



Every day leading up to Christmas, Lifestyles revealed a daily exercise to perform with a VIVAFit Advent Calender and short video clips were posted to Channel 398.

Don't miss out!

New Year Countdown
Afternoon Champagne Cart and Mock Countdown on your floor – Toast in the New Year together!

New Year's Eve Celebration
Concerts to be shown on Channel 398 leading up to midnight.

New Year's Day Festivities
Dress in your best outfit for our special New Year's Day meal.

New Year's Resolutions
Get your New Year's Resolution ready. We will be writing them up and posting them to Facebook to inspire those in our Community.

Alzheimer's Presentation

The Alzheimer's Society will present some education and information via Zoom in January. Look out for the date on your calendar. **RSVP to Donna to reserve your spot at 905-304-1968 ext. 413!**

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December was "Snowman Month" at Meadowlands! Jess and Marge show off their adorable, crafted snowmen.



Frosty the Meadowlands Snowman was made by Community Member Jim on our first snowfall of the year.



Lifestyles Assistant Rebecca, preps the MOO Cart for delivery.



Community Member Helen creates her own Christmas tree.



Holiday crafts keep Community Members busy for the season.

Upcoming Virtual Events

A new monthly series to help us feel better together!



Guest Speaker
Amanda Li, Registered Dietician & Educator

The Role of Nutrition in Seniors' Mental Health and Wellbeing

Two Part Series with Guest Speaker:
Amanda Li

TUESDAY, JANUARY 19 | 10:00 - 11:00 AM

Join us on Zoom as Registered Dietitian, educator, and owner of Wellness Simplified, Amanda Li, examines key nutrients for older adults and their role in mental health and wellbeing. Participants will be entered to WIN a virtual 30 minute nutrition consult with Amanda!

TUESDAY, JANUARY 26 | 10:00 - 11:00 AM

Now that we have discussed the key nutrients, let's put this knowledge into practice! Amanda prepares two easy, nutritious, and mouth-watering recipes rich in important nutrients



Guest Speaker
Mike Stroh, MACP, Registered Psychotherapist

Kindness and Compassion

TUESDAY, FEBRUARY 16 | 10:00 - 11:00 AM

Join us as MACP, Registered Psychotherapist, Mike Stroh, explores why exercising self compassion and cultivating kindness can make us feel more connected and motivated while enhancing personal wellbeing.

To register for these events, please call Donna at (905) 304-1968 ext. 413 or email meadowlands@vivalife.ca.

Word Search

The New Year is almost here! Get into the spirit searching for festive words in the block below.

