



Catharine and Don share a laugh.



Jim and Margaret looking stylish as per usual.

Don't miss out!

Information Session with Ward 10 Councillor Sue McFadden
Thursday, April 4
3:00 - 4:00 pm – *Pints! Pub*

Guest Presentation with Shannon Graham: Jazz Appreciation
Monday, April 8
4:00 - 5:00 pm – *V!VAplex*

Spring Kick Off Party with Zack
Monday, April 15
3:00 - 4:00 pm – *Perks! Café*

Walker Service
Tuesday, April 23
10:30 - 11:15 am – *Pints! Pub*

Receive a cheque* for every friend you refer to V!VA Mississauga 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

Copyright V!VA Retirement Communities Corporation 2024

5575 Bonnie Street, Mississauga, ON L5M 0N8
(905) 566-4500 | mississauga@vivalife.ca | vivalife.ca

V!VA Mississauga – Happier Here™



Looking beautiful with the new Spring decor.



Nothing but smiles when it's time to celebrate.



Maureen dressed for the occasion.



Leon and Irene looking wonderful at the St. Patty's Day party.

V!VA Mississauga – Happier Here™

5575 Bonnie Street, Mississauga, ON L5M 0N8
(905) 566-4500 | mississauga@vivalife.ca | vivalife.ca

Let's Say Hello to April!

DID YOU KNOW...

The zodiac signs for April are Aries (March 21-April 19) and Taurus (April 20-May 20)

April 6 is considered National Pillow Fight Day! Don't forget to have some fun with this one!

The daisy and the sweet pea are birth flowers for the month of April. The sweet pea signifies blissful pleasure, while daisies represent childhood innocence, loyalty, and purity.

April takes its name from the Latin word aperire, meaning 'to open', just like flowers do in spring.

The diamond is the traditional birthstone for April!

SUDOKU FUN!

			3	9	2		5	
4	9	2					6	
6	5	3		7			8	1
3	6		7	2	5			
			4		5			
		5	6					
2	4	1			6	7		3
			4	9			2	
8		3		2		5	4	

	5	7	3	1			9	6
6		1	4		5			
8	2	3	7	9		4		5
9	1				7		5	4
	4	6		5	9	1		
2		5	8		1	9	6	
3	2		7			5		
5		4		2	3	6		1
1	7		5		4	3		8

			7	2	6	8	4	
4	8		5			6	7	2
				3		5		9
			5		7			
	9	4	1	8	3	2		
			6		4	9		
	6	5	3	4	7		2	8
8			9	6		3	5	7
			8	1		4	9	

	4							
8	3	9				1		
			8	9		5		2
9	5	6		3		4		
4				6		3		
		3	5			6		9
5	9				3	7	6	1
	7	8		5		2	4	
	1		4	7			9	5

Each puzzle consists of a 9x9 grid containing given clues in various places. The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3x3 box.

Reserve your spot for events and programs at Concierge.

