



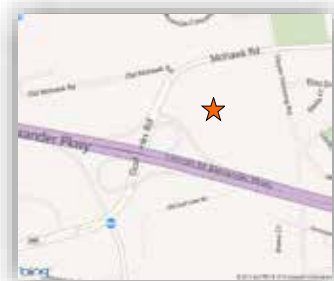
On a beautiful spring day, May 12<sup>th</sup>, 2018 Lifestyles Volunteer Coordinator, Mirian Cisneros, married her best friend Patrick Elwood. A packed bus of Community Members filled 3 pews and sent love and best wishes to the happy couple.



**Nurses Luncheon – May 9<sup>th</sup>** was our annual appreciation dinner for Retired Nurses and our Meadowlands Team of Nurses. A delicious meal was prepared and served by Chef Jamie. Special guest, Dr. Ian M shared his own stories of how important his nurses were to him during his career.



**Birthday Fun  
May 23<sup>rd</sup>**  
Entertainer –  
Kim Atkins.



## Making Today Great!

Meadowlands Retirement Community  
1248 Mohawk Road West, Ancaster, ON L9K 1P5  
[www.meadowlandsretirement.com](http://www.meadowlandsretirement.com) 905.304.1968



# Messenger

JUNE 2018



















Your Community Newsletter




























## CHECK OUT THE V!VA Bus!

No! It's not a new bus, it just looks new! Rebranded with the new logo, our Meadowlands Bus has been updated to look like a classic convertible. No one will miss us when we are out on the town! Feedback has been very positive and we can't wait to get together with some of our sister V!VA homes for some group outings. Think how impressive it will be to see a convoy of happy people out and about, doing the things they do best!

