



Debi and Sasha get creative with our first autumn craft.



Blooming success – Liz’s zinnias were a sight to behold this year.

Don't miss out!

Wedding Bells for Lifestyle Assistant Jessica – Live Streamed to Channel 398
Friday, October 30th
at 3:00pm

Halloween Scavenger Hunt
Saturday, October 31st
at 2:00pm (sign up at ext 416)

Remembrance Day Service
Wednesday, November 11th
at 10:45am (Live stream on channel 398 with Dawn)

Call (905) 304-1968 or email meadowlands@vivalife.ca to learn more.

Overcoming Obstacles

The Lifestyles Team is working hard to come up with new and engaging activities, from continuing with Programs on Channel 398, to developing 1:1 programs, including fitness and social programs. **If you have a program idea, let us know at (905) 304-1968 ext 432 or 416.**

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YOUR VIVA COMMUNITY NEWSLETTER

November 2020



Our first Pie Auction raised \$335! Funds were divided and sent to the Alzheimer’s Society and the Heart and Stroke Foundation.



Small and large pies – first we bake them and then we sell them.



Helen C. and the fabulous Pie Paddle.



The Pie Auction audience wave their paddles with delight.

In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

BY LT. COL. JOHN MCCRAE

Sudoku Challenge

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.

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	

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

As we continue to maintain the health and safety of our community, there will be no November calendar. Here's a sample calendar featuring all the fun events, activities and programs from October!

1 International Day of Older Adults

- 9:45 ■ **VIVAfit Sit (ML)**
- 10:15 ■ **Ecumenical Communion with Andrea (VP) Max 12**
- 10:30 ■ **VIVAfit Sit – Channel 398**
- 10:30 ■ **VIVAfit Sit (ML)**
- 1:15 ■ **Bingo (ML) Max 15**
- 2:00 ■ **VIVAfit Combo – Channel 398**
- 2:00 ■ **Sharing Advice to Younger Selves - InfoTV**
- 2:15 ■ **Bingo (ML) Max 15**
- 3:00 ■ **Thirsty Thursdays – (PP)**

2

- 9:45 ■ **VIVAfit Studio OPEN – NO CLASSES**
- 10:30 ■ **VIVAfit Sit – Channel 398**
- 1:30 ■ **Knit & Stitch (CK)**
- 2:30 ■ **BOOKMOBILE – Ordering books for drop off (ML)**
- 3:00 ■ **Travel Log – Railroad Journeys – Austria – Max 12 People (VP)**

3

- 9:45 ■ **VIVAfit Sit (ML)**
- 10:00 ■ **VIVAfit Combo – Channel 398**
- 10:30 ■ **VIVAfit Sit (ML)**
- 2:00 ■ **Brain Booster Kits including Wacky Wordies – Pick up at Concierge (L)**
- 2:00 ■ **Craft “Hello Fall” signs (HR)**
- 7:00 ■ **Saturday Night at Movies “Madame Bovary” with Mia Wasikow 2014 Max 12 people (VP)**

4

- 10:00 ■ **Catholic Mass Channel 398**
- 10:15 ■ **Hymn Sing with Jess (ML)**
- 10:30 ■ **Marshall Memorial Service channel 398**
- 2:30 ■ **Wheel of Fortune (CK)**
- 7:00 ■ **Sunday Night Movie “Madame Bovary” with Mia Wasikow 2014 Max 12 people (VP)**

Active Aging Week

5

- 9:45 ■ **VIVAfit Sit (ML)**
- 10:30 ■ **VIVAfit Sit – Channel 398**
- 10:30 ■ **VIVAfit Balance (ML)**
- 2:00 ■ **Mindful Meditation Moment (ML)**
- 2:30 ■ **Scenic Tour – Fall Colours (E)**
- 3:15 ■ **Giant Crossword (CK)**
- 8:00 ■ **Entertainment on channel 398 – “River Dance”**

