



Gloria mixes and explains how colour pigments are used.



# The Messenger

March 2019



Your V!VA Community Newsletter



## Chinese Water Colours

To celebrate the Chinese New Year, guests Kevin and Gloria hosted a Chinese water colour painting class for Community Members. Participants learned proper techniques, and classic methods, on how to create a masterpiece of their own. From preparing colour pigments, to the proper way of holding a paintbrush, all enjoyed an engaging morning, through one of the oldest artistic traditions in the world.



DARE to declare.



## National Pizza Day

Only the brave dare to "Guess the Toppings" during our National Pizza Day. With fun facts, trivia but NO PEEKING allowed! Family and friends were invited to join in on the fun!



Community Members show their love.

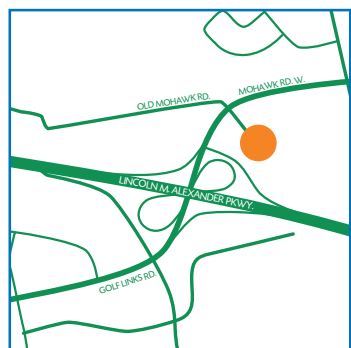


Love those neck ties.



## Feeling the Love!

A very tasty and romantic Valentine's luncheon was prepared for all of our Valentine guests, on February 14th. While Meadowlands' couples posed under the arbor, the audience participated in our hilarious Newlywed Again game. Valentine's Day spirits showed through, with Team Members and all those who joined in the great festivities!



## Making Today Great!

Meadowlands Retirement Community

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ALL ABOUT

# Mardi Gras

## MARDI GRAS MARKS THE END OF CARNIVAL SEASON

Countries around the world celebrate Mardi Gras as the last day of Carnival season, which starts after Christmas, on January 6th, (known as 'Twelfth Night').

## IT IS ALSO KNOWN AS "PANCAKE DAY"

In Ireland, England, Australia, New Zealand, and Canada, people celebrate Mardi Gras by eating pancakes, and participating in pancake themed activities.

## THE COLOURS OF MARDI GRAS ARE PURPLE, GOLD, AND GREEN

Purple signifies justice, gold means power, and green stands for faith.

## KING'S CAKE IS EATEN ALL THROUGHOUT CARNIVAL SEASON

King's Cake is eaten throughout the world during Carnival season. In the US, it is traditionally purple, green, and gold, with a trinket inside. Whoever gets a trinket receives good luck – and probably a chipped tooth, too!

## NEW ORLEANS' FIRST MARDI GRAS PARADE WAS 177 YEARS AGO

New Orleans has been celebrating Fat Tuesday with parades since 1837. The first floats appeared in the parade in 1857.

## MASKS ARE REQUIRED BY LAW FOR FLOAT RIDERS

Yep, it's illegal to ride on a float without a mask! The original purpose of the mask was to get rid of social constraints for the day, allowing people to mingle with whomever they chose.

