Reserve your spot for events and programs at Concierge.

November 2026

V!VA Mississauga

V!VA Retirement Communities™ MISSISSAUGA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:15 V!VAfit Fun (FD) 10:30 St. Josephine's Parish - Rosary Group (VP) 11:25 V!VAfit Strength (VS) 3:00 Bingo (VP) 3:00 Happy Hour (PP) 4:00 Rick Steve's Armchair Travel (VP) 4:15 Brain Power Hour (FD) 6:30 Series: Gilmore Girls (VP)	**2** 9:30 Coffee & Connections (PP) 10:15 V!VAfit Fun (FD) 11:15 V!VAfit Sit (VS) 2:00 Spa Express (FD) 2:30 V!VAfit Sit (VS) 3:00 Afternoon Movie: "White Bird: A Wonder Story" (VP) 3:30 Happy Hour with the Lifestyles Team (PP) 4:15 Brain Games (FD) 6:30 Rummikub Social (BG)	**3** 9:30 Coffee & Wordle (PP) 10:00 Vendor Sale: Maria G. Jewelry (L) 10:00 Shopping at Starsky $ (L) 10:15 V!VAfit Fun (FD) 11:15 V!VAfit Sit & Stand (VS) 12:00 Lunch at Peter's On Eglinton $ (L) 2:00 Scrabble Club (BG) 2:00 Shuffleboard (Self-led) (PP) 2:00 Yoga with Natalie (VS) 3:00 Happy Hour (PP) 4:15 Mind Workout (FD) 6:30 Billiards Club (BG) 6:30 Movie Night: "The Man in the Iron Mask" (VP)	**4** 9:30 Coffee & Blossom (PP) 10:15 V!VAfit Fun (FD) 11:15 V!VAfit Sit (VS) 2:00 Sound Therapy with Shannon (FD) 2:30 V!VAfit Balance (VS) 3:00 December Program & Outing Planning Meeting (VP) 3:30 Happy Hour with the Lifestyles Team (PP) 3:30 Milkshake Class with Karli (CK) 4:00 Theatre Feature: "Salt Fat Acid Heat-Fat" (VP) 4:15 Trivia (FD) 6:30 Bingo (VP)	**5** 9:30 Coffee & Word Games (PP) 10:15 V!VAfit Fun (FD) 10:45 Circle Time with ACE Daycare (FD) 11:15 V!VAfit Sit & Stand (VS) 12:00 Lunch at Trattoria Timone $ (L) 2:00 Mahjong Club with Kuh (PP) 2:30 V!VAfit Sit (VS) 3:00 Open Pool (P) 3:00 Book Club with Bre (BG) 3:00 V!VAlicious Meeting (VP) 4:15 Cognitive Connections (FD) 6:30 Movie Night: "Hanging Up" (VP) 6:30 Poker with Desi (PP) 7:00 Cards Club (PP)	**6** 9:30 Coffee & Tightrope (PP) 10:00 Virtual Church Service: St. Paul's Anglican Church (VP) 10:15 V!VAfit Fun (FD) 11:15 V!VAfit Strength (VS) 2:30 V!VAfit Combo (VS) 3:00 Happy Hour (PP) 3:00 Board Games Club (BG) 4:15 Mind Mingle (FD) 6:30 Documentary Night: "Sinatra: All or Nothing at all-PART 1" (VP)	**7** 9:30 Virtual Daily Mass (VP) 10:15 V!VAfit Fun (FD) 11:15 V!VAfit Sit (VS) 2:30 V!VAfit Balance (VS) 3:00 Virtual Andre Rieu Show (FD) 3:30 Happy Hour with the Lifestyles Team (PP)
8 10:15 V!VAfit Fun (FD) 10:30 St. Josephine's Parish - Rosary Group (VP) 11:25 V!VAfit Sit & Stand (VS) 3:00 Happy Hour (PP) 3:00 Bingo (VP) 4:00 Rick Steve's Armchair Travel (VP) 4:15 Brain Power Hour (FD) 6:30 Series: Gilmore Girls (VP)	**9** 9:30 Coffee & Connections (PP) 10:15 V!VAfit Fun (FD) 11:15 V!VAfit Sit (VS) 1:30 Zumba with Ariam (VS) 2:00 Poker with Desi (PP) 2:30 V!VAfit Sit (VS) 3:00 Afternoon Movie: "A Star is Born" (VP) 3:00 Craft Class: Rock Painting with Lorrie (CK) 3:30 Happy Hour