6

- 9:45 ■ **Relaxing Yoga with Tricia (ML)**
- 10:30 ■ **Weekly Mass – Channel 398**
- 2:00 ■ **VIVAfit Strolls (E)**
- 2:00 ■ **VIVAfit Combo – Channel 398**
- 2:15 ■ **Health Talk with Chef Jamie – nutrition & hydration (VP)**
- 3:00 ■ **Afternoon Pub Social (PP)**
- 7:00 ■ **Tuesday Night Movie “Funny Face” with Audrey Hepburn 1957 Max 12 people (VP)**

7

- 9:45 ■ **VIVAfit Sit (ML)**
- 10:30 ■ **VIVAfit Sit – Channel 398**
- 10:30 ■ **VIVAfit Sit & Stand (ML)**
- 2:30 ■ **Entertainer James Skarnikat (Online Live) (ML)**
- 3:30 ■ **Minute to win it – Fall challenge (CK)**
- 8:00 ■ **Harvesting Giants Channel 398**

8

- 9:45 ■ **VIVAfit Sit (ML)**
- 10:30 ■ **VIVAfit Sit – Channel 398**
- 10:30 ■ **VIVAfit Sit (ML)**
- 1:15 ■ **Bingo (ML) Max 15**
- 2:00 ■ **VIVAfit Combo – Channel 398**
- 2:00 ■ **Shopper’s Drug Mart – max 6 people (E)**
- 2:15 ■ **Bingo (ML) Max 15**
- 3:00 ■ **Thirsty Thursdays – (PP)**

9

- 9:45 ■ **VIVAfit Sit (ML)**
- 10:30 ■ **VIVAfit Sit – Channel 398**
- 10:30 ■ **VIVAfit COMBO (ML)**
- 1:30 ■ **Knit & stitch (HR)**
- 2:30 ■ **Scenic Tour – Fall Colours (E)**
- 2:30 ■ **Craft Broccoli Fall Thankful Trees (CK)**
- 7:30 ■ **Munich Travel Log Channel 398**

10

- 10:00 ■ **VIVAfit Combo – Channel 398**
- 2:00 ■ **Brain Booster Kits including Wacky Wordies – Pick up at Concierge (L)**
- 7:00 ■ **Saturday Night at the Movies “High Society” - Max 12 People (VP)**

11

- 10:00 ■ **Catholic Mass – Channel 398**
- 10:15 ■ **Hymn Sing (ML)**
- 10:30 ■ **Marshall Memorial United Church – Channel 398**
- 2:00 ■ **Mindful Meditation – Channel 398**
- 7:00 ■ **Sunday Evening Movie “High Society” - Max 12 People (VP)**

12 Thanksgiving Day

- 9:45 ■ **VIVAfit Sit (ML)**
- 10:30 ■ **VIVAfit Sit – Channel 398**
- 10:30 ■ **VIVAfit Sit (ML)**
- 2:00 ■ **TURKEY BINGO – limited 18 spots available**
- 3:00 ■ **Pumpkin Tic tac Toe (ML)**
- 8:00 ■ **Entertainment on channel 398 - The Legends of Country**

13

- 9:45 ■ **Relaxing Yoga with Tricia (ML)**
- 10:30 ■ **Weekly Mass – Channel 398**
- 2:00 ■ **VIVAfit Combo – Channel 398**
- 2:00 ■ **Wheel of Fortune (CK)**
- 3:00 ■ **Afternoon Pub Social (PP)**
- 7:00 ■ **Tuesday Night Movie “Under the Tuscan Sun” with Diane Lane 2003 - Max 12 People (VP)**

14

- 9:45 ■ **VIVAfit Sit (ML)**
- 10:30 ■ **VIVAfit Sit – Channel 398**
- 10:30 ■ **VIVAfit COMBO (ML)**
- 2:00 ■ **Creative Art with Michelle (CK)**
- 2:30 ■ **Storytime with Marg P (VP)**
- 8:00 ■ **The Tallest Trees on Earth – Channel 398**