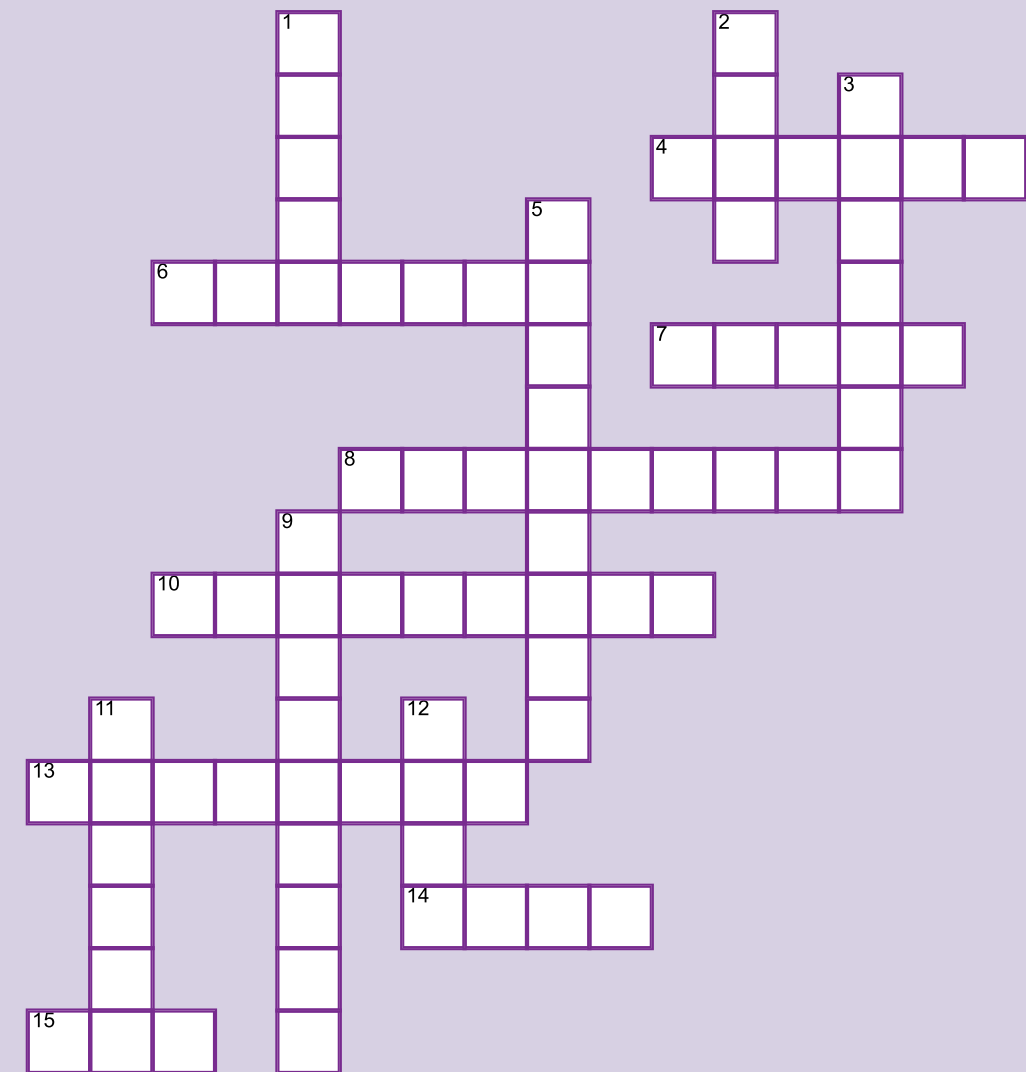
## BEADS HAVE BEEN A TRADITION SINCE THE EARLY 1900s

Beads were first thrown by Santa during a parade. It wasn't until a few decades ago that they became synonymous with today's less than savoury means of acquiring them. Participants also throw stuffed animals, toys and more.

## MARDI GRAS IS A STATE HOLIDAY IN SOME PLACES

Fat Tuesday is an official state holiday in Alabama, (the home of the first Mardi Gras parade and 2nd biggest current celebration), Florida, and parts of Louisiana. Although it's not a state holiday in Texas, Galveston is home to one of the biggest celebrations in the country!

Use the clues below to complete this crossword! It's harder than it looks – not all the answers are on the previous page! Good luck!



## Across

- 4 Decorated platforms pulled by a tractor in a parade
- 6 Fashion of dress for a particular occasion
- 7 A female sovereign or monarch
- 8 Plastic or metal coins thrown from parade floats
- 10 Torches to light the night parade routes
- 13 The season immediately preceding Lent
- 14 A male sovereign or Monarch
- 15 King of Mardi Gras








## Down

- 1 Small round pieces of material, for stringing or beading
- 2 Mr. Big Stuff of Mardi Gras
- 3 "Krewe" members who ride on a float
- 5 To have or participate in a party
- 9 Fat Tuesday
- 11 A large public procession
- 12 A covering for all or part of the face

Across 4. Floats, 6. Costume, 7. Queen, 8. Doubloons, 10. Flambeaux, 13. Carnival, 14. King, 15. Rex  
Down 1. Beads, 2. Zulu, 3. Maskers, 5. Celebrate, 9. Mardi Gras, 11. Parade, 12. Mask

