



“Rocking” it out! Community Member Beryl creates her masterpiece.



Community Members enjoy the outdoors and keep active with a competitive bean bag toss.

Don't miss out!

Canada Day Celebration

Thursday, July 1st
Outdoors – 2:00 pm
Entertainment by Dave Burden.

V!VA Values Seniors' Mental Health:

The Science of Laughter
Tuesday, July 20th, 2:00pm
Learn how laughter can help you cope with stress, change and uncertainty. RSVP with Donna Carlesso at ext 413.

Live Drive Thru Concert

Thursday, July 30th
Outdoors – 2:00 pm
Featuring The Escapade Trio.
Enjoy an outdoor concert from the comfort of your car.

Call Donna at (905) 304-1968 ext. 413 or email meadowlands@vivalife.ca to learn more.

LET'S WORK TOGETHER AND REMEMBER TO WEAR OUR MASKS AND KEEP A SAFE DISTANCE.

Copyright VIVA Retirement Communities Corporation 2021

V!VAvoice

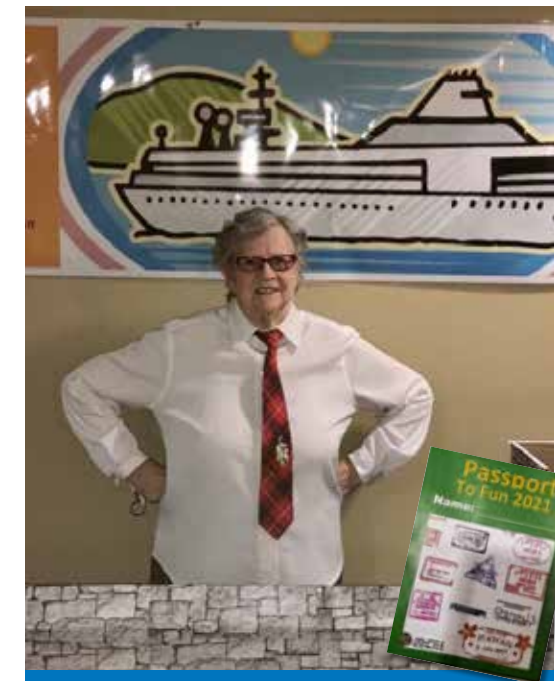
YOUR VIVA COMMUNITY NEWSLETTER

July 2021

Meadowlands
A VIVA RETIREMENT COMMUNITY



Last month's cruise week was a virtual visit to Scotland including castle tours and sightings of the Loch Ness Monster!



Helen B. declared as the Ultimate Cruiser, collecting the most passport stamps.



Gerry captures the beauty of the ocean in a World Ocean Day craft.



Taking things outside to “play” by the rules. Margaret enjoys Drumfit.



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 **Peter Brown, Podcaster & Playwright**

The Science of Laughter

JULY 20TH | 2:00 PM - 3:00 PM

Peter Brown, former producer and host for CBC and current podcaster, improv artist, speaker and playwright, shares the many ways laughter can help you cope with stress, change and uncertainty. From known physical benefits, to a deeper connection with colleagues and friends, to a greater feeling of control and perspective, Peter teaches you how to use laughter to make your life better in any situation



Guest Speaker **Trish Tutton, Speaker & Mindfulness Expert**

Boosting Mental Health With Mindfulness

AUGUST 17TH | 2:00 PM - 3:00 PM

Did you know that 90% of your long-term happiness depends NOT on your life's circumstances, but on the way your brain processes them? Join us to learn techniques to help your brain process your world with more positivity, as well as understand how mindfulness can help us develop more perspective to overcome challenges.

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

Sudoku!

The objective is to fill a the grid with digits in such a way that each column, each row, and each of the nine 3x3 grids that make up the larger 9x9 grid contains all of the digits from 1 to 9.

