



Christmas 'Joy'ce decks our halls in all she does, from the top of her head to the tip of her toes.



It's beginning to look (and smell) a lot like Christmas!

Don't miss out!

Christmas Light Tour Added

Wednesday, January 5th
Departure: 5:30 pm
Last chance to see the Christmas light show.

Hamilton Public Library's Bookmobile returns

- Tuesday, January 11th
- Pick up service.
 - Pre-order required for books, CD's and movies.
 - No browsing on the bus at this time.
 - Assistance available through Lifestyles.

Robbie Burns Tribute with Rob Edlefon

Tuesday, January 25th
2:00 pm – Meadow Lounge
Come out to enjoy entertainment by Rob as we celebrate in spirit of this Scottish tradition.

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

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V!VAvoice

YOUR VIVA COMMUNITY NEWSLETTER

January 2022



Our Community Members were excited to visit Baci Restaurant prior to viewing the local Christmas Lights in Spencer Smith Park.



Community Member Mary proudly displays her holiday craft.



The Great Brownie Bake off! Measure, bake, taste test is the best.

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.



Amanda Li,
Registered Dietitian
& Educator

Protein & its Role in Healthy Aging and Longevity

Two Part Series with Guest Speaker:
Amanda Li, Registered Dietitian & Educator
NOW AVAILABLE IN-PERSON OR ONLINE!

TUESDAY, JANUARY 18 | 2:00 PM

We welcome back Registered Dietitian, educator, and owner of Wellness Simplified, Amanda Li, for a two-part virtual series that focuses on protein and its role in the body, daily targets, protein-rich foods, and meal planning.

WEDNESDAY, JANUARY 19 | 2:00 PM

Amanda prepares three protein-rich delicious meals and snacks you'll keep making on repeat! In-person guests will be treated to samples prepared by V!VA's own Red Seal Certified Chefs!

To register, go to
www.vivalife.ca/mentalhealth
or call Donna at (905) 304-1968 ext. 413
or email meadowlands@vivalife.ca

Start to Finish

Brain Teasers

Directions: for each clue, find a corresponding word that starts and finishes with the same letter. There is one word for each of the alphabet except for i, j, q, u, v and z.

Spend time in front of the mirror.	PRIMP
Intuitive inkling,	
Pioneer in photocopying.	
Bitterly sarcastic.	
Gas in some signs.	
Inuit transportation.	
Chinese medicinal root.	
Where a rubber duckie lives.	BATHTUB
Roll in the mind.	
Please traveller.	
Temporary loss of memory.	
Deadly.	
Pizza herb.	
Vert knowledgeable.	
Forty-eight hours before tomorrow.	
The most.	
Excessive.	
Feudal land.	
Trepidation.	
Water storage area.	