15

- 9:45 ■ **VIVAfit Sit (ML)**
- 10:30 ■ **VIVAfit Sit – Channel 398**
- 10:30 ■ **VIVAfit Sit (ML)**
- 1:15 ■ **Bingo (ML) Max 15**
- 2:00 ■ **Shopper’s Drug Mart – max 6 people (E)**
- 2:00 ■ **VIVAfit Combo – Channel 398**
- 2:15 ■ **Bingo (ML) Max 15**
- 3:00 ■ **Thirsty Thursdays – (PP)**

16 National Sport’s Day

- 9:45 ■ **VIVAfit Sit (ML)**
- 10:30 ■ **VIVAfit Sit – Channel 398**
- 10:30 ■ **VIVAfit Sit & Stand (ML)**
- 1:30 ■ **Knit & Stitch (CK)**
- 2:30 ■ **Fall-tastic Craft (CK)**
- 3:30 ■ **Random Sports Trivia and Baseball Bean Bag Toss (ML)**

Wear your favourite Sports Jersey All Day!

17

- 9:45 ■ **VIVAfit Sit (ML)**
- 10:00 ■ **VIVAfit Combo – Channel 398**
- 10:30 ■ **VIVAfit Sit (ML)**
- 2:00 ■ **Brain Booster Kits including Wacky Wordies – Pick up at Concierge (L)**
- 2:30 ■ **Hot Chocolate Bar and Conversation with Jess (ML)**
- 7:00 ■ **“Mrs. Doubtfire” with Robin Williams 1993 Max 12 people (VP)**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>18</p> <p>10:00 Catholic Mass Channel 398</p> <p>10:15 Hymn Sing with Jess (ML)</p> <p>10:30 Marshall Memorial Service channel 398</p> <p>2:30 Heads Up Game (CK) </p> <p>7:00 Sunday Evening Movie "Mrs. Doubtfire" with Robin Williams 1993 Max 12 people (VP)</p>	<p>19</p> <p>VIVAfit Studio NOT OPEN</p> <p>9:45 VIVAfit Sit (ML) </p> <p>10:30 VIVAfit Sit – Channel 398</p> <p>10:30 VIVAfit Balance (ML) </p> <p>2:15 The Great Pumpkin Painting Social (CK) </p> <p>3:00 Travel Log – Railroad Journeys – France Max 12 People </p> <p>8:00 Entertainment on channel 398 - Louis Armstrong - berlin 1965</p>	<p>20</p> <p>9:45 VIVAfit Sit (ML) </p> <p>10:30 Weekly Mass – Channel 398</p> <p>10:30 VIVAfit Sit (ML) </p> <p>2:00 VIVAfit Combo – Channel 398</p> <p>3:00 Afternoon Pub Social (PP) </p> <p>7:00 Tuesday Night Movie "Les Miserables" Stage Production performance with Alfie Bowe Max 12 people (VP)</p>	<p>21</p> <p>9:45 VIVAfit Sit (ML) </p> <p>10:30 VIVAfit Sit – Channel 398</p> <p>10:30 VIVAfit Sit (ML) </p> <p>2:00 Baking Program (CK)</p> <p>2:30 Clearing out the gardens (HR)</p> <p>8:00 Westing House : The powerhouse of patents and business with Nikola Tesla – Channel 398</p>	<p>22</p> <p>9:45 VIVAfit Sit (ML) </p> <p>10:30 VIVAfit Sit – Channel 398</p> <p>10:30 VIVAfit Sit (ML) </p> <p>1:15 Bingo (ML) Max 15 </p> <p>2:00 VIVAfit Combo – Channel 398</p> <p>2:15 Bingo (ML) Max 15 </p> <p>3:00 Thirsty Thursdays – (PP) </p>	<p>23</p> <p>9:45 VIVAfit Sit (ML) </p> <p>10:30 VIVAfit Sit – Channel 398</p> <p>10:30 VIVAfit Combo (ML) </p> <p>1:30 Knit & Stitch (CK)</p> <p>2:30 