



Summer tote bag class.



Cooking class for our Community Members by the lovely Attasha.

**Don't miss out!**

**Grandparent's Day Celebration**

Monday, September 9  
3:00 - 4:00 pm – Lobby

**Guest Presentation By Shannon Graham:**

**Music & Culture In European Renaissance**  
Monday, September 16  
4:00 - 5:00 pm – V!VAplex

**Drawing Class with Esther**

Monday, September 23  
2:30 - 3:30 pm – V!VAcraft Kitchen

**Rock Painting Class with Lorrie**

Friday, September 27  
3:00 - 4:00pm – V!VAcraft Kitchen

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

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V!VA Mississauga – Happier Here™

**V!VA**voice  
YOUR V!VA COMMUNITY NEWSLETTER September 2024

V!VA Retirement Communities™  
MISSISSAUGA  
Happier Here™



Thank you to our Horticulture Club for their hard work this Spring & Summer season making the Victory Garden look beautiful everyday.



Beautiful colours in the Victory Garden all summer long.



A labour of love.



Thank you Lynne for the fuzzy lamb ears.

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# September 2024

## V!VA Mississauga



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:15 V!VAfit Fun (FD) <b>1</b></p> <p>10:30 St. Josephine's Parish - Catholic Prayer Group (VP)</p> <p>11:15 V!VAfit Sit - Strength Class (VS)</p> <p>2:15 Armchair Travel: Scotland Islands (VP)</p> <p>2:30 Bingo (L)</p> <p>4:00 Brain Games (FD)</p> <p>6:30 The Crown - Season 1: Episode 1 (VP)</p>	<p>10:15 V!VAfit Fun (FD) <b>2</b></p> <p>11:15 V!VAfit Sit (VS)</p> <p>2:30 V!VAfit Sit &amp; Stand (VS)</p> <p>3:00 Afternoon Movie: "Failure to Launch" (VP)</p> <p>3:00 Mindfulness Monday's (FD)</p> <p>3:30 Happy Hour (PP)</p> <p>4:15 Brain Games (FD)</p> <p>6:30 Series: Grace &amp; Frankie - Season 1, Episode 1 (VP)</p>	<p>10:15 V!VAfit Fun (FD) <b>3</b></p> <p>10:30 Tai Chi with Lina (VS)</p> <p>11:15 V!VAfit Sit &amp; Stand (VS)</p> <p>2:00 Scrabble Club (BG)</p> <p>2:00 Billiards &amp; Shuffleboard (PP)</p> <p>2:30 V!VAfit Sit (VS)</p> <p>3:00 Wii Bowling (VP)</p> <p>3:00 Craft Class: Sewn Lavender Pouches (CK) ✓</p> <p>4:00 Brain Games (FD)</p> <p>7:00 Board Games Club (PP)</p> <p>7:00 Movie Night: "Planes, Trains &amp; Automobiles" (VP)</p>	<p>10:15 V!VAfit Fun (FD) <b>4</b></p> <p>11:15 V!VAfit Sit (VS) ✓</p> <p>11:30 Lunch at 168 Sushi Buffet \$ (L)</p> <p>2:30 V!VAfit Sit - Strength Class (VS)</p> <p>2:30 Cards Social (PC)</p> <p>3:00 October Program &amp; 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 Longo's &amp; Shoppers Drug Mart \$ (L) ✓ <b>5</b></p> <p>10:15 V!VAfit Fun (FD)</p> <p>11:15 V!VAfit Sit &amp; Stand (VS)</p> <p>2:30 V!VAfit Sit (VS)</p> <p>3:00 V!VAfit - Fun Swim (P)</p> <p>3:00 V!VALicious Meeting (VP)</p> <p>4:00 Knitting Club (BG)</p> <p>4:15 Baking &amp; Brain Games (FD)</p> <p>7:00 Cards Club (PP)</p>	<p>10:15 