



Penelope shares a smile in our beaded lanyard craft class.



The Arise & Shine Choir brought their music and blessings for everyone at a recent outdoor concert.

**Don't miss out!**

**National Casino Day**

Tuesday, August 2  
1:30 – 4:00 pm  
Outing to Elements Casino.

**BBQ**

Friday, August 12  
11:30 am – 1:00 pm  
Featuring entertainment by Tricia Cole.

**The Importance of Connectivity**

Tuesday, August 16  
2:00 – 3:00 pm  
RSVP with Donna.

**BBQ**

Friday, August 26  
11:30 am – 1:00 pm  
With musical entertainment by Dave Burden.

**Twin Valley Zoo Picnic**

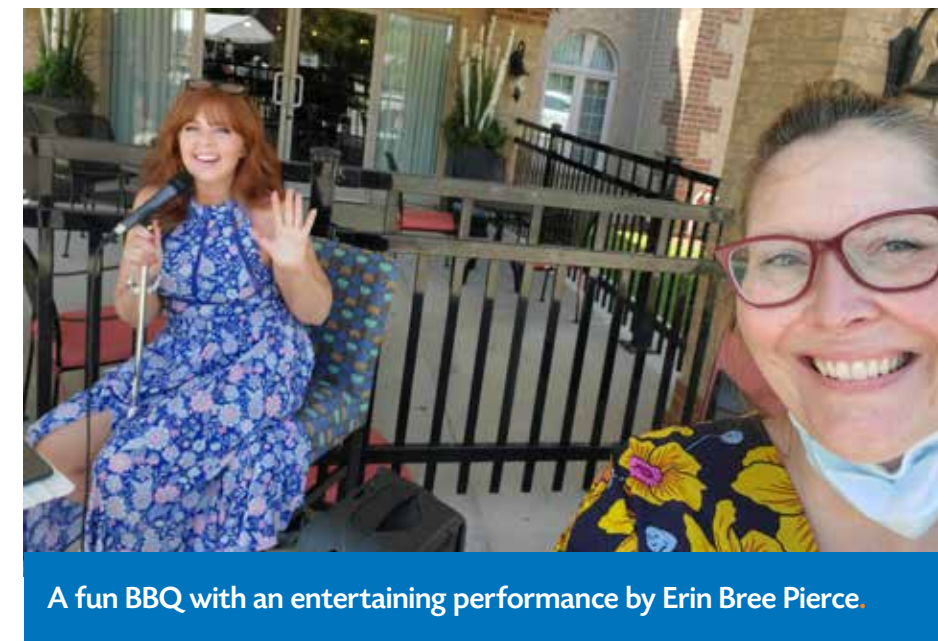
Friday, August 31  
12:00 – 3:00 pm  
Enjoy a lunch picnic while visiting the zoo animals.

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

Copyright VIVA Retirement Communities Corporation 2022



Community Members ride the Mystery Bus Tour to "Dairee Delite" for ice cream and enjoyed a refreshing delight before it quickly melted away.



A fun BBQ with an entertaining performance by Erin Bree Pierce.



## 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.



**Jesse Smith, Instructor & Senior Technology Mentor**



### The Importance of Connectivity

with Guest Speaker: **Jesse Smith**

**NOW AVAILABLE IN-PERSON\* OR ONLINE!**

**TUESDAY, AUGUST 16 | 2:00 PM**

Join us once again for a rerun with Jesse, to explore how connecting online can support your mental health during times when seeing others in person is restricted. Learn how to discover new communities, share with friends and family, and even access mental health services. In partnership with Connected Canadians.