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>LEGEND</b></p> <p><b>Orange Fitness Class</b></p> <p><b>Purple Special Event</b></p> <p><b>Green Excursion</b></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</p> <p><b>West Wing</b></p> <p>(PC) Perks! Café</p> <p>(L) Lobby</p> <p>(E) Entrance</p> <p>(P) Pool</p> <p>(BG) Brain Gym</p> <p>(VL) V!VALinks Golf Simulator</p> <p>(ML) Meadow Lounge</p>	<p><i>Melodies of the Danube</i>  <b>CRUISE WEEK</b>                  MARCH 25TH - 30TH</p> <p>Welcome Aboard the Tenth Voyage of the S.S. Meadowlands</p> <p>We are committed to providing you with the best simulation vacation experience of a lifetime!</p>			<p><b>1</b></p> <p>9:30 <b>OPEN Gym (VS) 9:30 – 11:30am</b></p> <p>10:00 <b>HeartBeats Club - fitness &amp; Music (VS)</b></p> <p>2:00 Introduction to the Shoebox Giving Program (ML)</p> <p>7:00 SkipBo (CK)</p>	<p><b>2</b></p> <p>10:00 <b>V!VAfit Combo – Class 1 (VS)</b></p> <p><b>10:40 V!VAfit Combo - Class 2 (VS)</b>  <b>** Please note time **</b></p> <p>2:00 Shout it Out – BINGO (ML)</p> <p>3:00 Music with Mahima (ML)</p>
<p><b>3</b></p> <p>10:00 Hymn Sing (ML)</p> <p>10:15 Catholic Communion (VP)</p> <p>2:00 Sunday Matinee (VP) "Philomena" Drama 2013 Judi Dench &amp; Steve Coogan</p> <p>2:30 Introduction to Mindful Meditations (VS)</p> <p>2:30 Cribbage (PP)</p>	<p><b>4</b></p> <p>9:30 <b>OPEN Gym (VS) 9:30 – 10:30am</b></p> <p>10:00 <b>Revitalizing Yoga with Tricia (ML)</b></p> <p>11:00 <b>BOOKMOBILE (E)</b></p> <p>2:00 <b>Shopping at Walmart (E)</b> </p> <p>7:00 Lucky 7 Bingo (ML) </p>	<p><b>5 Pancake Tuesday</b></p> <p>9:15 <b>Water Exercise with Tricia (P)</b>  <b>** Please Note Time Change **</b></p> <p>2:00 Euchre (ML) <b>\$0.25</b> </p> <p>2:30 <b>Dollarama / Rexall / Food Basics / CIBC Bank (E) **Note Time*</b> </p> <p>3:00 Pub Social (ML)</p> <p>7:00 Movie Night (VP) "Daniel O'Donnell at home in Ireland"</p>	<p><b>6 Ash Wednesday</b></p> <p>9:30 <b>OPEN Gym (VS) 9:30 – 11:30am</b></p> <p>10:00 Creative Art with Michelle (CK)</p> <p>10:30 <b>V!VAfit Sit (VS)</b></p> <p>2:30 Root Beer Floats and Strawberry Milkshakes (ML)</p> <p>3:00 Relax and Reminisce with Krishanthi on the Piano (ML)</p> <p>7:00 What's your sign – talking about your Horoscope (ML)</p>	<p><b>7</b></p> <p>9:30 <b>Wayward Walkers (VS)</b></p> <p>10:00 <b>V!VAfit Swim Fun (P)</b></p> <p>10:40 Tech Talk – questions &amp; answers about your Computer / Tablet (ML)</p> <p>2:00 <b>Ecumenical Communion With Rev. LeSage (VP) All are Welcome.</b></p> <p>7:00 Euchre (PP) <b>\$0.25</b> </p>	<p><b>8</b></p> <p>9:30 <b>OPEN Gym (VS) 9:30 – 10:30 am</b></p> <p>10:30 <b>V!VAfit Combo (VS)</b></p> <p>2:00 <b>Celebrating International Women's Day – Afternoon Social (ML)</b></p> <p>7:00 SkipBo (CK)</p>	<p><b>9</b></p> <p>10:00 <b>V!VAfit Sit &amp; Stand – Class 1 (VS)</b></p> <p>10:30 <b>V!VAfit Sit &amp; Stand - Class 2 (VS)</b></p> <p>2:00 Shout it Out – BINGO (ML)</p> <p>3:00 Andrew on Piano (ML)</p> <p>7:00 Saturday Night at the Movies (VP) "Waking Ned Devine" Comedy</p> <p>Turn Clocks ahead 1 hour at Bedtime </p>
