



Audrey picking up some treats before heading into the watch our Movie Matinee Oppenheimer in the V!VAplex.



Hazel and Brian enjoying Chef Rob's exquisite Bananas Foster.

Don't miss out!

Mothers Day High Tea
Friday, May 10
2:00 - 3:30 pm – Trafalgar Dining Room

Question and Answer period with Ward 7 Councillors Nav Nanda and Scott Xie
Thursday, May 16
2:30 pm – V!VAplex

Victoria Day Celebration
Monday, May 20
3:00 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

Copyright V!VA Retirement Communities Corporation 2024

1 Sixteen Mile Drive, Oakville, ON L6M 1P3
 (289) 725-6000 | oakville@vivalife.ca | vivalife.ca

V!VA Oakville – Happier Here™



Ronoldo all smiles with his winnings at Woodbine Casino.



Don Marilyn and Deo cheer on the Toronto Blue Jays.



Rita displaying her painting skills in the Paint your Pal program.



The Lifestyles Team and Community Member Sherrin feeling Springy.

V!VA Oakville – Happier Here™

1 Sixteen Mile Drive, Oakville, ON L6M 1P3
 (289) 725-6000 | oakville@vivalife.ca | vivalife.ca



Queen Victoria & Her Holiday

Victoria Day is a Canadian tradition and doesn't actually exist in most of England. But it is celebrated in parts of Scotland, especially Edinburgh, where it remains an official holiday.

When Victoria was just a little girl, she was known by her nickname, Drina.

Despite being born in England, Victoria only spoke German up until the age of three.

She married Prince Albert in 1840, although they'd known each other since she was 16. And it really was a family affair. Prince Albert of Saxe-Coburg and Gotha was her first cousin and his father was her mother's brother!

Because she was Queen, she had to propose to Albert, and not vice versa.

She took over the throne in 1837, after the death of William IV. She was just 18 years old.

She became a grandma at 39 and a great grandmother twenty years later.

She was the first Queen of Canada, sitting on the throne when this country was founded in 1867.

She liked to drink a concoction called Vin Mariani. One of its main ingredients? Cocaine.

It's said it was Victoria who started the tradition of a bride wearing white. Before her wedding a woman would simply wear her best dress, no matter what colour it was.

SUDOKU FUN!

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

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

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.