*\*Conditions apply including public health protocols.*

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

# SUDOKU FUN!

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

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

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

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

Each puzzle consists of a 9x9 grid containing given clues in various places. The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3x3 box.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LEGEND</b> <b>Orange Fitness Class</b> <b>Purple Special Event</b> <b>Green Excursion</b> ✓ Sign Up 🚗 Shuttle \$ Cost required ▶▶ Walking	<b>East Wing</b> (VS) VIVAfit Studio (PP) Pints! Pub (CK) VIVAcraft Kitchen (CC) Community Commons (VP) VIVAplex <b>West Wing</b> (PC) Perks! Café (L) Lobby (E) Entrance (HR) Horticultural Room (BG) Brain Gym (ML) Meadow Lounge (P) Pool (VL) VIVALinks Golf Simulator	<b>Happy Hour in Pints! Pub</b> Monday - Saturday 3:00 PM – 4:00 PM  Come on down for a cool one! Alcoholic and Non Alcoholic beverages available – bring a friend and make it a social!  Let's make it a place where "EVERYBODY KNOWS YOUR NAME!" ~ Cheers!  ~ Brought to you by the Dietary Department ~	<b>BOOK CLUB</b> Tuesday August 16th 2:30 PM – 3:30 PM  Meadowlands Book Club is starting up in the month of August.  Introductory book is "Medicine Walk". Fiction Features the life of Frank and his son, as Frank takes a look back in order to walk forward and impart the gift of adventure to his son.			
	<b>1 CIVIC Holiday</b>  10:00 VIVAfit Sit & Stand (ML) 10:30 VIVAfit Sit & Stand – Channel 398 2:00 Super BINGO (ML) 3:00 Happy Hour (PP) 3:15 Euchre (PP) 7:00 Matilda the Musical - Channel 398	<b>2 National Casino Day</b>  9:45 VIVAfit Fun (ML) 10:30 St. Ann's Parish Communion Service (ML) 1:30 BOOKMOBILE (E) 1:30 Elements Casino Trip (formerly Flamboro Downs) (E) ✓ 🚗 \$ 3:00 Happy Hour (PP) 7:00 The Beach Boys Biography – Channel 398	<b>3</b>  9:30 Walker Repair Clinic (L) 10:00 VIVAfit Balance (ML) 10:00 VIVAfit Strolls (E) 10:30 VIVAfit Wheel of Fitness – Channel 398 2:00 Shopping at Dollarama / Rexall, Food Basics (E) ✓ 🚗 \$ 3:00 Happy Hour (PP) 3:30 Susan on the Piano (ML) 3:00 Better Balance Circuit (VS) 7:00 The Paradise Inspiration Of Beatrix Potter - Documentary – Channel 398	<b>4 Superhero Theme Day</b>  10:00 VIVAfit Sit (ML) 10:30 VIVAfit Sit – Channel 398 2:00 BINGO (ML) 3:00 