<p><b>10 Daylight Savings Time Begins</b></p> <p>10:00 Hymn Sing (ML)</p> <p>10:15 Catholic Communion (VP)</p> <p>2:00 Sunday Matinee (VP) "Mrs. Miniver" Drama / Romance 1942 Teresa Wright &amp; Greer Garson</p> <p>2:30 Colour Me Happy (CK)</p> <p>2:30 Time to Fill the Shoeboxes (ML)</p>	<p><b>11</b></p> <p>9:30 <b>OPEN Gym (VS) 9:30 – 11:00 am</b></p> <p>10:30 <b>Revitalizing Yoga with Tricia (ML)</b></p> <p>2:00 Planting Program – Starting the Seeds and planning the Garden (HR)</p> <p>7:00 Lucky 7 Bingo (ML) </p>	<p><b>12</b></p> <p>10:00 <b>V!VAfit Swim Fun (P)</b></p> <p>10:30 <b>Catholic Mass St. Ann's (VP)</b></p> <p>2:00 <b>Card Extravaganza with VIVA Mississauga (ML) Euchre, Bridge, Cribbage, SkipBo</b></p> <p>7:00 Movie Night (VP) "Roman Holiday" Drama / Romance 1953 with Audrey Hepburn &amp; Gregory Peck</p>	<p><b>13</b></p> <p>9:30 <b>OPEN Gym (VS) 9:30 – 11:30am</b></p> <p>10:30 Tai Chi Fitness (ML)</p> <p>2:00 Baking Program – Crème de Menthe Brownies (CK)</p> <p>7:00 Learning how to use the internet (ML)</p> <p>7:00 Leaf's vs Chicago Black Hawks (VP)</p>	<p><b>14</b></p> <p>10:00 <b>Water Exercise (P)</b></p> <p>10:00 Program Committee (CK)</p> <p>10:30 Food For Thought (CK)</p> <p>2:00 Rexall Pharmacy presentation (VP) Every Breath Matters – Asthma &amp; COPD</p> <p>3:30 <b>Graham School of Irish Dancers (ML)</b></p> <p>7:00 Euchre (PP) <b>\$0.25</b> </p>	<p><b>15</b></p> <p>9:30 <b>OPEN Gym (VS) 9:30 – 11:30am</b></p> <p>10:00 <b>HeartBeats Club - fitness &amp; Music (VS)</b></p> <p>2:00 <b>Shopping at Lynden Park Mall (E)</b> </p> <p>7:00 SkipBo (CK)</p>	<p><b>16 National Quilt Day</b></p> <p>10:00 <b>V!VAfit Balance – Class 1 (VS)</b></p> <p><b>10:40 V!VAfit Balance - Class 2 (VS)</b>  <b>** Please Note Time **</b></p> <p>2:00 Shout it Out – BINGO (ML)</p> <p>3:00 Knit &amp; Stitch with Terrilyn (CK) – National Quilt Day – facts, history and conversation</p>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>17 St. Patrick's Day</b> 10:00 Hymn Sing (ML) 10:15 Catholic Communion (VP) 2:00 Sunday Matinee (VP) "Celtic Thunder – The Show" 2:30 St. Patrick's Word Challenge (L) 2:30 Mindful Meditation (VS)	<b>18</b> 9:30 <b>OPEN Gym (VS)</b> 9:30 – 11:30am 10:00 <b>VIVAfit Fun (VS)</b> 11:00 <b>BOOKMOBILE (E)</b> 2:00 Bridge Lessons (PP) Beginners Welcome 3:00 Sundae Monday's (PP) 7:00 Lucky 7 Bingo (ML) 💰	<b>19</b> 10:00 <b>Laughter Yoga (ML)</b> 10:00 <b>Trip to the LCBO (E)</b>  2:00 <b>Community Member Town Hall Meeting – Forum to update &amp; discuss current events and concerns (ML)</b> 3:00 Euchre (PP) <b>\$0.25 Learn to Play today</b> 💰 7:00 Movie Night (VP) "Andre Rieu" Live in Dublin	<b>20 First Day of Spring</b> 9:30 <b>OPEN Gym (VS)</b> 9:30 – 11:30am 10:00 Creative Art with Michelle (CK) 10:30 <b>HeartBeats Club - fitness &amp; Music (VS)</b> 2:30 Community Member Birthday Party (ML) with Wyatt Ladd Celebrating March Birthdays 7:00 World Story Telling Day – Myths, Legends, and Epics (CK) 7:00 Leaf's vs Buffalo Sabres (VP)	<b>21</b> 9:30 <b>Wayward Walkers (L)</b> 10:00 <b>VIVAfit Swim Fun (P)</b> 10:00 <b>Nelly's Comfort Shoes (ML – lobby)</b> 10:40 Tech Talk – for your Computer / Tablet (ML) 2:00 Creative Cards with Susan (HR) 2:30 <b>Trip to TD / Scotia Bank (E)</b>  7:00 Euchre (PP) <b>\$0.25</b> 💰	<b>22</b> 10:00 <b>Meet &amp; Greet with the Hon. Filomena Tassi, MP &amp; Minister of Seniors (VP)</b> 1:00 <b>OPEN Gym (VS)</b> 1:00 – 2:30pm 2:30 <b>VIVAfit Balance (VS)</b> 3:15 Cruise Week starts next week - Pick up your 'Passport to Fun' and find out where we are going (VP) Travel Log – "Along the Danube" 7:00 SkipBo (CK)	<b>23 National Puppy Day</b> 10:00 <b>VIVAfit Sit – Class 1 (VS)</b> 10:30 <b>VIVAfit Sit - Class 2 (VS)</b> 2:00 Shout it Out – BINGO (ML) 3:00 Puppy Trivia and Challenge (CK) 3:00 Andrew on Piano (ML) 7:00 Saturday Night at the Movies (VP) "Lawrence of Arabia" Part 1 – Drama / History 2002
<b>24</b> 10:00 Hymn Sing (ML) 10:15 Catholic Communion (VP) 2:00 Sunday Matinee (VP) "Lawrence of Arabia" Part 2 - Drama / History 2002 2:30 <b>Salvation Army Band (ML)</b> 2:30 Colour Me Happy (CK)	<b>25 Embark: Budapest</b> 9:30 <b>OPEN Gym (VS)</b> 9:30 – 10:30am 10:30 Drumming Circle with John Sadowski (ML) 2:00 <b>Cruise Welcome Aboard Reception &amp; Cocktails (PP)</b> 3:00 <b>Cruise Control – Travel Log (VP) – Budapest, Hungary</b> 7:00 Lucky 7 Bingo (ML) 💰  <i>Cruise Week</i>	<b>26 Port of Call: Bratislava</b> 9:30 <b>VIVAfit Swim Fun (P)</b> **Please note time** 10:30 <b>Cruise Control – Travel Log (VP) – Bratislava, Slovakia</b> 2:00 <b>Cruise Casino (ML) featuring Black Jack, Texas Hold'em, Crown &amp; Anchor, &amp; Euchre Prizes to be Won!</b> 3:00 Pub Social (PP) 7:00 Movie Night (VP) "The Quiet Man" Romance 1952 with John Wayne & Maureen O'Hara  <i>Cruise Week</i>	<b>27 Port of Call: Vienna</b> 9:30 <b>OPEN Gym (VS)</b> 9:30 – 11:30am 10:00 <b>Dressing Room for Seniors (PP) 10 - 3</b> 10:30 Tai Chi Fitness (ML) 11:45 <b>OFF Shore Lunch Excursion – Denninger's (Burlington Mall)</b>  2:00 <b>Cruise Control – Travel Log (VP) – Vienna, Austria</b> 3:00 Relax and Reminisce with Krishanthi on the Piano (ML) 7:00 Learning how to use the internet (ML)	<b>28 Port of Call: Linz</b> 9:30 <b>Wayward Walkers (L)</b> 10:00 <b>Water Exercise (P)</b> 10:30 <b>Cruise Control – Travel Log (VP) – Linz &amp; Salzburg, Austria</b> 2:00 <b>OFF Shore outing- Shopper's Drug Mart / Royal Bank / Food Basics</b>  3:00 Happy Hour & Ballroom Dancing with Fiona & Phil (ML) 7:00 Euchre (PP) <b>\$0.25</b> 💰  <i>Cruise Week</i>	<b>29 Port of Call: Passau</b> 9:30 <b>OPEN Gym (VS)</b> 9:30 – 11:30am 10:00 GEM's For YOU sales (outside of ML) 10:00 <b>HeartBeats Club - fitness &amp; Music (VS)</b> 11:30 <b>Return to Port Party – Lunch Buffet (ML) Flavours from the Danube – Entertainer Tricia Cole</b> 2:00 <b>Cruise Control – Travel Log (VP) Passau</b> 7:00 SkipBo (CK)  <i>Cruise Week</i>	<b>30</b> 10:00 <b>VIVAfit Sit &amp; Stand – Class 1 (VS)</b> 10:30 <b>VIVAfit Sit &amp; Stand – Class 2 (VS)</b> 2:00 Shout it Out – BINGO (ML) 3:00 Recognizing the Ultimate Cruiser (PP) prizes and debrief – what was good, what needs improvement for next cruise?
<b>31</b> 10:00 Hymn Sing (ML) 10:15 Catholic Communion (VP) 2:00 Sunday Matinee (VP) "Hidden Figures" History / Drama 2016 Taraji P. Henson & Octavia Spencer 2:30 Learn about the Chinese culture, language and music with Entertainer Alice Hwang.						

What did the tree say to spring?

What a re-leaf!

\*Calendars are subject to change.