

## Meadowlands Gives Back!

Samaritan's Purse Shoebox Giving Project was introduced to an enthused group of Community Members eager to give back.



February Birthday's wearing their hearts on their sleeves.

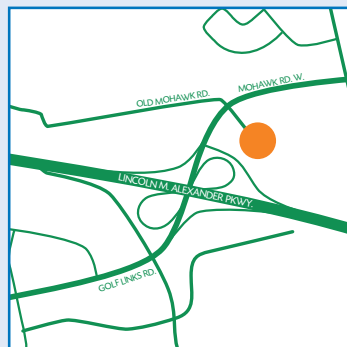


## Loving Meadowlands?

Tell the world by posting a review on Google! Each month, one new review will **WIN a complimentary dinner for 4 at Meadowlands**. Post your review here:

[vivalife.ca/viva-meadowlands-review/](http://vivalife.ca/viva-meadowlands-review/)

Note: You must have a Gmail or Google account to post a Google review Thank you, and good luck!



## Making Today Great!

Meadowlands Retirement Community

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www.vivalife.ca 905.304.1968 Find us on 



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# The Messenger



April 2019

Your VIVA Community Newsletter

## Working out V!VAfit style!

Time to head back to the gym! If you've never tried it, what are you waiting for? Do as much or a little as you want, but the important thing is to do SOMETHING. Whether it is using the strength equipment to keep your legs and arms strong or the Group Fitness classes – the "Use It or Lose It" should be a great motivator. We in Lifestyles always say, "a little bit of something is better than a whole lot of nothing!" Be sure to check out our Gym 'OPEN DOORS' April 2nd. Time to put your fears and excuses to rest!



Keeping fit and having FUN.



No pain no gain.



# GETTING TO KNOW THE EASTER BUNNY



He brings us chocolate eggs every year. But how much do we really know about him? Here are seven facts about our mythical furry friend, The Easter Bunny.

The Easter Bunny was originally an Easter Hare.

He comes from Germany, where he is known as 'Osterhase'. He was first mentioned as an egg-bringer in 1682.

The Easter Hare started out as a judge, deciding whether children were naughty or nice. If they were good, the Hare would lay eggs for them.

In 19th century Sweden, there was a mix-up over translation after the Germans tried to bring over the custom of the Easter Bunny. Instead, he became the Easter Wizard, and children in Sweden still dress up as witches and wizards at Easter today, which is arguably cooler than a bunny.

The pagan goddess of Spring was Eostre, and she was represented by the hare.

It was said the rabbit belonging to Eostre could lay eggs because it used to be a bird. In the early 1800s in Germany, children would build nests out of their hats for the Easter Hare to fill with coloured eggs.

About 86 million chocolate bunnies are produced in Germany each year, and almost half are sold abroad.



<https://metro.co.uk/2015/04/04/who-is-the-easter-bunny-12-facts-about-the-rabbit-that-brings-you-eggs-5131972>

## EASTER WORD SEARCH!

C U X O K F E Z Y L G Y M M E V U N T A V G C S C H I C K E  
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|-------------|-------------|------------|
| APRIL       | EASTERBUNNY | HOP        |
| BASKET      | EASTERHARE  | KITTEN     |
| BONNETS     | EGGHUNT     | LILIES     |
| BRIGHT      | EGGS        | NESTS      |
| CANDY       | EOSTRE      | OSTERHASE  |
| CELEBRATION | FLOPPYEARS  | RABBIT     |
| CHICK       | FLOWER      | SPRINGTIME |
| CHOCOLATE   | FUN         | SWEETS     |
| COTTONTAIL  | GRASS       | TULIPS     |
| DAFFODILS   | HAPPY       |            |
| DECORATE    | HATCHING    |            |

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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**LEGEND**

**Orange** Fitness Class

**Purple** Special Event

**Green** Excursion

Sign Up

Cost Required

Shuttle

Walking

- East Wing**
- (VS) V!VAfit Studio
  - (PP) Pints! Pub
  - (CK) V!VAcraft Kitchen
  - (TR) Therapy Room
  - (CC) Community Commons
  - (VP) V!VAplex
- West Wing**
- (PC) Perks! Café
  - (L) Lobby
  - (E) Entrance
  - (P) Pool
  - (BG) Brain Gym
  - (VL) V!VAlinks Golf Simulator
  - (ML) Meadow Lounge



