance (VS) 11:00 Current Events (FD) 2:00 Table Shuffleboard (VS) 2:00 V!VA Voices Choir Practice (VS) 2:30 Bingo (FD) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:30 Sing a long with Susie Q (FD) 7:00 Community Bridge (BG)	27 9:30 Seated Yoga with Natalie (VS) 10:15 V!VAfit Sit (VS) 10:30 V!VAfit Fun (FD) 11:00 V!VAfit Sit and Stand (VS) 2:00 Bingo (VP) 2:30 Armchair Travel to Paris (FD) 3:00 Happy Hour (PP) 3:00 Aquafit (P) 3:00 Knitting Group (BG) 3:30 Tea and Talk (FD) 7:00 Bid Euchre (PP)	28 10:00 Bus Outing: Walmart (L) 10:30 V!VAfit Fun (FD) 10:30 Zumba with Ariam (VS) 11:00 V!VAfit Strength (VS) 11:00 Current Events (FD) 1:30 Floor Shuffleboard (VS) 2:00 Java Mentorship Meeting (CC) 2:00 Bus Trip: Dorval Crossing (L) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 Monthly Birthday Party with Dave Thierry (PC) 7:00 Euchre (VP)	29 10:00 Bus Trip: Shoppers Drug Mart- Nayagawa (L) 10:15 V!VAfit Sit (VS) 10:30 V!VAfit Fun (FD) 11:00 V!VAfit Balance (VS) 2:00 Fun Bridge (CC) 2:00 Leaping Into Spring Celebration with Family and Friends (PC) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 7:00 Classical Music Concert (VP)	Wednesday February 28th is National Pink Shirt Day Wear your pink shirt in support of National Anti-Bullying Day	

[Leaping Into Spring Celebration with Family and Friends](#)
 Join us on Thursday February 29th from 2:00pm-4:00pm as we leap into Spring together.
 This event is open to Community Members, Family and Friends
 Please RSVP to Lifestyles Manager, Monica by Wednesday February 21st
 We kindly ask that each Community Member invites up to 2 guests

[Guess the Couple](#)

[We would love to see your wedding pictures!](#)
[Please bring in your wedding picture to the Lifestyles Department by February 13th.](#)
[All pictures will be displayed in Perks! Cafe and a game sheet will be provided for you to guess the couple!](#)

