



Ultimate cruise winners with the most stamps on their Passport to Fun: 1st place is Margaret, 2nd place is Geri and tied for 3rd place, are Delora and Catherine.



Cruise Week 2019! 10 Years aboard the S.S. Meadowlands. Cocktail reception with mimosa's, Return to Port Buffet and John Sadowski on the drums.

The Messenger



May 2019

Your VIVA Community Newsletter



Volunteer Appreciation

On April 10th, we honoured our Community Member volunteers, our student volunteers and our adult volunteers. Without their support, many programs could not take place nor would they be as successful as they are. This year at Meadowlands we recognized two outstanding volunteers: Community Member Kathleen Foley, who assists with selecting and running movies and Darlene Goll, who joins us for baking programs, birthday parties and casino days.



Thank you to all our volunteers for all that you do.

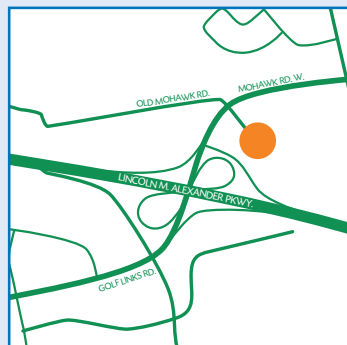


Loving Meadowlands?

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/

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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Queen Victoria & Her Holiday

Victoria Day is a Canadian tradition and doesn't actually exist in most of England. But it is celebrated in parts of Scotland, especially Edinburgh, where it remains an official holiday.

When Victoria was just a little girl, she was known by her nickname, Drina.

Despite being born in England, Victoria only spoke German up until the age of three.

She married Prince Albert in 1840, although they'd known each other since she was 16. And it really was a family affair. Prince Albert of Saxe-Coburg and Gotha was her first cousin and his father was her mother's brother!

Because she was Queen, she had to propose to Albert, and not vice versa.

She took over the throne in 1837, after the death of William IV. She was just 18 years old.

She became a grandma at 39 and a great grandmother twenty years later.

She was the first Queen of Canada, sitting on the throne when this country was founded in 1867.

She liked to drink a concoction called Vin Mariani. One of its main ingredients? Cocaine.

It's said it was Victoria who started the tradition of a bride wearing white. Before her wedding a woman would simply wear her best dress, no matter what colour it was.



























SUDOKU FUN!

1				9	4	7		5
5	7	3	1		2			
	4			5	3	1		8
	8	1	5	6	7	3	4	
			8		1			7
	5	6	4		9			2
4	6						9	
	3		9	1			7	6
9				4				

1	4	2		9				5	
7			4					8	9
8		5						2	4
2					4	8			
	3				1	2	6		
	8			7	2	9	4	1	
	5		2		6				
	2	8			9	4	1		
	7	9	1		8	5	3		

Each puzzle consists of a 9x9 grid containing given clues in various places. The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3x3 box.