<p><b>1</b></p> <p>9:30 <b>OPEN Gym (VS)</b> 9:30 – 11:00am</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 Lynden Park Mall</b> </p> <p>3:00 Learn to Play Bridge (ML)</p> <p>7:00 Lucky 7 Bingo (ML) </p>	<p><b>2</b></p> <p>10:00 <b>V!VAfit Swim Fun (P)</b></p> <p>10:00 <b>Connect Hearing (CK)</b> Hearing Health Checks </p> <p>2:00 Euchre (PP) <b>\$0.25</b> </p> <p>2:30 <b>OPEN DOORS for Gym – check it out! (VS)</b></p> <p>3:00 Pub Social (PP)</p> <p>7:00 Movie Night (VP) “<b>Saving Mr. Banks</b>” Drama / History</p>	<p><b>3</b></p> <p>9:30 <b>OPEN Gym (VS)</b> 9:30 – 11:30am</p> <p>10:00 Creative Art with Michelle (CK)</p> <p>10:30 <b>HeartBeats Club - fitness &amp; Music (VS)</b></p> <p>12:00 <b>Mystery Diners Club outing</b> </p> <p>2:00 The Ultimate Trivia Challenge - may the best team Win! (ML)</p> <p>7:00 Word Scramble (CK)</p>	<p><b>4</b></p> <p>9:30 <b>Wayward Walkers (L)</b></p> <p>10:00 <b>Water Exercise (P)</b></p> <p>10:40 Tech Talk – questions &amp; answers about your Computer / Tablet (BG)</p> <p>2:00 <b>Ecumenical Communion With Rev. LeSage (VP)</b> <b>All are Welcome.</b></p> <p>3:00 Happy Hour (PP)</p> <p>7:00 Euchre (PP) <b>\$0.25</b> </p>	<p><b>5</b></p> <p>9:30 <b>OPEN Gym (VS)</b> 9:30 – 11:30am</p> <p>10:00 <b>V!VAfit Sit(VS)</b></p> <p>2:00 <b>Sackville Senior Ukulele Band (ML)</b></p> <p>3:00 <b>OPEN Gym (VS)</b> 3:00 – 4:00 pm</p> <p>7:00 SkipBo (PP)</p>	<p><b>6</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 (CK) <b>NOTE ROOM</b></p> <p>3:00 Jigsaw Puzzles – Social (ML)</p> <p>7:00 Saturday Night at the Movies(VP) “<b>The Merchant of Venice</b>” Drama</p>
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<p><b>7</b></p> <p><b>SPRING FLING OPEN HOUSE</b></p> <p>10:00 Hymn Sing (ML)</p> <p>10:15 Catholic Communion (VP)</p> <p>12:45 <b>Leaving for Theatre Ancaster’s matinee “DIVAS” (E)</b> </p> <p>1:00 <b>Entertainer JC Smith (L)</b></p> <p>2:00 Sunday Matinee (VP) “<b>Easy Virtue</b>” Romantic Comedy</p> <p>2:30 Easter Crossword (CK)</p>	<p><b>8</b></p> <p>9:30 <b>OPEN Gym (VS)</b> 9:30 – 11:00am</p> <p>10:00 <b>V!VAfit Balance (VS)</b></p> <p>2:00 <b>Shopping Giant Tiger</b> </p> <p>3:00 Milkshake Monday Madness (PC)</p> <p>7:00 Lucky 7 Bingo (ML) </p>	<p><b>9</b></p> <p>10:00 <b>V!VAfit Swim Fun (P)</b></p> <p>10:00 <b>Rita’s Fares &amp; Gifts (L) 10 - 2</b></p> <p>10:30 <b>Catholic Mass St. Ann’s (VP)</b></p> <p>2:00 Euchre (PP) <b>\$0.25</b> </p> <p>2:00 <b>Dollarama / Rexall / Food Basics / CIBC Bank</b> </p> <p>3:00 Pub Social (PP)</p> <p>7:00 Movie Night (VP) “<b>Witness</b>” Thriller / Drama</p>	<p><b>10</b></p> <p>9:30 <b>OPEN Gym (VS)</b> 9:30 – 11:30am</p> <p>10:30 Tai Chi Fitness (VS) <b>*Please note room change *</b></p> <p>2:00 Planting and Garden