



Ruth showcasing her lovely Valentines Day floral creation during the flower arranging program.



Taking a walk down memory lane as Community Members share their wedding pictures.

Don't miss out!

St. Patrick's Day Celebrations

Sunday, March 17
2:00 - 4:00 pm – *Perks! Café*

Spring Bloom Cupcake Decorating Workshop

Monday, March 18
10:30 am – *V!VAcraft Kitchen*

Sol Deo Gloria School of Dance presents "Crown Him"

Tuesday, March 26
7:00 pm – *Perks! Café*

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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V!VAvoice

YOUR V!VA COMMUNITY NEWSLETTER

March 2024

V!VA Retirement Communities™
OAKVILLE
Happier Here™



Elsa Helen and Liz having a blast.



Helen and Deo displaying their Valentines Day flower arrangements.



Charlie and Kathleen capturing a moment in a Valentines Day selfie.



Martha and Elinor express their creativity in the soap-making class.

V!VA Oakville – Happier Here™

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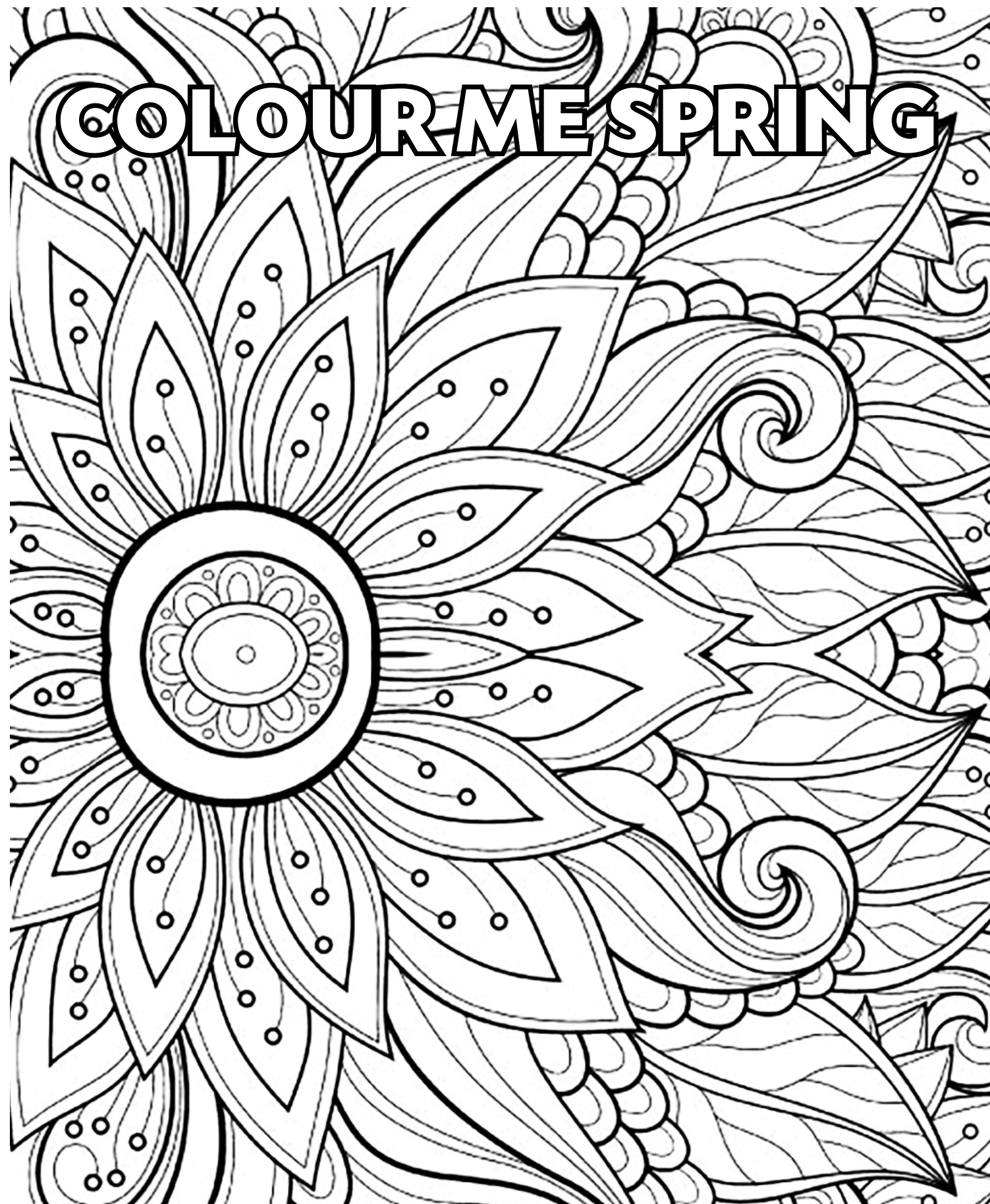
FIVE FASCINATING FACTS ABOUT