April 2024

V!VA Mississauga



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>9:15 Poetry Corner (FD) 1</p> <p>10:15 V!VAfit Fun (FD)</p> <p>10:30 V!VAfit Sit (VS)</p> <p>11:15 V!VAfit Sit (VS)</p> <p>2:30 V!VAfit Sit & Stand (VS)</p> <p>3:00 Afternoon Movie: "Annie" (VP)</p> <p>3:30 Happy Hour (PP)</p> <p>4:15 Brain Games (FD)</p> <p>6:30 Series: All the Light We Cannot See - Part 1 (VP)</p>	<p>10:15 V!VAfit Fun (FD) 2</p> <p>10:30 Tai Chi with Lina (VS)</p> <p>11:15 V!VAfit Sit & Stand (VS)</p> <p>2:00 Billiards & Shuffleboard (PP)</p> <p>2:00 Scrabble Club (BG)</p> <p>2:30 V!VAfit Sit (VS)</p> <p>3:00 Fire Safety Presentation by Mississauga Fire (VP)</p> <p>4:00 Drum Fit Fun (FD)</p> <p>6:30 Movie Night: "Matilda The Musical" (VP)</p> <p>7:00 Board Games Club (PP)</p>	<p>10:15 V!VAfit Fun (FD) 3</p> <p>11:15 V!VAfit Sit (VS)</p> <p>11:30 Lunch at Chuck's Roadhouse \$ (L)</p> <p>2:30 V!VAfit Sit - Strength Class (VS)</p> <p>3:00 Resident Council Meeting (VP)</p> <p>3:30 Happy Hour (PP)</p> <p>4:00 Trivia (FD)</p> <p>6:30 Bingo (L)</p>	<p>10:00 Longo's & Shoppers Drug Mart \$ (L) 4</p> <p>10:15 V!VAfit Fun (FD)</p> <p>11:00 Vendor Sale: JBS Clothing (L)</p> <p>11:15 V!VAfit Sit & Stand (VS)</p> <p>2:00 V!VAfit Sit (VS)</p> <p>3:00 V!VAfit - Fun Swim (P)</p> <p>3:00 Information Session with Ward 10 Councillor Sue McFadden (PP)</p> <p>4:15 Baking & Brain Games (FD)</p> <p>7:00 Cards Club (PP)</p>	<p>9:15 Poetry Corner (FD) 5</p> <p>10:15 V!VAfit Fun (FD)</p> <p>10:30 V!VAfit Sit (VS)</p> <p>11:15 V!VAfit Sit - Strength Class (VS)</p> <p>2:30 V!VAfit Combo (VS)</p> <p>3:00 Armchair Travel: Rick Steve's European Easter Special (VP)</p> <p>3:00 Armchair Travel: Rick Steve's European Easter Special (FD)</p> <p>3:00 Horticulture Club - Planning Meeting (HR)</p> <p>7:00 Documentary Night: "Harry & Meghan - Part 1" (VP)</p>	<p>10:15 V!VAfit Fun (FD) 6</p> <p>10:30 Anglican Church Service (988)</p> <p>11:15 V!VAfit Sit (VS)</p> <p>2:30 V!VAfit Balance (VS)</p> <p>3:15 Afternoon Movie: "Cheaper by The Dozen" (VP)</p> <p>3:30 Happy Hour (PP)</p>
<p>10:15 V!VAfit Fun (FD) 7</p> <p>10:30 St. Josephine's Parish - Catholic Mass (VP)</p> <p>11:15 V!VAfit Sit - Strength Class (VS)</p> <p>2:30 Bingo (L)</p> <p>4:00 Brain Games (FD)</p> <p>6:30 The Crown - Season 3: Episode 3 (VP)</p>	<p>10:15 V!VAfit Fun (FD) 8</p> <p>11:15 V!VAfit Sit (VS)</p> <p>2:30 Zumba with Ariam (VS)</p> <p>2:30 1:1 Socials (FD)</p> <p>3:00 Afternoon Movie: "The Dig" (VP)</p> <p>3:00 Happy Hour (PP)</p> <p>4:00 Guest Presentation by Shannon Graham: Jazz Appreciation (VP)</p> <p>4:15 Brain Games (FD)</p> <p>6:30 Series: All the Light We Cannot See - Part 2 (VP)</p>	<p>10:15 V!VAfit Fun (FD) 9</p> <p>11:15 V!VAfit Sit & Stand (VS)</p> <p>2:00 Billiards & Shuffleboard (PP)</p> <p>2:00 Scrabble Club (BG)</p> <p>2:30 Yoga with Natalie (VS)</p> <p>3:00 V!VALicious Meeting (VP)</p> <p>3:30 Therapy Dog Visit (FD)</p> <p>4:15 V!VAfit Fun (FD)</p> <p>6:30 Movie Night: "What a Girl Wants" (VP)</p> <p>7:00 Board Games Club (PP)</p>	<p>10:15 V!VAfit Fun (FD) 10</p> <p>11:15 V!VAfit Sit (VS)</p> <p>11:30 Lunch at Casa Linga \$ (L)</p> <p>2:30 V!VAfit Sit - Strength Class (VS)</p> <p>3:00 May Program & Outing Planning Meeting (VP)</p> <p>3:30 