planning (HR)</p> <p>2:00 Relax and Reminisce with Krishanthi on the Piano (L)</p> <p>5:00 <b>Volunteer Appreciation Dinner (ML) By Invitation</b></p> <p>7:00 Learning how to use the internet (BG)</p>	<p><b>11</b></p> <p>9:30 <b>Wayward Walkers (L)</b></p> <p>10:00 <b>Water Exercise (P)</b></p> <p>10:00 Program Planning Meeting – all are Welcome(CK)</p> <p>10:30 Food For Thought (CK)</p> <p>2:00 Rexall Pharmacy presentation (VP) Put your Best Foot Forward</p> <p>3:00 <b>HeartBeats Club - fitness &amp; Music (VS)</b> <b>Demo for Donna</b></p> <p>3:00 Happy Hour (PP)</p> <p>7:00 Euchre (PP) <b>\$0.25</b> </p>	<p><b>12</b></p> <p>9:30 <b>OPEN Gym (VS)</b> 9:30 – 11:30am</p> <p>10:00 <b>V!VAfit Fun! (VS)</b></p> <p>2:00 <b>Creative Wellness program (ML)</b> <b>Musical Theatre &amp; Sing Along with Emanuela</b></p> <p>3:00 <b>OPEN Gym (VS)</b> 3:00 – 4:00 pm</p> <p>7:00 SkipBo (PP)</p> <p><b>TBD</b> PGA Masters shown in V!VAplex (time to be determined)</p>	<p><b>13</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 Putting contest (TBD)</p> <p>3:00 Music with Mahima (L)</p> <p>7:00 Saturday Night at the Movies(VP) “<b>The Prime of Miss Jean Brodie</b>” Drama / Film adaptation</p>
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>14 Palm Sunday</b></p> <p>10:00 Hymn Sing (ML) 10:15 Catholic Communion (VP) 2:00 Sunday Matinee (VP) "Brooklyn" Drama/Romance 2:30 Mindful Meditation with Terrilyn (VS) 4:30 Andrew plays piano (L)</p> <p>TBD PGA Masters (PP)</p>	<p><b>15</b></p> <p>9:30 <b>OPEN Gym (VS) 9:30 – 11:00am</b> 10:00 <b>Revitalizing Yoga with Tricia (ML)</b> 11:00 <b>BOOKMOBILE (E)</b> 2:00 <b>Shopping To Value Village (bring your donations)</b> 7:00 Lucky 7 Bingo (ML) 💰</p>	<p><b>16</b></p> <p>10:00 <b>Laughter Yoga (ML)</b> 10:30 Coffee and Scandals (CK) 2:00 <b>Community Member Town Hall Meeting – Forum to update &amp; discuss current events and concerns (ML)</b> 3:00 Euchre (PP) \$0.25 💰 7:00 Movie Night (VP) "Andre Rieu Live in Brazil"</p>	<p><b>17</b></p> <p>9:30 <b>OPEN Gym (VS) 9:30 – 11:30am</b> 10:00 Creative Art with Michelle (CK) 10:30 <b>HeartBeats Club - fitness &amp; Music (VS)</b> 2:30 <b>Community Member Birthday Party (ML) with Entertainer Dave Burden Celebrating April Birthday's - All invited</b> 7:00 Spelling Bee Challenge (CK)</p>	<p><b>18</b></p> <p>9:30 <b>Wayward Walkers (L)</b> 10:00 <b>Water Exercise (P)</b> 10:40 Tech Talk – questions &amp; answers about your Computer / Tablet (BG) 2:00 <b>Thursday Afternoon Singers (ML) with Ice Cream Sundaes</b> 3:00 Creative Cards with Susan (HR) <b>**Please note time change</b> 7:00 Euchre (PP) \$0.25 💰</p>	<p><b>19 GOOD FRIDAY</b></p> <p>9:30 <b>OPEN Gym (VS) 9:30 – 11:30am</b> 10:00 <b>VIVAfit (VS)</b> 2:00 Virtual Good Friday Hike Through Hamilton's waterfalls (VP) 3:00 <b>OPEN Gym (VS) 3:00 – 4:00 pm</b> 7:00 SkipBo (PP)</p>	<p><b>20</b></p> <p>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 Make your own Grass Pet (HR) 7:00 Saturday Night at the Movies "State Fair" Musical / Drama / Romance</p>