with the Lifestyles Team (PP) 4:15 Brain Games (FD) 6:30 Rummikub Social (BG)	**10** 9:30 Coffee & Wordle (PP) 10:00 Longo's & Shoppers Drug Mart $ (L) 10:15 V!VAfit Fun (FD) 10:30 Tai Chi with Lina (VS) 11:15 V!VAfit Sit & Stand (VS) 12:00 Lunch at Taps Public House $ (L) 2:00 Scrabble Club (BG) 2:00 Shuffleboard (Self-led) (PP) 2:30 Canvas Painting with Attasha (CK) 3:00 Happy Hour (PP) 4:15 Mind Workout (FD) 6:30 Movie Night: "A Beautiful Mind" (VP) 6:30 Billiards Club (PP)	**11** REMEMBRANCE DAY 9:30 Coffee & Blossom (PP) 10:15 V!VAfit Fun (FD) 11:00 Remembrance Day Ceremony (VGM) 11:15 V!VAfit Sit (VS) 2:30 V!VAfit Balance (VS) 3:00 Baking with Karli: Bill's Family Recipe-Date Fingers (CK) 3:30 Happy Hour with the Lifestyles Team (PP) 3:30 Remembrance Day Presentation (VP) 4:15 Trivia (FD) 6:30 Bingo (VP)	**12** 9:30 Coffee & Word Games (PP) 10:15 V!VAfit Fun (FD) 11:15 V!VAfit Sit & Stand (VS) 12:00 Lunch at IHOP $ (L) 2:00 Book Club with Bre (BG) 2:00 Mahjong Club with Kuh (PP) 2:30 V!VAfit Sit (VS) 3:00 Open Pool (P) 3:00 Country Music with Madeleine (L) 4:15 Cognitive Connections (FD) 6:30 Movie Night: "The Breakfast Club" (VP) 7:00 Cards Club (PP)	**13** 9:30 Coffee & Tightrope (PP) 10:00 Virtual Church Service: St. Paul's Anglican Church (VP) 10:00 Springridge Farm $ (L) 10:15 V!VAfit Fun (FD) 11:15 V!VAfit Strength (VS) 2:30 V!VAfit Combo (VS) 2:30 St. Josephine's Parish - Rosary Group (VP) 3:00 St. Josephine's Parish - Catholic Mass (VP) 3:00 Happy Hour (PP) 3:30 Family Feud (PP) 6:30 Documentary Night: "Sinatra: All or Nothing at all-PART 2" (VP)	**14** 9:30 Virtual Daily Mass (VP) 10:15 V!VAfit Fun (FD) 11:15 V!VAfit Sit (VS) 2:30 V!VAfit Balance (VS) 3:00 Virtual Andre Rieu Show (FD) 3:30 Happy Hour with the Lifestyles Team (PP)

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15 10:15 V!VAfit Fun (FD) 10:30 St. Josephine's Parish - Rosary Group (VP) 11:25 V!VAfit Strength (VS) 3:00 Happy Hour (PP) 3:00 Bingo (VP) 4:00 Rick Steve's Armchair Travel (VP) 4:15 Brain Power Hour (FD) 6:30 Series: Gilmore Girls (VP)	**16** 9:30 Coffee & Connections (PP) 10:15 V!VAfit Fun (FD) 11:00 V!VAfit - Swim (P) 11:15 V!VAfit Sit (VS) 12:00 Taco Bowl Lunch with the Lifestyles Team (CK) 2:00 Laura on The Flute (FD) 2:30 V!VAfit Sit (VS) 3:00 Craft Class: Pressed Flower Picture Frames $ (CK) 3:00 Afternoon Movie: "Back to The Future" (VP) 3:30 Happy Hour with the Lifestyles Team (PP) 4:15 Brain Games (FD) 6:30 Rummikub Social (BG)	**17** 9:30 Coffee & Wordle (PP) 10:00 Erin Mills Town Centre $ (L) 10:15 V!VAfit Fun (FD) 11:15 V!VAfit Sit & Stand (VS) 12:00 2nd Floor Lunch at McDonalds $ (L) 2:00 Scrabble Club (BG) 2:00 Shuffleboard (Self-led) (PP) 2:00 Yoga with Natalie (VS) 2:30 Baking with Kuh: Filipino Mango Float (CK) 3:00 Happy Hour (PP) 4:15 Mind Workout (FD) 6:30 Movie Night: "Spider-Man: Far From Home" (VP) 6:30 