<https://www.puzzles-to-print.com/printable-brain-teasers/word-brain-teaser.shtml>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LEGEND Orange Fitness Class Purple Special Event Green Excursion ✓ Sign Up 🚗 Shuttle \$ Cost required ▶▶ Walking	East Wing (VS) V!VAfit Studio (PP) Pints! Pub (CK) V!VAcraft Kitchen (CC) Community Commons (VP) V!VAplex West Wing (PC) Perks! Café (L) Lobby (E) Entrance (HR) Horticultural Room (BG) Brain Gym (ML) Meadow Lounge (P) Pool (VL) V!VALinks Golf Simulator		The BOOKMOBILE IS BACK!! Via Hamilton Public Library Tuesdays from 1:30pm – 2:15pm Every Tuesday, as of Jan. 11th. Offering: - pick up service; - required to pre-order books, cds, movies etc.; - call or go online to order. At this time, they are not allowing browsing on the bus. Please contact Emily to help with ordering!			1 10:00 V!VAfit Sit – Channel 398 10:00 V!VAfit Sit & Stand (ML) Max 18 10:30 V!VAfit Wheel of Fitness – Channel 398 2:00 Champagne Celebration! (PP) 7:00 Saturday Night Movies (VP)
2 9:30 Catholic Mass Channel 398 10:00 Marshall Memorial Service Channel 398 – Live Stream service 10:15 Hymn Sing with Martin (ML) 2:00 Zodiac Signs & Predictions for 2022 (ML) 7:00 Sunday Evening Movies (VP)	3 9:15 V!VAfit Studio 1:1 training 10:00 V!VAfit Sit (ML) 10:30 V!VAfit Sit & Stand – Channel 398 2:00 BINGO (ML) 3:15 Horse Racing with Dawn (CK) 7:00 Andre Rieu: The Christmas I Love - Channel 398	4 NATIONAL TRIVIA DAY 9:45 Relaxing Yoga with Tricia– Channel 398 9:45 V!VAfit Balance (ML) 10:30 St. Ann’s Parish Communion Service (ML) 1:30 Shopping at Dollarama 2:00 ✓ 🚗 \$ 3:00 Happy Hour & Trivia (PP) \$ 3:00 Better Balance Circuit (VS) 7:00 Writer: John Steinbeck Biography – Channel 398 7:00 Wellness Check with Sameer from CareRX (VP)	5 10:00 V!VAfit COMBO (ML) 10:30 V!VAfit Wheel of Fitness – Channel 398 2:00 Mini Series: The Crown (VP) Max 10 2:30 Euchre (PP) 3:00 Drumfit (ML) 5:30 Light Tour Outing (Lights only) Waiting List only (trip full) 🚗 7:00 Wayne Gretzky Documentary - Channel 398	6 THEME DAY: HAWAII DAY 10:00 V!VAfit Swim FUN Class (P) 10:30 V!VAfit Sit – Channel 398 2:00 BINGO (ML) 3:00 Happy Hour (PP) \$ 3:00 Hawaiian Islands Travel Log- Channel 398 4:00 Ordering Library Books – Please bring library card (ML) 7:00 Netflix Movie (VP) 7:00 Euchre with Emily (PP)	7 9:15 V!VAfit 1:1 training (VS) 10:00 V!VAfit Strength (ML) 10:30 V!VAfit COMBO Channel 398 2:00 Card extravaganza: Euchre, Bridge, Cribbage! Meet some fellow card players (ML) 3:15 Knit & Stitch (HR)	8 10:00 V!VAfit Sit – Channel 398 10:00 V!VAfit Sit (ML) Max 18 10:30 V!VAfit Wheel of Fitness – Channel 398 2:00 Wii Sport (VP) 7:00 Saturday Night Movies (VP)