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

CONFETTI

COUNTDOWN

DANCING

FIREWORKS

HANGOVER

HOLIDAY

JANUARY

MIDNIGHT

MUSIC

PARTY

RESOLUTION

RESOLUTIONS

STREAMERS

TUXEDO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>LEGEND</p> <p>Orange Fitness Class</p> <p>Purple Special Event</p> <p>Green Excursion</p> <p>✓ Sign Up</p> <p>🚐 Shuttle</p> <p>💰 Cost required</p> <p>▶▶ Walking</p>	<p style="text-align: center; font-size: 24px;">This is a sample calendar of what December looks like!</p>	<p>1</p> <p>9:15 VIVAfit Studio Open for 1:1 training (Sign up required) ✓</p> <p>9:45 Relaxing Yoga with Tricia – Channel 398</p> <p>10:30 Catholic Mass on 398</p> <p>1:30 No Sew Snowman Craft 1:1 Sign up with Lifestyles ✓</p> <p>3:00 Happy Hour Cart – serving PL, 1st and 4th Floor) ✓</p> <p>8:00 Biography - Martha Stewart channel 39</p> <p>VIVAfit Advent Calendar Starts Today – Tune in Channel 398</p>	<p>2</p> <p>9:15 VIVAfit Studio Open for 1:1 training (Sign up required) ✓</p> <p>9:30 VIVAfit Strolls ✓ 1:1 appointments</p> <p>10:30 VIVAfit Sit– Channel 398</p> <p>2:00 Christmas card writing to troops and those less fortunate 1:1 Book your spot with Lifestyles ✓</p> <p>3:00 Academy of Art: Summer Exhibit – Channel 398</p> <p>8:00 Documentary - The Most Intelligent Animal on Earth Channel 398</p>	<p>3</p> <p>9:15 VIVAfit Studio Open for 1:1 training (Sign up required) ✓</p> <p>10:30 VIVAfit Combo – Channel 398</p> <p>2:00 Bingo – Channel 398</p> <p>3:00 Happy Hour Cart – serving 2nd & 3rd Floor</p> <p>3:15 Travel Log - Krakow Channel 398</p> <p>Theme Day : Christmas Socks – Roll those pants up to show off those amazing x-mas socks</p>	<p>4</p> <p>9:15 VIVAfit Studio Open for 1:1 training (Sign up required) ✓</p> <p>9:30 VIVAfit Strolls</p> <p>10:30 VIVAfit Sit & Stand – Channel 398</p> <p>2:00 Salvation Army Band Christmas Concert Channel 398</p> <p>3:00 Ordering Books from the Library Meadow Lounge 1:1</p>	<p>5</p> <p>10:30 VIVAfit Sit – Channel 398</p> <p>2:00 Brain Booster Kits including Wacky Wordies – Pick up at Concierge (L)</p> <p>2:00 Q-tip Art 1:1 call Lifestyles to Book your Spot (CC)</p> <p>2:30 Christmas Music with Mahima Channel 398</p> <p>7:30 Saturday Night Movie on Channel 398 “Forest Gump”</p>
<p>6</p> <p>9:30 Hymn Sing with Rob Channel 398</p> <p>10:15 Catholic Mass Channel 398</p> <p>10:45 Marshall Memorial Service Channel 398</p> <p>2:00 Brain Buster Scavenger Hunt Rebecca 1:1 (CC)</p> <p>3:00 Crosswords – Pick up at Concierge</p> <p>7:00 Sunday Evening Movie – Channel 398 “Miss Potter”</p>	<p>7</p> <p>9:15 VIVAfit Studio Open for 1:1 training (Sign up required) ✓</p> <p>10:30 VIVAfit Sit – Channel 398</p> <p>2:00 Guess Who?! – submit stories or facts about yourself and Guess who it is - Channel 398</p> <p>2:00 Online Ordering Help (BG) (Christmas shopping)</p> <p>3:00 Name that Tune- Christmas Carol channel 398</p> <p>8:00 Andre Rieu Full Concert on Channel 398</p>	<p>8</p> <p>9:15 VIVAfit Studio Open for 1:1 training (Sign up required) ✓</p> <p>9:45 Relaxing Yoga with Tricia – Channel 398</p> <p>10:30 Catholic Mass on 398</p> <p>1:30 Frosted mason jar decorations Craft 1:1 Call Lifestyles to Sign up ✓</p> <p>3:00 Happy Hour Cart – serving PL, 1st and 4th Floor) ✓</p> <p>8:00 Biography – David Attenborough Channel 398</p>	<p>9</p> <p>9:15 VIVAfit Studio Open for 1:1 training (Sign up required) ✓</p> <p>9:30 VIVAfit Strolls ✓ 1:1 appointments</p> <p>10:30 VIVAfit Sit– Channel 398</p> <p>2:00 James Skarnikat Live Stream Channel 398</p> <p>2:30 Tech talk- Help with your iPad or tablet 1:1 Call Lifestyles to book your spot (BG)</p> <p>8:00 Documentary- Our Frozen planet Channel 398</p>	<p>10</p> <p>9:15 VIVAfit Studio Open for 1:1 training (Sign up required) ✓</p> <p>10:30 VIVAfit Combo – Channel 398</p> <p>2:00 Bingo – Channel 398</p> <p>3:00 Happy Hour Cart – serving 2nd & 3rd Floor</p> <p>3:15 Travel Log - Christmas In Austria Channel 398</p> <p>Theme Day: Wear Blue and White to celebrate the Start of Hanukkah</p>	<p>11</p> <p>9:15 VIVAfit Studio Open for 1:1 training (Sign up required) ✓</p> <p>9:30 VIVAfit Strolls</p> <p>10:30 VIVAfit Sit & Stand – Channel 398</p> <p>12:00 Afternoon Atlanta Zoo Live Cam – Channel 398</p> <p>1:30 Decorating Gingerbread/houses Craft 1:1 Call Lifestyles to Sign up ✓</p> <p>3:00 Christmas with the Tabernacle Choir – Channel 398</p> <p>8:00 Friday Christmas Movie “The Christmas Bunny” - 398</p>	<p>12</p> <p>10:30 VIVAfit Sit – Channel 398</p> <p>2:00 Brain Booster Kits including Wacky Wordies – Pick up at Concierge (L)</p> <p>2:30 Colour Christmas Pages with Jess 1:1 (CC) Call Lifestyles to Sign up</p> <p>7:30 Saturday Night Movie on Channel 398 “His Girl Friday” 1941</p>
<p>13</p> <p>9:30 Hymn Sing with Rob Channel 398</p> <p>10:15 Catholic Mass Channel 398</p> <p>10:45 Marshall Memorial Service Channel 398</p> <p>2:00 Decorating Christmas Treats 1:1 with Jess – Please Call to Sign up for a spot</p> <p>3:00 Crosswords – Pick up at Concierge</p> <p>7:00 Sunday Evening Movie – Channel 398 “EIF” 2003</p>	<p>14</p> <p>9:15 VIVAfit Studio Open for 1:1 training (Sign up required) ✓</p> <p>9:30 VIVAfit Strolls ✓ 1:1 appointments</p> <p>10:30 VIVAfit Sit – Channel 398</p> <p>2:00 Sing along with Jim on the Piano – Channel 398</p> <p>3:00 Afternoon Poetry Reading with Emily – Channel 398</p> <p>8:00 Michael Buble Home For Christmas- Channel 398</p>	<p>15</p> <p>9:15 VIVAfit Studio Open for 1:1 training (Sign up required) ✓</p> <p>9:45 Relaxing Yoga with Tricia – Channel 398</p> <p>10:30 Catholic Mass on 398</p> <p>Fresh Evergreen</p> <p>1:30 Workshop 1:1 Call Lifestyles to Sign up ✓</p> <p>3:00 Happy Hour Cart – serving PL, 1st and 4th Floor) ✓</p> <p>8:00 Biography – Walt Disney</p>	<p>16</p> <p>9:15 VIVAfit Studio Open for 1:1 training (Sign up required) ✓</p> <p>9:30 VIVAfit Strolls ✓ 1:1 appointments</p> <p>10:30 VIVAfit Sit– Channel 398</p> <p>2:00 Christmas Trivia Channel 398</p> <p>3:00 James Skarnikat Live Stream Channel 398</p> <p>8:00 Documentary Norman Rockwell Channel 398</p>	<p>17</p> <p>9:15 VIVAfit Studio Open for 1:1 training (Sign up required) ✓</p> <p>10:30 VIVAfit Combo – Channel 398</p> <p>2:00 Bingo – Channel 398</p> <p>3:00 Happy Hour Cart – serving 2nd & 3rd Floor</p> <p>3:15 Travel Log Macedonia Channel 398</p>	<p>18</p> <p>9:15 VIVAfit Studio Open for 1:1 training (Sign up required) ✓</p> <p>9:30 VIVAfit Strolls</p> <p>10:30 VIVAfit Sit & Stand – Channel 398</p> <p>1:45 Afternoon movie with popcorn cart coming around- listen for the music and smell of popcorn!</p> <p>2:00 Friday Flick “Home Alone” Channel 398</p> <p>7:30 Friday Flick “Home Alone 2” Channel 398</p> <p>National Christmas Sweater Day</p>	<p>19</p> <p>10:30 VIVAfit Sit – Channel 398</p> <p>2:00 Brain Booster Kits including Wacky Wordies – Pick up at Concierge (L)</p> <p>2:00 Gratitude Journals Wrapping up 2020 with Jessica 1:1 (CC)</p> <p>2:30 Christmas Music with Mahima Channel 398</p> <p>7:30 Saturday Night Movie on Channel 398 “Christmas at Rosemont”</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>20</p> <p>9:30 Hymn Sing with Rob Channel 398</p> <p>10:15 Catholic Mass Channel 398</p> <p>10:45 Marshall Memorial Service Channel 398</p> <p>2:00 Mindful Meditation on Channel 398</p> <p>2:00 Drop ins with Emily</p> <p>3:00 Crosswords – Pick up at Concierge</p> <p>7:00 Sunday Evening Movie – Channel 398 “The Polar Express”</p>	<p>21</p> <p>9:15 V!VAfit Studio Open for 1:1 training (Sign up required) ✓</p> <p>10:30 V!VAfit Sit & Stand – Channel 398</p> <p>2:00 Guess Who?! – submit stories or facts about yourself and Guess who it is - Channel 398</p> <p>2:30 Clue Scavenger Hunt Throughout the Building – Check 398 for the First Clue to get you started</p> <p>8:00 Andre Rieu – in Wembley Channel 398</p>	<p>22</p> <p>9:15 