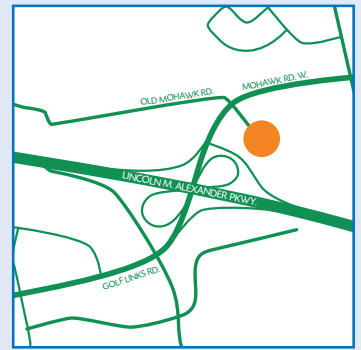




The weather has been almost perfect for our Victory Garden growers. Just the right amount of rain and just the right amount of sun! Our gardens are blooming beautifully

Good Luck Mirian!

This past month we wished Concierge Lead Mirian Cisneros-Elwood, the best of luck in her new adventure. In the last six years with us, Mirian has moved from the position of Co-op Student, to Part-time Lifestyle Assistant, to Full-Time Lifestyle Assistant, to managing Volunteers and finally Lead Concierge. Her willingness to tackle any and all tasks will continue to propel her success. Wishing you the very best on your new journey Mirian!



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



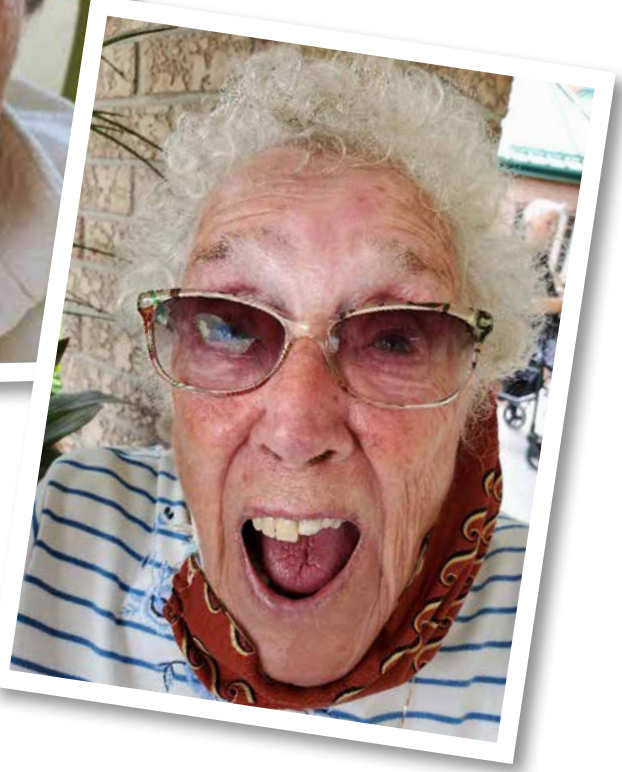
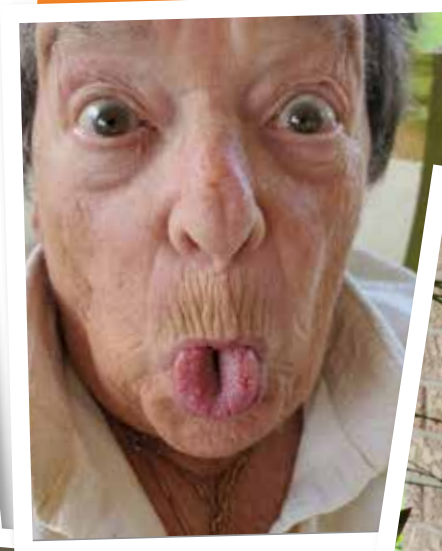
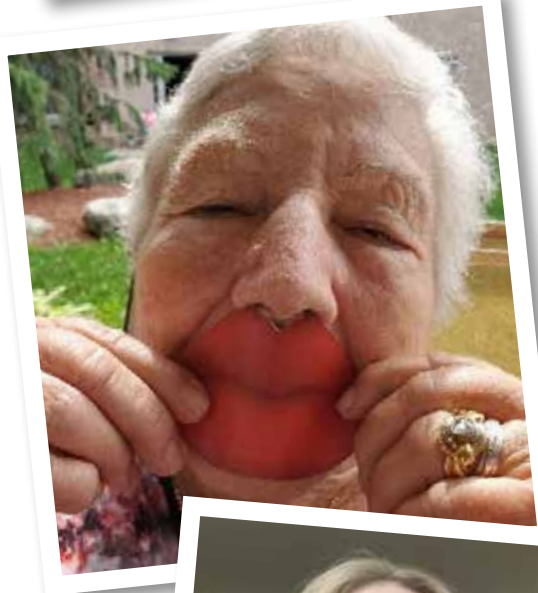
September 2020

