

Dorothy, Lynne and Diana were all smiles on a beautiful fall trip to Springridge Farm.



Thank you to V!VAfit creator Sandy for an informative presentation on falls prevention.

Don't miss out!

Remembrance Day Ceremony & Presentation
Wednesday, November 11
11:00 am - 3:30 pm – Victory Garden, V!VA*plex*

Around the World with Diana
Wednesday, November 18
3:00 - 4:00 pm – V!VA*plex*

Holiday Bazaar
Friday, November 20
10:00 am - 2:00 pm – Main Floor

Live Music by Lookin' Back
Friday, November 27
3:00 - 4:00 pm – Lobby

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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YOUR V!VA COMMUNITY NEWSLETTER November 2026

V!VA Retirement Communities™ MISSISSAUGA
Happier Here™



Sous Chef Leo had a full room for his delicious Ratatouille cooking demo.



Our 2nd floor community members enjoyed a fun afternoon at our Way Back Play Back Party.



Enjoying a delicious and nutritious lunch with the Lifestyles Team during Active Aging Week.



Our Community Members enjoying a wonderful yoga class during Active Aging Week.

V!VA Mississauga – Happier Here™
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