



Team Members participated in a wacky sock theme day.



On March 13, 2020 we first learned about COVID-19. A year later we've learned to inject a touch of humour into our days!

**Don't miss out!**

**Mother's Day**

**Sunday, May 9th**

"To the world you are a Mother, to your family, you are their world."

**Nurses Week**

**May 10th – 15th**

Join us in celebrating our nurses; both Community Members and Team members for all of their efforts throughout the years!

**V!VA Values Seniors' Mental Health: Tips on Resilient Aging From a Spunky Senior**

**Tuesday, May 18th, 11:00am**  
RSVP with Donna Carlesso.

**Cruise Week**

**May 17th – 21st**

Dress like a tourist and join us for a trip to Scotland!

**Wine and Paint Social**

**Tuesday, May 25th, 2:00pm**

Please sign up with the Lifestyles Team.

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

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# V!VAvoice

YOUR VIVA COMMUNITY NEWSLETTER

May 2021



**COVID-19 UPDATE:** Due to the ongoing pandemic, there is no events calendar at this time. Please speak with your Community's Lifestyles Team to learn more about what's happening at your Community this month!



Kiss me I'm Irish! Our St. Patrick's Day events included a scavenger hunt to find a lucky leprechaun! Pictured above: Community Members Kathleen, John, Pat and Team Members Emily and Jess dressed for the day.



Butterflies have always been a big part of Meadowlands, so our Spring Crafts had to include butterflies.



A handful of talented artists share their lovely framed pressed flower craft.





# Upcoming Virtual Events

A monthly series to help us feel better together!

Please join us as we continue to increase awareness around mental health as an important issue for older adults, provide seniors and loved ones with relevant education and resources, and raise funds for local organizations supporting seniors' mental health.



Guest Speaker,  
**Patricia Morgan,**  
Spunk Seniorpreneur

## Tips on Resilient Aging from a Spunky Senior

MAY 18 | 11:00 AM - 12:00 PM

Spunky seniorpreneur, Patricia Morgan, shares the VIVA way to resilient aging. **V** is for: *validate your body's wisdom*, **I** is for: *improve your thoughts*, **V** is for: *value your community*, **A** is for: *added fun, smiles, and laughter*.



Guest Speaker,  
**Laura Bourne,**  
Wellness Consultant  
& Holistic Nutritionist

## How Essential Oils Can Support Mental Health

JUNE 15 | 11:00 AM - 12:00 PM

Aromatherapy has played an important role in holistic health and wellness practices for centuries. Join Laura, Workplace Wellness Consultant and Holistic Nutritionist, to learn how using essential oils can offer the body natural and holistic solutions.

To register, go to  
[www.vivalife.ca/mentalhealth](http://www.vivalife.ca/mentalhealth)  
or call Donna at (905) 304-1968  
or email [meadowlands@vivalife.ca](mailto:meadowlands@vivalife.ca)

