



V!VA Values + Orange Dot Points = Team Member Rewards!

There are five values at the core of V!VA and Team Members are encouraged to live those values at work. V!VA has created an amazing incentive program where Team Members collect Orange Dot Points from Managers, other Team Members and Community Members. If you would like to acknowledge a Team Member with Orange Dot Points, please see their Manager and let them know which V!VA Value 'made your day Great!' Once enough Orange Dot Points are collected, Team Members can 'reward' themselves by selecting an amazing reward from the V!VA Points catalogue.

Now that's Style!

In late October, Community Members modeled their magnificent and sparkling personalities on the runway at Meadowlands' annual fundraising fashion show. Community Members sported beautiful attire featuring the fashions from Kari's of Ancaster. All fundraising efforts went to our local Food 4Kids charity.



Salvation Army Toy Drive!

Meadowlands hosted their 4th Toy Drive, collecting new unwrapped toys for Christmas to give to children living in the area who would otherwise go without. On December 5th, Sunni and Hayes from K-Lite 102.9 FM radio, stopped by to say thank you for our continued efforts. On December 13th we will join them at Limeridge Mall as they grow Toy Mountain with the help of the local community.



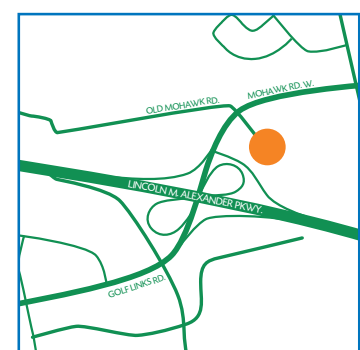
102.9 K-Lite FM Hamilton's local radio personalities Matt Hayes and Sunni Genesco with some of their team; Donna and Dawn of Meadowlands Retirement Community.



Many Christmas Cards from the K-Lite team.



To another succesful Toy Drive



Making Today Great!

Meadowlands Retirement Community
1248 Mohawk Road West, Ancaster, ON L9K 1P5
www.vivalife.ca 905.304.1968



All About Fireworks

DID YOU KNOW...

- 1 The earliest documentation of fireworks dates back to 7th century China, having been invented there more than 2000 years ago.
- 2 In 1240, Arabs acquired knowledge of gunpowder. A Syrian named Hasan al-Rammah wrote of fireworks using terms that suggested he derived his knowledge from Chinese sources.
- 3 The first recorded fireworks in England were at the wedding of King Henry VII in 1486.
- 4 The largest firework rocket was 13kg and was produced and launched in Portugal in 2010.
- 5 The largest chocolate firework measured 3m high, 1.5m in diameter and contained 60kg of Swiss Cailler chocolates. The firework was released in Zurich on New Year's Eve 2002.



BRAIN



TEASER

New Year's Day has arrived! Five fireworks of varying colours were set off at different times.

Can you determine the colour of each rocket and at what time it was set off?

		Colour					Time				
		Blue	Green	Purple	Red	Red & Green	Midnight	12:30am	12:45am	1:00am	1:15am
Firework	Apollo Rock										
	Big Rocket										
	Exploder										
	Shooting Star										
	Whiz-Bang										
Time	Midnight										
	12:30am										
	12:45am										
	1:00am										
	1:15am										

HINTS

1. The Big Rocket was set off before the Apollo Rock, but after the Whiz-Bang.
2. The Apollo Rock contained no red and was not set off last.
3. One of the rockets containing green was set off at 7:45pm, this was not the Big Rocket or the Shooting Star.
4. The red rocket was set off after the blue rocket, but before the purple rocket.
5. The Exploder was set off exactly 30 minutes after the blue rocket



Your Answers

Firework	Colour	Time
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Apollo Rock, Green, 12:45am / Exploder, Red, 1:00am / Shooting Star, Purple, 1:15am / Big Rocket, Blue, 12:30am / Whiz-Bang, Red & Green, midnight