	5			2				
		3						6
		7				2		
					9	6		
		6	3					
9	1		2				5	
	9		4	5	1			
	2			9		3		5
7								8

	1							
	4		5		6	8		
		5		2	4	6		
							9	
	2							4
1								7
								3
		3				8		
						9		
4			3	1				7

4								
		6		5	7		8	
					9		6	
5				4				
7			5				3	
			9	6			2	1
						3		
	8				3			9
	7	9		8				

	5							
			7	4				
3				5				2
4			6					
		7	3				8	
	2			8			1	
	6							4
	7				1			3
		8		2				1



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>Due to the ongoing pandemic, there is no events calendar at this time, but you can get a sample here of what life is like at VIVA!</p>	<p>1 Loch Ness / Fort Augustus</p> <p>9:15 VIVAfit 1:1 training (VS) ✓</p> <p>9:45 Relaxing Yoga with Tricia-Channel 398</p> <p>10:00 Ladderball Toss (E)</p> <p>10:30 Catholic Mass Channel 398</p> <p>2:00 BINGO (Channel 398)</p> <p>Cruise Control – Travel Loch Ness & Fort Augustus – Channel 398</p> <p>3:15 The Best of Highland Piping Channel 398</p> <p>8:00 Cruise Week Photobooth (ML)</p> <p><i>Cruise Week</i> 🚢</p>	<p>2 Glenfinnan / Oban 🚢</p> <p>9:15 VIVAfit 1:1 training (VS) ✓</p> <p>9:30 REXALL Walker and Wheelchair Repair Clinic (L) (Sign Up)</p> <p>10:00 Golf St. Andrews (VL) ✓</p> <p>10:30 VIVAfit Wheel of Fitness – Channel 398</p> <p>1:30 Offshore Excursion – & 3:00 Scenic Tour Sign Up ✓ 🚐</p> <p>2:00 Billiard Tournament (PP) Sign Up ✓</p> <p>3:15 Cruise Control – Travel Log– Glenfinnan- Chan 398</p> <p>8:00 Mary Stuart: Queen of Scotland - Channel 398</p>	<p>3 Isle of Mull / Tobermory</p> <p>9:15 VIVAfit 1:1 training (VS) ✓</p> <p>10:00 Painting – Scottish Tartan (CK) Sign Up ✓</p> <p>10:30 VIVAfit Sit – Channel 398</p> <p>2:00 BINGO (Channel 398)</p> <p>VIVAfit Strolls – walking group outside weather dependent (E) ✓</p> <p>2:00 Happy Hour Cart – serving All Floors \$ ✓ Honey Mead</p> <p>2:30 Cruise Control – Isle of Mull and Tobermory Travel Log – Channel 398</p> <p>Theme Day: Tartan/ Plaid Day</p> <p><i>Cruise Week</i> 🚢</p>	<p>4 Isle of Skye / Kyle of Lochalsh</p> <p>9:15 VIVAfit 1:1 training (VS) ✓</p> <p>10:00 Know your Scottish Words Spelling Bee & Definition Challenge (CK) Sign Up ✓</p> <p>10:30 VIVAfit COMBO- Chan 398</p> <p>1:30 Offshore Excursion – & 3:00 Scenic Tour Sign Up ✓ 🚐</p> <p>2:00 Cruise Control – Isle of Skye / Kyle of Lochalsh Travel Log – Channel 398</p> <p>2:30 Return to Port Party – hand in your Passports – pick up your Cruise Photo (ML) Sign up ✓</p> <p><i>Cruise Week</i> 🚢</p>	<p>5 National Donut Day</p> <p>VIVAfit Strolls – walking group outside weather dependent (E) ✓</p> <p>10:00 VIVAfit Sit – Channel 398</p> <p>10:30 VIVAfit Wheel of Fitness – Channel 398</p> <p>1:00 Announcing the Ultimate Cruiser from Cruise Week Channel 398</p> <p>2:00 What is your favourite Donut?? Taste Test (ML) Sign up ✓</p> <p>8:00 Saturday Night at the Movies “A Day in a Life - An Ode to Life About Aging and Love” (2017) Channel 398</p>