Look out summer, here we come... picnics, boat cruises, shopping and more!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>LEGEND</b></p> <p>Orange Fitness Class</p> <p>Purple Special Event</p> <p>Green Excursion</p> <p> Sign Up</p> <p> Cost Required</p> <p> Shuttle</p> <p> Walking</p>	<p><b>East Wing</b></p> <p>(VS) V!VAfit Studio</p> <p>(PP) Pints! Pub</p> <p>(CK) V!VAcraft Kitchen</p> <p>(TR) Therapy Room</p> <p>(CC) Community Commons</p> <p>(VP) V!VAplex (MVP)</p> <p><b>West Wing</b></p> <p>(PC) Perks! Café</p> <p>(L) Lobby</p> <p>(P) Pool</p> <p>(FD) Family Den</p>				<p><b>1</b></p> <p>10:00 <b>VIVAfit Fun (CC)</b></p> <p>12:00 <b>Mystery Diners Lunch Outing (E)</b></p> <p>  </p> <p>2:00 <b>National Donut Day with tasty treats and trivia (MVP)</b></p> <p>7:00 SkipBo (CC)</p>	<p><b>2</b></p> <p>10:00 <b>VIVAfit Sit- Class 1 (CC)</b></p> <p>10:30 <b>VIVAfit Sit - Class 2 (CC)</b></p> <p>2:00 Shout it Out – BINGO (MVP)</p> <p>3:00 Giant Crossword Puzzle (MVP)</p>
<p><b>3</b></p> <p>10:00 Catholic Communion (CC)</p> <p>10:30 Hymn Sing (MVP)</p> <p>2:00 Sunday Matinee (MVP) “<b>Andre Rieu - Fiesta Mexicana</b>” 2011</p> <p>2:15 Cribbage (CC)</p>	<p><b>4</b></p> <p>10:00 <b>Revitalizing Yoga with Tricia (CC)</b></p> <p>2:00 Bridge (CC)</p> <p>2:00 <b>Shopping at Walmart (E)</b></p> <p>  </p> <p>7:00 Lucky 7 Bingo (CC)</p> <p></p>	<p><b>5</b></p> <p>10:00 <b>VIVAfit Swim Fun (P)</b></p> <p>2:00 Euchre (CC) <b>\$0.25</b></p> <p></p> <p>7:00 Movie Night (MVP) “<b>Bridget Jones Baby</b>” 2016 - Renée Zellweger &amp; Colin Firth</p>	<p><b>6</b></p> <p>10:00 <b>VIVAfit Balance – (CC)</b></p> <p>10:00 <b>Mobile Medical/Sport Compression Garments (L)</b></p> <p>2:00 Wheel of Fortune / Price is Right (MVP)</p> <p>7:00 Travel Log with Rick Steves: <b>Viewer’s Choice</b> (MVP)</p>	<p><b>7</b></p> <p>9:30 <b>Wayward Walkers (L)</b></p> <p>10:00 <b>Water Exercise (P)</b></p> <p>12:45 Walker Repair Clinic (L)</p> <p>2:00 Afternoon Social – Meet &amp; Greet (CC)</p> <p>7:00 Euchre (CC) <b>\$0.25</b></p> <p></p> <p><b>Election Day Booth available in Lobby – bring your identification</b></p>	<p><b>8</b></p> <p>10:00 <b>VIVAfit Sit &amp; Stand – Class 1 (CC)</b></p> <p>10:30 <b>VIVAfit Sit &amp; Stand - Class 2 (CC)</b></p> <p>2:00 V!VAlinks – join us for a Putting and Driving Challenge in the golf simulator (across from Pool – West Wing Patio Level)</p> <p>3:00 Dominoes (CC)</p> <p>7:00 SkipBo (CC)</p>	<p><b>9</b></p> <p>2:00 Shout it Out – BINGO (MVP)</p> <p>3:00 Music with Mahima (L)</p>
<p><b>10</b></p> <p>10:00 Catholic Communion (CC)</p> <p>10:30 Hymn Sing (MVP)</p> <p>2:00 Sunday Matinee (MVP) “<b>National Velvet</b>” Elizabeth Taylor - 1944</p> <p>2:15 Cribbage (CC)</p>	<p><b>11</b></p> <p>10:00 <b>Better Balance with Bands (CC)</b></p> <p>10:30 <b>Better Balance with Bands (CC)</b></p> <p>11:00 <b>BOOKMOBILE (E)</b></p> <p>2:00 Bridge (CC)</p> <p>2:00 Horse Racing Game – Try your luck and play the ponies (CC)</p> <p>7:00 Lucky 7 Bingo (CC)</p> <p></p>	<p><b>12</b></p> <p>10:00 <b>VIVAfit Swim Fun (P)</b></p> <p>10:30 <b>Catholic Mass St. Ann’s (CC)</b></p> <p>2:00 Euchre (CC) <b>\$0.25</b></p> <p></p> <p>7:00 Movie Night (MVP) “<b>The Way We Were</b>” Barbara Streisand &amp; Robert Redford 1973</p>	<p><b>13</b></p> <p>10:30 <b>Tai Chi Fitness (CC)</b></p> <p>2:00 Finishing Lyrics / Sing Along (MVP)</p> <p>3:00 Banana Split Ice Cream Sundaes</p> <p>4:30 Relax &amp; Reminisce with Krishanthi (L)</p> <p>7:00 Apples to Apples Game – a super fun game and something new to try! (CC)</p>	<p><b>14</b></p> <p>9:30 <b>Wayward Walkers (L)</b></p> <p>10:00 <b>Water Exercise (P)</b></p> <p>10:00 Program Committee (MVP)</p> <p>10:30 Food For Thought (MVP)</p> <p>2:00 Afternoon social – Meet &amp; Greet (CC)</p> <p>7:00 Euchre (CC) <b>\$0.25</b></p> <p></p>	<p><b>15</b></p> <p>10:30 <b>Ecumenical Communion (MVP)</b></p> <p>11:30 <b>Father’s Day BBQ with Entertainer Steve Angel (E)</b></p> <p>2:00 Rexall Pharmacy – Stroke Awareness (MVP)</p> <p>2:15 Lemonade and Popsicles on the Patio – Discussion “Favourite Summertime memory” (E)</p> <p>3:00 Ladderball (E)</p> <p>7:00 SkipBo (CC)</p>	<p><b>16</b></p> <p>10:00 <b>VIVAfit Sit- Class 1 (CC)</b></p> <p>10:30 <b>VIVAfit Sit - Class 2 (CC)</b></p> <p>2:00 Shout it Out – BINGO (MVP)</p> <p>3:00 Colour Me Content (MVP)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>17</b></p> <p>10:00 Catholic Communion (CC)</p> <p>10:30 Hymn Sing (MVP)</p> <p>2:00 Sunday Matinee (MVP) "Die Another Day" Pierce Bronson &amp; Halle Berry - 2002</p> <p>2:15 Cribbage (CC)</p>	<p><b>18</b></p> <p>10:00 Revitalizing Yoga with Tricia (CC)</p> <p>2:00 Bridge (CC)</p> <p>2:00 Shopping at Lynden Park Mall – Brantford (E)   </p> <p>7:00 Lucky 7 Bingo (CC) </p>	<p><b>19</b></p> <p>10:00 Laughter Yoga (CC)</p> <p>2:00 Community Member Town Hall Meeting – Forum to update &amp; discuss current events and concerns (MVP)</p> <p>3:00 Euchre (CC) \$0.25 </p> <p>3:30 Trip to LCBO (E)   </p> <p>7:00 Movie Night (MVP) "The Bucket List" Jack Nicholson &amp; Morgan Freeman 2008</p>	<p><b>20</b></p> <p>10:00 VIVAfit Balance – (CC)</p> <p>2:30 Community Member Birthday Party – Celebrating June Birthdays with entertainer Bill Pigot ALL WELCOME!</p> <p>7:00 Travel Log with Rick Steves: Viewer's Choice (MVP)</p>	<p><b>21</b></p> <p>9:30 Wayward Walkers (L)</p> <p>10:00 Water Exercise (P)</p> <p>2:00 Creative Cards with Susan</p> <p>2:30 Shopping at Shoppers Drug Mart (E)   </p> <p>7:00 Euchre (CC) \$0.25 </p>	<p><b>22</b></p> <p>10:00 HeartBeats Club - fitness with Music (CC)</p> <p>2:00 Crafting – Summertime Hats or Fastinators (CC)</p> <p>3:00 Freezie Fridays – Discussion "Your Bucket List" (E)</p> <p>3:00 Dominoes (CC)</p> <p>7:00 SkipBo (CC)</p>	<p><b>23</b></p> <p>2:00 Shout it Out – BINGO (CC)</p> <p>3:00 Wacky Wordies Puzzle (L)</p>
<p><b>24</b></p> <p>10:00 Catholic Communion (CC)</p> <p>10:30 Hymn Sing (MVP)</p> <p>2:00 Sunday Matinee (MVP) "Phantom of The Opera" Musical - Gerard Butler &amp; Emmy Rossum 2004</p> <p>2:15 Cribbage (CC)</p>	<p><b>25</b></p> <p>10:00 Better Balance with Bands (CC)</p> <p>10:30 Better Balance with Bands (CC)</p> <p>11:00 BOOKMOBILE (E)</p> <p>2:00 Shopping at Marshall's / Home Sense / Michael's Crafts (E)   </p> <p>2:00 Bridge (CC)</p> <p>7:00 Lucky 7 Bingo (CC) </p>	<p><b>26</b></p> <p>10:00 VIVAfit Swim Fun (P)</p> <p>2:00 Euchre (CC) \$0.25 </p> <p>2:00 Shopping at Dollarama / Food Basics / Rexall / CIBC Bank (E)   </p> <p>7:00 Movie Night (MVP) "The Canadian Tenors" – Live from Las Vegas</p>	<p><b>27</b></p> <p>10:30 Tai Chi Fitness (CC)</p> <p>1:30 Picnic Lunch Outing (E)  </p> <p>2:30 HeartBeats Club - fitness with Music (CC)</p> <p>7:00 Games / Trivia Night (CC)</p>	<p><b>28</b></p> <p>9:30 Wayward Walkers (L)</p> <p>10:00 Water Exercise (P)</p> <p>10:15 Trip to TD / SCOTIA Bank (E)  </p> <p>2:00 Baseball / Hockey / Canadian Trivia (MVP) followed by Waffles &amp; Maple Syrup (PC)</p> <p>7:00 Euchre (CC) \$0.25 </p>	<p><b>29</b></p> <p>10:00 VIVAfit Fun (CC)</p> <p>2:00 Strawberry Social – Wear your Favourite Hat Contest (L) / (E) Entertainer</p> <p>3:00 Dominoes (CC)</p> <p>7:00 SkipBo (CC)</p>	<p><b>30</b></p> <p>10:00 VIVAfit Sit– Class 1 (CC)</p> <p>10:30 VIVAfit Sit - Class 2 (CC)</p> <p>2:00 Shout it Out – BINGO (MVP)</p> <p>3:00 Timeless Trivia (MVP) Interactive DVD</p>