January 2019 WEEKS 1, 2 & 3 MEADOWLANDS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>LEGEND</p> <p>■ Fitness Class</p> <p>■ Special Event</p> <p>■ Excursion</p> <p> Sign Up</p> <p> Cost Required</p> <p> Shuttle</p> <p> Walking</p>	<p>East Wing</p> <p>(VS) VIVAfit Studio (PP) Pints! Pub (CK) VIVAcraft Kitchen (TR) Therapy Room (CC) Community Commons (VP) VIVAplex</p> <p>West Wing</p> <p>(PC) Perks! Café (L) Lobby (E) Entrance (P) Pool (BG) Brain Gym (VL) VIVALinks Golf Simulator (ML) Meadow Lounge</p>	<p>1</p> <p>10:00 VIVAfit Swim Fun (P)</p> <p>2:00 New Year's Day Party with Entertainer Johnny T (ML) Join in all the Fun! Toasts, Cheer and a Mock Countdown to bring in the New Year!</p> <p>7:00 Movie Night (VP) "The Tenors – Under One Sky" - Live</p>	<p>2</p> <p>9:30 OPEN Gym (VS) 9:30 – 11:30am</p> <p>10:00 Creative Art with Michelle (CK)</p> <p>10:30 VIVAfit Strength(VS)</p> <p>2:00 Shopping at Walmart (E) </p> <p>7:00 Learning how to use the internet (BG)</p>	<p>3</p> <p>9:30 Wayward Walkers (L)</p> <p>10:00 Water Exercise (P)</p> <p>10:40 Tech Talk – questions & answers about your Computer / Tablet (BG)</p> <p>2:00 Ecumenical Communion With Rev. LeSage (VP) All are Welcome.</p> <p>7:00 Euchre (PP) \$0.25 </p>	<p>4 National Spaghetti Day</p> <p>9:30 OPEN Gym (VS) 9:30 – 11:30am</p> <p>10:00 VIVAfit Sit (VS)</p> <p>2:00 Spaghetti Trivia and Team Challenge (PP)</p> <p>7:00 SkipBo (PP)</p>	<p>5</p> <p>10:00 VIVAfit Sit & Stand – Class 1 (VS)</p> <p>10:30 VIVAfit Sit & Stand - Class 2 (VS)</p> <p>2:00 Shout it Out – BINGO (ML)</p> <p>TBA World Junior Hockey Championship Game – Wings & Pizza (PP) (Time to Be Announced)</p>
<p>6</p> <p>10:00 Hymn Sing (ML)</p> <p>10:15 Catholic Communion (VP)</p> <p>2:00 Sunday Matinee (VP) "On Golden Pond" Comedy Drama 1981 with Katharine Hepburn & Henry Ford</p> <p>2:30 Afternoon Tea – Get to know our new Lifestyle Assistant (PP)</p>	<p>7</p> <p>9:30 OPEN Gym (VS) 9:30 – 11:30am</p> <p>10:00 Revitalizing Yoga with Tricia (ML)</p> <p>11:00 BOOKMOBILE (E)</p> <p>2:00 Craft – Build & Paint your own Bird House (HR)</p> <p>3:00 Hot Chocolate & Whip Cream (PC)</p> <p>7:00 Lucky 7 Bingo (ML) </p>	<p>8</p> <p>10:00 VIVAfit Swim Fun (P)</p> <p>10:30 Catholic Mass St. Ann's (VP)</p> <p>2:00 Euchre (PP) \$0.25 </p> <p>2:00 Dollarama / Rexall / Food Basics / CIBC Bank </p> <p>7:00 Movie Night (VP) "Save the Last Dance" Drama 2001 with Julia Stiles</p>	<p>9</p> <p>9:30 OPEN Gym (VS) 9:30 – 11:30am</p> <p>10:30 Tai Chi Fitness (ML)</p> <p>2:00 Finishing Lyrics (VP)</p> <p>3:00 Relax and Reminisce with Krishanthi on the Piano (L)</p> <p>7:00 Word Scramble (CK)</p>	<p>10</p> <p>9:30 Wayward Walkers (L)</p> <p>10:00 Water Exercise (P)</p> <p>10:00 Program Planning (formerly Planning Committee) (CK)</p> <p>10:30 Food For Thought (CK)</p> <p>2:00 RBC Presentation – POA & Wills (VP)</p> <p>2:00 VIVALinks – Golf Simulator (VL)</p> <p>3:00 Happy Hour (PP)</p> <p>7:00 Euchre (PP) \$0.25 </p>	<p>11 National Milk Day</p> <p>9:30 OPEN Gym (VS) 9:30 – 11:30am</p> <p>10:00 VIVAfit Sit (VS)</p> <p>2:00 Shopping at Denninger's (E) </p> <p>3:00 National Milk Day – From Farm to Table (VP)</p> <p>7:00 SkipBo (PP)</p>	<p>12</p> <p>10:00 VIVAfit Sit & Stand – Class 1 (VS)</p> <p>10:30 VIVAfit Sit & Stand - Class 2 (VS)</p> <p>2:00 Shout it Out – BINGO (ML)</p> <p>3:00 Violet Planting (starting from seed) (HR)</p> <p>7:00 Saturday Night at the Movies (VP) "La La Land" Musical – Drama / Romance 2016 with Emma Stone & Ryan Gosling</p>
<p>13</p> <p>10:00 Hymn Sing (ML)</p> <p>10:15 Catholic Communion (VP)</p> <p>2:00 Sunday Matinee (VP) "Funny Face" Comedy music / Romance 1957 with Fred Astaire & Audrey Hepburn</p> <p>2:30 Drop Ins with Jane</p> <p>4:30 Andrew plays piano (L)</p>	<p>14</p> <p>9:30 OPEN Gym (VS) 9:30 – 11:30am</p> <p>10:00 VIVAfit Balance (VS)</p> <p>1:30 Shopping at Limeridge Mall (E) </p> <p>3:00 Sundae Mondays (PC)</p> <p>7:00 Lucky 7 Bingo (ML) </p>	<p>15</p> <p>10:00 Laughter Yoga (ML)</p> <p>2:00 Community Member Town Hall Meeting – Forum to update & discuss current events and concerns (ML)</p> <p>3:00 Euchre (PP) \$0.25 </p> <p>7:00 Movie Night (VP) "The Book Thief" Drama / War 2013 With Geoffrey Rush & Emily Watson</p>	<p>16</p> <p>9:30 OPEN Gym (VS) 9:30 – 11:30am</p> <p>10:00 Creative Art with Michelle (CK)</p> <p>10:00 Dressing Room for Seniors (PP) 10 – 3pm</p> <p>10:30 VIVAfit Combo (VS)</p> <p>2:00 Comedic Ventriloquist Mark Crocker! (ML)</p> <p>7:00 Wayback Wednesday – taking a look at the 1950's (CK)</p>	<p>17</p> <p>9:30 Wayward Walkers (L)</p> <p>10:00 Water Exercise (P)</p> <p>10:00 Trip to the LCBO (E) </p> <p>10:40 Tech Talk – questions & answers about your Computer / Tablet (BG)</p> <p>2:00 Creative Cards with Susan (HR)</p> <p>2:00 Rexall Pharmacy presentation (VP)</p> <p>2:30 VIVALinks – Golf Simulator (VL)</p> <p>7:00 Euchre (PP) \$0.25 </p>	<p>18</p> <p>9:30 OPEN Gym (VS) 9:30 – 11:30am</p> <p>10:00 VIVAfit Sit (VS)</p> <p>12:00 Mystery Diners Club lunch outing (E) </p> <p>3:00 Cruise Week Planning Committee (CC) Have your input on our "virtual" destination and events</p> <p>7:00 SkipBo (PP)</p>	<p>19 National Popcorn Day</p> <p>10:00 VIVAfit Fun – Class 1 (VS)</p> <p>10:30 