<p>6 D- Day</p> <p>9:30 Hymn Sing with Martin Channel 398</p> <p>10:15 Catholic Mass Channel 398</p> <p>10:45 Marshall Memorial Service Channel 398</p> <p>D- Day Juno Beach Oronto, Canadian WWII Stories - Documentary Channel 398</p> <p>2:00 Giant Cross word (E) or (ML) Sign up ✓</p> <p>2:30 Sunday Evening Movie “That Certain Feeling” (1956) Comedy – Channel 398</p>		<p>7</p> <p>9:15 VIVAfit Studio 1:1 training Sign Up ✓</p> <p>10:30 VIVAfit Sit & Stand – Channel 398</p> <p>Ordering Seeds for the Victory Gardens – Remember to bring your Credit Cards (BG)</p> <p>1:30 & 3:00 Scenic Tour Sign Up ✓ 🚐</p> <p>2:30 Happy Hour Cart – Serving All Floors \$ ✓</p> <p>8:00 Entertainment - Channel 398 Puccini La Rondine Opera</p>	<p>8 World Ocean Day</p> <p>9:15 VIVAfit 1:1 training (VS) ✓</p> <p>9:45 Relaxing Yoga with Tricia-Channel 398</p> <p>10:00 Manicures (CK) Sign up ✓</p> <p>10:30 Catholic Mass Channel 398</p> <p>2:00 BINGO (Channel 398)</p> <p>2:30 Craft – World Ocean Day (CK) Sign Up ✓</p> <p>8:00 Biography - WW2 Axis and Allies – allied Leaders Churchill, Stalin & FDR on Channel 398</p>	<p>9</p> <p>9:15 VIVAfit 1:1 training (VS) ✓</p> <p>VIVAfit Strolls excursion – please be sure to bring water, dress appropriate for the weather Sign Up ✓ 🚐</p> <p>10:00 VIVAfit Wheel of Fitness – Channel 398</p> <p>10:30 Heads Up Game (E) or (ML) Sign up ✓</p> <p>2:00 Documentary – The End of Oil National Geographic Documentary - Channel 398</p>	<p>10 National Iced Tea Day</p> <p>9:15 VIVAfit 1:1 training (VS) ✓</p> <p>10:30 VIVAfit Sit – Channel 398</p> <p>1:30 Chef Inspired tasty treats – Strawberries and Chocolate via Zoom – RSVP to Donna</p> <p>2:00 BINGO (Channel 398)</p> <p>2:30 Happy Hour Cart – serving All Floors \$ ✓</p> <p>3:15 Travel Log - The Most Peaceful Places on Earth Channel 398</p> <p>3:30 DrumFIT (ML) Sign up ✓</p> <p>Theme Day: Polka Dot Day</p>	<p>11</p> <p>9:15 VIVAfit 1:1 training (VS) ✓</p> <p>10:30 VIVAfit COMBO – Channel 398</p> <p>2:00 Who am I – Celebrity Trivia (VP) Sign up ✓</p> <p>2:30 Afternoon Social – Try New Things – Meet New People (ML) Sign up ✓</p> <p>3:00 Virtual tour of the Kennedy Space Centre – Channel 398</p> <p>3:45 Ordering Library Books (ML)</p>
<p>13</p> <p>9:30 Hymn Sing with Martin Channel 398</p> <p>10:15 Catholic Mass Channel 398</p> <p>10:45 Marshall Memorial Service Channel 398</p> <p>1:30 & 2:30 Wheel of Fortune (CK) Sign Up ✓</p> <p>8:00 Sunday Evening Movie “Homeless in Harvard” (2003) Drama – Channel 398</p>	<p>14 Moustache Monday</p> <p>9:15 VIVAfit Studio 1:1 training Sign Up ✓</p> <p>10:30 VIVAfit Sit & Stand – Channel 398</p> <p>Can you match the Song with the Movie (VP) Sign Up ✓</p> <p>1:30 Happy Hour Cart – Serving All Floors \$ ✓</p> <p>2:30 Entertainment - Channel 398 Rahim Alhaj Live</p> <p>Call Lifestyles if you need help making a moustache!</p>	<p>15</p> <p>9:15 VIVAfit 1:1 training (VS) ✓</p> <p>9:45 Relaxing Yoga with Tricia-Channel 398</p> <p>10:30 Catholic Mass Channel 398</p> <p>11:00 Senior’s Mental Health – How Essential Oils Can Support Mental Health Sign Up ✓</p> <p>1:00 Connect Hearing: Drop off hearing aids for a cleaning at Concierge – Sign Up ✓</p> <p>2:00 Bingo (Channel 398)</p> <p>2:30 Afternoon Savory Smoothies and sing along (E)</p> <p>8:00 Biography - Secrets of the Royals on Channel 398</p>	<p>16</p> <p>9:15 VIVAfit 1:1 training (VS) ✓</p> <p>10:30 VIVAfit Wheel of Fitness – Channel 398</p> <p>2:00 Good Samaritan’s Give Back (CK) Sign Up ✓</p> <p>VIVAfit Strolls – walking