Happy Hour (PP)</p> <p>4:00 Trivia (FD)</p> <p>6:30 Bingo (L)</p>	<p>10:00 Meadowvale Town Centre \$ (L) 11</p> <p>10:00 Vendor Sale: Book Sale by Lina (L)</p> <p>10:15 V!VAfit Fun (FD)</p> <p>11:15 V!VAfit Sit & Stand (VS)</p> <p>2:30 V!VAfit Sit (VS)</p> <p>3:00 V!VAfit - Fun Swim (P)</p> <p>3:00 Shuffleboard Tournament (PP)</p> <p>3:00 Drum Circle with Sam (VS)</p> <p>4:15 Baking & Brain Games (FD)</p> <p>7:00 Cards Club (PP)</p>	<p>9:15 Poetry Corner (FD) 12</p> <p>10:15 V!VAfit Fun (FD)</p> <p>10:30 V!VAfit Sit (VS)</p> <p>11:15 V!VAfit Sit - Strength Class (VS)</p> <p>2:30 Armchair Travel: Adriatic Delights (VP)</p> <p>2:30 Craft Class with Karli: All Natural Cleaning Spray (CK)</p> <p>3:00 St. Josephine's Parish - In Person - Catholic Mass (VP)</p> <p>3:00 Armchair Travel: Adriatic Delights (FD)</p> <p>7:00 Documentary Night: "Harry & Meghan - Part 2" (VP)</p>	<p>10:00 Vendor Sale: Sandra's Crocheted Crafts, Mary Kay & Therapeutic Jewelry (L) 13</p> <p>10:15 V!VAfit Fun (FD)</p> <p>10:30 Anglican Church Service (988)</p> <p>11:15 V!VAfit Sit (VS)</p> <p>2:30 V!VAfit Balance (VS)</p> <p>3:15 Afternoon Movie: "Grown Ups" (VP)</p> <p>3:30 Happy Hour (PP)</p>
<p>10:15 V!VAfit Fun (FD) 14</p> <p>10:30 St. Josephine's Parish - Catholic Mass (VP)</p> <p>11:15 V!VAfit Sit & Stand (VS)</p> <p>2:30 Bingo (L)</p> <p>4:00 Therapeutic Colouring (FD)</p> <p>6:30 The Crown - Season 3: Episode 4 (VP)</p>	<p>9:15 Poetry Corner (FD) 15</p> <p>10:15 V!VAfit Fun (FD)</p> <p>10:30 V!VAfit Sit (VS)</p> <p>11:15 V!VAfit Sit (VS)</p> <p>2:30 V!VAfit Sit & Stand (VS)</p> <p>3:00 Spring Kick-Off Party with Zack (PC)</p> <p>4:15 Brain Games (FD)</p> <p>6:30 Series: All the Light We Cannot See - Part 3 (VP)</p>	<p>10:15 V!VAfit Fun (FD) 16</p> <p>10:30 Tai Chi with Lina (VS)</p> <p>11:15 V!VAfit Sit & Stand (VS)</p> <p>2:00 Billiards & Shuffleboard (PP)</p> <p>2:00 Scrabble Club (BG)</p> <p>2:00 V!VAfit Sit (VS)</p> <p>2:30 Baking with Sous Chef Leo (CK)</p> <p>4:00 Drum Fit Fun (FD)</p> <p>6:30 Movie Night: "Chasing Liberty" (VP)</p> <p>7:00 Board Games Club (PP)</p>	<p>10:15 V!VAfit Fun (FD) 17</p> <p>11:15 V!VAfit Sit (VS)</p> <p>11:30 Mohawk Casino \$ (L)</p> <p>2:30 V!VAfit Sit - Strength Class (VS)</p> <p>2:30 Baking with Karli: Healthy Muffins (CK)</p> <p>3:00 Laura on The Flute (FD)</p> <p>3:30 Happy Hour (PP)</p> <p>4:00 Trivia (FD)</p> <p>6:30 Bingo (L)</p>	<p>10:00 Erin Mills Town Centre \$ (L) 18</p> <p>10:15 V!VAfit Fun (FD)</p> <p>11:15 V!VAfit Sit & Stand (VS)</p> <p>2:30 V!VAfit Sit (VS)</p> <p>3:00 V!VAfit - Fun Swim (P)</p> <p>3:00 Shuffleboard Tournament (PP)</p> <p>4:15 Baking & Brain Games (FD)</p> <p>6:30 JT's Choir & Sing Along (L)</p> <p>7:00 Cards Club (PP)</p>	<p>9:15 Poetry Corner (FD) 19</p> <p>10:15 V!VAfit Fun (FD)</p> <p>10:30 V!VAfit Sit (VS)</p> <p>11:15 V!VAfit Sit - Strength Class (VS)</p> <p>2:30 V!VAfit Combo (VS)</p> <p>3:00 Armchair Travel: Swiss Alps (VP)</p> <p>3:00 Armchair Travel: Swiss Alps (FD)</p> <p>7:00 Documentary Night: "Harry & Meghan - Part 3" (VP)</p>	<p>10:15 V!VAfit Fun (FD) 20</p> <p>10:30 Anglican Church Service (988)</p> <p>11:15 V!VAfit Sit (VS)</p> <p>2:30 V!VAfit Balance (VS)</p> <p>3:15 Afternoon Movie: "The Help" (VP)</p> <p>3:30 Happy Hour (PP)</p>

