Reserve your spot for events and programs at Concierge.

November 2026

V!VA Oakville

V!VA Retirement Communities™ OAKVILLE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 Morning Walks or Coffee with Lifestyles (L) 10:15 V!VAfit Sit (VS) 2:00 Cribbage (CC) 2:30 V!VAfit Flow (FD) 2:30 Movie Matinee (FD) 3:00 Knitting Group (BG) 3:00 Happy Hour (PP)	**2** 9:00 Morning Chat & Hot News (PC) 9:30 V!VAfit Open Gym (VS) 10:15 V!VAfit Sit (VS) 10:30 Morning Stretches (FD) 11:00 Musical Memory Challenge: Guess The Song and Sing Along (FD) 2:00 Table Shuffleboard (VS) 2:30 Remembrance Day Painting: Lest We Forget (CK) 3:00 Knitting Group (BG) 3:00 Happy Hour (PP) 6:30 Community Bridge (BG) 7:00 Bingo (VP)	**3** 9:00 Aquafit with Stefania (P) 9:00 Morning Chats & Hot News (L) 9:30 V!VAfit Sit and Stand (VS) 10:15 Drumfit (VS) 10:30 V!VAfit Fun (FD) 1:00 V!VA Voices Choir Practice (VS) 2:00 Bingo (VP) 3:00 Knitting Group (BG) 3:00 Happy Hour (PP) 3:00 Sip Into November with Live Entertaiment by: 4-Ever Young (PC) 6:30 Bid Euchre (PP) 7:00 Golden Girls Retro Rewind (VP)	**4** 9:00 Morning Chats & Hot News (PC) 10:00 V!VAfit Flow (FD) 10:00 Vendor Sale: Effys Shoes (CK) 10:00 Bus Trip: Walmart (L) 10:30 Zumba with Ariam (VS) 12:30 Bus Trip: Hopedale Bowl (L) 3:00 Knitting Group (BG) 3:00 Happy Hour: Fun with Michelle (PP) 6:30 Mah Jong (CC) 7:00 Euchre (PP) 7:00 Documentary Night - Remembrance Day Sepecial: "D-Day's Hidden Warriors: The Canadian Story" (VP)	**5** 9:30 Morning Chats & Hot News (PC) 10:00 Bus Trip: Shoppers Drug Mart -Neyagawa Blvd (L) 10:00 Morning Warm - Up (FD) 10:15 V!VAfit Sit and Stand (VS) 11:00 Mind Joggers- Anagram Challenge (FD) 1:00 V!VA Voices Choir Practice (VS) 2:00 Rummikub Game (PC) 2:00 Bridge - Back In The Game (CC) 2:30 Guest Speaker: Who Could It Be? (VP) 3:00 Knitting Group (BG) 3:00 Happy Hour (PP) 7:00 Classical Music Concert (VP)	**6** 9:00 V!VA Fun Swim (P) 9:00 Morning Walks with Lifestyles (L) 9:30 V!VAfit Open Gym (VS) 10:00 Bus Trip: Flamboro Casino (L) 10:15 V!VAfit Sit (VS) 10:30 V!VAfit Fun (FD) 11:00 Ladderball (FD) 1:30 Rosary Group (CC) 2:00 Bingo (VP) 2:30 Board Games (FD) 3:00 Knitting Group (BG) 3:00 Happy Hour (PP) 7:00 Netflix Night: Little House On The Prairie (VP)	**7** 9:00 Morning Chats & Hot News (PC) 10:15 Drumfit (VS) 10:30 St.John Therapy Dog Visits (L) 11:00 St.John Therapy Dog Visits (FD) 1:00 Mah Jong (CC) 2:30 Words Within A Word (FD) 3:00 Knitting Group (BG) 3:00 Happy Hour (PP) 3:30 V!VAfit Fun (FD) 7:00 Movie Night - Remembrance Day Special: "Passchendaele (2008)" (VP)
8 9:00 Morning Chats & Hot News (PC) 10:15 V!VAfit Chair Dance & Drumfit Combo! (VS) 2:00 Sunday Songs of Joy & Praise (CC) 2:30 V!VAfit Flow (FD) 3:00 Knitting Group (BG) 3:00 Happy Hour (PP) 3:00 Movie Matinee - Remembrance Day Special: "Passchendaele (2008)" Rerun (VP) 3:00 Piano Moments with Rifat (L)	**9** 9:00 Morning Brew and Social Time (L) 9:30 V!VAfit Open Gym (VS) 10:15 Tai Chi with Lina (VS) 10:30 Morning Stretches (FD) 11:00 Mind Joggers: Finish The Phrase (FD) 2:00 Table Shuffleboard (VS) 2:00 Scattergories (CK) 2:00 In The Kitchen with Deepak (PC) 3:00 Knitting Group (BG) 3:00 Happy Hour (PP) 6:30 Community Bridge (BG) 7:00 Bingo (VP)	**10** 9:00 Aquafit with Stefania (P) 9:30 V!VAfit Sit and Stand (VS) 10:15 Drumfit (VS) 10:30 V!VAfit Fun (FD) 11:00 Snakes and Ladders (FD) 11:00 Art 4 Life with Glynnis (CK) 1:00 V!VA Voices Choir Practice (VS) 2:00 Bingo (VP) 2:00 Rummikub Game (PC) 2:30 Simply Polished Beauty Club (FD) 3:00 Knitting Group (BG) 3:00 Book Club (DR) 3:00 Happy Hour with Luka (PP) 6:30 Bid Euchre (PP) 7:00 Golden Girls Retro Rewind (VP) 7:00 Piano Performances by: The Mariam School of Music (L)	**11** 9:15 Bus Trip: Sixteen Mile Branch Library (L) 10:15 V!VAfit Sit (VS) 10:30 VIVAfit Strength and Stretch (FD) 10:45 Remembrance Day Ceremony (L) 1:30 Bus Trip: Hopedale Bowl (L) 2:30 Peace Pledge Tree (FD) 3:00 Knitting Group (BG) 3:00 Happy Hour (PP) 3:00 An afternoon of Coffee and Remembrance (PC) 6:30 Mah Jong (CC) 7:00 Euchre (PP)	**12** 9:30 V!VAfit Balance (VS) 10:00 Bus Trip: Shoppers Drug Mart -Upper Middle Road (L) 10:15 V!VAfit Sit and Stand (VS) 10:30 Morning Warm - Up (FD) 11:00 Paint and Sip (FD) 1:00 V!VA Voices Choir Practice (VS) 2:00 Rummikub Game (PC) 2:00 Bridge - Back In The Game (CC) 2:30 Fall Music Hour (FD) 3:00 Knitting Group (BG) 3:00 Happy Hour (PP) 3:00 Fall Flavours: Apple Pie Social with Judith (PC) 7:00 Documentary Night: Girl Climber (VP)	**13** 9:00 V!VA Fun Swim (P) 9:00 Sharing Kindness Over Coffee (L) 9:30 V!VAfit Open Gym (VS) 10:15 V!VAfit Sit (VS) 10:30 V!VAfit Fun (FD) 11:00 Kindness Matters: Trivia and Fun (FD) 1:30 Rosary Group (CC) 2:00 Bingo (VP) 2:30 Gratitude Tree Project (FD) 3:00 Knitting Group (BG) 3:00 Happy Hour (PP) 3:00 Share the Love: Greeting Card Making (CK) 3:30 Guest Speaker: Downsizing Made Easy: Smart Tips and Trusted Advice (VP) 7:00 Netflix Night: Little House On The Prairie (VP)	**14** 9:00 Memory-sharing Hour (L) 10:30 St.John Therapy Dog Visits (L) 11:00 St.John Therapy Dog Visits (FD) 1:00 Mah Jong (CC) 3:00 Knitting Group (BG) 3:00 Happy Hour (PP) 3:00 Saturday Serenade with Live Entertainment by: Emilio Zarris (PC) 7:00 Movie Night: 1917 (VP)

