



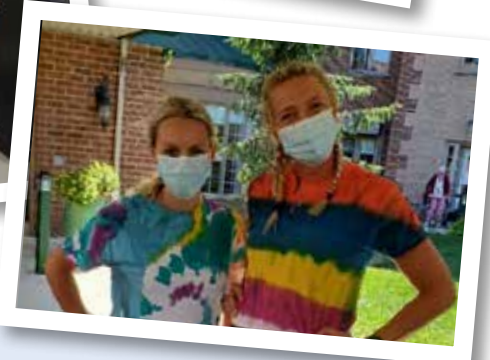
## How Well Do You Know Your Wine?




VQA or Imported? A group of Meadowlands "Wine Connoisseurs" spent their afternoon figuring out where our wines came from. By the 4th one, I don't think anyone cared.

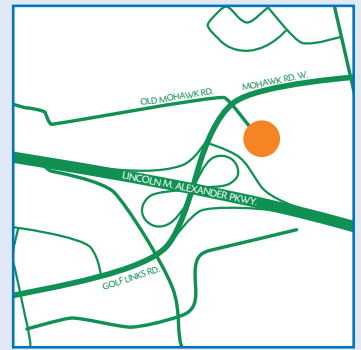
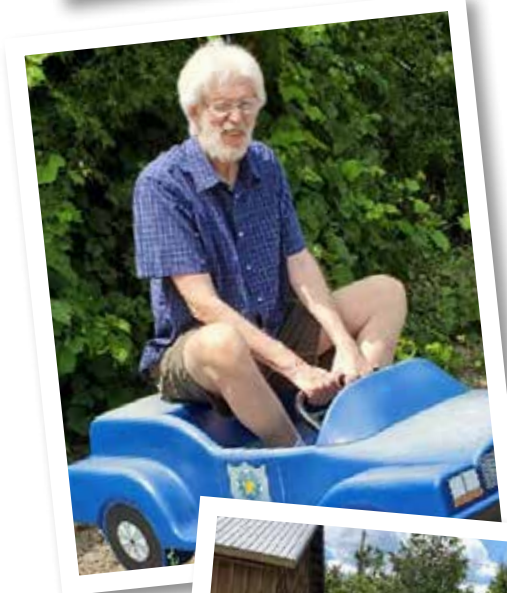


Cool Cat Sonny Sinclair, performed to a total colourful crowd!



**A RETURN TO OUTINGS!** 

August and September saw a return to some much-needed time out! Two different groups enjoyed a picnic lunch at Millgrove Park and ice cream from the Ancaster Dairy Parlor. As you can see, one is never to old when "fun" is on the menu!



**Making Today Great!**  
 Meadowlands Retirement Community  
 1248 Mohawk Road West, Ancaster, ON L9K 1P5  
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# SURPRISING THINGS YOU DIDN'T KNOW ABOUT HALLOWEEN CANDY

## A lot of people hand out Halloween candy!

In 2019, the National Retail Federation found that 68 percent of Americans participated in Halloween. And 69 percent of those planned to buy candy—almost 47 percent of the entire U.S. population! It remains to be seen how the pandemic will affect candy sales. In a survey by Party City, seventy percent of respondents “plan to seek alternatives to traditional trick-or-treating” this year, so this could mean less filling plastic pumpkins and pillowcases with sugary goodness. But it could also mean more people just gorging themselves on candy at home. Thirty-eight percent of moms in the Party City survey said they planned to buy candy for their own children.