May 2019		WEEKS 1, 2 & 3					VIVA MEADOWLANDS
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
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 (VP) V!VAplex West Wing (PC) Perks! Café (L) Lobby (HR) Horticulture Room (E) Entrance (P) Pool (VL) V!VAlinks Golf Simulator (BG) Brain Gym (ML) Meadow Lounge		1 9:30 OPEN Gym (VS) 9:30 – 11:30am 10:00 Creative Art with Michelle (CK) 10:30 HeartBeats Club - fitness & Music (VS) 2:00 Shopping at Walmart (E)    2:30 Travel Log of Alaska (VP) 7:00 Word Scramble (CK)	2 9:30 Wayward Walkers (L) 10:00 Water Exercise (P) 10:15 Trip to LCBO (E)    10:40 Tech Talk – questions & answers about your Computer/Tablet (BG) 2:00 Ancaster Fun Chorus (ML) 3:00 Happy Hour (PP) 7:00 Euchre (PP) \$0.25 	3 9:30 Open Gym (VS) 9:30- 11:00 10:00 V!VAfit Fun (VS) 10:00 Mobile Senior Shop (ML) – Clothing Sales 10 - 2 2:00 Ultimate Trivia Challenge – May the Best Team Win (PP) 3:00 Open Gym (VS) 3:00 – 4:00 pm 7:00 SkipBo! (CK)	4 10:00 V!VAfit Sit & Stand – Class 1 (VS) 10:30 V!VAfit Sit & Stand - Class 2 (VS) 2:00 Shout It Out – BINGO (ML) 3:00 Lemonade and Laughs (PP) 7:00 Saturday Night At the Movies (VP) “King Lear” Drama / History 2005	
5 10:15 Hymn Sing (ML) *NEW Time* 10:15 Catholic Communion (VP) 2:00 Sunday Matinee (VP) “Quartet” – Drama / Comedy 2012 2:30 Friends, Family and Fairways (VL) 4:00 Andrew on the Piano (L)	6 9:30 OPEN Gym (VS) 9:30 – 11:00am 10:00 Revitalizing Yoga with Tricia (ML) 2:00 Kaleidoscope Singers (ML) 3:15 Learn to Play Bridge (PP) 7:00 Lucky 7 Bingo (ML) 	7 10:00 V!VAfit Swim Fun (P) 10:40 News and Views (CK) 11:15 Trip to Mary Maxim – Seniors Discount Day (E) Lunch Outing     2:00 Euchre (PP) \$0.25  3:00 Pub Social (PP) 7:00 Movie Night (VP) “Lady Bugs” - Sport / Comedy 1992	8 9:30 OPEN Gym (VS) 9:30 – 11:00am 10:30 Tai Chi Fitness (ML) 2:00 Craft – Make your own lanyard for keys or pendant (HR) 3:00 Relax and Reminisce with Krishanthi on the Piano (L) 7:00 Learning how to use the internet (BG) 7:00 Jays vs Twins (VS)	9 9:30 Wayward walkers (L) 10:00 Water Exercise (P) 10:00 Program Planning Meeting (CK) All are welcome 10:30 Food For Thought (CK) 12:00 Nurses Luncheon (ML) By invitation 2:00 Rexall Presentation (VP) Experience your World through Healthy Eyes 3:00 Happy Hour (PP) 7:00 Euchre \$0.25 	10 9:30 Open Gym (VS) 9:30- 11:00 10:00 V!VAfit Sit (VS) 2:00 Obstacle Course Challenge (ML) 3:00 Open Gym (VS) 3:00 – 4:00 pm 7:00 SkipBo! (PP)	11 10:00 V!VAfit Combo - Class 1 (VS) 10:30 V!VAfit Combo - Class 2 (VS) 2:00 Mother’s Day Spring Tea (ML) An Afternoon of Refreshments & Entertainment 2:00 – 4:00 pm Guest Tickets available from Lifestyles 7:00 Saturday Night At the Movies (VP) “Celtic Woman” Music	
12 Mother’s Day 10:15 Hymn Sing (ML) *NEW Time* 10:15 Catholic Communion (VP) 2:00 Sunday Matinee (VP) “Driving Miss Daisy” Comedy - 1989 2:30 Mindful Meditation (VS)	13 9:30 OPEN Gym (VS) 9:15 – 10:15 am 10:30 V!VAfit Balance (VS) 11:00 BOOKMOBILE (E) 2:00 Garden Program (HR) 3:15 Milkshake Mondays (PC) 7:00 Lucky 7 Bingo (ML) 	14 10:00 V!VAfit Swim Fun (P) 10:30 Catholic Mass St. Ann’s (VP) 2:00 Euchre \$0.25 (PP) 2:00 Dollarama / Rexall / Food Basics / CIBC Bank    3:00 Pub Social (PP) 7:00 Movie Night “Andre Rieu in Wonderland” 2007	15 National Chocolate Chip Day 9:30 OPEN Gym (VS) 9:30 – 11:30am 10:00 Creative Art with Michelle (CK) 10:30 Suzanne M Jewelry (L) 10:30 HeartBeats Club (VS) 2:00 Baking Program – Murray’s famous Chocolate Chip Cookies (CK) 2:00 Walker Wash (please sign-up for pick-up)  7:00 Spelling Bee (CK)	16 9:30 Wayward Walkers(L) 