Your VIVA Community Newsletter



HAPPY NATIONAL FUNNY FACE DAY

Have you ever heard of National Funny Face Day? Well we couldn't let this day pass without participating with some fun and good laughs! So many participated with Community Members and Team Members included. Check out some of the silly faces that had us giggling all day long!





AUTUMN WORD SEARCH

FIVE FALL FOLIAGE FACTS

1 Although we notice the leaves change color in the fall, the red, orange and yellow pigments are actually present in leaves all year round! The only difference is that during other seasons, the pigments are primarily underneath the leaves' surface.

2 The reason these beautiful colors come out in the fall has to do with the change in sunlight. As the summer sun starts to die down, the chemical chlorophyll breaks down, which brings out the hidden colors.

3 Some suspect that global warming may have a negative impact on fall foliage, since part of the reason leaves change has to do with the change in temperature.

4 A leaf's color is typically a result of the species of tree it can be found on – for example, the leaves on aspen trees are generally a golden yellow during the fall months.

5 Leaves that fall to the ground during this time of year are extremely important for the ecosystem, as they become a form of protection for tree seeds as they germinate during the winter.

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

Hayride
Foliage
Pumpkin
Colours
Yellow

Orange
Autumn
Leaves
Acorns
Apples

Chilly
Brown
Crunch
Cider
Rake

Red
Trees
Hay

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
 - (CC) Community Commons
 - (VP) V!VAplex
- West Wing**
- (PC) Perks! Café
 - (L) Lobby
 - (E) Entrance
 - (HR) Horticultural Room
 - (BG) Brain Gym
 - (P) Pool
 - (VL) V!VAlinks Golf Simulator
 - (ML) Meadow Lounge

Here's a sample calendar featuring all the fun events, activities and programs from August!

1

- 10:00 **V!VAfit Combo – Channel 398**
- 10:15 **V!VAfit Sit (ML)**
- 2:00 Brain Booster Kits including Wacky Wordies – Pick up at Concierge (L)
- 2:00 **Afternoon Movie – Max 10 people (VP)**
- 2:30 **Book Club – Join Brenda for a fun filled story (CK)**
- 7:00 **Saturday Night Movie – Max 10 people (VP)**

2 National Friendship Day

- 10:00 Catholic Mass – Channel 398
- 10:15 **Hymn Sing with Martin Wall (ML)**
- 10:30 Marshall Memorial United Church – Channel 398
- 2:00 **Sunday Matinee – Max 10 people (VP)**
- 2:00 Mindful Meditation on Channel 398
- 2:30 **Pen pal –come and correspond with us.(CK)**
- 7:00 **Sunday Evening Movie Max 10 People (VP)**

3

- 9:45 **V!VAfit Sit (ML)**
- 10:30 **V!VAfit Sit – Channel 398**
- 10:30 **V!VAfit Sit & Stand(ML)**
- 2:00 **V!VAfit Strolls (L)**
- 2:30 Wheel of Fortune (CK)
- 8:00 Entertainment on Channel 398 “Aloha from Hawaii” Elvis Presley concert

4

- 9:45 **V!VAfit Sit (ML)**
- 10:30 Weekly Mass – Channel 398
- 10:30 **V!VAfit Sit (ML)**
- 1:15 Armchair Music Critics (VP) Max 10
- 2:00 **V!VAfit Combo – Channel 398**
- 2:30 Colour your World (CK) Colouring pages
- 8:00 Tuesday evening Biography Channel 398