Reserve your spot for events and programs at Concierge.

April 2024

V!VA Mississauga



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>10:15 V!VAfit Fun (FD) 21</p> <p>10:30 St. Josephine's Parish - Catholic Mass (VP)</p> <p>11:15 V!VAfit Sit - Strength Class (VS)</p> <p>2:30 Bingo (L)</p> <p>4:00 Brain Games (FD)</p> <p>6:30 The Crown - Season 3: Episode 4 (VP)</p>	<p>9:15 Poetry Corner (FD) 22</p> <p>10:15 V!VAfit Fun (FD)</p> <p>10:30 V!VAfit Sit (VS)</p> <p>11:15 V!VAfit Sit (VS)</p> <p>2:30 Zumba with Ariam (VS)</p> <p>2:30 Cards Social (PC)</p> <p>3:00 Afternoon Movie: "Chef" (VP)</p> <p>3:00 New Community Member Social (PP)</p> <p>3:30 Happy Hour (PP)</p> <p>4:15 Brain Games (FD)</p> <p>6:30 Series: All the Light We Cannot See - Part 4 (VP)</p>	<p>10:15 V!VAfit Fun (FD) 23</p> <p>10:30 Walker Service (PP)</p> <p>11:15 V!VAfit Sit & Stand (VS)</p> <p>2:00 Billiards & Shuffleboard (PP)</p> <p>2:00 Scrabble Club (BG)</p> <p>2:30 Yoga with Natalie (VS)</p> <p>2:30 Smoothie Social with Michael (CK)</p> <p>4:15 V!VAfit Fun (FD)</p> <p>6:30 Movie Night: "Irish Wish" (VP)</p> <p>7:00 Board Games Club (PP)</p>	<p>10:15 V!VAfit Fun (FD) 24</p> <p>11:15 V!VAfit Sit (VS)</p> <p>11:30 Lunch at Fisherman's Place \$ (L)</p> <p>2:30 V!VAfit Sit - Strength Class (VS)</p> <p>3:00 Monthly Birthday Party with Filipa (PC)</p> <p>3:30 Happy Hour (PP)</p> <p>4:00 Trivia (FD)</p> <p>6:30 Bingo (L)</p>	<p>10:00 Brittney Glen Centre \$ (L) 25</p> <p>10:15 V!VAfit Fun (FD)</p> <p>11:15 V!VAfit Sit & Stand (VS)</p> <p>2:00 Wine & Paint (CK)</p> <p>2:30 V!VAfit Sit (VS)</p> <p>3:00 V!VAfit - Fun Swim (P)</p> <p>3:00 Shuffleboard Tournament (PP)</p> <p>4:15 Baking & Brain Games (FD)</p> <p>7:00 Cards Club (PP)</p>	<p>9:15 Poetry Corner (FD) 26</p> <p>10:15 V!VAfit Fun (FD)</p> <p>10:30 V!VAfit Sit (VS)</p> <p>11:15 V!VAfit Sit - Strength Class (VS)</p> <p>2:30 V!VAfit Combo (VS)</p> <p>3:00 Armchair Travel: Art of Ancient Rome (VP)</p> <p>3:00 Armchair Travel: Art of Ancient Rome (FD)</p> <p>3:00 Horticulture Club - Planning Meeting (HR)</p> <p>7:00 Documentary Night: "Harry & Meghan - Part 4" (VP)</p>	<p>10:15 V!VAfit Fun (FD) 27</p> <p>10:30 Anglican Church Service (988)</p> <p>11:15 V!VAfit Sit (VS)</p> <p>2:30 V!VAfit Balance (VS)</p> <p>3:15 Afternoon Movie: "The Devil Wears Prada" (VP)</p> <p>3:30 Happy Hour (PP)</p>	