10:00 Water Exercise (P) 10:40 Tech Talk – questions & answers about your Computer/ Tablet (BG) 2:00 Creative Cards with Susan (HR) 2:30 V!VAlinks – Golf Simulator (VL) 3:00 Happy Hour (PP) 7:00 Euchre(PP) \$0.25 	17 9:30 OPEN Gym (VS) 9:30 – 11:00am 10:00 V!VAfit Combo (VS) 1:30 Outing – Trip to Niagara on the Lake to see the Blooms   7:00 SkipBo! (PP)	18 10:00 V!VAfit Sit & Stand - Class 1 (VS) 10:30 V!VAfit Sit & Stand - Class 2 (VS) 2:00 Shout It Out – BINGO (ML) 3:00 Music with Mahima (L) 7:00 Saturday Night At The Movies (VP) “It’s a Mad, Mad, Mad World” Part 1 – Adventure 1963	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 10:15 Hymn Sing (ML) *NEW Time* 10:15 Catholic Communion (VP) 2:00 Sunday Matinee (VP) "It's a Mad, Mad, Mad World" – Part 2 – Adventure - 1963 2:30 Drop-Ins with Emily 4:00 Andrew on the Piano? (L)	20 VICTORIA DAY 9:30 OPEN Gym (VS) 9:30 – 11:00am 10:00 Revitalizing Yoga with Tricia (ML) 2:00 Super Bingo with Bailey's (ML) \$ Prizes 7:00 SkipBo! (CK) 💰	21 10:00 Laughter Yoga (ML) 10:40 News and Views (CK) 2:00 Community Member Town Hall Meeting – Forum to update & discuss current events and concerns (ML) 3:00 Euchre (PP) \$0.25 💰 7:00 Movie Night (VP) "Mary Poppins Returns" Fantasy / Adventure 2018	22 9:30 OPEN Gym (VS) 9:30 – 11:00am 10:30 Tai Chi Fitness 2:00 Magnolia Memorial – Remembering those we loved and lost 2017 – 2019 Reception following service in Meadow Lounge 2:00 Downsizing Seminar with Fiona Hill (VP) 3:00 Relax and Reminisce with Krishanthi on the Piano (L) 7:00 Learning to Use the Internet (BG) 7:00 Jays vs Boston Red Socks (VS)	23 9:30 Wayward Walkers (L) 10:00 Water Exercise (P) 10:00 Trip to TD / Scotia Bank (E) 2:00 Ecumenical Communion With Rev. LeSage (VP) All are Welcome 3:00 Happy Hour with Mr. Music (PP) Meet and Greet new Community Members 7:00 Euchre(PP) \$0.25 💰	24 9:30 OPEN Gym (VS) 9:30 – 11:00am 10:00 HeartBeats Club - fitness & Music (VS) 1:00 Beauty For All – Makeovers by Natalie (VP) 1- 4 pm 💡 2:00 National Scavenger Hunt Day (ML) 3:00 Open Gym (VS) 3:00 – 4:00 pm 7:00 Skipbo! (PP)	25 10:00 VIVAFit Combo - Class 1 (VS) 10:30 VIVAFit - Class 2 (VS) 2:00 Shout It Out – BINGO (ML) 3:00 Knit & Stitch with Terrilyn (CK) 7:00 Saturday Night At The Movies (VP) "Chitty Chitty Bang Bang" Adventure / Fantasy 1968
26 OPEN HOUSE 10:15 Hymn Sing (ML) *NEW TIME* 10:15 Catholic Communion (VP) 1:00 Johnny T on the Piano 1:00 – 4:00 (L) 2:00 Sunday Matinee (VP) "The Wife" Drama - 2017 2:30 Salvation Army Choir (ML) (Piano needed)	27 9:30 OPEN Gym (VS) 9:15 – 10:15am 10:30 VIVAFit Balance (VS) 11:00 BOOKMOBILE (E) 2:00 Shopping at The Coach Pyramids Caledonia (Women's clothing) 🚗 🧴 💰 🛍️ 2:00 Learn to Play Bridge (ML) 3:00 Ice Cream Sandwich Delight (PC) 7:00 Lucky 7 Bingo (ML) 💰	28 10:00 VIVAFit Swim Fun (P) 10:40 News and Views (CK) 2:00 Euchre (PP) \$0.25 3:00 Pub Social and Board Games (PP) 7:00 Movie Night (VP) "Shall we Dance" Drama / Romance 2004	29 9:30 OPEN Gym (VS) 9:30 – 11:30am 10:30 HeartBeats Club - fitness & Music (VS) 2:30 Community Member Birthday Party (ML) with Entertainer Steve Angel Celebrating May Birthday's - All invited 7:00 Billards & Shuffleboard (PP)	30 9:30 Wayward Walkers (L) 10:00 Water Exercise (P) 10:40 Tech Talk – questions & answers about your Computer or Tablet (BG) 2:00 Shopper's Drug Mart / Royal Bank / Food Basics 🚗 🧴 💰 🛍️ 3:00 Happy Hour (PP) 7:00 Euchre (PP) \$0.25 💰	31 9:30 OPEN Gym (VS) 9:30 – 11:00am 10:00 VIVAFit Fun(VS) 2:00 Make your Own Sun Catcher (HR) 7:00 SkipBo! (PP)	



*Calendars are subject to change.