London, England Travel Log – Channel 398 3:00 Happy Hour (PP) 3:15 Golf Simulator (VL) 3:15 Meadowlands Players with consultant Erin Bree (VP) 3:15 Bocce (ML) 7:00 Euchre (PP)	<b>5 International Beer Day</b>  10:00 VIVAfit Strength (ML) 10:30 VIVAfit COMBO Channel 398 2:00 Beer Tasting Social – on the Pool Patio or (ML) 3:00 Happy Hour (PP) 3:30 Spanish with Cecilia (CK)	<b>6 National Root Beer Float Day</b>  10:00 VIVAfit Sit – Channel 398 10:00 VIVAfit Sit and Stand (ML) 10:30 VIVAfit Wheel of Fitness – Channel 398 2:00 Euchre (PP) 2:30 Root Beer Floats and Riddles (PC) 3:00 Happy Hour (PP) 7:00 Saturday Night Movies (VP)
<b>7</b>  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 Lavender Painting (CK) 7:00 Sunday Evening Movies (VP)	<b>8</b>  10:00 VIVAfit Sit & Stand (ML) 10:00 Creative Art with Michelle (CK) ✓ 10:30 VIVAfit Sit & Stand – Channel 398 2:00 BINGO (ML) 3:00 Euchre (PP) 3:00 Happy Hour (PP) 3:15 Animal Print Trivia (VP) 7:00 Two Cellos at Sydney Opera House – Channel 398	<b>9</b>  9:45 VIVAfit Strength (ML) 10:30 St. Ann's Parish Communion Service (ML) 1:15 Hearing Connect – Hearing Aid mobile clinic (L) 1:30 BOOKMOBILE (E) 2:00 Food For Thought / Program Planning (ML) 3:00 Happy Hour with Dave Thierry – Showtime Concert (PP) featuring Blue Lagoon Drinks 7:00 Warren Buffett Biography – Channel 398	<b>10</b>  10:00 Relaxing Yoga with Tricia-In-Person (ML) 10:00 VIVAfit Strolls (E) 10:30 VIVAfit Wheel of Fitness – Channel 398 2:00 Circles Enrichment - HISTORY The Amazing Story of the 1912 Olympic Marathon by Dr. Keith Johnston (VP) 3:00 Relax & Reminisce with Krishanthi on Piano (ML) 3:00 Better Balance Circuit (VS) 7:00 How The American Public Heard WWII Ended Documentary – Channel 398	<b>11 Rainbow Day</b>  10:00 VIVAfit Sit (ML) 10:30 VIVAfit Sit – Channel 398 2:00 BINGO (ML) 2:00 Shopper's Drug Mart (E) ✓ 🚗 \$ 3:00 Happy Hour (PP) 3:00 25 of the best National Parks in the USA– Channel 398 3:15 Shuffleboard (PP) 7:00 Euchre (PP)  Wear as many colours of the rainbow that you can today!	<b>12</b>  10:00 VIVAfit COMBO (ML) 10:30 VIVAfit COMBO Channel 398 11:30 BBQ Featuring the – 1:00 talented Tricia Cole (E) Outdoor Games (E) 2:00 Cornhole, Ladderball and more... 3:00 Happy Hour (PP)	<b>13</b>  10:00 VIVAfit Sit – Channel 398 10:00 VIVAfit Sit (ML) 10:30 VIVAfit Wheel of Fitness – Channel 398 2:00 Euchre (PP) 2:15 Cheese Tasting (CK) 3:00 Happy Hour (PP) 7:00 Saturday Night Movies (VP)

