



We bid a tearful farewell to Retiring Wellness Manager of 20 years Linda McGregor and, to Tracy Albert after 16 years as our Service Manager! This amazing team includes: Linda, Tracy, Terri Clarke (19 years), Robert Oancea (18 years), Eve Korpa (19 years) Donna Carlesso (20 years) and Dawn McKirdy (19 years).



Patios, Sangrias and Scrabble: Community Members Sasha and Ena relax after a scrabble match.



Celebrating Candy Month

Thursday, June 9th
11:45 am – VIVAplex
Featuring a new movie release, popcorn, candy and soda.

Father's Day BBQ

Friday, June 17th
11:30 am – 1:00 pm
With musical entertainment by The Escape.

How to be a People Booster

Tuesday, June 21st
2:00 pm – VIVAplex
RSVP to Donna at ext. 413.

Horticultural Therapy

Friday, June 24th
2:00 pm – Meadow Lounge
Summer Blooms

Strawberry Social

Wednesday, June 29th
2:00 pm – Meadow Lounge
Featuring tasty treats prepared by Chef Robert.

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

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VIVAvoice

YOUR VIVA COMMUNITY NEWSLETTER

June 2022



The ladies of Meadowlands joined together for an afternoon Mother's Day Tea Social.



A great turn out as Meadowlands took time to recognize and appreciate all that nurses do.



Upcoming 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.



Patricia Morgan,
Author, Speaker & Therapist

How to be a People Booster

with Guest Speaker: Patricia Morgan
NOW AVAILABLE IN-PERSON* OR ONLINE!

TUESDAY, JUNE 21ST | 2:00 PM
Empower yourself and ignite the best in those around you by learning about these resiliency-enhancing concepts and tools. Prepare to amplify your self-awareness and to improve your presence with others. Join us for a joyful and uplifting session with author, speaker & therapist Patricia Morgan.

**Conditions apply including public health protocols.*

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



Word Search!

Take a break with this challenging puzzle! Good luck!