May 2024

V!VA Oakville



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Locations Legend</u></p> <p>VIVAfit Studio (VS) Family Den (FD) Pints! Pub (PP) Brain Gym (BG) Lobby (L) V!VAplex (VP) Perks! Cafe (PC) Community Commons (CC) Craft Kitchen (CK) Victory Garden- 2nd Floor (VG2) Dining Room (DR) Pool (P) Victory Garden- Main Floor (VGM)</p>	<p>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!</p>	<p>Happy Hour Join us in Perks! Pub everyday at 3:00pm for an amazing variety of drinks, snacks and of course tons of fun!</p>	<p>10:00 Bus Trip: Glen Abbey Library (L) 1 10:30 VIVAfit Fun (FD) 10:30 Zumba with Ariam (VS) 11:00 Current Events (FD) 11:00 VIVAfit Sit (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 Rummikub Tournament (PC) 7:00 Euchre (VP)</p>	<p>9:00 Bus Trip: Outdoor Walks by the Lake (L) 2 10:15 VIVAfit Sit (VS) 10:30 VIVAfit Fun (FD) 11:00 VIVAfit Balance (VS) 2:00 Fun Bridge (CC) 2:00 Bus Trip: Dorval Crossing - East (L) 2:30 Beauty Club (FD) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 Artful Enrichment: Sunflower Drawing (CK) 3:00 Ladderball (FD)</p>	<p>10:15 VIVAfit Sit (VS) 3 10:30 VIVAfit Fun (FD) 11:00 Current Events (FD) 11:00 VIVAfit Open Gym (VS) 11:00 Vendor Sale: Avon (CK) 1:30 Rosary Group (CC) 2:00 Bingo (VP) 2:30 Outdoor Strolls (VG2) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 7:00 Netflix Night - Dead To Me (VP)</p>	<p>10:15 VIVAfit Sit (VS) 4 10:30 St.John Therapy Dog Visits (L) 11:00 VIVAfit Strength (VS) 11:00 St.John Therapy Dog Visits (FD) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 Kentucky Derby: A Pre-Run Party (DR) 7:00 Movie Night - Mid Summer Night (VP)</p>
<p>10:15 VIVAfit Sit (VS) 5 11:00 VIVAfit Walks (L) 1:00 Cinco De Mayo Celebration with Mariachi Group the Three Amigos (DR) 2:00 Cribbage (PC) 2:30 Baking (FD) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:30 VIVAfit Fun (FD)</p>	<p>10:15 VIVAfit Sit (VS) 6 10:30 VIVAfit Fun (FD) 10:30 Cupcake Decorating with Confectionary Arts Academy (CK) 11:00 Current Events (FD) 11:00 VIVAfit Walks (L) 2:00 Table Shuffleboard (VS) 2:30 Bingo (FD) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 Creative Crafting: Mothers Day Fascinators (CK) 7:00 Community Bridge (BG)</p>	<p>9:30 Seated Yoga with Natalie (VS) 7 10:00 Bus Trip: Tasc Tulip Farm (L) 10:15 VIVAfit Sit (VS) 10:30 VIVAfit Fun (FD) 11:00 VIVAfit Sit and Stand (VS) 2:00 Bingo (VP) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 Tech Help (PC) 3:00 Pencil Drawing (CK) 3:00 Aquafit (P) 7:00 Bid Euchre (PP)</p>	<p>8:30 Ladies Sunrise Waffle Breakfast (CK) 8 10:00 Bus Trip: Terra Greenhouse (L) 10:15 VIVAfit Sit (VS) 10:30 VIVAfit Fun (FD) 11:00 Current Events (FD) 11:00 VIVAfit Open Gym (VS) 1:30 Floor Shuffleboard (VS) 2:00 Java Mentorship Meeting (CC) 2:00 Bus Trip: Walmart (L) 2:00 Men's Club with Chef Rob- Bus Trip to State and Main (L) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 Rummikub Tournament (PC) 3:00 Book Club (DR) 7:00 Euchre (VP)</p>	<p>9:00 Bus Trip: Outdoor Walks by the Lake (L) 9 10:15 VIVAfit Sit (VS) 10:30 VIVAfit Fun (FD) 11:00 VIVAfit Balance (VS) 2:00 Fun Bridge (CC) 2:00 Bingo (VP) 2:00 Bus Trip: Shoppers Drug Mart- Nayagawa (L) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 4:00 Wine and Cheese with the Intrada Brass Quartet (PC) 7:00 Classical Music Concert (VP)</p>	<p>10:15 VIVAfit Sit (VS) 10 10:30 VIVAfit Fun (FD) 11:00 Current Events (FD) 11:00 VIVAfit Open Gym (VS) 1:30 Rosary Group (CC) 2:30 Mother's Day High Tea with Violinist Renata Vidri (DR) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 7:00 Netflix Night - Dead To Me (VP)</p>	<p>10:15 VIVAfit Sit (VS) 11 10:30 St.John Therapy Dog Visits (L) 11:00 VIVAfit Strength (VS) 11:00 St.John Therapy Dog Visits (FD) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 Oakville STARZ Perform (PC) 7:00 Movie Night - 80 For Brady (VP)</p>
<p>10:15 VIVAfit Sit (VS) 12 11:00 VIVAfit Walks (L) 2:00 Cribbage (PC) 2:30 Baking (FD) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:30 VIVAfit Fun (FD)</p> <p>Happy Mother's Day</p>	<p>10:15 Tai Chi with Lina (VS) 13 10:30 VIVAfit Fun (FD) 11:00 Current Events (FD) 11:00 VIVAfit Sit (VS) 2:00 Table Shuffleboard (VS) 2:00 Victory Garden Clean Up (VGM) 2:30 Bingo (FD) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 6:30 Poker with Desi (PP) 7:00 Community Bridge (BG)</p>	<p>10:15 VIVAfit Sit (VS) 14 10:30 VIVAfit Fun (FD) 11:00 VIVAfit Sit and Stand (VS) 2:00 Bingo (VP) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 Tech Help (PC) 3:00 Pencil Drawing (CK) 3:00 Aquafit (P) 3:30 Creative Crafting: Painting Plant Pots (FD) 7:00 Bid Euchre (PP)</p>	<p>10:00 Bus Trip: Glen Abbey Library (L) 15 10:30 VIVAfit Fun (FD) 10:30 Zumba with Ariam (VS) 11:00 Current Events (FD) 11:00 VIVAfit Sit (VS) 1:30 Floor Shuffleboard (VS) 2:00 Java Mentorship Meeting (CC) 2:00 Bus Outing: Walmart (L) 2:00 Movie Matinee: Titanic (VP) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 Rummikub Tournament (PC) 7:00 Euchre (VP)</p>	<p>9:00 Bus Trip: Outdoor Walks by the Lake (L) 16 10:15 VIVAfit Sit (VS) 10:30 VIVAfit Fun (FD) 11:00 VIVAfit Balance (VS) 2:00 Fun Bridge (CC) 2:00 Bus Trip: Dorval Crossing - West (L) 2:30 Beauty Club (FD) 2:30 Guest Speaker: Ward 7 Town Councillors Nav Nanda and Scott Xie (VP) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:30 Patio Drinks (VG2)</p>	<p>10:15 VIVAfit Sit (VS) 17 10:30 VIVAfit Fun (FD) 11:00 Current Events (FD) 11:00 VIVAfit Open Gym (VS) 1:30 Rosary Group (CC) 2:00 Bingo (VP) 2:00 Vegetable and Flower Planting (VGM) 2:30 Outdoor Strolls (VG2) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 7:00 Netflix Night - Dead To Me (VP)</p>	<p>10:15 VIVAfit Sit (VS) 18 10:30 St.John Therapy Dog Visits (L) 11:00 VIVAfit 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 VIVAfit Fun (FD) 7:00 Movie Night - The Miracle Season (VP)</p>

Reserve your spot for events and programs at Concierge.