## Canada's favourite Halloween candy is...

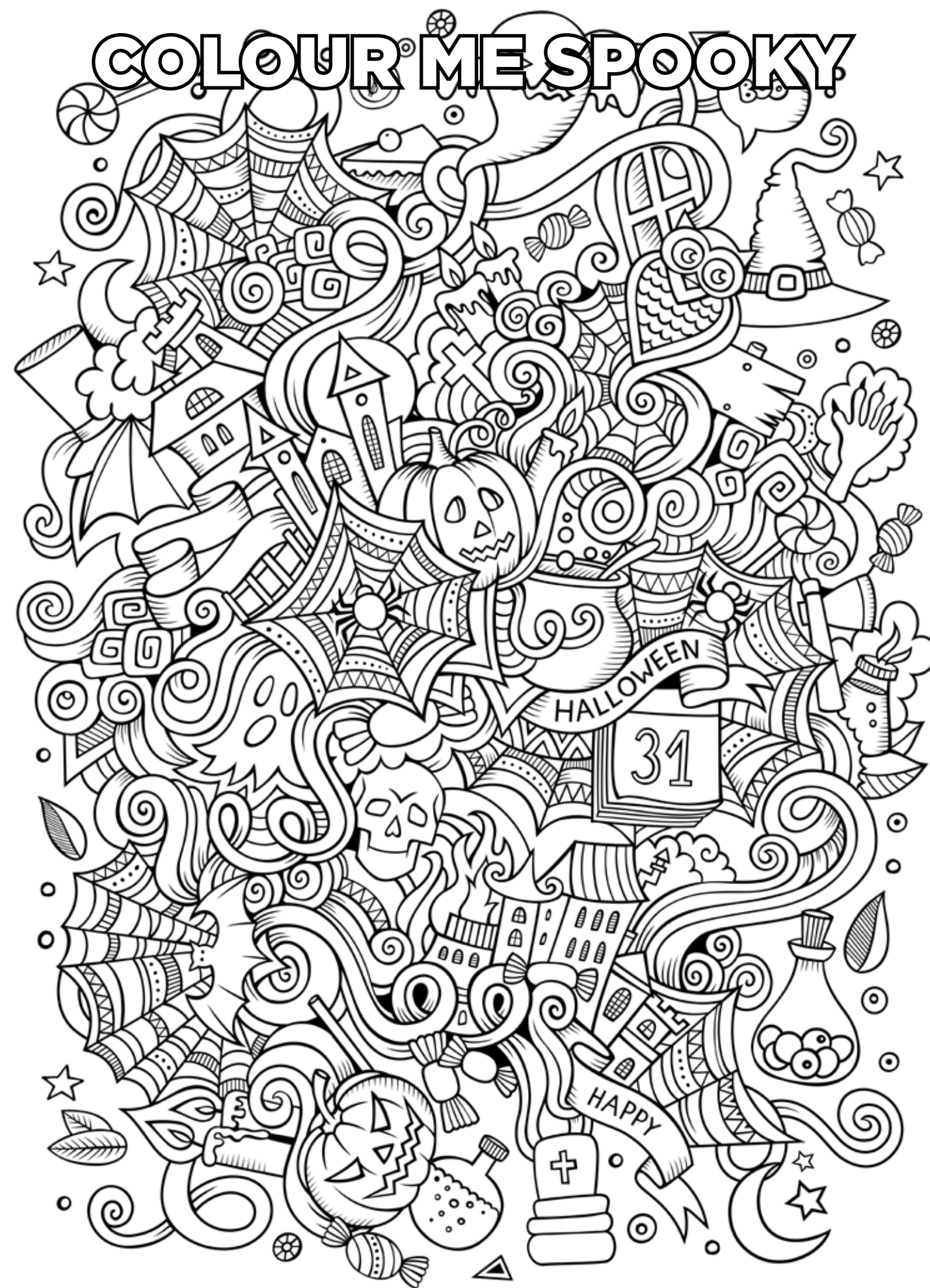
According to a survey conducted by MacLean's Magazine in October 2018, Canada's most popular candy is Kit Kat! Aero came in second place, with Mars coming in third.

## Halloween is really expensive – even during a pandemic!

During the eight weeks leading up to Halloween, consumers spend \$4.6 billion on confectionery products, according to the NCA. And so far this year, sales in the United States have been higher than ever, with chocolate sales rising 4.5 percent since their country went into lockdown in March.

## Candy corn wasn't always called candy corn

One of the most famous (and arguably most hated!) Halloween candies, candy corn was invented in late 1880s by George Renninger. His employer, Wunderlee Candy Company, began mass-producing the sweet in the early 1900s, originally calling it Chicken Feed. Its characteristic white, orange, and yellow stripes are supposed to resemble a corn kernel. Fun fact: October 30 is National Candy Corn Day.