group outside weather dependent (E) ✓</p> <p>2:00 Rexall presents Channel 398 Breathe Easy – Ashma & COPD</p> <p>2:30 Tech talk: Help with tablets, Computers, iPads (BG) Sign up ✓</p> <p>3:00 Documentary- Better Brain Health - Channel 398</p>	<p>17</p> <p>9:15 VIVAfit 1:1 training (VS) ✓</p> <p>10:00 Ladder Ball (E) Sign Up</p> <p>10:30 VIVAfit Sit – Channel 398</p> <p>2:00 BINGO (Channel 398)</p> <p>2:30 Happy Hour Cart – serving All Floors \$ ✓</p> <p>3:15 Travel Log: Virtual Tour of the Titanic Wreck on Channel 398</p> <p>3:30 DrumFIT (ML) Sign up ✓</p>	<p>18 Golf Day</p> <p>Wear your best Golf Attire</p> <p>9:15 VIVAfit 1:1 training (VS) ✓</p> <p>10:30 VIVAfit COMBO – Channel 398</p> <p>Father’s Day Tribute Concert with Erin Bree Pierce – limited seating available, Sign Up required or Tune into Channel 398 at a later date to watch!</p> <p>2:00 Wii Sports (VP) Sign Up ✓</p> <p>3:15 Friday at the Movies – “Ice Bound” (2003) Drama Channel 398</p>	<p>19</p> <p>VIVAfit Strolls – walking group outside weather dependent (E) ✓</p> <p>10:00 VIVAfit Sit – Channel 398</p> <p>10:30 VIVAfit Wheel of Fitness – Channel 398</p> <p>2:00 Outdoor Games with Jess (E) Sign up ✓</p> <p>8:00 Saturday Night at the Movies “The Music Man “ (1962) Musical/Comedy Channel 398</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>20 Father's Day</p> <p>9:30 Hymn Sing with Martin Channel 398</p> <p>10:15 Catholic Mass Channel 398</p> <p>10:45 Marshall Memorial Service Channel 398</p> <p>Shuffleboard Tournament – can you beat the unstoppable Rebecca? (PP) Sign up ✓</p> <p>1:30 Sunday Evening Movie "Father of the Bride- Part 2" (1991) Comedy/Romance Channel 398</p>	<p>21 International Surfing Day – riding the waves of COVID</p> <p>9:15 V!VAfit Studio 1:1 training Sign Up ✓</p> <p>10:30 V!VAfit Sit & Stand – Channel 398</p> <p>Beach Party – Riding the COVID Waves – Bubbles, Water balloons, Ice Cream (E) Sign Up ✓</p> <p>2:00 Entertainment - Channel 398</p> <p>8:00 Giselle – Royal Danish Ballet</p> <p>Wear your best Beach Day outfit</p>	<p>22</p> <p>9:15 V!VAfit 1:1 training (VS) ✓</p> <p>9:45 Relaxing Yoga with Tricia– Channel 398</p> <p>10:30 Catholic Mass Channel 398</p> <p>Town Hall Meeting (Channel 398) – submit questions to suggestion box by Menu table</p> <p>2:00 Happy Hour Cart – Serving All Floors \$ ✓</p> <p>2:30 BINGO (Channel 398)</p> <p>8:00 Biography - The Woman Behind Project Mercury on Channel 398</p>	<p>23 International Olympic Day</p> <p>9:15 V!VAfit 1:1 training (VS) ✓</p> <p>10:30 V!VAfit Wheel of Fitness – Channel 398</p> <p>Outdoor Olympics- may the best team win! (E) Sign up ✓</p> <p>2:00 Documentary – Flexible Buildings: The Future of Architecture - Channel 398</p> <p>8:00</p>	<p>24</p> <p>9:15 V!VAfit 1:1 training (VS) ✓</p> <p>V!VAfit Strolls excursion – please be sure to bring water, dress appropriate for the weather Sign Up ✓ \$ 🚗</p> <p>10:00 Summer Flower Painting & 2:00 (CK) Sign Up ✓</p> <p>10:30 V!VAfit Sit – Channel 398</p> <p>2:00 BINGO (Channel 398)</p> <p>2:30 Happy Hour Cart – serving All Floors \$ ✓</p> <p>3:15 Travel Log to Iceland – Channel 398</p> <p>3:30 DrumFIT (ML) Sign up ✓</p>	<p>25</p> <p>9:15 V!VAfit 1:1 training (VS) ✓</p> <p>10:30 