FATHER'S DAY

Word Search

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

ADORE
CHILD
COMFORT
FATHER
FUNNY
GAMES
GENEROUS
GUIDE
HANDSOME
HARDWORKING

LEARN
LIFE
LOVE
MEMORIES
MENTOR
PLAY
PROTECT
SILLY
SPECIAL
STRONG



www.saynotsweetanne.com

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!VAplox 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	National Cancer Survivors Day June 5 th Enter to win our Gift Basket for National Cancer Survivors Day. Tickets available from May 24th – June 5th. All proceeds to go to the Juravinski Cancer research. Tickets \$3.00 each or 2 for \$5.00 Bracelets for sale \$10 ea	1 9:30 Walker Repair Clinic (L) 10:00 V!VAfit Sit (ML) 10:00 V!VAfit Strolls (E) 10:30 V!VAfit Wheel of Fitness – Channel 398 2:00 Joyful Brass – Salvation Army Band on site to entertain (E) 3:00 Better Balance Circuit (VS) 7:00 The untold story of RAF'S Flying Boats Documentary - Channel 398	2 Elections Canada 10:00 V!VAfit Balance (ML) 10:30 V!VAfit Sit – Channel 398 2:00 BINGO (ML) 3:00 30 Greatest Manmade wonders of the World – Channel 398 3:00 Rocky Road Sundaes (L) OR (PC) 3:15 Bocce (ML) 7:00 Thursday Night Movie (VP) 7:00 Euchre (PP) National Rocky Road Ice Cream Day	3 10:00 V!VAfit COMBO (ML) 10:30 V!VAfit COMBO Channel 398 1:00 Shopping at Lynden Park Mall ✓ 🚗 \$ 1:30 Hearing Connect – Hearing Aid Mobile Clinic – will pick up, check and return hearing aids. 3:15 Knit & Stitch (HR)	4 10:00 V!VAfit Sit – Channel 398 10:00 V!VAfit Sit (ML) 10:30 V!VAfit Wheel of Fitness – Channel 398 2:00 Euchre (PP) 2:30 Corn Hole (E) 7:00 Saturday Night Movies (VP)
5 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 Cookie Baking (CK) 4:00 National Cancer Survivors Day Fundraiser draw – winner announce on Channel 398 and elevators 7:00 Sunday Evening Movies (VP)	6 D-Day 10:00 V!VAfit Strength (ML) 10:00 Creative Art with Michelle (CK) ✓ 10:30 V!VAfit Sit & Stand – Channel 398 2:00 BINGO (ML) 3:15 20 th Anniversary Cook Book Meeting – Review and edit (VP) 3:30 DrumFIT (ML) 7:00 Ice Cream on the Patio with Sam (E) 7:00 Normandy - D Day - Documentary Channel 398	7 Ball Cap Day 9:45 Relaxing Yoga with Tricia– Channel 398 9:45 V!VAfit Fun (ML) 10:30 St. Ann's Parish Communion Service (ML) 1:30 BOOKMOBILE (E) 2:00 Dollarama / Giant Tiger ✓ 🚗 \$ 2:00 Wii Sorts (VP) 3:00 Golf Simulator (VL) 7:00 Tom Jones: Musical Phenomenon – Channel 398	8 10:00 V!VAfit Sit (ML) 10:00 V!VAfit Strolls (E) 10:30 V!VAfit Wheel of Fitness – Channel 398 2:00 Meadowlands Players – Act 3 (VP) Planning a Variety Show with consultant Erin Bree Pierce of EPB Production! 2:00 Bible Study (CK) 2:30 Jeopardy (ML) 3:00 Better Balance Circuit (VS) 7:00 The timeless Fashion of Princess Diana Documentary - Channel 398	9 Celebrating Candy Month 10:00 V!VAfit Balance (ML) 10:30 V!VAfit Sit – Channel 398 1:45 – Movie Matinee featuring a good old fashioned Soda Jerk; candy; popcorn and a New movie release. 3:00 25 Most Beautiful Medieval Towns of Europe – Channel 398 3:15 Bocce (ML) 7:00 Thursday Night Movie (VP) 7:00 Euchre (PP)	10 10:00 V!VAfit COMBO (ML) 10:30 V!VAfit COMBO Channel 398 2:00 Mystery Bus Tour (E) ✓ 🚗 2:00 BINGO (ML) 3:00 Spanish with Cecilia (CK)	11 National Rosé Day 10:00 V!VAfit Sit & Stand – Channel 398 10:00 V!VAfit Sit (ML) 10:30 V!VAfit Wheel of Fitness – Channel 398 2:00 Euchre (PP) 2:30 Wine and Paint (CK) ✓ 7:00 Saturday Night Movies (VP)
12 9:30 Catholic Mass Channel 398 10:00 Marshall Memorial Service Channel 398 – Live Stream service 10:15 Hymn Sing with Martin (ML) 1:00 Theatre Ancaster presents the British Invasion Concert (pre purchased tickets) ✓ 🚗 \$ 2:00 Crosswords (ML) 7:00 Sunday Evening Movies (VP)	13 10:00 V!VAfit Sit & Stand (ML) 10:30 V!VAfit Sit & Stand – Channel 398 2:00 BINGO (ML) 3:00 Sundae Monday's (PC) 7:00 Wii Sport (VP) 7:00 The Royal Opera's Jette Parker Young Artists - Channel 398	14 9:45 Relaxing Yoga with Tricia– Channel 398 9:45 V!VAfit Fun (ML) 10:30 St. Ann's Parish Communion Service (ML) 1:30 BOOKMOBILE (E) 2:00 Food For Thought / Program Planning (ML) 3:00 SKIP-BO game with Jaqui (PP) 7:00 First Ladies throughout history Biography – Channel 398	15 10:00 V!VAfit Sit (ML) 10:00 V!VAfit Strolls (E) 10:30 V!VAfit Wheel of