



Many hands make light work as the Victory Garden was cleared out and prepared for next year.



Sasha and her beautiful fall décor craft success.

**Don't miss out!**

### Gently Loved Clothing and Treasure Exchange

November 1st – 7th

Drop off your treasures prior to November 1st. "Shopping" for your new treasures will be available between November 1st to the 7th. Please arrange your treasure drop off with Lifestyles at extension 432.

### Time Change

Saturday, November 6th

Don't forget to turn your clocks back 1 hour at bedtime on November 6th.

### Remembrance Day Celebration

Thursday, November 11th  
10:45 am

Please wear your mask to attend this service. Luncheon for Veterans, wives and widows to follow service is by invitation. Please dial ext. 432 with your information to receive an invitation.

Check with Lifestyles for details on these and other events, programs, and activities happening this month.

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# V!VA voice

YOUR VIVA COMMUNITY NEWSLETTER

November 2021



The Donkey Sanctuary in Puslinch offered an abundance of braying good information, followed by a delicious picnic lunch!



Creative Cards Volunteer Consultant Susan, says a final goodbye to all her friends at Meadowlands. Thanks you Susan for 17 years of service!



Our very first fall fair brought out the smiles in everyone.



Annual Pork Roast! Chef Robert and Culinary Team served out our first buffet since COVID began.



## 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*  
**Patrick Tower**  
Warrant Officer, SMV, CD, MBA  
and Combat Veteran

### Resilience and Mental Toughness: Building a Battle-Tested Mindset

TUESDAY, NOVEMBER 16 | 11:00 AM

If you want to develop perseverance, mental toughness, and the ability to excel under extreme conditions, despite seemingly impossible odds, it is important to know what they look like – Patrick will show you. His personal stories of combat leadership, uncommon valour, steadfast determination, and devoted comradeship will leave you inspired, energized, and focused on accomplishing your true potential. The robust spirit that moves soldiers to confidently push forward and accomplish the extraordinary during life's most tenuous moments are as applicable in your day-to-day life as they are on the battlefield.

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)