V!VAfit COMBO – Channel 398</p> <p>1:30 Canada Day Craft (CK) Sign Up ✓</p> <p>1:30 Ice Cream outing & 2:45 Sign Up ✓ \$ 🚗</p> <p>2:30 Lemonade Tasting Outside OR (CK) Weather dependent Sign up ✓</p>	<p>26</p> <p>V!VAfit Strolls – walking group outside weather dependent (E) ✓</p> <p>10:00 V!VAfit Sit – Channel 398</p> <p>10:30 V!VAfit Wheel of Fitness – Channel 398</p> <p>1:45 Make your own Dry Shampoo (CK) Sign up ✓</p> <p>8:00 Saturday Night at the Movies "The Ron Clark Story" (2006) Biography/Drama on Channel 398</p>	
<p>27 National Sunglasses Day</p> <p>9:30 Hymn Sing with Martin Channel 398</p> <p>10:15 Catholic Mass Channel 398</p> <p>10:45 Marshall Memorial Service Channel 398</p> <p>2:00 Song Association (VP) Sign Up ✓</p> <p>8:00 Sunday Evening Movie "The Bingo Long Travelling All Stars & Motor Kings" (1977) Sport/Comedy Channel 398</p>	<p>28</p> <p>9:15 V!VAfit Studio 1:1 training Sign Up ✓</p> <p>10:30 V!VAfit Sit & Stand – Channel 398</p> <p>1:30 & 3:00 Scenic Tour Sign Up ✓ 🚗</p> <p>2:00 Virtual Tour of Orbital Laboratory on International Space Station – channel 398</p> <p>2:00 Happy Hour Cart – Serving All Floors \$ ✓</p> <p>2:00 Entertainment - Channel 398</p> <p>8:00 Music for Mercy at the Roman Forum ft (Andrea Bocelli, David Foster, Elaine Paige)</p>	<p>29</p> <p>9:15 V!VAfit 1:1 training (VS) ✓</p> <p>9:45 Relaxing Yoga with Tricia– Channel 398</p> <p>V!VAfit Strolls – walking group outside weather dependent (E) ✓</p> <p>10:00 Catholic Mass Channel 398</p> <p>2:00 BINGO (Channel 398)</p> <p>Tie Dye Socks / Masks – Spruce up your dingy socks (E) Sign Up ✓</p> <p>2:30 Biography - Rockefeller: His Single-Minded Pursuit of Wealth on Channel 398</p> <p>8:00</p>	<p>30</p> <p>9:15 V!VAfit 1:1 training (VS) ✓</p> <p>10:30 V!VAfit Wheel of Fitness – Channel 398</p> <p>Ten West Photo shoot – limited spaces available Gorgeous Grandma & Dapper Granddad Day – Sign Up \$ ✓</p> <p>1:00 Trivia / Entertainment Channel 398</p> <p>2:30 Documentary -Ticket to the Future- the Evolution of Travel– Channel 398</p> <p>8:00</p>	<div style="border: 2px solid gold; padding: 10px; text-align: center;"> <p>Cruise Week aboard the S.S. Meadowlands MAY 31st – JUNE 5th</p> <p>Welcome Aboard the Eleventh Voyage of the S.S. Meadowlands</p> <p>We are committed to providing you with the best simulation vacation experience of a lifetime!</p> </div>			<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Cruise Week Photobooth Wednesday June 2nd 9:30 – 11:00 2:00 – 4:00 (ML)</p> <p>PHOTO BOOTH</p> </div>



HAPPY FATHER'S DAY

Gorgeous Grandma & Dapper Granddad photo shoot June 30th

Have a professional photo taken for you or your family. Sitting fee is \$20 and you or your family will receive a digital copy of your photos. Dress to impress – Lifestyles will help with hair and makeup – Sign up is required and spaces are limited. Don't miss out on this amazing opportunity!

- June is Seniors Month**
- Featured Activities for June:
- Know your Scottish Spelling Words
 - V!VAfit Strolls Excursion
 - Seniors Mental Health series – Essential Oil benefits
 - Riding the Waves of COVID party
 - Ten West Photo Shoot

Why did the baby strawberry cry?

Its father was in a jam.