Reserve your spot for events and programs at Concierge.

November 2026

V!VA Oakville

V!VA Retirement Communities™ OAKVILLE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 9:00 Cozy Autumn Cafe and Conversation (L) 2:00 Cribbage (CC) 2:00 V!VAfit Flow (FD) 3:00 Knitting Group (BG) 3:00 Happy Hour (PP) 3:00 Grey Cup Tailgate Party (PP)	**16** 9:00 Morning Walks with Lifestyles (L) 9:30 V!VAfit Open Gym (VS) 10:15 V!VAfit Sit (VS) 10:30 Morning Stretches (FD) 11:00 The Price is Right (CK) 11:00 Colour Me Calm (FD) 2:00 Table Shuffleboard (VS) 2:30 Gratitude Tree (FD) 2:30 Passport Club : Italy Virtual Tour (VP) 3:00 Knitting Group (BG) 3:00 Happy Hour (PP) 3:00 Your first (PP) 3:30 Picture Bingo (FD) 6:30 Poker with Desi (PP) 6:30 Community Bridge (BG)	**17** 9:00 Aquafit with Stefania (P) 9:00 Morning Walks with Lifestyles (L) 9:30 V!VAfit Sit and Stand (VS) 10:00 V!VAfit Fun (FD) 10:15 Drumfit (VS) 11:00 Sort the Basket (FD) 1:00 V!VA Voices Choir Practice (VS) 2:00 Bingo (VP) 2:30 Scents Of The Season (FD) 2:30 Passport Club : Italy A toast to Italy (CK) 3:00 Knitting Group (BG) 3:00 Name that Tune (PP) 3:00 Happy Hour with Kiran (PP) 6:30 Bid Euchre (PP) 7:00 Golden Girls Retro Rewind (VP)	**18** 10:00 V!VAfit Flow (FD) 10:00 Bus Trip: Walmart (L) 10:30 V!VAfit Strength and Stretch (FD) 10:30 Zumba with Ariam (VS) 11:00 Lets Get to Know You (FD) 11:00 V!VAfit Sit (VS) 12:30 Bus Trip: Hopedale Bowl (L) 2:30 Cookie Decorationg (FD) 2:30 A Mug of Cheer (CK) 2:30 Passport Club : Italy, E' amore! (CK) 3:00 Knitting Group (BG) 3:00 Happy Hour (PP) 6:30 Mah Jong (CC) 7:00 Euchre (PP)	**19** 9:30 V!VAfit Balance (VS) 9:30 Hearing Clinic with Hear Canada (CC) 10:00 Bus Trip: Shoppers Drug Mart - Neyagawa Blvd (L) 10:00 Morning Warm - Up (FD) 10:15 V!VAfit Sit and Stand (VS) 11:00 Making Card Holders (CK) 11:00 Mind Games - Fall Trivia (FD) 11:00 Vendor Sale: Cobs Bread (L) 1:00 V!VA Voices Choir Practice (VS) 2:00 Rummikub Game (PC) 2:00 Bridge - Back In The Game (CC) 2:30 Passport Club: Italy, La Dolce Torta (CK) 3:00 Knitting Group (BG) 3:00 Happy Hour (PP) 3:00 Sweater Weather Sounds with Entertainment by: Split Decision (PC) 7:00 Classical Music Concert (VP)	**20** 9:00 V!VA Fun Swim (P) 9:00 Morning Walks with Lifestyles (L) 9:30 V!VAfit Open Gym (VS) 10:00 Bus Trip: Real Canadian Superstore (L) 10:15 V!VAfit Sit (VS) 10:30 V!VAfit Fun (FD) 11:00 Songs of the Season - Fall Sing-A-Long (FD) 12:00 Bus Trip: Lunch at The Firehall (L) 1:30 Rosary Group (CC) 2:00 Bingo (VP) 2:30 Fall Flower Arranging (FD) 2:30 Passport Club : Italy, Depature Lounge (CK) 3:00 Knitting Group (BG) 3:00 Happy Hour (PP) 7:00 Netflix Night: Little House On The Prairie (VP)	**21** 9:00 Morning Coffee with Lifestyles (L) 10:30 St.John Therapy Dog Visits (L) 11:00 TV Time Machine (CK) 11:00 St.John Therapy Dog Visits (FD) 1:00 Mah Jong (CC) 2:30 Movie Matinee; Hocus Pocus (FD) 3:00 Knitting Group (BG) 3:00 Happy Hour (PP) 3:30 V!VAfit Fun (FD) 7:00 Movie Night - Mutiny (VP)