V!VAfit Fun (FD) <b>6</b></p> <p>11:15 V!VAfit Sit - Strength Class (VS)</p> <p>2:00 V!VA Mississauga Choir Group (L)</p> <p>2:00 V!VAfit Aquafit with Bre &amp; Karli (P)</p> <p>2:30 Cards Social (PC)</p> <p>3:00 St. Josephine's Parish - Catholic Mass (VP)</p> <p>4:00 Trivia (FD)</p> <p>7:00 Documentary Night: "I Am Celine Dion" (VP)</p>	<p>10:15 V!VAfit Fun (FD) <b>7</b></p> <p>11:15 V!VAfit Sit (VS)</p> <p>2:30 V!VAfit Balance (VS)</p> <p>3:00 Armchair Travel: Best of the Alps (FD)</p> <p>3:15 Afternoon Movie: "Cinderella Man" (VP)</p> <p>3:30 Happy Hour (PP)</p>
<p>GRANDPARENT'S DAY! <b>8</b></p> <p>10:15 V!VAfit Fun (FD)</p> <p>10:30 St. Josephine's Parish - Catholic Prayer Group (VP)</p> <p>11:15 V!VAfit Sit &amp; Stand (VS)</p> <p>2:15 Armchair Travel: Best of the Alps (VP)</p> <p>2:30 Bingo (L)</p> <p>4:00 Brain Games (FD)</p> <p>6:30 The Crown - Season 1: Episode 1 (VP)</p>	<p>10:15 V!VAfit Combo- "Seated Waltz Dance" (FD) <b>9</b></p> <p>10:30 V!VAfit Sit (VS)</p> <p>11:15 V!VAfit Sit (VS)</p> <p>1:30 Zumba with Ariam (VS)</p> <p>2:00 Afternoon Movie: "I'll See You in My Dreams" (VP)</p> <p>3:00 Grandparent's Day Celebration with Jeff Giles! (L)</p> <p>4:15 Brain Games (FD)</p> <p>6:30 Series: Grace &amp; Frankie- Season 1, Episode 2 (VP)</p>	<p>10:15 V!VAfit Fun (FD) <b>10</b></p> <p>11:15 V!VAfit Sit &amp; Stand (VS)</p> <p>2:00 Scrabble Club (BG)</p> <p>2:00 Billiards &amp; Shuffleboard (PP)</p> <p>2:30 Yoga with Natalie (VS)</p> <p>3:00 Wii Bowling (VP)</p> <p>3:00 Live Music by Zack Erikson (L)</p> <p>4:00 Brain Games (FD)</p> <p>7:00 Board Games Club (PP)</p> <p>7:00 Movie Night: "Casablanca" (VP)</p>	<p>10:15 V!VAfit Fun (FD) <b>11</b></p> <p>11:15 V!VAfit Sit (VS)</p> <p>11:30 Picnic Lunch at Jack Darling Park \$ (L) ✓</p> <p>2:30 V!VAfit Sit - Strength Class (VS)</p> <p>2:30 Cards Social (PC)</p> <p>3:00 Cooking with Karli - Red Pepper Hummus (CK)</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) ✓ <b>12</b></p> <p>10:15 V!VAfit Fun (FD)</p> <p>11:15 V!VAfit Sit &amp; Stand (VS)</p> <p>2:30 V!VAfit Sit (VS)</p> <p>3:00 V!VAfit - Fun Swim (P)</p> <p>3:00 V!VA Olympic Games (L)</p> <p>4:00 Knitting Club (BG)</p> <p>4:15 Baking &amp; Brain Games (FD)</p> <p>7:00 Cards Club (PP)</p>	<p>10:15 V!VAfit Fun (FD) <b>13</b></p> <p>11:15 V!VAfit Sit - Strength Class (VS)</p> <p>2:00 V!VA Mississauga Choir Group (L)</p> <p>2:30 Cards Social (PC)</p> <p>2:30 V!VAfit Combo- "Seated Tap Dance" (VS)</p> <p>3:00 Remembering (FD)</p> <p>4:00 Trivia (FD)</p> <p>7:00 Documentary Night: "Monty Python Conquers America" (VP)</p>	<p>10:15 V!VAfit Fun (FD) <b>14</b></p> <p>11:15 V!VAfit Sit (VS)</p> <p>2:30 V!VAfit Balance (VS)</p> <p>3:00 Armchair Travel: Portugal's Heartland (FD)</p> <p>3:15 Afternoon Movie: "The Chorus" (VP)</p> <p>3:30 Happy Hour (PP)</p>

Reserve your spot for events and programs at Concierge.