5

- 9:45 **V!VAfit Sit (ML)**
- 10:30 **V!VAfit Sit – Channel 398**
- 10:30 **V!VAfit Sit (ML)**
- 2:15 **Afternoon Social (CK) (E)**
- 3:00 **Journey To the Edge of the Universe – Channel 398**
- 3:30 **Word Scramble (CK)**

6 National Root beer Float Day

- 9:45 **V!VAfit Sit (ML)**
- 10:30 **V!VAfit Sit – Channel 398**
- 10:30 **V!VAfit Sit (ML)**
- 1:15 **Bingo (ML) Max 15**
- 2:00 **V!VAfit Combo – Channel 398**
- 2:15 **BINGO (ML) Max 15**
- 3:00 **Root Beer Floats (E)**

**** Submit your questions for our Virtual Town Hall Meeting – Aug 18

7

- 9:45 **V!VAfit Sit (ML)**
- 10:30 **V!VAfit Sit – Channel 398**
- 10:30 **V!VAfit Sit (ML)**
- 1:30 **Knit & Stitch (ML)**
- 2:00 **V!VAfit Strolls (L)**
- 2:30 Armchair Music Critics (VP) Max 10

8

- 10:00 **V!VAfit Combo – Channel 398**
- 10:15 **V!VAfit Sit (ML)**
- 2:00 Brain Booster Kits including Wacky Wordies – Pick up at Concierge (L)
- 2:00 **Afternoon Movie – Max 10 people (VP)**
- 2:30 **Make your own Tie Dye apparel (E)**
- 7:00 **Saturday Night Movie – Max 10 people (VP)**

9

- 10:00 Catholic Mass – Channel 398
- 10:15 **Hymn Sing with Martin Wall (ML)**
- 10:30 Marshall Memorial United Church – Channel 398
- 2:00 **Sunday Matinee Max(VP)**
- 2:00 Mindful Meditation on Channel 398
- 2:30 **On this Day in History (CK)**
- 7:00 **Sunday Evening Movie Max 10 People (VP)**

10

- 9:45 **V!VAfit Sit (ML)**
- 10:30 **V!VAfit Sit – Channel 398**
- 10:30 **V!VAfit COMBO (ML)**
- 2:00 **V!VAfit Strolls (L)**
- 2:00 **Ice Cream Outing – Max 10 people**
- 2:30 Spelling Bee (CK)
- 8:00 Entertainment on Channel 398 – “Tchaikovsky: Swan Lake The Kirov ballet”

11

- 9:45 **V!VAfit Sit (ML)**
- 10:30 Weekly Mass – Channel 398
- 10:30 **V!VAfit Sit (ML)**
- 1:00 Help with Online Shopping and Ordering
- 1:15 **V!VAfit Combo – Channel 398**
- 2:30 Colour your World (CK) Colouring pages
- 8:00 Tuesday evening Biography Channel 398

12

- 9:45 **V!VAfit Sit (ML)**
- 10:30 **V!VAfit Sit – Channel 398**
- 10:30 **V!VAfit Balance (ML)**
- 11:30 **Picnic Lunch Outing Max 10 people**
- 2:15 **Afternoon Social (CK) (E)**
- 3:00 **The World in 2050 – Channel 398**
- 3:30 **Craft - Make your Funny Face (HR)**

13 Funny Face Day

- 9:45 **V!VAfit Sit (ML)**
- 10:30 **V!VAfit Sit – Channel 398**
- 10:30 **V!VAfit Sit (ML)**
- 1:15 **Bingo (ML) Max 15**
- 2:00 **V!VAfit Combo – Channel 398**
- 2:15 **BINGO (ML) Max 15)**
- 3:15 **Funny Face Music Video (ML)**

**** Submit your questions for our Virtual Town Hall Meeting – Aug 18

14 Tie Dye Day

- 9:45 **V!VAfit Sit (ML)**
- 10:30 **V!VAfit Sit – Channel 398**
- 10:30 **V!VAfit Sit & Stand (ML)**
- 1:30 **Knit & Stitch (ML)**
- 2:00 **V!VAfit Strolls (L)**
- 2:00 **Sing Along – Sonny Sinclair (E)**
- 2:30 **Show off your Tie Dye outfits (E)**