VIVAfit Fun - Class 2 (VS)</p> <p>2:00 Shout it Out – BINGO (ML)</p> <p>3:00 National Popcorn Day (CK) – Trivia, games and taste tests</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 10:00 Hymn Sing (ML) 10:15 Catholic Communion (VP) 2:00 Sunday Matinee (VP) "Calendar Girls" Drama / Indie Film 2003 With Helen Mirren 2:30 Cribbage (PP)	21 9:30 OPEN Gym (VS) 9:30 – 11:30am 10:00 Revitalizing Yoga with Tricia (ML) 11:00 BOOKMOBILE (E) 2:00 Shopping at Michaels, Marshall's and Home Sense (E)  7:00 Lucky 7 Bingo (ML) 	22 10:00 VIVAfit Swim Fun (P) 2:00 Baking Program – Carrot Cake Cupcakes (CK) 2:00 Euchre (CR) \$0.25  3:00 Pub Social (PP) 7:00 Movie Night –(VP) "Andre Rieu – Love Songs" 2010	23 9:30 OPEN Gym (VS) 9:30 – 11:30am 10:30 Tai Chi Fitness (ML) 2:30 Community Member Birthday Party (ML) with Entertainer Sonny Sinclair Celebrating January Birthday's - All invited 7:00 Spelling Bee Challenge (CK)	24 9:30 Wayward Walkers (L) 10:00 Water Exercise (P) 10:00 Trip to TD / Scotia Bank (E)  2:30 Bowling & Ladder Ball (ML) 3:00 Happy Hour (PP) 7:00 Euchre (PP) \$0.25 	25 9:30 OPEN Gym (VS) 9:30 – 11:30am 10:00 VIVAfit Strength (VS) 2:00 Travel Log – Scotland (VP) 7:00 Robbie Burns Entertainer – Steve Angel (ML)	26 10:00 VIVAfit Sit – Class 1 (VS) 10:30 VIVAfit Sit - Class 2 (VS) 2:00 Shout it Out – BINGO (ML) 3:00 National Spouses Day – How you met your spouse & share your engagement story. (PP) (Everyone welcome) 7:00 Saturday Night at the Movies (VP) " Doctor Zhivago" Part 1 Drama / Romance 1965 with Omar Sharif
27 10:00 Hymn Sing (ML) 10:15 Catholic Communion (VP) 2:00 Sunday Matinee (VP) "Doctor Zhivago" Part 2 Drama/Romance 1965 With Omar Sharif 2:30 Friends, Family and Fairways (VL) (Golf Simulator) 4:30 Andrew plays piano (L)	28 9:30 OPEN Gym (VS) 9:30 – 11:30am 10:00 VIVAfit Balance (VS) 2:00 Shopping at Giant Tiger (E)  3:00 Milkshake Monday (PC) 7:00 Lucky 7 Bingo (ML) 	29 10:00 VIVAfit Swim Fun (P) 2:00 Euchre (CR) \$0.25  3:00 Pub Social (CR) 7:00 Movie Night –(VP) "Touching Wild Horses" Drama / Family 2002 With Jane Seymour	30 9:30 OPEN Gym (VS) 9:30 – 11:30am 10:00 Heartbeats (VS) 1:30 Flamboro Slots (E)  3:00 Waffle Wednesday (PC) 3:00 Relax and Reminisce with Krishanthi on the Piano (L) 7:00 "You ARE a Liar (or maybe not) – the game (PP)	31 9:30 Wayward Walkers (L) 10:00 Water Exercise (P) 2:00 Shopper's Drug Mart / Royal Bank / Food Basics  7:00 Euchre (CR) \$0.25 		

Did you hear about the cell phone and the firework that were arrested on New Year's Eve?

One was charged and the other was let off.

*Calendars are subject to change.