# September 2024

## V!VA Mississauga



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:15 V!VAfit Fun (FD) <b>15</b></p> <p>10:30 St. Josephine's Parish - Catholic Prayer Group (VP)</p> <p>11:15 V!VAfit Sit - Strength Class (VS)</p> <p>2:15 Armchair Travel: Portugal's Heartland (VP)</p> <p>2:30 Bingo (L)</p> <p>4:00 Brain Games (FD)</p> <p>6:30 The Crown - Season 1: Episode 1 (VP)</p>	<p>10:15 V!VAfit Fun (FD) <b>16</b></p> <p>11:15 V!VAfit Sit (VS)</p> <p>2:00 Afternoon Movie: "The Wizard of Oz" (VP)</p> <p>2:30 V!VAfit Sit &amp; Stand (VS)</p> <p>3:00 Mindfulness Monday's (FD)</p> <p>3:00 Drum Circle with Sam (VS)</p> <p>3:30 Happy Hour (PP)</p> <p>4:00 Guest Presentation by Shannon Graham: Music &amp; Culture in European Renaissance (VP)</p> <p>4:15 Brain Games (FD)</p> <p>6:30 Series: Grace &amp; Frankie - Season 1, Episode 3 (VP)</p>	<p>10:15 V!VAfit Fun (FD) <b>17</b></p> <p>10:30 Tai Chi with Lina (VS)</p> <p>11:15 V!VAfit Sit &amp; Stand (VS)</p> <p>2:00 Scrabble Club (BG)</p> <p>2:00 Billiards &amp; Shuffleboard (PP)</p> <p>2:30 V!VAfit Sit (VS)</p> <p>3:00 Wii Bowling (VP)</p> <p>3:00 Baking with Bre (CK) ✓</p> <p>4:00 Brain Games (FD)</p> <p>7:00 Board Games Club (PP)</p> <p>7:00 Movie Night: "The King's Speech" (VP)</p>	<p>10:15 V!VAfit Fun (FD) <b>18</b></p> <p>11:15 V!VAfit Sit (VS)</p> <p>11:30 Lunch at Brown's Social House \$ (L) ✓</p> <p>2:30 V!VAfit Sit - Strength Class (VS)</p> <p>2:30 Cards Social (PC)</p> <p>2:30 V!VAfit Aquafit with Bre &amp; Karli (P)</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) <b>19</b></p> <p>10:15 V!VAfit Fun (FD) ✓</p> <p>11:15 V!VAfit Sit &amp; Stand (VS)</p> <p>2:00 Wine &amp; Paint (CK) ✓</p> <p>2:30 V!VAfit Sit (VS)</p> <p>3:00 V!VAfit - Fun Swim (P)</p> <p>3:00 V!VA Olympic Games (L)</p> <p>4:00 Knitting Club (BG)</p> <p>4:15 Baking &amp; Brain Games (FD) ✓</p> <p>6:30 Ken's Poker Game (PP) ✓</p>	<p>10:15 V!VAfit Fun (FD) <b>20</b></p> <p>11:15 V!VAfit Sit - Strength Class (VS)</p> <p>2:00 V!VA Mississauga Choir Group (L)</p> <p>2:00 Euchre Social (PC)</p> <p>4:00 Trivia (FD)</p> <p>7:00 Documentary Night: "Horizon" (VP)</p>	<p>10:15 V!VAfit Fun (FD) <b>21</b></p> <p>11:15 V!VAfit Sit (VS)</p> <p>2:30 V!VAfit Balance (VS)</p> <p>3:00 Laura on The Flute (FD)</p> <p>3:15 Afternoon Movie: "Monkey Business" (VP)</p> <p>3:30 Happy Hour (PP)</p> <p>4:00 Armchair Travel: Best of Sicily (FD)</p>
<p>10:00 FIRST DAY OF FALL <b>22</b></p> <p>10:15 V!VAfit Fun (FD)</p> <p>10:30 St. Josephine's Parish - Catholic Prayer Group (VP)</p> <p>11:15 V!VAfit Sit &amp; Stand (VS)</p> <p>2:15 Armchair Travel: Best of Sicily (VP)</p> <p>2:30 Bingo (L)</p> <p>4:00 Brain Games (FD)</p> <p>6:30 The Crown - Season 1: Episode 1 (VP)</p>	<p>10:15 V!VAfit Fun- "Seated Disco Dance" (FD) <b>23</b></p> <p>10:30 V!VAfit Sit (VS)</p> <p>11:00 Vendor Sale: JBS Clothing (L)</p> <p>11:15 V!VAfit Sit (VS)</p> <p>1:30 Zumba with Ariam (VS)</p> <p>2:30 Drawing Class with Esther (CK) ✓</p> <p>3:00 Afternoon Movie: "The Best Exotic Marigold Hotel" (VP)</p> <p>3:00 Mindfulness Monday's (FD)</p> <p>3:30 Happy Hour (PP)</p> <p>4:15 Brain Games (FD)</p> <p>6:30 Series: Grace &amp; Frankie- Season 1, Episode 4 (VP)</p>	<p>10:15 V!VAfit Fun (FD) <b>24</b></p> <p>11:15 V!VAfit Sit &amp; Stand (VS)</p> <p>2:00 Scrabble Club (BG)</p> <p>2:00 Billiards &amp; Shuffleboard (PP)</p> <p>2:30 Yoga with Natalie (VS)</p> <p>3:00 Wii Bowling (VP)</p> <p>4:00 Brain Games (FD)</p> <p>7:00 Board Games Club (PP)</p> <p>7:00 Movie Night: "Breakfast at Tiffany's" (VP)</p>	<p>10:15 V!VAfit Fun (FD) <b>25</b></p> <p>11:15 V!VAfit Sit (VS)</p> <p>11:30 Lunch at Chop Steakhouse &amp; Bar \$ (L) ✓</p> <p>2:30 V!VAfit Sit - Strength Class (VS)</p> <p>2:30 Cards Social (PC)</p> <p>3:00 Monthly Birthday Party with Shannon (PC)</p> <p>3:30 Happy Hour (PP)</p> <p>4:00 Trivia (FD)</p> <p>6:30 Bingo (L)</p>	<p>10:00 Vendor Sale: Adrian's Fine Clothing (L) <b>26</b></p> <p>10:00 Oakville Place Mall \$ (L) ✓</p> <p>10:15 V!VAfit Fun (FD)</p> <p>11:15 V!VAfit Sit &amp; Stand (VS)</p> <p>2:30 V!VAfit Sit (VS)</p> <p>3:00 V!VAfit - Fun Swim (P)</p> <p>3:00 Thirsty Thursday (PP) ✓</p> <p>4:00 Knitting Club (BG)</p> <p>4:15 Baking &amp; Brain Games (FD)</p> <p>7:00 Cards Club (PP)</p>	<p>10:15 V!VAfit Fun (FD) <b>27</b></p> <p>11:00 V!VAfit Aquafit with Bre &amp; Karli (P)</p> <p>11:15 V!VAfit Sit - Strength Class (VS)</p> <p>2:00 V!VA Mississauga Choir Group (L)</p> <p>2:30 Cards Social (PC)</p> <p>2:30 V!VAfit Combo- "Seated Tap Dance" (VS)</p> <p>3:00 Craft Class: Rock Painting with Lorrie (CK) ✓</p> <p>4:00 Trivia (FD)</p> <p>7:00 Documentary Night: "Hack Your Health" (VP)</p>	<p>10:15 V!VAfit Fun (FD) <b>28</b></p> <p>11:15 V!VAfit Sit (VS)</p> <p>2:30 V!VAfit Balance (VS)</p> <p>3:00 Armchair Travel: Central Turkey (FD)</p> <p>3:15 Afternoon Movie: "Thelma" (VP)</p> <p>3:30 Happy Hour (PP)</p>