National Creamsicle Day

15

- 10:00 **V!VAfit Combo – Channel 398**
- 10:15 **V!VAfit Sit (ML)**
- 2:00 Brain Booster Kits including Wacky Wordies – Pick up at Concierge (L)
- 2:00 **Book Club – Join Brenda for a fun filled story (CK)**
- 2:00 **Afternoon Movie – Max 10 people (VP)**
- 3:15 **Family Feud (ML)**
- 7:00 **Saturday Night Movie – Max 10 people (VP)**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>16 National Tell a Joke Day</p> <p>10:00 Catholic Mass – Channel 398</p> <p>10:15 Hymn Sing with Martin Wall (ML) </p> <p>10:30 Marshall Memorial United Church – Channel 398</p> <p>2:00 Sunday Matinee – Max 10 people (VP) </p> <p>2:00 Mindful Meditation – Channel 398</p> <p>2:30 Pen pal – Need a new friend, come and correspond with us. (CK) </p> <p>7:00 Sunday Evening Movie Max 10 People (VP) </p>	<p>17</p> <p>9:45 V!VAfit Sit (ML) </p> <p>10:30 V!VAfit Sit – Channel 398</p> <p>10:30 V!VAfit COMBO (ML) </p> <p>2:00 V!VAfit Strolls (L) </p> <p>2:00 Ice Cream Outing – Max 10 people </p> <p>3:30 Horse Racing Game (CK) </p> <p>8:00 Entertainment on Channel 398 “A World of Art”</p>	<p>18</p> <p>9:45 V!VAfit Sit (VS)/(ML) </p> <p>10:30 Weekly Mass – Channel 398</p> <p>10:30 V!VAfit Sit (VS)/(ML) </p> <p>1:15 V!VAfit Combo – Channel 398</p> <p>2:00 Community Member Town Hall meeting (to be determined)</p> <p>3:30 Colour your World (CK) Colouring pages</p> <p>8:00 Tuesday evening Biography Channel 398</p>	<p>19 International Bow Day</p> <p>9:45 V!VAfit Sit (VS)/(ML) </p> <p>10:30 V!VAfit Sit – Channel 398</p> <p>10:30 V!VAfit Balance (ML) </p> <p>11:30 Picnic Lunch Outing Max 10 people </p> <p>2:30 Craft -Make your own ‘Stainglass Lantern’ (HR) </p> <p>3:00 Engineering Connections Earthquake Bridge – Channel 398</p>	<p>20</p> <p>9:45 V!VAfit Sit (VS)/(ML) </p> <p>10:30 V!VAfit Sit – Channel 398</p> <p>10:30 V!VAfit Sit (VS)/(ML) </p> <p>1:15 Bingo (ML) Max 15 </p> <p>2:00 V!VAfit Combo – Channel 398</p> <p>2:15 BINGO (ML) Max 15) </p> <p>3:00 Afternoon Social (CK) / (E) </p>	<p>21</p> <p>9:45 V!VAfit Sit (VS)/(ML) </p> <p>10:30 V!VAfit Sit – Channel 398</p> <p>10:30 V!VAfit Sit & Stand (ML) </p> <p>1:30 Knit Stitch (ML) </p> <p>2:00 V!VAfit Strolls (L) </p> <p>2:30 Beaded Corn Craft (HR) </p> <p>7:00 Travel Log Peru Channel 398</p>	<p>22</p> <p>10:00 V!VAfit Combo – Channel 398</p> <p>10:15 V!VAfit Sit (ML) </p> <p>2:00 Brain Booster Kits including Wacky Wordies – Pick up at Concierge (L)</p> <p>2:00 Afternoon Movie – Max 10 people (VP) </p> <p>2:30 Afternoon Trivia outside (E)</p> <p>7:00 Saturday Night Movie – Max 10 people (VP) </p>	