## In Flanders Fields

By John McCrae

*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.*

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>🚌 Shuttle</p> <p>💰 Cost required</p> <p>▶▶ Walking</p>	<p><b>East Wing</b></p> <p>(VS) V!VAfit Studio (PP) Pints! Pub (CK) V!VAcraft Kitchen (CC) Community Commons (VP) V!VAplex</p> <p><b>West Wing</b></p> <p>(PC) Perks! Café (L) Lobby (E) Entrance (HR) Horticultural Room (BG) Brain Gym (ML) Meadow Lounge (P) Pool (VL) V!VAlinks Golf Simulator</p>	<p><b>Toronto Maple Leaf Documentary Series: All or Nothing</b> Friday afternoons 2:00pm</p> <p>The docuseries puts everything out in the open and makes for a raw and vulnerable look at a professional sports team, from joking between players to deadline trades to tears after losses.</p>	<p><b>Precious Parties Manicures &amp; Pedicures</b> Tuesday November 9<sup>th</sup> 1:00pm – 4:00pm</p> <p>Book your appointment through Lifestyles for a wonderful spa experience with Erica and her team. \$20 charge for professional manicure. <u>Please pay lifestyles in advance!</u></p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Lest we forget</p> <p>Thank you for your service and sacrifice</p>  </div>		
<p><b>Treasure Trade</b> November 1-7<sup>th</sup> Meadow Lounge</p> <p>Please bring down any gently used items that you no longer use. <b>Accepted items:</b> clothing, knick-knacks, pottery, toasters, lamps, etc. <b>**Must be in clean, in good condition or good working order**.</b> <b>All are welcome to come and 'shop' and look for any treasures that you may find. Left over items will be donated.</b></p>	<p><b>1 TREASURE TRADE BEGIN</b></p> <p>9:15 V!VAfit Studio 1:1 training 10:00 V!VAfit Sit &amp; Stand (ML) 10:30 V!VAfit Sit &amp; Stand – Channel 398</p> <p>2:00 BINGO (ML)</p> <p>3:15 Horse Racing with Dawn (CK)</p> <p>3:15 Knit &amp; Stitch (HR)</p> <p>7:00 Abba – Live in Concert Channel 398</p>	<p><b>2</b></p> <p>9:45 Relaxing Yoga with Tricia– Channel 398</p> <p>9:45 V!VAfit Balance (ML)</p> <p>10:00 V!VAfit Swim FUN Class(P)</p> <p>10:30 St. Ann's Parish Communion Service (ML)</p> <p>1:45 Outing – CIBC Bank &amp; Dollarama / Rexall / 2:30 Food Basics / ✓ 🚌 \$</p> <p>2:00 Drumfit (ML)</p> <p>3:00 Happy Hour (PP) \$</p> <p>7:00 Ricky Martin Biography Channel 398</p>	<p><b>3 National Sandwich Day</b></p> <p>10:00 V!VAfit COMBO (ML) 10:30 V!VAfit Wheel of Fitness – Channel 398</p> <p>12:00 Lunch Club: try different gourmet sandwiches with your Lifestyles Team ✓</p> <p>2:00 Mini Series: The Crown (VP) Max 10</p> <p>3:30 Golf Simulator Drop in (VL)</p> <p>7:00 Deep Mountain Lakes Channel 398</p> <p>7:00 Games Night with Jess (ML)</p>	<p><b>4</b></p> <p>10:00 V!VAfit Wheel of Fitness (ML) 10:30 V!VAfit Sit – Channel 398</p> <p>2:00 Bingo (ML)</p> <p>3:00 Happy Hour (PP) \$</p> <p>3:00 Better Balance Circuit 1:1 (VS) ✓</p> <p>3:15 Canada: Geography and History - Channel 398</p> <p>3:15 Bocce (ML)</p> <p>7:00 Netflix Movie (VP)</p> <p>7:00 Euchre with Emily (PP)</p>	<p><b>5</b></p> <p>9:15 V!VAfit 1:1 training (VS) 10:00 V!VAfit Strength (ML) Max 18 10:30 V!VAfit COMBO Channel 398</p> <p>1:00 Shopping – The Coach Pyramid ✓ 🚌 \$</p> <p>2:00 Toronto Maple Leaf Documentary Series (VP) Craft: Remembrance Day Rocks (CK)</p>	<p><b>6</b></p> <p>10:00 V!VAfit Sit – Channel 398 10:00 V!VAfit Sit &amp; Stand (ML) Max 18 10:30 V!VAfit Wheel of Fitness – Channel 398</p> <p>2:00 Musical Scattagories (ML)</p> <p>7:00 Saturday Night Movies (VP)</p> <div style="text-align: right;">  <p><b>Remember to Turn your Clocks BACK 1 hour at Bedtime tonight</b></p> </div>
