



Lights, camera, action! An afternoon spent reflecting on Oscar's past and present at our Oscar party!



Valentine's Day Couples Luncheon

Cupid was hovering around our annual Valentine's Day luncheon. It was inspiring to see how love can carry us through the good times and the bad. Here's to many more years of good times for you all.



Community Members gather in colour and creativity.



Sensory Lap Pillows!

One of our January crafts included creating a sensory lap pillow. A large group of Community Members with wonderful sewing skills and talent came together to create beautiful tactile pillows. When discussing possible uses, our amazing group of Community Members suggested donating to those with dementia and children with autism.



With March comes St. Patrick's Day, and a celebration of all things Irish: clovers, leprechauns, and everyone's favourite festive libation: beer! We thought we'd "draught" up something domestic, so here are...

8 CANADIAN FACTS ABOUT

BEER

French herbalist Louis Hébert and his wife are Canada's first documented brewers, with the immigrants brewing beer for their own personal private consumption as early as 1617. The first commercial brewery came years later, built by Jean Talon in Québec City in 1668.

As a whole, Canadians spent \$9.14 billion on beer in 2013 (\$324 per adult), which equates to 2.27 billion litres of beer. That's a whole lotta brew!

The most popular alcoholic beverage in Canada is – you guessed it – beer! In fact, beer makes up more than 45 per cent of all alcoholic beverage sales in Canada.

According to the Conference Board of Canada, one out of every 100 jobs in Canada is supported by the sale of beer, with every dollar we spend on beer generating \$1.12 for the nation's economy. This "beer economy," in fact, supports 163,200 jobs throughout Canada.

Anyone who's ever spent time in the prairie provinces knows that German beer is wildly popular in Western Canada, and for good reason. During the boom-town days, German-American beer brewers headed north in hopes of setting up shop and serving their beer to thirsty customers.

Although you won't find it in regular dictionaries, apparently there's an actual phobia in which sufferers experience fear of seeing an empty beer glass. This disorder is called *Cenosillicaphobia*; fortunately, the cure is a good bartender who knows how to keep 'em coming.

The region in Canada with the highest beer consumption per capita? That would be Newfoundland and Labrador, according to Statistics Canada. They found that adults drank the equivalent of 101.2 litres in 2013.

- WORDSEARCH -

Beers Around the World

X B O T S B A P A C I T C R A T N A Q
 N N L N E L T S U V Q J J P M W M Z T
 J G E P J J I I P M P M K A S A H I H
 W G D U Z S U U V N R G Y W H Y Y W G
 H O O H I U S Q S N R E U C I J B X I
 E J M E T A C E T A T E S I W O N S L
 I B H K B I N S E T V U L I N M X K D
 N B H Z P I U O L U B X W L E E X J U
 E O B V B D D D L R W O N K I W S W B
 K L U R D G F X A A J L O A C M D S N
 E E A S E I O L A L V Y K M Q F G U W
 N H C M U B P H R G R E B S L R A C B
 N C Z O H G R T T G F O A T G N I S T
 W I M E O A D I O Q N P A E S Z P M R
 I M R T P R R Z I D D I A L V K X E L
 S W G I L T S B S L K B J N S C D D Y
 K D R W K X J W C T H L O N W C A X Q
 O P N P I I Y R V P A O A S A T E S R
 L C O R O N A O V Y V K W S J Y Z G S

| | | | |
|------------|-----------|----------|---------------|
| AMSTEL | CARLSBERG | HEINEKEN | SKOL |
| ANTARCTICA | CASS | KIRIN | SNOW |
| ASAHI | COORS | MICHELOB | STELLA ARTOIS |
| BRAHMA | CORONA | MILLER | TECATE |
| BUD LIGHT | DOS EQUIS | MODELO | TSINGTAO |
| BUDWEISER | GUINNESS | NATURAL | YANJING |
| BUSCH | HARBIN | PABST | |

| 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

(CC) Community Commons

(VP) V!VAplex

West Wing

(ML) Meadow Lounge

(L) Lobby

(E) Entrance

(HR) Horticultural Room

(BG) Brain Gym

(P) Pool

(VL) V!VAlinks Golf Simulator



Cruise Week
March 23rd – 27th

Hawaiian Cruise
Welcome Aboard the 11th Voyage of the **S.S. Meadowlands**

We are committed to providing you with the best **simulation** vacation experience of a lifetime!

'Passport To Fun' available at Concierge as of March 20th.