Spring

- 1** The first day of spring is called the vernal equinox. The term vernal is Latin for “spring” and equinox is Latin for “equal night.”
- 2** Couples are most likely to break up in the spring, so here’s hoping everyone had a great Valentine’s Day!
- 3** In the Southern Hemisphere, springtime lasts from August until November. Sounds like it’s time to move down south for the spring!
- 4** Honeybees are more likely to swarm during the spring. They swarm as a way to start new colonies and, surprisingly, swarming honeybees are very docile and the most friendly they will ever be all year. How sweet! (See what I did there?)
- 5** While the spring equinox typically occurs on March 20th or 21st, meteorological spring begins on March 1st, a month when average temperatures increase by 10 degrees over the month. It would appear those same meteorologists have never been to Canada.



COLOUR ME SPRING




Reserve your spot for events and programs at Concierge.

March 2024

V!VA Oakville



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Locations Legend Family Den (FD) V!VAfit Studio (VS) Pints! Pub (PP) Brain Gym (BG) V!VAplex (VP) Lobby (L) Community Commons (CC) Perks! Cafe (PC) Craft Kitchen (CK) Pool (P) Horticulture Room (HR) 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!			10:15 V!VAfit Sit (VS) 10:30 V!VAfit Fun (FD) 11:00 Current Events (FD) 11:00 V!VAfit Open Gym (VS) 1:30 Rosary Group (CC) 2:00 Bingo (VP) 2:30 Indoor Bowling (FD) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:30 Board Games (FD) 7:00 Netflix Night - Firefly Lane (VP)	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 - Lift (VP)
10:15 V!VAfit Sit (VS) 11:00 V!VAfit Open Gym (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) 11:00 Current Events (FD) 11:00 V!VAfit Open Gym (VS) 2:00 Table Shuffleboard (VS) 2:00 Victory Garden Planning Meeting (HR) 2:30 Bingo (FD) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 Rummikub (PC) 3:30 Card Games and Coffee (FD) 7:00 Community Bridge (BG)	10:15 V!VAfit Sit (VS) 10:30 Vendor Sale: Wooden Roses (CK) 10:30 V!VAfit Fun (FD) 11:00 V!VAfit Sit and Stand (VS) 11:00 Musical Memories (FD) 2:00 Bingo (VP) 2:30 Indoor Gardening (FD) 3:00 Happy Hour (PP) 3:00 Aquafit (P) 3:00 Knitting Group (BG) 3:00 Tech Help (PC) 3:30 Tea and Talk (FD) 7:00 Bid Euchre (PP)	10:00 Bus Trip: Glen Abbey Library (L) 10:15 V!VAfit Sit (VS) 10:30 Vendor Sale: Traditions Alive (CK) 10:30 V!VAfit Fun (FD) 11:00 Current Events (FD) 11:00 V!VAfit Open Gym (VS) 1:30 Floor Shuffleboard (VS) 2:00 Java Mentorship Meeting (CC) 2:00 Bus Outing: Walmart (L) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 Book Club (DR) 3:00 Wii Play (FD) 7:00 Euchre (VP)	10:00 Bus Trip: Mapleview Mall (L) 10:15 V!VAfit Sit (VS) 10:30 V!VAfit Fun (FD) 11:00 V!VAfit Balance (VS) 1:00 V!VA Voices Choir Practice (VS) 2:00 Fun Bridge (CC) 2:30 Beauty Club (FD) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 Baking: Lemon and Blueberry Bundt Cakes (CK) 3:30 Scrapbooking (FD) 7:00 Classical Music Concert (VP)	10:15 V!VAfit Sit (VS) 10:30 Vendor Sale: 5th Ave Collection (CK) 10:30 V!VAfit Fun (FD) 11:00 Current Events (FD) 11:00 V!VAfit Open Gym (VS) 1:30 Rosary Group (CC) 2:00 Bingo (VP) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 International Womens Day Celebration (PP) 3:00 Womens Day Tea Social (FD) 7:00 Netflix Night - Firefly Lane (VP)	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 - Monster in Law (VP)
10:15 V!VAfit Sit (VS) 11:00 V!VAfit Open Gym (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 V!VAfit Sit (VS) 10:30 V!VAfit Fun (FD) 11:00 Current Events (FD) 1:00 V!VAfit Open Gym (VS) 2:00 Table Shuffleboard (VS) 2:30 Bingo (FD) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 Scrabble (CK) 3:30 Word Games (FD) 6:30 Poker with Desi (PP) 7:00 Community Bridge (BG)	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) 11:00 V!VAfit Open Gym (VS) 11:00 Musical Memories (FD) 2:00 Bingo (VP) 2:30 Ladderball (FD) 3:00 Happy Hour (PP) 3:00 Aquafit (P) 3:00 Knitting Group (BG) 3:00 Tech Help (PC) 3:30 Washer Toss (FD) 7:00 Bid Euchre (PP)	10:00 Bus Trip: Royal Botanical Gardens (L) 10:15 V!VAfit Sit (VS) 10:30 V!VAfit Fun (FD) 11:00 Current Events (FD) 11:00 V!VAfit Open Gym (VS) 1:30 Floor Shuffleboard (VS) 2:00 Java Mentorship Meeting (CC) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 Classical Music Concert with Minds On Music (PC) 7:00 Euchre (VP)	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) 11:00 V!VAfit Open Gym (VS) 1:00 V!VA Voices Choir Practice (VS) 2:00 Fun Bridge (CC) 2:30 Beauty Club (FD) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 Baking: Hello Dollies (CK) 3:30 Scrapbooking (FD) 7:00 Classical Music Concert (VP)	10:15 V!VAfit Sit (VS) 10:30 V!VAfit Fun (FD) 11:00 Current Events (FD) 11:00 V!VAfit Open Gym (VS) 1:30 Rosary Group (CC) 2:00 Bingo (VP) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 St. Patricks Day Crafting (FD) 3:00 Creative Crafting: Easter Cards on the Cricut (CK) 7:00 Netflix Night - Firefly Lane (VP)	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 St. Patrick's Day Trivia (FD) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:30 V!VAfit Fun (FD) 7:00 Movie Night - I will See You In My Dreams (VP)

Reserve your spot for events and programs at Concierge.