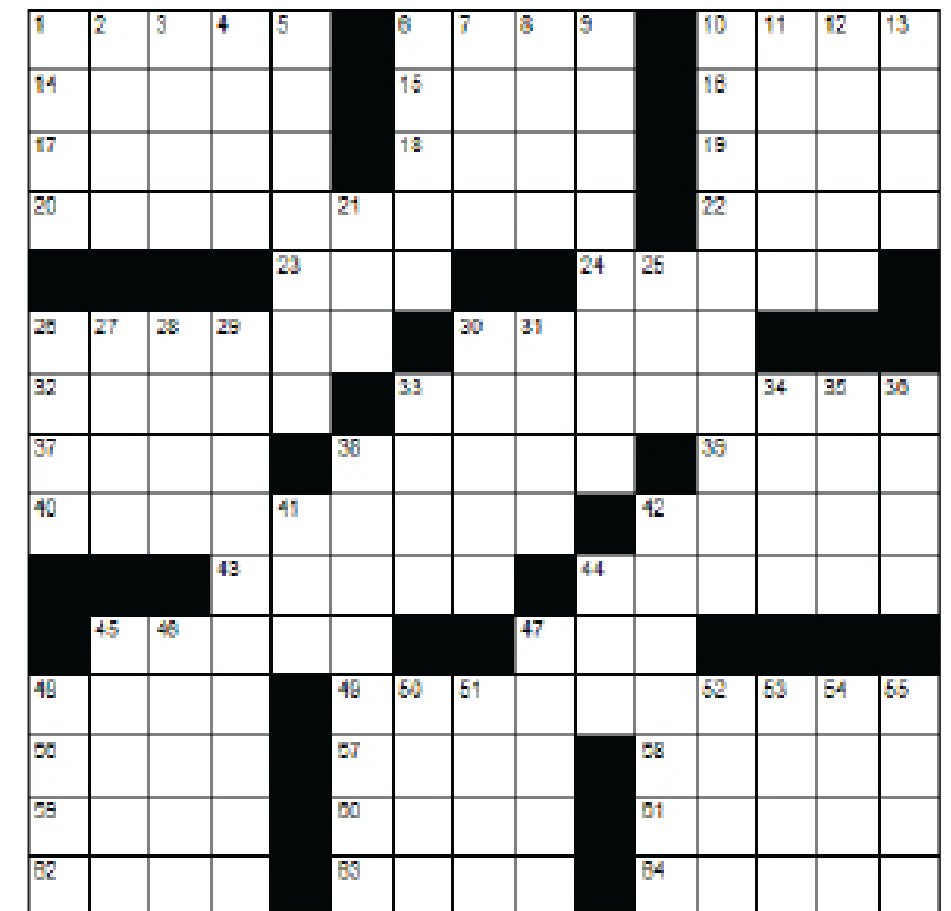


# Crossword!

Take a break with this challenging puzzle! Good luck!

## ACROSS

1. Bedouin
6. Fellow
10. Geographic illustrations
14. 3-banded armadillo
15. Christmas season
16. Small island
17. Compassion
18. Family group
19. Protruding part of the lower jaw
20. Charmed
22. Marsh plant
23. Lyric poem
24. Long times
26. Walk quietly
30. Parental sisters
32. Ignominy
33. Dismantled
37. Clairvoyant
38. Prods
39. A single time
40. Sign of things to come
42. Seasoning
43. Mammary gland of bovids
44. Move unsteadily
45. Of the cheekbone
47. Woman
48. Venician magistrate
49. Exhilaration
56. Distinctive flair
57. Allies' foe
58. Hot chocolate
59. Nonclerical
60. Fog
61. Fortuneteller's card
62. Sea eagle
63. Chickadees
64. Spurns



## DOWN

- |                              |                               |                          |
|------------------------------|-------------------------------|--------------------------|
| 1. What a person is called   | 13. Transmit                  | 38. Unimagined           |
| 2. Not closed                | 21. Citrus drink              | 41. Actress Lupino       |
| 3. Shopping place            | 25. Estimated time of arrival | 42. Chooses              |
| 4. Ogee                      | 26. Nonsense (British)        | 44. Make lace            |
| 5. A hospital common room    | 27. Bright thought            | 45. Back tooth           |
| 6. Pedal                     | 28. Jetty                     | 46. Encore               |
| 7. Body of a ship            | 29. Instability               | 47. Central points       |
| 8. Wings                     | 30. Cholera                   | 48. Expunge              |
| 9. Necklaces                 | 31. End ___                   | 50. 22 in Roman numerals |
| 10. Used to see small things | 33. Desire                    | 51. A box or chest       |
| 11. Pale with fright         | 34. Make a sweater            | 52. Groan                |
| 12. Layers                   | 35. Behold, in old Rome       | 53. Beige                |
|                              | 36. Bucks and does            | 54. Newbie (slang)       |
|                              |                               | 55. Makes lace           |