| 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>(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>(HR) Horticultural Room</p> <p>(BG) Brain Gym</p> <p>(P) Pool</p> <p>(VL) V!VAlinks Golf Simulator</p> <p>(ML) Meadow Lounge</p> | <p><b>1</b></p> <p>9:45 <b>V!VAfit Sit (ML)</b> </p> <p>10:30 Weekly Mass – Channel 398</p> <p>10:30 <b>V!VAfit Sit (ML)</b> </p> <p>2:00 Armchair Music Critics(VP) </p> <p>2:00 V!VAfit Combo – Channel 398</p> <p>2:30 Colour your World (CK) Colouring pages </p> <p>3:00 <b>Afternoon Pub Social (PP)</b> </p> <p>8:00 Tuesday evening Biography channel 398 William Holden - The Golden Boy</p> | <p><b>2</b></p> <p>9:45 <b>V!VAfit Sit (ML)</b> </p> <p>10:30 <b>V!VAfit Sit – Channel 398</b></p> <p>10:30 <b>V!VAfit Sit (ML)</b> </p> <p>2:15 <b>Afternoon Social (CK) or (E)</b> </p> <p>3:00 Scotland (Europe) Vacation Travel Video Guide - Channel 398</p> <p>3:30 <b>Giant Crossword (CK)</b> </p>  | <p><b>3</b></p> <p>9:45 <b>V!VAfit Sit (ML)</b> </p> <p>10:30 V!VAfit Sit – Channel 398</p> <p>10:30 <b>V!VAfit Sit (ML)</b></p> <p>1:15 <b>Bingo (ML) Max 15</b> </p> <p>2:00 V!VAfit Combo – Channel 398</p> <p>2:15 <b>BINGO (ML) Max 15)</b> </p> <p>3:00 <b>Thirsty Thursdays – (PP)</b> </p>   | <p><b>4</b></p> <p>9:45 <b>V!VAfit Sit (ML)</b> </p> <p>10:30 V!VAfit Sit – Channel 398</p> <p>10:30 <b>V!VAfit Sit (ML)</b> </p> <p>1:30 <b>Knit &amp; Stitch (ML)</b> </p> <p>2:00 <b>V!VAfit Strolls (L)</b> </p> <p>2:30 <b>BOOKMOBILE – ordering books for drop off (ML)</b></p> <p>3:00 Documentary – ZOOMER TV  – COVID Grandparents (VP) and Channel 398</p> | <p><b>5</b></p> <p>10:00 V!VAfit Combo – Channel 398</p> <p>2:00 Brain Booster Kits including Wacky Wordies – Pick up at Concierge (L)</p> <p>2:00 <b>Afternoon Movie – “Andre Rieu – Dreaming” - Max 12 people (VP)</b> </p>  |
| <p><b>6</b></p> <p>10:00 Catholic Mass – Channel 398</p> <p>10:15 <b>Hymn Sing with Jessica (ML)</b> </p> <p>10:30 Marshall Memorial United Church – Channel 398</p> <p>2:00 Mindful Meditation – Channel 398</p> <p>2:30 Wheel of Fortune (CK)</p> <p>7:00 <b>Sunday Evening Movie “Andre Rieu – Dreaming” - Max 12 People (VP)</b> </p>         | <p><b>7 Labour Day</b></p> <p>9:45 <b>V!VAfit Sit (ML)</b> </p> <p>10:30 V!VAfit Sit – Channel 398</p> <p>10:30 <b>V!VAfit Sit &amp; Stand( ML)</b> </p> <p>2:00 <b>V!VAfit Strolls (L)</b> </p> <p>2:30 <b>Photo Opportunity – Grandparents day (E) Victory Garden</b> </p> <p>8:00 Entertainment on Channel 398 - Jimmy’s Old Time Radio Show – Concert #4</p>                    | <p><b>8</b></p> <p>9:45 <b>Relaxing Yoga with Tricia (ML)</b> </p> <p>10:30 Weekly Mass – Channel 398</p> <p>2:00 <b>Music Mirrors - Creating memories of music (VP) Max 10</b> </p> <p>2:00 V!VAfit Combo – Channel 398</p> <p>3:00 <b>Afternoon Pub Social (PP)</b> </p> <p>8:00 Tuesday evening Biography Channel 398 “Barbara Stanwick – Straight Down the Line”</p>                              | <p><b>9 Gym Opens – Appointment required</b></p> <p>9:45 <b>V!VAfit Sit (ML)</b> </p> <p>10:30 V!VAfit Sit – Channel 398</p> <p>10:30 <b>V!VAfit COMBO (ML)</b> </p> <p>2:00 <b>Creative Art with Michelle (CK)</b> </p> <p>2:00 <b>Photo Opportunity Grandparents day (E) Victory Garden</b> </p> <p>3:00 History Documentary Moving Mountains Blairton Iron – Channel 398</p> <p>3:30 Word Scramble (ML) </p> | <p><b>10</b></p> <p>9:45 <b>V!VAfit Sit (ML)</b> </p> <p>10:00 <b>Shopper’s Drug Mart (E) – max 6 people</b> </p> <p>10:30 V!VAfit Sit – Channel 398</p> <p>10:30 <b>V!VAfit Sit (ML)</b></p> <p>1:15 <b>Bingo (ML) Max 15</b> </p> <p>2:00 V!VAfit Combo – Channel 398</p> <p>2:00 <b>Shopper’s Drug Mart – max 6 people (E)</b> </p> <p>2:15 <b>BINGO (ML) Max 15)</b> </p> <p>3:00 <b>Thirsty Thursdays – (PP)</b> </p> | <p><b>11</b></p> <p>9:45 <b>V!VAfit Sit (ML)</b> </p> <p>10:30 V!VAfit Sit – Channel 398</p> <p>10:30 <b>V!VAfit Sit &amp; Stand (ML)</b> </p> <p>1:30 <b>Knit &amp; Stitch (ML)</b> </p> <p>2:00 <b>V!VAfit Strolls (L)</b> </p> <p>2:00 <b>Corn Feed &amp; Sing Along with Dave Burden (E) 2:00 pm – 3:30 pm</b></p>   | <p><b>12</b></p> <p>10:00 V!VAfit Combo – Channel 398</p> <p>2:00 Brain Booster Kits including Wacky Wordies – Pick up at Concierge (L)</p> <p>2:00 <b>Afternoon Movie “Secretariat” Max 12 people (VP)</b> </p>   |
| <p><b>13 Grandparents Day</b></p> <p>10:00 Catholic Mass – Channel 398</p> <p>10:15 <b>Hymn Sing (ML)</b> </p> <p>10:30 Marshall Memorial United Church – Channel 398</p> <p>2:00 Mindful Meditation – Channel 398</p> <p>2:00 <b>Sports talk with Jatin (CK)</b></p> <p>7:00 <b>Sunday Evening Movie “Secretariat” - Max 12 People (VP)</b> </p> | <p><b>14</b></p> <p>9:45 <b>V!VAfit Sit (ML)</b> </p> <p>10:30 V!VAfit Sit – Channel 398</p> <p>10:30 <b>V!VAfit COMBO (ML)</b> </p> <p>2:00 <b>V!VAfit Strolls (L)</b> </p> <p>2:00 <b>Ice Cream Outing – Max 10 people</b> </p> <p>3:30 Spelling Bee (CK)</p> <p>8:00 Entertainment on Channel 398 – Andre Rieu Concert</p>   | <p><b>15</b></p> <p>9:45 <b>V!VAfit Sit (ML)</b> </p> <p>10:30 Weekly Mass – Channel 398</p> <p>10:30 <b>V!VAfit Sit (ML)</b> </p> <p>2:00 V!VAfit Combo – Channel 398</p> <p>2:30 Colour your World (CK) Colouring pages </p> <p>3:00 <b>Afternoon Pub Social (PP)</b> </p> <p>8:00 Tuesday evening Biography Channel 398 “Anthony Quinn – An Original”</p>  | <p><b>16</b></p> <p>9:45 <b>V!VAfit Sit (ML)</b> </p> <p>10:30 V!VAfit Sit – Channel 398</p> <p>10:30 <b>V!VAfit Balance (ML)</b> </p> <p>2:30 <b>Bookclub – share short feel good stories (CK)</b></p> <p>3:00 <b>The World in 2050 – Channel 398</b></p> <p>3:30 <b>Craft - (HR) Mask hangers</b> </p>  | <p><b>17 International Country Music Day</b></p> <p>9:45 <b>V!VAfit Sit (ML)</b> </p> <p>10:30 V!VAfit Sit – Channel 398</p> <p>10:30 <b>V!VAfit Sit (ML)</b> </p> <p>1:15 <b>Bingo (ML) Max 15</b> </p> <p>2:00 V!VAfit Combo – Channel 398</p> <p>2:15 <b>BINGO (ML) Max 15)</b> </p> <p>3:00 <b>Thirsty Thursdays – (PP)</b> <b>Country Theme Day</b></p>   | <p><b>18</b></p> <p>9:45 <b>V!VAfit Sit (VS)/(ML)</b> </p> <p>10:30 V!VAfit Sit – Channel 398</p> <p>10:30 <b>V!VAfit Sit &amp; Stand (ML)</b> </p> <p>1:30 <b>Knit Stitch (ML)</b> </p> <p>2:00 <b>V!VAfit Strolls (L)</b> </p> <p>2:30 <b>Giant Crossword Puzzle (CK)</b> </p> <p>3:00 The History of Country Music Part 1 &amp; 2 - Channel 398</p>               | <p><b>19</b></p> <p>10:00 <b>V!VAfit Combo – Channel 398</b></p> <p>10:15 <b>V!VAfit Sit (ML)</b> </p> <p>2:00 Brain Booster Kits including Wacky Wordies – Pick up at Concierge (L)</p> <p>2:00 <b>Afternoon Movie “Three Coins in the Fountain” – Max 12 people (VP)</b> </p> <p>2:30 <b>Music with Mahima (ML) Zoom performance</b></p> |