1

10:15 Hymn Sing (ML)

10:15 Catholic Communion (VP)

2:00 Brain Booster *Pick up at Concierge (L)

2:00 Sunday Afternoon Movie (VP) **"Paris When it Sizzles"** 1964 Comedy / Romance With Audrey Hepburn & William Holden

2:30 Cards / Euchre / Cribbage / SkipBo / Bridge (PP)

2

9:30 **NO OPEN GYM**

10:00 **V!VAfit Sit with resistance (VS) max 18**

10:40 **V!VAfit Sit with resistance (VS) max 18**

11:00 **BOOKMOBILE (E)**

2:00 **OPEN Gym (VS) 2:00 – 4:00pm**

3:00 Pub Open 3 – 4pm (PP)

7:00 Lucky 7 BINGO (ML)

3

10:00 **V!VAfit Swim Fun (P)**

2:00 Euchre (PP) **\$0.25**

2:00 **Shopping at Dollarama / Rexall & Food Basics (E)**

3:00 Trivia Tuesday's - Pub Social (PP)

7:00 Movie Night (VP) **"Michael Crawford in Concert"**

4

9:30 **OPEN Gym (VS) 9:30 – 11:00am**

10:00 **Walker Repair Clinic (L) 10- 12**

10:30 Tai Chi Fitness (ML)

2:00 Craft – Hawaiiin Themed (CK)

3:00 Bocce (ML)

3:00 Pub Open 3 – 4pm (PP)

3:30 Mindful Meditation (VS)

7:00 Word Scramble (L)

5

10:00 **Water Exercise (P)**

10:00 Program Planning Meeting (ML)

10:30 Food For Thought (ML)

1:30 **Hearing Connect 1:30 - 3:30 pm (CC)**

2:00 Creative Wellness – sing and move with Emanuela (ML)

2:30 V!VAlinks – Golf Simulator (VL)

3:00 Happy Hour (PP)

7:00 Euchre (PP) **\$0.25**

6

9:30 **OPEN Gym (VS) 9:30 – 11:00am**

10:30 **V!VAfit Combo (ML) (formerly Heartbeats)**

2:00 **International Women's Day – Tribute – Guest Speaker Shirley Glauser (ML)**

3:00 **OPEN Gym (VS) 3:00 – 4:00pm**

3:00 Pub Open 3 – 4pm (PP)

7:00 Cards (PP)

7

10:00 **V!VAfit Sit (ML) max 18**


10:40 **V!VAfit Sit (ML) max 18**

10:30 Wacky Wordies - Puzzle (L)

2:00 Shout it Out – BINGO (ML)

3:00 Pub Open 3 – 4pm

7:00 Saturday Night Movie (VP) **"Brooklyn"** 2015 Drama/Romance With Saoirse Ronan



8 International Women's Day

10:15 Hymn Sing (ML)

10:15 Catholic Communion (VP)

2:00 Brain Booster *Pick up at Concierge (L)

2:00 Sunday Afternoon Movie (VP) **"Philomena"** Biography/Comedy 2013 With Judi Dench & Steve Coogan

2:30 Cards / Euchre / Cribbage / SkipBo / Bridge (PP)

Daylight Savings Time begins

9

9:30 **OPEN Gym (VS) 9:30 – 11:00am**

10:00 **Revitalizing Yoga with Tricia (ML)**

2:00 **Shopping at Walmart (E)**

3:00 Pub Open 3 – 4pm (PP)

7:00 Lucky 7 BINGO (ML)

10

10:00 **V!VAfit Swim Fun (P)**

2:00 Euchre (PP) **\$0.25**

2:00 **Trip to Value Village – Cruise Wear & Donations (E)**

3:00 Trivia Tuesday's - Pub Social (PP)

7:00 Movie Night (VP) **"Andre Reiu in Dublin"**

11

9:30 **OPEN Gym (VS) 9:30 – 11:00am**

10:00 Creative Art with Michelle (CK)

10:30 **V!VAfit Combo (ML)**

12:00 **Neo Nineties Luncheon (ML) with Dave Thierry**

2:00 Baking Program (CK) Upside Down Pineapple Cake

3:00 Pub Open 3 – 4pm (PP)

3:00 Sing Along with Krishanthi on Piano

7:00 Cranium Crunches(L)

12

10:00 **Water Exercise (P)**

10:30 Ecumenical Communion with Rev. Andrea (VP)

2:00 Knit & Stitch (ML)

2:00 **Trip to LCBO (E)**

2:00 Mindful Meditation (VS)

2:30 **Rexall Pharmacy Presentation (VP) "A Healthy Heart is with you for Life"**

3:00 Happy Hour (PP)

7:00 Euchre (PP) **\$0.25**

13

9:30 **OPEN Gym (VS) 9:30 – 11:00am**

10:00 **V!VAfit Balance (ML) max 18**

10:40 **V!VAfit Balance (ML) max 18**

2:00 Creative Wellness – Sing and move with Emanuela (ML)

3:00 **OPEN Gym (VS) 3:00 – 4:00pm**

3:00 Pub Open 3 – 4pm (PP)