Meet & Greet – New Community Members (ML) 15 people </p> <p>3:30 Meet & Greet – New Community Members (ML) 15 People </p>	<p>24</p> <p>10:00 VIVAfit Combo – Channel 398</p> <p>2:00 Brain Booster Kits including Wacky Wordies – Pick up at Concierge (L)</p> <p>2:30 Giant Crossword (CK)</p> <p>7:00 Saturday Night at the Movies "Jane Eyre" with Joan Fontaine and Orson Wells 1943 Max 12 People (VP) </p>
<p>25</p> <p>10:00 Catholic Mass Channel 398</p> <p>10:15 Hymn Sing (ML)</p> <p>10:30 Marshall Memorial Service – Channel 398</p> <p>2:00 Mindful Meditation – Channel 398</p> <p>7:00 Sunday Evening Movie "Jane Eyre" with Joan Fontaine and Orson Wells – 1943 Max 12 People (VP)</p>	<p>26</p> <p>9:45 VIVAfit Sit (ML) </p> <p>10:30 VIVAfit Sit – Channel 398</p> <p>10:30 VIVAfit Sit &Stand(ML) </p> <p>2:15 Decorate your Halloween mask / Paint a Mask holder to hang your masks</p> <p>8:00 Entertainment on channel 398 - Andre Rieu – Romantic Paradise</p>	<p>27</p> <p>9:45 Relaxing Yoga with Tricia (ML) </p> <p>10:30 Weekly Mass – Channel 398</p> <p>10:30 VIVAfit Sit (ML) </p> <p>2:00 VIVAfit Combo – Channel 398</p> <p>2:00 Colour your World (CK) Colouring pages </p> <p>3:00 Afternoon Pub Social Halloween Trivia (PP) </p> <p>7:00 Tuesday Night Movie "Stanley and Iris" with Jane Fonda – 1990 Max 12 people (VP) </p>	<p>28</p> <p>9:45 VIVAfit Sit (ML) </p> <p>10:30 VIVAfit Sit – Channel 398</p> <p>10:30 VIVAfit COMBO (ML) </p> <p>2:00 Creative Art with Michelle (CK) </p> <p>3:15 Mindful Meditation Moment (ML)</p> <p>8:00 Strange things in the amazon forest – Channel 398</p>	<p>29</p> <p>9:45 VIVAfit Sit (ML) </p> <p>10:00 Shopper's Drug Mart (E) – max 6 people </p> <p>10:30 VIVAfit Sit – Channel 398</p> <p>10:30 VIVAfit Sit (ML) </p> <p>1:15 Bingo (ML) Max 15 </p> <p>2:00 Shopper's Drug Mart – max 6 people (E) </p> <p>2:00 VIVAfit Combo – Channel 398</p> <p>2:15 Bingo (ML) Max 15 </p> <p>3:00 Thirsty Thursdays – (PP) </p>	<p>30</p> <p>9:45 VIVAfit Sit (ML) </p> <p>10:30 VIVAfit Sit – Channel 398</p> <p>10:30 VIVAfit Sit (ML) </p> <p>1:30 Knit & Stitch (CK)</p> <p>2:15 Frankenstein Friday Halloween Costume Parade & Scavenger Hunt (ML) </p> <p>3:00 Wedding Bells - Jessica's Wedding Live Streamed (ML) and (VP) </p>	<p>31</p> <p>10:00 VIVAfit Combo – Channel 398</p> <p>2:00 Brain Booster Kits including Wacky Wordies – Pick up at Concierge (L)</p> <p>2:30 Storytime with Marg P (VP)</p> <p>7:00 Saturday Night at the Movies "Halloween Movie Surprize" - Max 12 People (VP) </p> <p>Time Change Turn Clock Back </p>

*Calendars are subject to change.