May 2024

V!VA Oakville



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:15 V!VAfit Sit (VS) 19 11:00 V!VAfit Walks (L) 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) 20 10:30 V!VAfit Fun (FD) 11:00 Current Events (FD) 11:00 V!VAfit Walks (L) 2:00 Table Shuffleboard (VS) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 Victoria Day Celebration with Joe Thompson (PC) 7:00 Community Bridge (BG) Happy Victoria Day	9:30 Seated Yoga with Natalie (VS) 21 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 Knitting Group (BG) 3:00 Tech Help (PC) 3:00 Pencil Drawing (CK) 3:00 Aquafit (P) 7:00 Bid Euchre (PP)	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 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 Rummikub Tournament (PC) 4:00 Outdoor Strolls (VG2) 7:00 Euchre (VP)	9:00 Bus Trip: Outdoor Walks by the Lake (L) 23 10:00 Vendor Sale: Nellys Comfort Shoes (CK) 10:15 V!VAfit Sit (VS) 10:30 V!VAfit Fun (FD) 11:00 V!VAfit Balance (VS) 11:00 Roman Catholic Mass (VP) 11:00 V!VAfit Walks (L) 2:00 Fun Bridge (CC) 2:00 Bus Trip: Shoppers Drug Mart - Upper Middle Rd (L) 2:30 Welcome New Community Members (PP) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 7:00 Classical Music Concert (VP)	10:15 V!VAfit Sit (VS) 24 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 Patio Drinks (VG2) 7:00 Netflix Night - Dead To Me (VP)	10:15 V!VAfit Sit (VS) 25 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 - Sully (VP)
10:15 V!VAfit Sit (VS) 26 11:00 V!VAfit Walks (L) 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 (VS) 27 10:30 V!VAfit Fun (FD) 11:00 Current Events (FD) 11:00 V!VAfit Sit (VS) 2:00 Table Shuffleboard (VS) 2:30 Bingo (FD) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 What's the Scoop Ice Cream Sundae Social (PC) 7:00 Community Bridge (BG)	10:15 V!VAfit Sit (VS) 28 10:30 V!VAfit Fun (FD) 11:00 V!VAfit Sit and Stand (VS) 12:00 Monthly Birthday Party with Tristan Alexander (PC) 2:00 Bingo (VP) 2:30 Indoor Gardening (FD) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 Tech Help (PC) 3:00 Pencil Drawing (CK) 3:00 Aquafit (P) 7:00 Bid Euchre (PP)	10:00 Bus Trip: Glen Abbey Library (L) 29 10:30 V!VAfit Fun (FD) 10:30 Zumba with Ariam (VS) 11:00 Current Events (FD) 11:00 V!VAfit Sit (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 Rummikub Tournament (PC) 7:00 Euchre (VP)	9:00 Bus Trip: Outdoor Walks by the Lake (L) 30 10:15 V!VAfit Sit (VS) 10:30 V!VAfit Fun (FD) 11:00 V!VAfit Balance (VS) 1:30 Guest Speaker: Alicia Petz from Oakville Fire Department (VP) 2:00 Fun Bridge (CC) 2:00 Bus Trip: Dorval Crossing - East (L) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 Community Member Forum (VP) 7:00 Guest Speaker: Lauren Bookin: Topic: Aromatherapy and Essential Oils (VP)	10:15 V!VAfit Sit (VS) 31 10:30 V!VAfit Fun (FD) 11:00 Current Events (FD) 11:00 Vendor Sale: Bijoux Treasures (CK) 11:00 V!VAfit Walks (L) 1:30 Rosary Group (CC) 2:00 Bingo (VP) 3:00 Happy Hour (PP) 3:00 Knitting Group (BG) 3:00 Patio Drinks (VG2) 7:00 Netflix Night - Dead To Me (VP)	

Mother's Day High Tea

Dear Community Members,

We cordially invite you to join us for a delightful High Tea event. Your presence would be greatly appreciated and we kindly ask you to

RSVP by Monday May 06.

We look forward to sharing a wonderful afternoon together!

- Your Lifestyles Team

Happy Mother's Day Sunday May 12th