<p><b>21 EASTER SUNDAY</b></p> <p>10:00 Hymn Sing (ML) 10:15 Catholic Communion (VP) 2:00 Sunday Matinee (VP) "Easter Parade" Musical Comedy 2:30 Colour Me Happy with Tea and Easter Conversation with Emily (CK)</p>	<p><b>22</b></p> <p>9:30 <b>OPEN Gym (VS) 9:30 – 11:00am</b> 10:00 <b>VIVAfit Balance (VS)</b> 2:00 <b>Earth Day Program</b> Planting program (HR) 3:00 Book Swap (ML) 7:00 Lucky 7 Bingo (ML) 💰</p>	<p><b>23</b></p> <p>10:00 <b>VIVAfit Swim Fun (P)</b> 2:00 Euchre (PP) \$0.25 3:00 Pub Social (PP) 💰 7:00 Movie Night (VP) "Still Alice" Drama</p>	<p><b>24</b></p> <p>9:30 <b>OPEN Gym (VS) 9:30 – 11:30am</b> 10:30 Tai Chi Fitness (ML) 1:30 <b>Trip to the Elements Casino (E)</b> 2:00 Baking Program (CK) Decorating Spring Cupcakes 3:00 Relax and Reminisce with Krishanthi on the Piano (L) 7:00 Learning how to use the internet (BG)</p>	<p><b>25</b></p> <p>9:30 <b>Wayward Walkers (L)</b> 10:00 <b>Water Exercise (P)</b> 10:00 <b>Trip to the LCBO (E)</b> 2:00 <b>Shopper's Drug Mart / Royal Bank / Food Basics (E)</b> 7:00 Euchre (PP) \$0.25 💰</p>	<p><b>26</b></p> <p>9:30 <b>OPEN Gym (VS) 9:30 – 11:30am</b> 10:00 <b>HeartBeats Club - fitness &amp; Music (VS)</b> 12:00 Men's Pub and Grub(PP) – licenced 2:00 Final Phase of Bird House Project (HR) 3:00 <b>OPEN Gym (VS) 3:00 – 4:00 pm</b> 7:00 SkipBo (PP)</p>	<p><b>27</b></p> <p>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 (CK) <b>NOTE ROOM</b> 3:00 Knit and Stitch with Terrilyn (CK) 7:00 Saturday Night at the Movies "Hamlet Part 1" Drama</p>
<p><b>28</b></p> <p>10:00 Hymn Sing (ML) 10:15 Catholic Communion (VP) 2:00 Sunday Matinee (VP) "Hamlet Part 2" Drama 2:30 April Showers bring May Flowers – Painting Terracotta planter pots (CR) 4:30 Andrew plays piano (L)</p>	<p><b>29</b></p> <p>9:30 <b>OPEN Gym (VS) 9:30 – 11:00am</b> 10:00 <b>VIVAfit Combo (VS)</b> 11:00 <b>BOOKMOBILE (E)</b> 2:00 <b>Shopping Walmart</b> 3:00 Finishing the Lyrics (VP) 7:00 Lucky 7 Bingo (ML) 💰</p>	<p><b>30</b></p> <p>10:00 <b>VIVAfit Swim Fun (P)</b> 2:00 Euchre (PP) \$0.25 💰 3:00 <b>Pub Social (PP) with entertainer Martin Wall</b> 7:00 Movie Night (VP) "The Best of Men" Documentary/ Drama</p>	<div style="background-color: #f4a460; padding: 20px; border-radius: 10px; text-align: center;"> <p>What are four hundred rabbits hopping backwards?</p> </div> <div style="background-color: #f4a460; padding: 20px; border-radius: 10px; text-align: center; margin-top: 20px;"> <p>A receding hare line.</p> </div>			