7:00 Cards (PP)

14

10:30 Wacky Wordies - Puzzle *Pick up at Concierge (L)

2:00 Shout it Out – BINGO (ML)

3:00 Pub Open 3 – 4pm (PP)

7:00 Saturday Night Movie (VP) **"Carousel"** Fantasy/Musical - 1956 With Shirley Jones & Gordon MacRae

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|--|--|
| <p>15</p> <p>10:15 Hymn Sing (ML)</p> <p>10:15 Catholic Communion (VP)</p> <p>2:00 Brain Booster *Pick up at Concierge (L)</p> <p>2:00 Sunday Afternoon Movie (VP) "The Quiet Man" Comedy/Drama - 1952 With John Wayne & Maureen O'Hara</p> <p>2:30 Cards / Euchre / Cribbage / SkipBo / Bridge (PP)</p> | <p>16</p> <p>9:30 OPEN Gym (VS) 9:30 – 11:00am</p> <p>10:00 VIVAfit Sit & Stand (VS) max 18</p> <p>10:40 VIVAfit Sit & Stand (VS) max 18</p> <p>11:00 BOOKMOBILE (E)</p> <p>2:00 Graham Irish Dancers (ML)</p> <p>3:00 Games Afternoon (PP)</p> <p>3:00 OPEN Gym (VS) 3:00 – 4:00pm</p> <p>3:00 Pub Open 3 – 4pm (PP)</p> <p>7:00 Lucky 7 BINGO (ML) 💰</p> | <p>17 St. Patrick's Day</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>3:00 Trivia Tuesday's - Pub Social (PP) GREEN BEER Special</p> <p>3:30 Knit and Stitch (ML)</p> <p>7:00 Movie Night (VP) "Waking Ned Devine" Comedy - 1999 With Ian Bannen & David Kelly</p> | <p>18</p> <p>9:30 OPEN Gym (VS) 9:30 – 11:00am</p> <p>10:30 Tai Chi Fitness (ML)</p> <p>2:30 Community Member Birthday Party for March (ML) with Entertainer Dave Burden Everyone Welcome!</p> <p>3:00 Pub Open 3 – 4pm (PP)</p> <p>7:00 Irish Word Scramble (L)</p> | <p>19</p> <p>10:00 Water Exercise (P)</p> <p>10:40 Tech Talk: Learn how to protect yourself from fraud (VP)</p> <p>2:00 Creative Cards with Susan (HR)</p> <p>2:00 Mindful Meditation (VS)</p> <p>2:30 VIVALinks – Golf Simulator (VL)</p> <p>3:00 Happy Hour (PP)</p> <p>7:00 Euchre (PP) \$0.25 💰</p> | <p>20</p> <p>9:30 OPEN Gym (VS) 9:30 – 11:00am</p> <p>10:40 VIVAfit Fun (VS) max 20</p> <p>1:00 Downsizing Seminar Soup & Sandwiches will be served (VP) 🍴</p> <p>2:30 Cruise Week into (ML) Learn about the Passport to Fun and your next week of Fun!</p> <p>3:00 OPEN Gym (VS) 3:00 – 4:00pm</p> <p>3:00 Pub Open 3 – 4pm (PP)</p> <p>7:00 Cards (PP)</p> | <p>21</p> <p>10:00 VIVAfit Sit (ML) max 18</p> <p>10:40 VIVAfit Sit (ML) max 18</p> <p>10:30 Wacky Wordies - Puzzle (L)</p> <p>2:00 Shout it Out – BINGO (ML) 💰</p> <p>3:00 Sing Along with Paul (VP)</p> <p>3:00 Pub Open 3 – 4pm (PP)</p> <p>7:00 Saturday Night Movie (VP) "Remember the Titans" 2000 Biography/Sport Denzel Washington & Will Patton</p> |
| <p>22</p> <p>10:15 Hymn Sing (ML)</p> <p>10:15 Catholic Communion (VP)</p> <p>2:00 Brain Booster *Pick up at Concierge (L)</p> <p>2:00 Sunday Afternoon Movie (VP) "The Best Years of Our Lives" 1946 Drama/War/Romance With Myrna Loy & Fredric March</p> <p>2:30 Cards / Euchre / Cribbage / SkipBo / Bridge (PP)</p> <p>3:00 Drop ins with Paul</p> | <p>23 Cruise Week 🚢</p> <p>9:30 OPEN Gym (VS) 9:30 – 11:00am</p> <p>10:00 Revitalizing Yoga with Tricia (ML)</p> <p>2:00 Embark Cruise Week (ML) Kick Off Party with the Sackville Hill Ukulele Band</p> <p>3:00 OPEN Gym (VS) 3:00 – 4:00pm</p> <p>3:00 Cruise week Cocktail Hour - Happy Hour (PP)</p> <p>7:00 Lucky 7 BINGO (ML) 💰</p> | <p>24 Cruise Week 🚢</p> <p>10:00 VIVAfit Swim Fun (P)</p> <p>12:00 Mystery Lunch Outing (E) 🚗🍷💰</p> <p>2:00 Euchre (PP) \$0.25 💰</p> <p>2:30 Travel Log (VP) Hawaiian Islands</p> <p>3:00 Cruise Week Cocktails- Pub Social (PP) Share your Vacation Photos – Guess Who?