<p><b>7 Daylight Savings Time Ends</b></p> <p>9:30 Catholic Mass Channel 398</p> <p>10:00 Marshall Memorial Service Channel 398- Live Stream service</p> <p>10:15 Hymn Sing with Martin (ML)</p> <p>2:00 Step by Step Canvas Painting: Fall Scene (CK) ✓</p> <p>7:00 Sunday evening Movies (VP)</p>	<p><b>8 National Cappuccino Day</b></p> <p>9:15 V!VAfit Studio 1:1 training 10:00 V!VAfit Sit &amp; Stand (ML) 10:00 Creative Art with Michelle (CK) 10:30 V!VAfit Sit &amp; Stand – Channel 398</p> <p>2:00 Outing to Williams Coffee Pub ✓ 🚌 \$</p> <p>2:00 Euchre (PP)</p> <p>3:15 Knit &amp; Stitch (HR)</p> <p>7:00 Cirque du Soleil Acrobatics Channel 398</p>	<p><b>9 Flannel/Plaid Day</b></p> <p>9:45 Relaxing Yoga with Tricia– Channel 398</p> <p>9:45 V!VAfit Sit (ML) 10:00 V!VAfit Swim FUN Class(P)</p> <p>10:30 St. Ann's Parish Communion Service (ML)</p> <p>1:00-4:00 Precious Parties – \$ Manicure and Pedicures ✓ TIME SLOT required</p> <p>2:00 BINGO (ML) (Note date)</p> <p>3:00 Happy Hour (PP) \$</p> <p>3:15 Food for Thought &amp; Program Planning (ML)</p> <p>7:00 Princesses of the World Biography –Channel 398</p>	<p><b>10</b></p> <p>10:00 Laughter Yoga with Kathryn (ML) 10:00 Bijoux Boutique – scarves, jewelry &amp; accessories (L) 10:30 V!VAfit Wheel of Fitness – Channel 398</p> <p>1:00 Connect Hearing Services: Drop Off at Concierge ✓</p> <p>2:00 Mini Series: The Crown (VP) Max 10</p> <p>2:00 Giant Crossword (CK)</p> <p>3:00 Krishanthi on piano (L)</p> <p>7:00 Service and Sacrifice   Part 6 - Channel 398</p> <p>7:00 Wii Games (ML)</p>	<p><b>11 Remembrance Day</b></p> <p>10:30 V!VAfit Sit – Channel 398 10:45 Remembrance Day Service (ML) 11:45 Veterans Luncheon (Wives and Widows invited) (ML) Dave Thierry on Piano</p> <p>2:00 Bingo (ML)</p> <p>3:00 Happy Hour (PP) \$</p> <p>3:00 Better Balance Circuit 1:1 (VS) ✓</p> <p>3:15 Service and Sacrifice   Part 8 - Channel 398</p> <p>7:00 Netflix Movie (VP)</p> <p>7:00 Euchre with Emily (PP)</p>	<p><b>12</b></p> <p>9:15 V!VAfit 1:1 training (VS) 10:00 V!VAfit Strength (ML) Max 18 10:30 V!VAfit COMBO Channel 398</p> <p>1:15 Shopping at Marshall's / Home Sense (E) ✓ 🚌 \$</p> <p>2:00 Shopping at Marshall's / Home Sense (E) ✓ 🚌 \$</p> <p>2:00 Toronto Maple Leaf Documentary Series (VP) 2:15 Wheel of Fortune (ML) 3:45 Ordering Library books (ML)</p>	<p><b>13 World Kindness Day</b></p> <p>10:00 V!VAfit Sit – Channel 398 10:00 V!VAfit Sit &amp; Stand (ML) Max 18 10:30 V!VAfit Wheel of Fitness – Channel 398</p> <p>2:00 Water Colour Painting Cards (CK) ✓</p> <p>2:15 Sing Along with Mahima (L)</p> <p>7:00 Saturday Night Movies (VP)</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p><b>14</b></p> <p>9:30 Catholic Mass Channel 398</p> <p>10:00 Marshall Memorial Service Channel 398 – Live Stream service</p> <p><b>10:15 Hymn Sing with Martin (ML)</b></p> <p>2:00 Family Feud (ML)</p> <p>3:00 Andrew on the Piano (L)</p> <p>7:00 Sunday