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# September 2024

## V!VA Mississauga



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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**29**

10:15 V!VAfit Fun (FD)  
 10:30 St. Josephine's Parish - Catholic Prayer Group (VP)  
 11:15 V!VAfit Sit - Strength Class (VS)  
 2:15 Armchair Travel: Central Turkey (VP)  
 2:30 Bingo (L)  
 4:00 Brain Games (FD)  
 6:30 The Crown - Season 1: Episode 1 (VP)

**30**

NATIONAL TRUTH & RECONCILIATION DAY

10:15 Smoothie Social (FD)  
 11:15 V!VAfit Sit (VS)  
 1:30 Zumba with Ariam (VS)  
 2:30 V!VAfit Sit & Stand (VS)  
 3:00 National Truth & Reconciliation Feature: "Stories to Inspire" (VP)  
 3:00 Mindfulness Monday's (FD)  
 3:30 Happy Hour (PP)  
 4:15 V!VAfit Fun (FD)  
 6:30 Series: Grace & Frankie- Season 1, Episode 5 (VP)



*Grandparent's Day Celebration!*

Monday, September 9  
 3:00pm | Lobby

GUEST PRESENTATION BY SHANNON GRAHAM: MUSIC & CULTURE IN EUROPEAN RENAISSANCE

Monday, September 16  
 4:00pm - 5:00pm  
 V!VAplex

The Renaissance marked the transition from the Middle Ages to modernity with great changes in many fields including science, politics, and art!

This lecture will contain an investigation of the most important inventions from the Renaissance, one of which has to do with how music was composed.

DRAWING CLASS WITH ESTHER

Monday, September 23  
 2:30pm - 3:30pm  
 Craft Kitchen

Join Esther for another drawing class! Esther will teach you in detail, different techniques to create your perfect drawing!

Please sign up at concierge to secure your spot!

ROCK PAINTING CLASS WITH LORRIE

Friday, September 27  
 3:00pm - 4:00pm  
 Craft Kitchen

Welcome back Lorrie for a fall themed rock painting class! Lorrie will provide pre-painted rocks and showcase different designs, just in time for the fall season!

Please sign up at concierge to secure your spot!

**WHAT IS THE NATIONAL DAY FOR TRUTH AND RECONCILIATION?**

The National Day for Truth and Reconciliation is a holiday born of the Orange Shirt Day grassroots movement.

Both events seek to honour and remember the children who were lost, the survivors of the residential school system, and the families and Indigenous communities.

No matter which event you choose to observe on **September 30**, know that your effort is among the first steps to reconciliation.