<p>23</p> <p>10:00 Catholic Mass – Channel 398</p> <p>10:15 Hymn Sing with Martin Wall (ML) </p> <p>10:30 Marshall Memorial United Church – Channel 398</p> <p>2:00 Sunday Matinee – Max 10 people (VP) </p> <p>2:00 Mindful Meditation – Channel 398</p> <p>2:30 Word Scramble (CK)</p> <p>7:00 Sunday Evening Movie Max 10 People (VP) </p>	<p>24 National Peach Pie Day</p> <p>9:45 V!VAfit Sit (ML) </p> <p>10:30 V!VAfit Sit – Channel 398</p> <p>10:30 V!VAfit COMBO (ML) </p> <p>2:00 V!VAfit Strolls (L) </p> <p>2:30 Book Club – Join Brenda for a fun filled story (ML)</p> <p>3:00 Peach Treats – Reminisce about Family recipes and events (CK)/(E) </p> <p>8:00 Entertainment on Channel 398 “Johnny Cash concert”</p>	<p>25</p> <p>9:45 V!VAfit Sit (ML) </p> <p>10:30 Weekly Mass – Channel 398</p> <p>10:30 V!VAfit Sit (ML) </p> <p>1:15 V!VAfit Combo – Channel 398</p> <p>2:00 Name that Tune (VP) </p> <p>2:30 Colour your World (CK) Colouring pages</p> <p>8:00 Tuesday evening Biography Channel 398</p>	<p>26</p> <p>9:45 V!VAfit Sit (ML) </p> <p>10:30 V!VAfit Sit – Channel 398</p> <p>10:30 V!VAfit Balance (ML) </p> <p>2:30 Sing Along with Mahima (ML) </p> <p>3:00 Namibia travel Documentary – Channel 398</p>	<p>27</p> <p>9:45 V!VAfit Sit (ML) </p> <p>10:30 V!VAfit Sit – Channel 398</p> <p>10:30 V!VAfit Sit (ML)</p> <p>1:15 Bingo (ML) Max 15 </p> <p>2:00 V!VAfit Combo – Channel 398</p> <p>2:15 BINGO (ML) Max 15) </p> <p>3:15 Wine Tasting (ML) </p>	<p>28</p> <p>9:45 V!VAfit Sit (ML) </p> <p>10:30 V!VAfit Sit – Channel 398</p> <p>10:30 V!VAfit Sit & Stand (ML) </p> <p>1:30 Knit & Stitch (ML) </p> <p>2:00 V!VAfit Strolls (L) </p> <p>2:00 Scenic Bus Tour </p> <p>2:30 Mindful Meditation (ML)</p>	<p>29</p> <p>10:00 V!VAfit Combo – Channel 398</p> <p>10:15 V!VAfit Sit (ML) </p> <p>2:00 Brain Booster Kits including Wacky Wordies – Pick up at Concierge (L)</p> <p>2:00 Afternoon Movie – Max 10 people (VP) </p> <p>2:30 Jeopardy at the Meadowlands (ML)</p> <p>7:00 Saturday Night Movie – Max 10 people (VP) </p>	
<p>30 National Grief Awareness Day</p> <p>10:00 Catholic Mass – Channel 398</p> <p>10:15 Hymn Sing with Martin Wall (ML) </p> <p>10:30 Marshall Memorial United Church – Channel 398</p> <p>2:00 Sunday Matinee – Max 10 people (VP) </p> <p>2:00 Mindful Meditation – Channel 398</p> <p>2:30 Book Club – Join Brenda for a run filled story (ML)</p> <p>7:00 Sunday Evening Movie Max 10 People (VP) </p>	<p>31</p> <p>9:45 V!VAfit Sit (ML) </p> <p>10:30 V!VAfit Sit – Channel 398</p> <p>10:30 V!VAfit Sit & Stand (ML) </p> <p>2:00 V!VAfit Strolls (L) </p> <p>2:30 Wheel of Fortune (CK) </p> <p>8:00 Entertainment on Channel 398</p>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="background-color: #f4a460; padding: 20px; border-radius: 15px; width: 30%; text-align: center;"> <p>What happened after scientists watched the earth turn for 24 hours?</p> </div> <div style="background-color: #f4a460; padding: 20px; border-radius: 15px; width: 30%; text-align: center;"> <p>They got bored and called it a day.</p> </div> </div>					

*Calendars are subject to change.