March 2024

V!VA Oakville



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:15 V!VAfit Sit (VS) 17 11:00 V!VAfit Open Gym (VS) 2:00 Sheila Grahams Irish Dancers (VS) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 St. Patrick's Day Celebration with Mal Kearns (PC)	10:15 Tai Chi with Lina (VS) 18 10:30 Spring Bloom Cupcake Decorating Workshop (CK) 11:00 Current Events (FD) 11:00 V!VAfit Open Gym (VS) 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) 7:00 Community Bridge (BG)	10:15 V!VAfit Sit (VS) 19 10:30 V!VAfit Fun (FD) 11:00 V!VAfit Sit and Stand (VS) 11:00 Musical Memories (FD) 2:00 Bingo (VP) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 V!VA Voices Choir Spring Concert (PC) 7:00 Bid Euchre (PP)	10:00 Bus Trip: Glen Abbey Library (L) 20 10:15 V!VAfit Sit (VS) 10:30 Zumba with Ariam (VS) 10:30 V!VAfit Fun (FD) 11:00 Current Events (FD) 11:00 V!VAfit Open Gym (VS) 1:30 Floor Shuffleboard (VS) 2:00 Java Mentorship Meeting (CC) 2:00 Bus Outing: Walmart (L) 2:30 Housewarming Party (PP) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 7:00 Euchre (VP)	9:30 Eyecare Express (CC) 21 10:00 Bus Trip: Oakville Place (L) 10:15 V!VAfit Sit (VS) 10:30 V!VAfit Fun (FD) 11:00 V!VAfit Balance (VS) 11:00 Roman Catholic Mass (VP) 2:00 Fun Bridge (CC) 2:00 Men's Group: Bus trip: State and Main Pub (L) 2:30 Beauty Club (FD) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:30 Scrapbooking (FD) 7:00 Classical Music Concert (VP)	10:15 V!VAfit Sit (VS) 22 10:30 V!VAfit Fun (FD) 11:00 Current Events (FD) 11:00 V!VAfit Open Gym (VS) 1:30 Rosary Group (CC) 2:00 Bingo (VP) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 Creative Crafting: Customized T shirts with the Cricut (CK) 7:00 Netflix Night - Firefly Lane (VP)	10:15 V!VAfit Sit (VS) 23 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 - Ice Road (VP)
10:15 V!VAfit Sit (VS) 24 11:00 V!VAfit Open Gym (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 V!VAfit Sit (VS) 25 10:30 V!VAfit Fun (FD) 11:00 Current Events (FD) 11:00 V!VAfit Open Gym (VS) 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) 7:00 Community Bridge (BG)	8:30 Waffle Tuesday with the Lifestyles Team (PC) 26 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) 11:00 Musical Memories (FD) 2:00 Bingo (VP) 2:30 Ladderball (FD) 3:00 Happy Hour (PP) 3:00 Aquafit (P) 3:00 Knitting Group (BG) 3:00 Tech Help (PC) 7:00 Sol Deo Gloria School of Dance presents "Crown Him" (L)	10:30 Zumba with Ariam (VS) 27 10:30 V!VAfit Fun (FD) 11:00 Current Events (FD) 11:00 V!VAfit Open Gym (VS) 1:30 Floor Shuffleboard (VS) 2:00 Java Mentorship Meeting (CC) 2:00 Bus Outing: Walmart (L) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 Monthly Birthday Party with Manvir (PC) 7:00 Euchre (VP)	10:00 Bus Trip: Shoppers Drug Mart - Upper Middle Rd (L) 28 10:15 V!VAfit Sit (VS) 10:30 Vendor Sale: Bijoux Treasures (CK) 10:30 V!VAfit Fun (FD) 11:00 V!VAfit Balance (VS) 11:00 V!VAfit Open Gym (VS) 2:00 Fun Bridge (CC) 2:30 Beauty Club (FD) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 Community Member Forum (VP) 7:00 Classical Music Concert (VP)	10:15 V!VAfit Sit (VS) 29 10:30 V!VAfit Fun (FD) 11:00 Current Events (FD) 11:00 V!VAfit Open Gym (VS) 1:30 Rosary Group (CC) 2:00 Bingo (VP) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 Creative Crafting: Easter Egg Painting (CK) 7:00 Netflix Night - Firefly Lane (VP)	10:15 V!VAfit Sit (VS) 30 10:30 St.John Therapy Dog Visits (L) 11:00 V!VAfit Strength (VS) 11:00 St.John Therapy Dog Visits (FD) 11:00 V!VAfit Open Gym (VS) 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 - Eat.Pray.Love (VP)
10:15 V!VAfit Sit (VS) 31 11:00 V!VAfit Open Gym (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)	Our Community Member Spring Clothing Drive will begin on Friday March 01 and run until Friday March 15th. Please drop off your donations to the Lifestyles Office	Join us in the Craft Kitchen for our Spring Bloom Cupcake Decorating Workshop with the Confectionary Arts Academy. Please sign up at Concierge at space is limited!!	Join us for a full afternoon of St. Patrick's Day festivities 2:00pm - Irish Dancers from Sheila Grahams School of Dance 3:00pm - Mal Kearns preforms our favorite Irish tunes	Happy St. Patrick's Day! 		