| Sunday   | Monday   | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday  |  |
|--|--|---|--|--|--|---|--|
| <p><b>20</b></p> <p>10:00 Catholic Mass – Channel 398</p> <p>10:15 <b>Hymn Sing with Jessica (ML)</b> 🖍️</p> <p>10:30 Marshall Memorial United Church – Channel 398</p> <p>2:00 <b>Sunday Matinee – Max 10 people (VP)</b> 🖍️</p> <p>2:00 Mindful Meditation – Channel 398</p> <p>2:30 Drop ins with Jessica</p> <p>7:00 <b>Sunday Evening Movie “Three Coins in the Fountain” Max 12 People (VP)</b> 🖍️</p> | <p><b>21 World Alzheimer’s Day</b></p> <p>9:45 <b>V!VAfit Sit (ML)</b> 🖍️</p> <p>10:30 V!VAfit Sit – Channel 398</p> <p>10:30 <b>V!VAfit COMBO (ML (M))</b> 🖍️</p> <p>1:45 <b>V!VAfit Strolls (L)</b> 🖍️</p> <p>2:15 <b>Pie Bake – bring your favourite pie recipe to bake for our Charity Auction – Alzheimer’s &amp; Heart &amp; Stroke (CK)</b> 🖍️</p> <p>3:30 <b>Sunflower Craft (CK)</b></p> <p>8:00 Entertainment on Channel 398 – Senior Entertainment – Bud &amp; Tony G (25 minute concert)</p> | <p><b>22</b></p> <p>9:45 <b>Relaxing Yoga with Tricia (ML)</b> 🖍️</p> <p>10:30 Weekly Mass – Channel 398</p> <p>2:00 Heads Up – Group game 🖍️</p> <p>2:00 V!VAfit Combo – Channel 398</p> <p>2:00 <b>Community Member Town Hall meeting (to be determined)</b></p> <p>3:00 <b>Afternoon Pub Social (PP)</b> 💰 🖍️</p> <p>8:00 Tuesday evening Biography Channel 398 “Mae West: And the Men who knew her”</p> | <p><b>23</b></p> <p>9:45 <b>V!VAfit Sit (ML)</b> 🖍️</p> <p>10:30 V!VAfit Sit – Channel 398</p> <p>10:30 <b>V!VAfit Balance (ML)</b> 🖍️</p> <p>2:00 <b>Creative Art with Michelle (CK)</b> 🖍️</p> <p>2:15 <b>Scenic Tour – Fall Colours (E)</b> 🖍️ 🚗</p> <p>3:00 World’s Most Dangerous Places: Coldest Road, Trip to Antarctica Wittenoom – Channel 398</p> <p>3:30 🖍️</p> | <p><b>24</b></p> <p>9:45 <b>V!VAfit Sit (ML)</b> 🖍️</p> <p>10:00 <b>Shopper’s Drug Mart – max 6 people (E)</b> 🖍️ 🚗</p> <p>10:30 V!VAfit Sit – Channel 398</p> <p>10:30 <b>V!VAfit Sit (ML)</b></p> <p>1:15 <b>Bingo (ML) Max 15</b> 🖍️</p> <p>2:00 V!VAfit Combo – Channel 398</p> <p>2:00 <b>Shopper’s Drug Mart – max 6 people (E)</b> 🖍️ 🚗</p> <p>2:15 <b>BINGO (ML) Max 15)</b> 🖍️</p> <p>3:00 <b>Thirsty Thursdays – (PP)</b> 🖍️ 💰</p> | <p><b>25</b></p> <p>9:45 <b>V!VAfit Sit (VS)/(ML)</b> 🖍️</p> <p>10:30 V!VAfit Sit – Channel 398</p> <p>10:30 <b>V!VAfit Sit &amp; Stand (ML)</b> 🖍️</p> <p>1:30 <b>Knit Stitch (ML)</b> 🖍️</p> <p>2:00 <b>V!VAfit Strolls (L)</b> 🖍️</p> <p>2:30 <b>PIE AUCTION (ML)</b> 🖍️</p> <p>3:00 Travel Log - Holland Channel 398</p> | <p><b>26</b></p> <p>10:00 <b>V!VAfit Combo – Channel 398</b></p> <p>2:00 Brain Booster Kits including Wacky Wordies – Pick up at Concierge (L)</p> <p>2:00 <b>Afternoon Movie “The Best Years of our Lives” – Max 12 people (VP)</b> 🖍️</p> |  |