</p> <p>7:00 Movie Night (VP) Mona Lisa Smile Drama - 2003 With Julia Robert</p> | <p>25 Cruise Week 🚢</p> <p>9:30 OPEN Gym (VS) 9:30 – 11:00am</p> <p>10:00 Creative Art with Michelle (CK)</p> <p>10:00 Cruise Week Travel Log (VP)</p> <p>10:30 VIVAfit Combo (ML)</p> <p>2:00 Cruise Casino (ML) Black-Jack & Crown & Anchor</p> <p>3:00 Cruise week Cocktail Hour - Happy Hour (PP)</p> <p>3:30 Mindful Meditation (VS)</p> <p>7:00 Relax & Reminisce with Krishanthi on Piano (L)</p> | <p>26 Cruise Week 🚢</p> <p>10:00 Water Exercise (P)</p> <p>10:00 Hawaiian Best Dressed and Best Men's Legs Contests (MP)</p> <p>10:30 Catholic Mass St. Ann's (VP)</p> <p>1:30 Shoppers Drug Mart Outing (E) Trip #1 🚗🍷💰</p> <p>2:15 Shopper's Drug Mart Outing (E) Trip #2 🚗🍷💰</p> <p>3:00 Cruise Week Cocktails Happy Hour (PP)</p> <p>3:30 Travel Log (VP)</p> <p>7:00 Euchre (PP) \$0.25 💰</p> | <p>27 Cruise Week 🚢</p> <p>9:30 OPEN Gym (VS) 9:30 – 11:00am</p> <p>10:00 VIVAfit Balance (VS) max 18</p> <p>10:40 VIVAfit Balance (VS)</p> <p>11:30 Cruise Week Buffet (ML)</p> <p>2:00 Return to Port Party (ML) with the Hula Wahines – Dance Company</p> <p>3:00 Cruise week Cocktail Hour - Happy Hour (PP)</p> <p>3:00 OPEN Gym (VS)</p> <p>7:00 Cards (PP)</p> | <p>28</p> <p>10:30 Wacky Wordies - Puzzle *Pick up at Concierge (L)</p> <p>2:00 Shout it Out – BINGO (ML) 💰</p> <p>3:00 Pub Open 3 – 4pm (PP)</p> <p>7:00 Saturday Night Movie (VP) "A Star is Born" Romance/Musical 1954 With Judy Garland & James Mason</p> |
| <p>29 OPEN HOUSE</p> <p>10:15 Hymn Sing (ML)</p> <p>10:15 Catholic Communion (VP)</p> <p>1:00 Spring Fling Open House with Vendors and Entertainer Johnny T (L) & (ML)</p> <p>2:00 Brain Booster *Pick up at Concierge (L)</p> <p>2:00 Sunday Afternoon Movie (VP) "POMS" 2019 Comedy/Drama With Diane Keaton & Jacki Weaver</p> <p>2:30 Cards: Euchre, Cribbage, SkipBo, Bridge (PP)</p> | <p>30</p> <p>9:30 OPEN Gym (VS) 9:30 – 11:00am</p> <p>10:00 VIVAfit Sit and Stand (ML) max 18</p> <p>10:40 VIVAfit Sit and Stand (ML) max 18</p> <p>2:00 TD & SCOTIA Bank Trips (E) 🚗🍷</p> <p>2:00 Games - Afternoon Horse Racing (ML)</p> <p>3:00 OPEN Gym (VS) 3:00 – 4:00pm</p> <p>3:00 Pub Open 3 – 4pm (PP)</p> <p>7:00 Lucky 7 BINGO (ML) 💰</p> | <p>31</p> <p>9:30 VIVAfit Swim Fun (P) Note Time change</p> <p>10:30 Lunch Outing & Mary Maxum Shopping 🚗🍷💰</p> <p>2:00 Euchre (PP) \$0.25 💰</p> <p>3:00 Trivia Tuesday's - Pub Social (PP)</p> <p>7:00 Movie Night (VP) "Andre Rieu Live at the Royal Albert Hall"</p> | <p>Someone threw a jar of mayonnaise at me!</p> | | <p>What the Hellman?</p> | |

*Calendars are subject to change.