22 9:00 Morning Walks with Lifestyles (L) 2:00 Cribbage (CC) 2:00 A Very V!VA Holiday Bazaar (L) 2:30 V!VAfit Flow (FD) 3:00 Knitting Group (BG) 3:00 Happy Hour (PP)	**23** Natonal Esspresso Day (PC) 9:00 Pancake & Cozy Connections with Lifestyles (L) 9:30 V!VAfit Open Gym (VS) 10:15 Tai Chi with Lina (VS) 10:30 Stretch & Shine (FD) 11:00 Today In History (FD) 2:00 Table Shuffleboard (VS) 2:00 Scattergories (CK) 3:00 Knitting Group (BG) 3:00 Happy Hour (PP) 3:00 The Autumn Cafe with Olivia (PC) 6:30 Community Bridge (BG) 7:00 Bingo (VP)	**24** 9:00 Aquafit with Stefania (P) 9:00 Morning Mingle with Lifestyles (L) 9:30 V!VAfit Sit and Stand (VS) 10:15 Drumfit (VS) 10:30 V!VAfit Fun (FD) 11:00 Trivia Challenge: Fall Back in Time (FD) 2:00 Bingo (VP) 2:00 Apple Cinnamon Oatmeal Cookies (CK) 2:00 Moustaches and Martinis: A Movember Social with Chef Kevin (PP) 2:30 Pamper Pop Up: Self Care Day (FD) 3:00 Knitting Group (BG) 3:00 Happy Hour (PP) 6:30 Bid Euchre (PP) 7:00 Golden Girls Retro Rewind (VP)	**25** 9:00 Rise & Shine Café with Lifestyles (PC) 9:30 V!VAfit Sit and Stand (VS) 10:00 Bus Trip: Glen Abbey Library (L) 10:30 Zumba with Ariam (VS) 10:30 V!VAfit Flow (FD) 12:30 Bus Trip: Hopedale Bowl (L) 2:00 Cozy Fall Candle Jars (CK) 2:00 Board Games: Checkers & Cheers (PC) 3:00 Knitting Group (BG) 3:00 Happy Hour (PP) 3:00 Monthly Birthday Party with Entertainment by: Cherry De Luna (PC) 6:30 Mah Jong (CC) 7:00 Euchre (PP)	**26** 9:00 Coffee & Connections with Lifestyles (PC) 9:30 V!VAfit Balance (VS) 10:00 Bus Trip: Shoppers Drug Mart -Upper Middle Road (L) 10:15 V!VAfit Sit and Stand (VS) 10:30 Morning Warm - Up (FD) 11:00 Roman Catholic Mass (VP) 11:00 Think Play & Laugh (FD) 2:00 Rummikub Game (PC) 2:00 Bridge - Back In The Game (CC) 3:00 Knitting Group (BG) 3:00 Happy Hour (PP) 3:00 Community Member Forum (VP) 7:00 Documentary Night (VP)	**27** 9:00 V!VA Fun Swim (P) 9:00 The Morning Buzz with Lifestyles (L) 9:30 V!VAfit Open Gym (VS) 10:15 V!VAfit Sit and Stand (VS) 10:15 V!VAfit Sit (VS) 10:30 V!VAfit Fun (FD) 11:00 Ladderball (FD) 11:00 Worship Service with Munns United Church (VP) 1:30 Rosary Group (CC) 2:00 Bingo (VP) 2:30 Board Games (FD) 3:00 Knitting Group (BG) 3:00 Happy Hour (PP) 7:00 Netflix Night: Little House On The Prairie (VP)	**28** 9:00 Brew & Chat with Lifestyles (L) 10:30 St.John Therapy Dog Visits (L) 11:00 St.John Therapy Dog Visits (FD) 1:00 Mah Jong (CC) 2:30 Scattergories (FD) 3:00 Knitting Group (BG) 3:00 Happy Hour (PP) 3:30 V!VAfit Fun (FD) 7:00 Movie Night - The Call of the Wild (VP)