| <p><b>27</b></p> <p>10:00 Catholic Mass – Channel 398</p> <p>10:15 <b>Hymn Sing (ML)</b> 🖍️</p> <p>10:30 Marshall Memorial United Church – Channel 398</p> <p>2:00 Mindful Meditation – Channel 398</p> <p>2:00 <b>Sports talk with Jatin (CK)</b></p> <p>7:00 <b>Sunday Evening Movie “The Best Years of our Lives” Max 12 People (VP)</b> 🖍️</p>   | <p><b>28</b></p> <p>9:45 <b>V!VAfit Sit (ML)</b> 🖍️</p> <p>10:30 V!VAfit Sit – Channel 398</p> <p>10:30 <b>V!VAfit COMBO (ML)</b> 🖍️</p> <p>2:00 <b>V!VAfit Strolls (L)</b> 🖍️</p> <p>2:30 Horse Racing Game (CK) 🖍️</p> <p>8:00 Entertainment on Channel 398 - Favourite clips from the Carol Burnett show</p>  | <p><b>29</b></p> <p>9:45 <b>V!VAfit Sit (ML)</b> 🖍️</p> <p>10:30 Weekly Mass – Channel 398</p> <p>10:30 <b>V!VAfit Sit (ML)</b> 🖍️</p> <p>2:00 <b>“What would your say?” – Advice to your Younger Selves (ML)</b> 🖍️</p> <p>2:00 V!VAfit Combo – Channel 398</p> <p>3:00 <b>Afternoon Pub Social (PP)</b> 💰 🖍️</p> <p>8:00 Tuesday evening Biography Channel 398 “Steve McQueen – Man on the Edge”</p>      | <p><b>30</b></p> <p>9:45 <b>V!VAfit Sit (VS)/(ML)</b> 🖍️</p> <p>10:30 V!VAfit Sit – Channel 398</p> <p>10:30 <b>V!VAfit Balance (ML)</b></p> <p>2:15 <b>Scenic Tour – Fall Colours (E)</b> 🖍️ 🚗</p> <p>2:30 <b>Painting Wooden Fall décor (CK) Max 10</b> 🖍️</p> <p>3:00 World’s Most Extreme Railway Megastructures Channel 398</p>                                       | <p>Here’s a sample calendar featuring all the fun events, activities and programs from September!</p>  |  |   |  |



**Photo Opportunity Grandparents Day**

Have your picture taken to send to your great grandchildren and grandchildren.

Your families have been contacted – Sign Up with Lifestyles at extension 416 or 432

**V!VAfit Studio will reopen for equipment use beginning Wednesday, September 9<sup>th</sup>**

Appointments will be required – Drop In’s will not be available

30 minute max time slot

Book through Lifestyles at 416 or 432

**1<sup>st</sup> Annual Pie Auction**

Friday, September 25<sup>th</sup> at 2:30 pm

In the Meadow Lounge

Bid on your favourite pie lovingly prepared by Team Members and Community Members.

All Money raised will be donated to the Alzheimer’s Society and Heart and Stroke

\*Calendars are subject to change.