9 9:30 Catholic Mass Channel 398 10:00 Marshall Memorial Service Channel 398 – Live Stream service 10:15 Hymn Sing with Martin (ML) 2:00 Wheel of Fortune (ML) 3:00 Andrew on the Piano (L) 7:00 Sunday Evening Movies (VP)	10 National Houseplant Day 10:00 V!VAfit Sit & Stand (ML) 10:00 Creative Art with Michelle (CK) ✓ 10:30 V!VAfit Sit & Stand – Channel 398 2:00 BINGO (ML) 2:00 How to care for your Orchids with guest speaker (HR or VP) limited space RSVP to Donna ✓ 7:00 Vienna Philharmonic New Year’s Concert - Channel 398	11 9:45 Relaxing Yoga with Tricia– Channel 398 9:45 V!VAfit Fun (ML) 10:30 St. Ann’s Parish Communion Service (VP) 1:30 BOOKMOBILE (L) till 2:15 2:00 Food for Thought & Program Planning Meetings (ML) 3:00 Better Balance Circuit (VS) 3:00 Happy Hour (PP) \$ 7:00 Queen Victoria Biography - Channel 398	12 10:00 Laughter Yoga with Kathryn (ML) 10:30 V!VAfit Wheel of Fitness – Channel 398 2:00 Bible study (HR) 2:30 Euchre (PP) 3:00 Krishanthi on piano (L) 7:00 Mindfulness Documentary - Channel 398	13 10:00 V!VAfit Swim FUN Class (P) 10:00 Trip to LCBO / BMO Bank ✓ 🚗 \$ 10:30 V!VAfit Sit – Channel 398 2:00 BINGO (ML) 3:00 Happy Hour (PP) \$ 3:00 Castles of Ireland Travel Log- Channel 398 3:15 Bocce (ML) 7:00 Netflix Movie (VP) 7:00 Euchre with Emily (PP)	14 9:15 V!VAfit 1:1 training (VS) 10:00 V!VAfit COMBO (ML) 10:30 V!VAfit COMBO Channel 398 1:15 Shopping at Walmart (E) 2:00 ✓ 🚗 \$ 3:15 Knit & Stitch (HR)	15 NATIONAL HAT DAY 10:00 V!VAfit Sit – Channel 398 10:00 V!VAfit Sit & Stand (ML) Max 18 10:30 V!VAfit Wheel of Fitness – Channel 398 2:00 Step by Step Firework Painting with Bec (CK) ✓ 2:15 Sing Along with Mahima – tentative Date (L) 7:00 Saturday Night Movies (VP) THEME DAY: HAT DAY!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>16</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 Tech Talk: Help with your devices (iPads, tablets, etc.) (BG) ✓</p> <p>7:00 Sunday Evening Movies (VP)</p>	<p>17</p> <p>9:15 VIVAfit Studio 1:1 training</p> <p>10:00 VIVAfit Sit (ML)</p> <p>10:30 VIVAfit Sit & Stand – Channel 398</p> <p>2:00 BINGO (ML)</p> <p>3:30 Golf Simulator drop-in (VL)</p> <p>7:00 Battle of the Blades: Ice Skating Routines - Channel 398</p>	<p>18</p> <p>9:45 Relaxing Yoga with Tricia– Channel 398</p> <p>9:45 VIVAfit Balance (ML)</p> <p>10:30 St. Ann’s Parish Communion Service (VP)</p> <p>1:30 BOOKMOBILE (L) till 2:15</p> <p>2:00 Town Hall Meeting (ML)</p> <p>2:00 VIVA Seniors Mental Health Series with Amanda – Part 1 Nutrition (VP)</p> <p>3:00 Happy Hour (PP) \$</p> <p>3:00 Better Balance Circuit (VS)</p> <p>3:15 Giant Crossword (ML)</p> <p>7:00 Biography - Nelson Mandela: Channel 398</p>	<p>19 NATIONAL POPCORN DAY</p> <p>10:00 VIVAfit COMBO (ML)</p> <p>10:30 VIVAfit Wheel of Fitness – Channel 398</p> <p>2:00 Bible study (HR)</p> <p>2:30 Euchre (PP)</p> <p>3:00 Drumft (ML)</p> <p>3:30 Popcorn Trivia & Taste Test (PP)</p> <p>7:00 Carol Burnett Documentary - Channel 398</p>	<p>20 THEME DAY: DENIM DAY</p> <p>10:00 VIVAfit Swim FUN Class (P)</p> <p>10:30 VIVAfit Sit – Channel 398</p> <p>1:15 Shopper’s Drug Mart / 2:00 RBC Bank ✓ 🚗 \$</p> <p>2:00 BINGO (ML)</p> <p>3:00 Happy Hour (PP) \$</p> <p>3:00 Portugal’s Heartland Travel Log- Channel 398</p> <p>3:15 Creative Cards with Jaqui (HR)</p> <p>7:00 Netflix Movie (VP)</p> <p>7:00 Euchre with Emily (PP)</p>	<p>21</p> <p>9:15 VIVAfit 1:1 training (VS)</p> <p>10:00 VIVAfit Strength (ML)</p> <p>10:30 VIVAfit COMBO Channel 398</p> <p>2:00 Coffee and Conversation: Meet New People with Get To Know You Games! (ML)</p> <p>3:15 Knit & Stitch (HR)</p>	<p>22</p> <p>10:00 VIVAfit Sit – Channel 398</p> <p>10:00 VIVAfit Sit (ML) Max 18</p> <p>10:30 VIVAfit Wheel of Fitness – Channel 398</p> <p>2:00 Sock Snowman Craft (CK) ✓</p> <p>7:00 Saturday Night Movies (VP)</p>