<p>10:15 V!VAfit Fun (FD) 28</p> <p>10:30 St. Josephine's Parish - Catholic Mass (VP)</p> <p>11:15 V!VAfit Sit & Stand (VS)</p> <p>2:30 Bingo (L)</p> <p>4:00 Therapeutic Colouring (FD)</p> <p>6:30 The Crown - Season 3: Episode 5 (VP)</p>	<p>9:15 Poetry Corner (FD) 29</p> <p>10:15 V!VAfit Fun (FD)</p> <p>10:30 V!VAfit Sit (VS)</p> <p>11:15 V!VAfit Sit (VS)</p> <p>2:30 V!VAfit Sit & Stand (VS)</p> <p>2:30 Baking with Bre: Cranberry & Oatmeal Muffins (CK)</p> <p>3:00 Afternoon Movie: "Chocolat" (VP)</p> <p>3:30 Happy Hour (PP)</p> <p>4:15 Brain Games (FD)</p>	<p>10:15 V!VAfit Fun (FD) 30</p> <p>11:15 V!VAfit Sit & Stand (VS)</p> <p>2:00 Billiards & Shuffleboard (PP)</p> <p>2:00 Scrabble Club (BG)</p> <p>2:30 Yoga with Natalie (VS)</p> <p>2:30 V!VAfit Sit (VS)</p> <p>4:00 Drum Fit Fun (FD)</p> <p>6:30 Movie Night: "Charlie's Angels" (VP)</p> <p>7:00 Board Games Club (PP)</p>				<p><u>Locations Legend</u></p> <p>Brain Gym (BG)</p> <p>Craft Kitchen (CK)</p> <p>Family Den (FD)</p> <p>Lobby (L)</p> <p>Perks! Cafe (PC)</p> <p>Pints! Pub (PP)</p> <p>Pool (P)</p> <p>V!VAplex (VP)</p> <p>V!VAfit Studio (VS)</p> <p>988 Info TV (988)</p>	



INFORMATION SESSION WITH WARD 10 COUNCILLOR SUE MCFADDEN
 Thursday, April 4
 3:00pm - 4:00pm
 Pints! Pub

Join your Ward 10 Councillor, Sue McFadden, to discuss upcoming projects and programs, and ask questions about your community!

GUEST PRESENTATION WITH SHANNON GRAHAM: JAZZ APPRECIATION
 Monday, April 8
 4:00pm - 5:00pm
 V!VAplex

This presentation will break down the wall between jazz expertise and every day music lovers. This presentation will trace how jazz was developed in the early 1900's and how it evolved into many different styles until 1970.

SPRING KICK OFF PARTY WITH ZACK
 Monday, April 15
 3:00pm - 4:00pm
 Perks! Cafe

Let's get into the spring spirit with live music from a new performer, Zack. His repertoire includes a wide breadth of genres, 40/50s musicians like Fats Domino, Hank Williams, Frank Sinatra and Elvis to later classic rock artists like the Beatles & Eagles.

WALKER SERVICE
 Tuesday, April 23
 10:30am - 11:15am
 Pints! Pub

Do you need your walker looked at or have a minor repair that needs to be done? Please sign up at concierge and have Sherwin from Access Abilities take a look at your walker!