Billiards Club (PP)	**18** Please note: Bingo has been moved from today to Friday November 20th at 2:00pm 9:30 Coffee & Blossom (PP) 10:15 V!VAfit Fun (FD) 11:15 V!VAfit Sit (VS) 12:00 McDonald's Lunch with the Lifestyles Team! (CK) 2:30 V!VAfit Balance (VS) 3:00 Around the World with Diana (VP) 3:30 Happy Hour with the Lifestyles Team (PP) 4:00 Theatre Feature: "Salt Fat Acid Heat- Salt" (VP) 4:15 Trivia (FD)	**19** 9:30 Coffee & Word Games (PP) 10:15 V!VAfit Fun (FD) 10:45 Circle Time with ACE Daycare (FD) 11:15 V!VAfit Sit & Stand (VS) 12:00 Lunch at Cora's $ (L) 2:00 Wine & Paint with Glynnis (CK) 2:00 Mahjong Club with Kuh (PP) 2:30 V!VAfit Sit (VS) 3:00 Open Pool (P) 3:00 Book Club with Bre (BG) 4:15 Cognitive Connections (FD) 6:30 Movie Night: "Moulin Rouge!" (VP) 7:00 Cards Club (PP)	**20** HOLIDAY BAZAAR 10:00AM - 2:00PM 9:30 Coffee & Tightrope (PP) 9:30 Hearing Clinic (TR) 10:15 V!VAfit Fun (FD) 11:15 V!VAfit Strength (VS) 2:00 Bingo (VP) 2:30 V!VAfit Combo (VS) 3:00 Happy Hour (PP) 4:15 Mind Mingle (FD) 6:30 Documentary Night: "Chimp Empire: Paradise" (VP)	**21** 9:30 Virtual Daily Mass (VP) 10:15 V!VAfit Fun (FD) 11:15 V!VAfit Sit (VS) 2:30 V!VAfit Balance (VS) 3:00 Virtual Andre Rieu Show (FD) 3:30 Happy Hour with the Lifestyles Team (PP)
22 10:15 V!VAfit Fun (FD) 10:30 St. Josephine's Parish - Rosary Group (VP) 11:25 V!VAfit Sit & Stand (VS) 3:00 Happy Hour (PP) 3:00 Bingo (VP) 4:00 Rick Steve's Armchair Travel (VP) 4:15 Brain Power Hour (FD) 6:30 Series: Gilmore Girls (VP)	**23** 9:30 Coffee & Connections (PP) 10:15 V!VAfit Fun (FD) 11:15 V!VAfit Sit (VS) 1:30 Zumba with Ariam (VS) 2:00 Spa Express (FD) 2:30 V!VAfit Sit (VS) 3:00 Card Class with Dianne (CK) 3:00 Afternoon Movie: "Back to The Future 2" (VP) 3:30 Happy Hour with the Lifestyles Team (PP) 4:15 Brain Games (FD) 6:30 Rummikub Social (BG)	**24** 9:30 Coffee & Wordle (PP) 10:00 Longo's & Shoppers Drug Mart $ (L) 10:15 V!VAfit Fun (FD) 10:30 Tai Chi with Lina (VS) 11:15 V!VAfit Sit & Stand (VS) 11:30 Mohawk Casino $ (L) 2:00 Scrabble Club (BG) 2:00 Shuffleboard (Self-led) (PP) 3:00 Happy Hour (PP) 4:15 Mind Workout (FD) 6:30 Movie Night: "Happiness for Beginners" (VP) 6:30 Billiards Club (PP)	**25** 9:30 Coffee & Blossom (PP) 10:15 V!VAfit Fun (FD) 11:15 V!VAfit Sit (VS) 2:30 V!VAfit Balance (VS) 3:00 Monthly Birthday Party with Carla (PC) 3:30 Happy Hour with the Lifestyles Team (PP) 4:00 Theatre Feature: "Salt Fat Acid Heat- Acid" (VP) 4:15 Trivia (FD) 6:30 Bingo (VP)	**26** 9:30 Coffee & Word Games (PP) 10:15 V!VAfit Fun (FD) 11:15 V!VAfit Sit & Stand (VS) 12:00 Lunch at Saucys $ (L) 2:00 Book Club with Bre (BG) 2:00 Mahjong Club with Kuh (PP) 2:30 V!VAfit Sit (VS) 3:00 Open Pool (P) 3:00 Concierge, Wellness & Housekeeping Meeting (VP) 4:15 Cognitive Connections (FD) 6:30 Movie Night: "Nothing is Impossible" (VP) 7:00 Cards Club (PP)	**27** 9:30 Coffee & Tightrope (PP) 10:00 Virtual Church Service: St. Paul's Anglican Church (VP) 10:00 One of a Kind Show $ (L) 10:15 V!VAfit Fun (FD) 10:30 V!VAfit Sit (VS) 11:15 V!VAfit Strength (VS) 2:00 Euchre Tournament with Michael (DR) 2:30 V!VAfit Combo (VS) 3:00 Happy Hour (PP) 3:00 Live Music by Lookin' Back (Formerly Hawk's Nest Trio) (L) 4:15 Mind Mingle (FD) 6:30 Documentary Night: "Chimp Empire: Others" (VP)	**28** 9:30 Virtual Daily Mass (VP) 10:15 V!VAfit Fun (FD) 11:15 V!VAfit Sit (VS) 2:30 V!VAfit Balance (VS) 3:00 Virtual Andre Rieu Show (FD) 3:30 Happy Hour with the Lifestyles Team (PP)

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29 10:00 Vendor Sale: Karli's Kitchen Creations (L) 10:15 V!VAfit Fun (FD) 10:30 St. Josephine's Parish - Rosary Group (VP) 11:25 V!VAfit Strength (VS) 3:00 Happy Hour (PP) 3:00 Bingo (VP) 4:00 Rick Steve's Armchair Travel (VP) 4:15 Brain Power Hour (FD) 6:30 Series: Gilmore Girls (VP)	**30** 9:30 Coffee & Connections (PP) 10:15 V!VAfit Fun (FD) 11:00 V!VAfit - Swim (P) 11:15 V!VAfit Sit (VS) 2:30 V!VAfit Sit (VS) 3:00 Baking with Bre: Chewy Amaretto Cookies (CK) 3:00 Afternoon Movie: "Back to The Future 3" (VP) 3:30 Happy Hour with the Lifestyles Team (PP) 4:15 Brain Games (FD) 6:30 Rummikub Social (BG)	Orange Fitness Class Purple Special Event Green Excursion ✔ Sign Up Shuttle $ Cost required Walking	**Locations Legend** Family Den (FD) Pints! Pub (PP) V!VAplex (VP) V!VAfit Studio (VS) Lobby (L) Brain Gym (BG) Craft Kitchen (CK) Pool (P) Victory Garden-Main Floor (VGM) Treatment Room (TR) Perks! Cafe (PC) Dining Room (DR)			
	REMEMBRANCE DAY CEREMONY & PRESENTATION WEDNESDAY, NOVEMBER 11TH 11:00AM & 3:30PM VICTORY GARDEN & V!VAPLEX Please join us at 11:00am as we honour our Veterans on Remembrance Day with our annual flag raising ceremony. Followed by a guest presentation on Canada in WWI, which will provide information and reflection on the service of our Veterans during the first World War.	AROUND THE WORLD WITH DIANA WEDNESDAY, NOVEMBER 18TH 3:00PM - 4:00PM V!VAPLEX Come join our Services Manager, Diana as she brings to us a fascinating presentation on her world travels! With experience working in the travel industry, Diana will share a unique perspective on the many beautiful places around the world.	ANNUAL HOLIDAY BAZAAR FRIDAY, NOVEMBER 20TH 10:00AM - 2:00PM LOBBY Join us for our Annual Holiday Bazaar as we approach the Christmas and Holiday season! Shop a wide variety of vendors from jewelry, crochet goods, Christmas cake, greeting cards, and so much more!	LIVE MUSIC BY LOOKIN' BACK FRIDAY, NOVEMBER 27TH 3:00PM - 4:00PM LOBBY Put on those dancing shoes and join a V!VA favourite, Lookin' Back as they bring us an afternoon filled with fun, dancing, and of course, good music! What better way to de-stress from the beginning of the holiday season! We look forward to seeing you all there.