V!VAfit Studio Open for 1:1 training (Sign up required) ✓</p> <p>9:45 Relaxing Yoga with Tricia – Channel 398</p> <p>10:30 Catholic Mass on 398</p> <p>2:00 Christmas BINGO channel 398</p> <p>3:00 Happy Hour Cart – serving PL, 1st and 4th Floor) ✓</p> <p>8:00 Biography – Margaret Thatcher on Channel 398</p>	<p>23</p> <p>9:15 V!VAfit Studio Open for 1:1 training (Sign up required) ✓</p> <p>9:30 V!VAfit Strolls ✓ 1:1 appointments</p> <p>10:30 V!VAfit Sit– Channel 398</p> <p>2:00 Christmas Name that Tune Channel 398</p> <p>2:30 Eggnog and Hot Chocolate Cart Sit in the door way to sing along to the Carols ✓</p> <p>8:00 Documentary Channel 398 THEME DAY – Santa and his Helpers – dress as an elf, reindeer or Santa/Mrs. Claus</p>	<p>24</p> <p>Christmas Eve</p> <p>9:15 V!VAfit Studio Open for 1:1 training (Sign up required) ✓</p> <p>10:30 V!VAfit Combo – Channel 398</p> <p>2:00 Bingo – Channel 398</p> <p>2:30 Happy Hour Cart – serving 2nd & 3rd Floor NOTE TIME</p> <p>3:15 Travel Log - Rick Steeves, European Christmas Channel 398</p> <p>8:00 Miracle on 34th Street Channel 398</p> <p>Theme day: Red & Green Day</p>	<p>25</p> <p>Christmas Day</p> <p>9:30 NO V!VAfit Studio Today</p> <p>9:30 V!VAfit Christmas Carol Strolls</p> <p>10:00 Once Upon A Christmastime parade Channel 398</p> <p>10:30 V!VAfit Sit & Stand – Channel 398</p> <p>2:00 Christmas Visits with Little Em the Elf</p> <p>8:00 Andre Rieu- The Christmas I love Channel 398</p>	<p>26</p> <p>Boxing Day</p> <p>10:30 V!VAfit Sit – Channel 398</p> <p>2:00 Brain Booster Kits including Wacky Wordies – Pick up at Concierge (L)</p> <p>2:00 Finishing the Lyrics pick up questionnaire at Concierge – hand in for a prize</p> <p>2:30 Team Member Spotlight on Channel 398</p> <p>7:30 Saturday Night Movie on Channel 398 “Little Women” 1994</p>
<p>27</p> <p>9:30 Hymn Sing with Rob Channel 398</p> <p>10:15 Catholic Mass Channel 398</p> <p>10:45 Marshall Memorial Service Channel 398</p> <p>2:00 Mindful Meditation on Channel 398</p> <p>2:00 Drop ins</p> <p>3:00 Crosswords – Pick up at Concierge</p> <p>7:00 Sunday Evening Movie – Channel 398 “Bedtime Story” 1964</p>	<p>28</p> <p>9:15 V!VAfit Studio Open for 1:1 training (Sign up required) ✓</p> <p>9:30 V!VAfit Strolls ✓ 1:1 appointments</p> <p>10:30 V!VAfit Sit & Stand – Channel 398</p> <p>2:00 Holiday BINGO – Channel 398</p> <p>3:00 Dean Martin Christmas Special (1968) – Channel 398</p> <p>8:00 Youth Ballet performs The Nutcracker on Channel 398</p>	<p>29</p> <p>9:15 V!VAfit Studio Open for 1:1 training (Sign up required) ✓</p> <p>9:45 Relaxing Yoga with Tricia – Channel 398</p> <p>10:30 Catholic Mass on 398</p> <p>1:30 Hot Air Balloon step by Step Painting Craft 1:1 Call Lifestyles to Sign up ✓</p> <p>3:00 Happy Hour Cart – serving PL, 1st and 4th Floor) ✓</p> <p>8:00 Biography – Secrets of the Universe</p>	<p>30</p> <p>9:15 V!VAfit Studio Open for 1:1 training (Sign up required) ✓</p> <p>9:30 V!VAfit Strolls ✓ 1:1 appointments</p> <p>10:30 V!VAfit Sit– Channel 398</p> <p>2:00 Truth or Myth for the year 2020 – Channel 398</p> <p>3:00 Tach talk- Help with your ipad or tablet 1:1 Call Lifestyles to book your spot (BG)</p> <p>8:00 Documentary Shipwrecked on a great Lake Channel 398</p>	<p>31</p> <p>9:15 V!VAfit Studio Open for 1:1 training (Sign up required) ✓</p> <p>10:30 V!VAfit Combo – Channel 398</p> <p>2:00 Bingo – Channel 398</p> <p>3:00 Happy Hour Cart – serving 2nd & 3rd Floor</p> <p>3:15 Travel Log Channel 398</p>	<p>Keep an eye out on Channel 398 every morning for the V!VAfit Advent Calendar</p> <p>Starting December 1st to 24th</p> <p>Lifestyles will pop open the Advent door to see what the V!VAfit exercise of the day is! Find a Team member to do the exercise in front for proof and the one who participates the most will win a prize on the 24th!!</p>	<p>Please Note All Crafts will now be done in The Community Commons on the Patio Level in the East Wing</p>