Reserve your spot for events and programs at Concierge.

November 2026

V!VA Oakville

V!VA Retirement Communities OAKVILLE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 9:00 Lifestyles Café (L) 10:30 Vendor Sale: Bijoux Treasures (CK) 2:00 Cribbage (CC) 2:30 V!VAfit Flow (FD) 3:00 Knitting Group (BG) 3:00 Happy Hour (PP) 3:00 Movie Matinee (FD) 3:00 Piano Moments with Rifat (L)	**30** 9:00 Sip, Smile & Socialize with Lifestyles (L) 9:30 V!VAfit Open Gym (VS) 10:15 V!VAfit Sit (VS) 10:30 Morning Stretches (FD) 11:00 Who Am I? (FD) 2:00 Table Shuffleboard (VS) 3:00 Knitting Group (BG) 3:00 Happy Hour (PP) 3:00 Merry & Bright Card - Making with Paulette (CK) 6:30 Community Bridge (BG) 7:00 Bingo (VP)		Happy Hour Join us in Pints! Pub everyday at 3:00pm for an amazing variety of drinks, snacks and of course tons of fun!	Knitting Group 3:00pm in the Brain Gym. Please join us everyday as we gather as a group, work on our knitting projects and enjoy the company of fellow Community Members and Friends!	Calendar Legend Outings V!VAfit Shopping Special Event	Locations Legend Family Den (FD) V!VAfit Studio (VS) Lobby (L) Pints! Pub (PP) V!VAplex (VP) Brain Gym (BG) Community Commons (CC) Perks! Cafe (PC) Craft Kitchen (CK) Pool (P) Dining Room (DR)

Please join us for our Remembrance Day Ceremony
Wednesday November 11, 2026
In Perks! Cafe
10:45am