<p>23</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 Jeopardy! (ML)</p> <p>7:00 Sunday Evening Movies (VP)</p>	<p>24</p> <p>10:00 VIVAfit Sit & Stand (ML)</p> <p>10:00 Creative Art with Michelle (CK)</p> <p>10:30 VIVAfit Sit & Stand – Channel 398</p> <p>2:00 BINGO (ML)</p> <p>3:15 Manicures (CK) ✓</p> <p>7:00 Tessa and Scott: Olympic Figure Skating - Channel 398</p>	<p>25 ROBBIE BURNS DAY</p> <p>9:45 Relaxing Yoga with Tricia– Channel 398</p> <p>9:45 VIVAfit Fun (ML)</p> <p>10:30 St. Ann’s Parish Communion Service (VP)</p> <p>1:30 BOOKMOBILE (L) till 2:15</p> <p>2:00 Robbie Burns Tribute – Toasts, poems and treats with Entertainer Rob Edlefsen (ML)</p> <p>3:00 Happy Hour (PP) \$</p> <p>7:00 Robbie Burns Biography Channel 398</p>	<p>26</p> <p>10:00 Laughter Yoga with Kathryn (ML)</p> <p>10:30 VIVAfit Wheel of Fitness – Channel 398</p> <p>2:00 Bible study (HR)</p> <p>2:00 Downsizing with Irene (VP) RSVP to Donna</p> <p>2:30 Euchre (PP)</p> <p>3:00 Krishanthi on Piano (L)</p> <p>7:00 Madagascar Documentary - Channel 398</p>	<p>27</p> <p>10:00 VIVAfit Swim FUN Class (P)</p> <p>10:00 Trip to TD & Scotia Bank ✓ 🚗</p> <p>10:30 VIVAfit Sit – Channel 398</p> <p>2:00 Community Member Birthday Party with Dave Burden (ML)</p> <p>3:00 Happy Hour (PP) \$</p> <p>3:00 Scotland’s Highlands Travel Log- Channel 398</p> <p>3:30 Bocce (ML) *note time*</p> <p>7:00 Netflix Movie (VP)</p> <p>7:00 Euchre with Emily (PP)</p>	<p>28 NATIONAL BLUEBERRY PANCAKE DAY</p> <p>9:15 VIVAfit 1:1 training (VS)</p> <p>10:00 VIVAfit COMBO (ML)</p> <p>10:30 VIVAfit COMBO Channel 398</p> <p>12:00 Making Blueberry Pancakes with Jess (CK) ✓</p> <p>2:00 Shopping at Marshall’s / 2:30 Home Sense ✓ 🚗 \$</p> <p>3:15 Knit & Stitch (HR)</p>	<p>29 National Puzzle Day</p> <p>10:00 VIVAfit Sit – Channel 398</p> <p>10:00 VIVAfit Sit & Stand (ML) Max 18</p> <p>10:30 VIVAfit Wheel of Fitness – Channel 398</p> <p>2:00 Jigsaw Puzzle Competition (CK) ✓</p> <p>7:00 Saturday Night Movies (VP)</p>
<p>30</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 Creating Wooden Bead Ornaments for Next Year! (ML) ✓</p> <p>3:00 Andrew on the Piano (L)</p> <p>7:00 Sunday evening Movies (VP)</p>	<p>31</p> <p>9:15 VIVAfit Studio 1:1 training</p> <p>10:00 VIVAfit Sit & Stand (ML)</p> <p>10:30 VIVAfit Sit & Stand – Channel 398</p> <p>2:00 BINGO (ML)</p> <p>3:30 Golf Simulator drop-in (VL)</p> <p>7:00 Dean Martin: Live in London - Channel 398</p>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="background-color: #f4a460; padding: 20px; border-radius: 15px; width: 30%; text-align: center;"> <p>What is corn’s favourite holiday?</p> </div> <div style="background-color: #f4a460; padding: 20px; border-radius: 15px; width: 30%; text-align: center;"> <p>New Ear’s Day!</p> </div> </div>				