evening Movies (VP)</p>	<p><b>15</b></p> <p><b>9:15 VIVAfit Studio 1:1 training</b></p> <p><b>10:00 VIVAfit Sit &amp; Stand (ML)</b></p> <p><b>10:30 VIVAfit Sit &amp; Stand – Channel 398</b></p> <p>2:00 BINGO (ML)</p> <p><b>2:00 TD / Scotia Banks outing</b> ✓ 🚗 \$</p> <p><b>2:45 BMO Bank &amp; LCBO outing</b> ✓ 🚗 \$</p> <p>3:15 Knit &amp; Stitch (HR)</p> <p>7:00 Lawrence Welk Show (1973) Channel 398</p>	<p><b>16 Sports Jersey Day</b></p> <p>9:45 Relaxing Yoga with Tricia– Channel 398</p> <p><b>9:45 VIVAfit Balance (ML)</b></p> <p><b>10:00 VIVAfit SwimFUN Class (P)</b></p> <p><b>10:30 St. Ann’s Parish Communion Service (ML)</b></p> <p><b>11:00 VIVA Values Mental Health “The Great Re Set” (VP)</b></p> <p><b>2:00 Town Hall Meeting (ML)</b></p> <p>3:00 Happy Hour (PP) \$</p> <p>3:15 <b>Tim Horton’s Walk Thru (L) Serving Tim Horton’s Coffee &amp; Timbits (ML)</b></p> <p>7:00 Cary Grant: The Leading Man – Channel 398</p>	<p><b>17 National Homemade bread</b></p> <p><b>10:00 VIVAfit COMBO (ML)</b></p> <p><b>10:30 VIVAfit Wheel of Fitness – Channel 398</b></p> <p><b>2:00 Mini Series: The Crown (VP) Max 10</b></p> <p><b>2:00 Christmas card writing to troops (CK)</b></p> <p>2:30 Euchre (PP)</p> <p>3:00 Drumfit (ML)</p> <p>7:00 Wildlife: Bears - Channel 398</p> <p>7:00 Fact or Fiction with Rebecca – serving Hot Chocolate (PP)</p>	<p><b>18</b></p> <p><b>9:15 VIVAfit Studio 1:1 training</b></p> <p><b>10:00 VIVAfit Wheel of Fitness (ML)</b></p> <p><b>10:30 VIVAfit Sit – Channel 398</b></p> <p><b>1:15&amp; 2:15 Shopper’s Drug Mart</b> ✓ 🚗 \$</p> <p>2:00 Bingo (ML)</p> <p>3:00 Happy Hour (PP) \$</p> <p><b>3:00 Better Balance Circuit (VS)</b></p> <p>3:15 Switzerland: An Alpine Country Channel 398</p> <p>7:00 Netflix Movie (VP)</p> <p>7:00 Euchre with Emily (PP)</p>	<p><b>19 International Men’s Day Moustache Day</b></p> <p><b>9:15 VIVAfit 1:1 training (VS)</b></p> <p><b>10:00 VIVAfit Strength (ML) Max 18</b></p> <p><b>10:30 VIVAfit COMBO Channel 398</b></p> <p><b>12:00 Men’s Luncheon (PP) Please RSVP to Lifestyles ext 432</b></p> <p><b>2:00 Entertainer Ted Yates (ML) Great Memories with Music – the Best of Canada Show</b></p> <p>3:15 Golf Simulator Drop in (VP)</p>	<p><b>20 National Absurdity Day</b></p> <p><b>10:00 VIVAfit Sit – Channel 398</b></p> <p><b>10:00 VIVAfit Sit &amp; Stand (ML) Max 18</b></p> <p><b>10:30 VIVAfit Wheel of Fitness – Channel 398</b></p> <p>1:30 Tech Talk: Need help with tablet or iPad (BG)</p> <p><b>2:30 Comedian Neil Berger – for National Absurdity Day (ML)</b></p> <p>7:00 Saturday Night Movies (VP)</p>	
<p><b>21</b></p> <p>9:30 Catholic Mass Channel 398</p> <p>10:00 Marshall Memorial Service Channel 398 – Live Stream Service</p> <p><b>10:15 Hymn Sing with Martin (ML)</b></p> <p>2:00 Scattgories (ML)</p> <p>7:00 Sunday evening Movies (VP)</p>	<p><b>22</b></p> <p><b>9:15 VIVAfit Studio 1:1 training</b></p> <p><b>10:00 VIVAfit Sit &amp; Stand (ML)</b></p> <p><b>10:00 Creative Art with Michelle (CK)</b></p> <p><b>10:30 VIVAfit Sit &amp; Stand – Channel 398</b></p> <p>2:00 BINGO (ML)</p> <p>3:15 Knit &amp; Stitch (HR)</p> <p>3:30 Monday Milkshakes (PC)</p> <p>7:00 The Best of Dean Martin Channel 398</p>	<p><b>23</b></p> <p>9:45 Relaxing Yoga with Tricia– Channel 398</p> <p><b>9:45 