Fitness – Channel 398 11:00 Suzanne M Jewelry (ML) \$ 12:00 Rustic Reuben Luncheon – sample some of your favourite classic sandwiches (PP) ✓ \$ 2:30 Tie Dye (E) 3:00 Better Balance Circuit (VS) 7:00 The lost Scottish city of Roxburgh Documentary - Channel 398	16 10:00 V!VAfit Balance (ML) 10:30 V!VAfit Sit – Channel 398 2:00 BINGO (ML) 3:00 Virtual Tour of the Titanic Wreck – Channel 398 7:00 Thursday Night Movie (VP) 7:00 Euchre (PP)	17 Father's Day BBQ 10:00 V!VAfit Strength (ML) 10:30 V!VAfit COMBO Channel 398 11:30 Father's Day BBQ – 1:00 featuring entertainers The Escapade (E) 2:00 Beach Party- Outdoor games, beach volleyball, bubbles (L) Dress like a dad theme day	18 10:00 V!VAfit Sit & Stand – Channel 398 10:00 V!VAfit Sit (ML) 10:30 V!VAfit Wheel of Fitness – Channel 398 2:00 Euchre (PP) 2:30 Name That Tune (ML) 7:00 Saturday Night Movies (VP)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19 Father's Day 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 Wii Sports (VP) 7:00 Sunday Evening Movies (VP)	20 10:00 V!VAfit Strength (ML) 10:00 Creative Art with Michelle (CK) ✓ 10:30 V!VAfit Sit & Stand – Channel 398 2:00 Shopping at Walmart ✓ 🚗 \$ 2:30 Who am I – Meadowlands Edition (ML) 7:00 BINGO (ML) 7:00 Mamma Mia the musical - Channel 398	21 9:45 Relaxing Yoga with Tricia– Channel 398 9:45 V!VAfit Fun (ML) 10:30 St. Ann's Parish Communion Service (ML) 1:30 BOOKMOBILE (E) 2:00 V!VA Values Senior Mental Health Series – “How to be a People Booster” (VP) 3:00 UNO with Jaqui 7:00 Behind The Glamour: Marilyn Monroe's Tragic Life Story Biography – Channel 398	22 10:00 V!VAfit Sit (ML) 10:00 V!VAfit Strolls (E) 10:30 V!VAfit Wheel of Fitness – Channel 398 2:00 Bible Study (CK) 2:30 Community Member Birthday Party with Entertainer Bob MacLean (ML) 7:00 The love and reign of Queen Elizabeth and Prince Phillip Documentary - Channel 398	23 10:00 V!VAfit Balance (ML) 10:00 Fishing at 50 Point Conservation Area ✓ 🚗 Lunch outing \$ 10:30 V!VAfit Sit – Channel 398 2:00 BINGO (ML) 3:00 Travel Log Canada – Channel 398 3:00 Mojitos and Jokes (PP) 3:15 Bocce (ML) 7:00 Thursday Night Movie (VP) 7:00 Euchre (PP)	24 10:30 V!VAfit Strength (ML) 10:00 Nelly's Comfort Shoes (ML) \$ 10:30 V!VAfit COMBO Channel 398 2:00 Summer's Blooms – Horticultural Therapy with Nancy (ML) ✓ 3:00 Spanish with Ceceilia (CK) 3:15 Knit & Stitch (HR)	25 10:00 V!VAfit Sit – Channel 398 10:00 V!VAfit Sit (ML) 10:30 V!VAfit Wheel of Fitness – Channel 398 2:00 Euchre (PP) 2:15 Sing Along with Mahima (ML) 7:00 Saturday Night Movies (VP)
26 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 Yard Yahtzee (L) or (ML) 7:00 Sunday Evening Movies (VP)	27 10:00 V!VAfit Sit & Stand (ML) 10:30 V!VAfit Sit & Stand – Channel 398 2:00 BINGO (ML) 3:15 20 th Anniversary Cookbook Meeting – Review and edit (VP) 7:00 Spelling Bee with Sam (CK) 7:00 Beethoven: Symphony No. 6- Channel 398	28 Denim Day 9:45 Relaxing Yoga with Tricia– Channel 398 9:45 V!VAfit Strength (ML) 10:30 St. Ann's Parish Communion Service (ML) 1:30 BOOKMOBILE (E) 2:00 Town Hall and Tim Hortons (ML) 7:00 Jimi Hendrix complete Biography– Channel 398	29 10:00 V!VAfit Sit (ML) 10:30 V!VAfit Wheel of Fitness – Channel 398 12:00 Picnic Lunch Outing (E) ✓ 🚗 2:00 Strawberry Social Meet and Greet with New CM's (ML or E) 3:00 Better Balance Circuit (VS) 7:00 The lost Flour Mill in Domesday Documentary - Channel 398	30 10:00 V!VAfit Balance (ML) 10:30 V!VAfit Sit – Channel 398 2:00 Shopper's Drug Mart / Food Basics / RBC Bank ✓ 🚗 \$ 2:00 BINGO (ML) 3:00 Neuschwanstein Castle – Channel 398 3:15 Creative Cards - Jaqui (HR) 7:00 Thursday Night Movie (VP) 7:00 Euchre (PP)	Fishing at 50 Point Conservation Area Thursday, June 23 rd at 10:00am Worms and Rods supplied for this good old fashioned fishing trip to 50 Point! Afterward, we'll head to a local restaurant to cool off and regale each other with some fishing tales! Sign up with the Lifestyle Department at ext. 432	Picnic Lunch Outing Wednesday, June 29 at 12:00pm Grab your sunhat and sunscreen and hop aboard the Meadowlands bus for a scenic outing, followed by a homemade picnic lunch. Sign Up with Lifestyles at extension 432

happy
Father's Day

What does a baby computer call his father?

Data.