VIVAfit Sit (ML)</b></p> <p><b>10:00 VIVAfit Swim FUN Class(P)</b></p> <p><b>10:30 St. Ann’s Parish Communion Service (ML)</b></p> <p><b>2:00 Christmas Painting with Bec via Zoom (CK) ✓</b></p> <p>2:00 Euchre (PP)</p> <p>3:00 Happy Hour (PP) \$</p> <p>7:00 The Bee Gees Biography Channel 398</p>	<p><b>24</b></p> <p><b>10:00 Laughter Yoga with Kathryn (ML)</b></p> <p><b>10:00- 2:00 Hardt Designs vendor (E) Jewelry, women’s fashion</b></p> <p><b>10:30 VIVAfit Wheel of Fitness – Channel 398</b></p> <p><b>2:00 Mini Series: The Crown (VP) Max 10</b></p> <p>2:00 Jeopardy (ML)</p> <p><b>3:00 Reminisc with Krishanthi on Piano (L)</b></p> <p>7:00 Pompeii: The Lost World Channel 398</p> <p>7:00 Games Night with Jess (ML)</p>	<p><b>25</b></p> <p><b>10:00 VIVAfit Wheel of Fitness (ML)</b></p> <p><b>10:30 VIVAfit Sit – Channel 398</b></p> <p>2:00 BINGO (ML)</p> <p>3:00 Happy Hour (PP) \$</p> <p>3:15 Creative Cards with Jaqui (CK)</p> <p>3:15 25 Greatest Natural Wonders of the World Channel 398</p> <p>7:00 Netflix Movie (VP)</p> <p>7:00 Euchre with Emily (PP)</p>	<p><b>26 Black Friday – finish your online shopping</b></p> <p><b>9:15 VIVAfit 1:1 training (VS)</b></p> <p><b>10:30 VIVAfit COMBO Channel 398</b></p> <p><b>2:00 Toronto Maple Leaf Documentary Series (VP)</b></p> <p>2:30 Baking Program: Emily’s famous frying pan cookies (CK)</p> <p><b>Theme Day: Comfy Day</b></p>	<p><b>27</b></p> <p><b>10:00 VIVAfit Sit – Channel 398</b></p> <p><b>10:00 VIVAfit Sit &amp; Stand (ML) Max 18</b></p> <p><b>10:30 VIVAfit Wheel of Fitness – Channel 398</b></p> <p>2:00 Pinecone Christmas Trees – Craft (CK) ✓</p> <p>7:00 Saturday Night Movies (VP)</p>	
<p><b>28</b></p> <p>9:30 Catholic Mass Channel 398</p> <p>10:00 Marshall Memorial Service Channel 398 – Live Stream Service</p> <p><b>10:15 Hymn Sing with Martin (ML)</b></p> <p>2:00 Name that Tune (VP)</p> <p>3:00 Andrew on the Piano (L)</p> <p>7:00 Sunday evening Movies (VP)</p>	<p><b>29</b></p> <p><b>9:15 VIVAfit Studio 1:1 training</b></p> <p><b>10:00 VIVAfit Sit &amp; Stand (ML)</b></p> <p><b>10:30 VIVAfit Sit &amp; Stand – Channel 398</b></p> <p><b>2:30 Community Member Birthday Party for November with Entertainer Andy DeCampos (ML) Everyone invited</b></p> <p>3:15 Knit &amp; Stitch (HR)</p> <p>7:00 Kenny Rogers in Concert Channel 398</p>	<p><b>30</b></p> <p>9:45 Relaxing Yoga with Tricia– Channel 398</p> <p><b>9:45 VIVAfit Balance (ML)</b></p> <p><b>10:00 VIVAfit Swim FUN Class(P)</b></p> <p><b>10:00 Nelly’s Comfort Shoes – Vendor (L) – 3:00</b></p> <p><b>10:30 St. Ann’s Parish Communion Service (ML)</b></p> <p>2:00 Bingo (ML)</p> <p>3:00 Happy Hour (PP) \$</p> <p>3:15 Wii Sports (VP)</p> <p>7:00 Richard Pryor: Comedic Legend –Channel 398</p>	<div style="border: 2px solid blue; padding: 10px; text-align: center;"> <p><b>Sign Up for Programs!</b></p> <p><b>Call Lifestyles at 905-304-1968 extension 432 whenever you see the symbol below, beside a program description.</b></p>  </div>			<div style="background-color: #f4a460; padding: 20px; text-align: center; border-radius: 15px;"> <p>What’s the opposite of a croissant?</p> </div> <div style="background-color: #f4a460; padding: 20px; text-align: center; border-radius: 15px; margin-top: 10px;"> <p>A happy uncle.</p> </div>	