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 The Wizard of Oz Musical – Channel 398</p> <p>2:00 Wacky Wordy – Pick up at Communication Board (L)</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>10:00 V!VAfit Sit &amp; Stand (ML)</b></p> <p><b>10:30 V!VAfit Sit &amp; Stand – Channel 398</b></p> <p>2:00 BINGO (ML)</p> <p><b>3:00 Happy Hour (PP)</b></p> <p>3:30 Drumfit (ML)</p> <p><b>3:30 Tech Talk- Answering Specific Questions about your Technology – Sign up for a Time Slot to visit with Lifestyles ✓</b></p> <p>7:00 The Concert Choir of George Town University – Channel 398</p>	<p><b>16</b></p> <p><b>9:45 V!VAfit Fun (ML)</b></p> <p>10:30 St. Ann’s Parish Communion Service (ML)</p> <p><b>1:30 BOOKMOBILE (E)</b></p> <p><b>2:00 VIVA Values Senior Mental Health Series – Connected Canadians (VP)</b></p> <p><b>2:30 Book Club (CC)</b></p> <p><b>3:00 Happy Hour (PP)</b></p> <p><b>3:00 UNO with Jaqui (PP)</b></p> <p>3:00 Wheel of Fortune (ML)</p> <p>7:00 Elvis Presley Biography – Channel 398</p>	<p><b>17</b></p> <p><b>10:00 V!VAfit Balance (ML)</b></p> <p><b>10:30 V!VAfit Wheel of Fitness – Channel 398</b></p> <p><b>2:00 Fruit Pie Bake for the Annual Pie Auction – Assorted Pies (CK)</b></p> <p><b>3:00 Happy Hour (PP)</b></p> <p><b>3:00 Better Balance Circuit (VS)</b></p> <p>7:00 The C-130 Hercules: Legendary Supercarrier Of The RAF – Channel 398</p>	<p><b>18</b></p> <p><b>10:30 V!VAfit Sit – Channel 398</b></p> <p>2:00 BINGO (ML)</p> <p><b>3:00 Happy Hour (PP)</b></p> <p>3:00 Iceland Travel Guide – Channel 398</p> <p>3:15 Bocce (ML)</p> <p>7:00 Euchre (PP)</p>	<p><b>19</b></p> <p><b>10:00 V!VAfit Strength (ML)</b></p> <p><b>10:30 V!VAfit COMBO Channel 398</b></p> <p>2:00 Jeopardy (ML)</p> <p><b>2:30 Circles Enrichment - NATURE - Motherhood: Insight into Animal Love, Life, and Loss presented by Eve Smeltzer (VP)</b></p> <p><b>3:00 Happy Hour (PP)</b></p> <p>3:15 Golf Simulator (VL)</p>	<p><b>20 National Honeybee Day Wear Yellow Day</b></p> <p><b>10:00 V!VAfit Sit – Channel 398</b></p> <p><b>10:00 V!VAfit Sit and Stand (ML)</b></p> <p><b>10:30 V!VAfit Wheel of Fitness – Channel 398</b></p> <p>2:00 Euchre (PP)</p> <p>2:15 Making Beeswax ChapStick (CK)</p> <p><b>3:00 Happy Hour (PP)</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 Wii Sports (VP)</p> <p>7:00 Sunday Evening Movies (VP)</p>	<p><b>22</b></p> <p><b>10:00 V!VAfit Sit &amp; Stand (ML)</b></p> <p><b>10:00 Creative Art with Michelle (CK) ✓</b></p> <p><b>10:00 Bijoux Boutique (vendor) (ML) 10 – 2 \$</b></p> <p><b>10:30 V!VAfit Sit &amp; Stand – Channel 398</b></p> <p>2:00 BINGO (ML)</p> <p><b>3:00 Happy Hour (PP)</b></p> <p>3:00 Euchre (PP)</p> <p>3:15 Golf Simulator (VL)</p> <p>7:00 Sleeping Beauty Ballet – Channel 398</p>	<p><b>23 Ball Cap Day</b></p> <p><b>9:45 V!VAfit Strength (ML)</b></p> <p>10:30 St. Ann’s Parish Communion Service (ML)</p> <p><b>1:30 BOOKMOBILE (E)</b></p> <p><b>2:00 Town Hall and Tim Hortons (ML)</b></p> <p><b>3:00 Happy Hour (PP)</b></p> <p>7:00 How Bob Dylan Catapulted Folk Music   Roads Rapidly Changing Biography – Channel 398</p>	<p><b>24 Peach Fest &amp; Pie Auction</b></p> <p><b>10:00 Relaxing Yoga with Tricia-in Person (ML)</b></p> <p><b>10:30 V!VAfit Wheel of Fitness – Channel 398</b></p> <p><b>2:00 – Peach Festival with Krishanthi on Piano (ML) Pie Auction starts at 3pm</b></p> <p><b>3:00 Happy Hour (PP)</b></p> <p>7:00 The Greatest Gangster Of Depression Era America   The Story Of John Dillinger Documentary – Channel 398</p>	<p><b>25 National Banana Split Day</b></p> <p><b>10:00 V!VAfit Sit (ML)</b></p> <p><b>10:30 V!VAfit Sit – Channel 398</b></p> <p>2:00 BINGO (ML)</p> <p><b>3:00 Happy Hour (PP)</b></p> <p>3:00 25 Most Amazing Ancient Ruins of the World – Channel 398</p> <p>3:00 Banana Splits (PC)</p> <p>3:15 Creative Cards with Jaqui (HR)</p> <p>7:00 Euchre (PP)</p>	<p><b>26 National Dog Day</b></p> <p><b>10:00 V!VAfit COMBO (ML)</b></p> <p><b>10:30 V!VAfit COMBO Channel 398</b></p> <p><b>11:30 BBQ with entertainer Dave – 1:00 Burden (E) or (ML)</b></p> <p><b>2:00 Horticultural Therapy with Nancy – “Fruits of your Labour” (CK) ✓</b></p> <p><b>3:00 Happy Hour (PP)</b></p> <p>3:15 Dog Daze of Summer – Pet Beauty Show (E) or (ML)</p>	<p><b>27</b></p> <p><b>10:00 V!VAfit Sit – Channel 398</b></p> <p><b>10:00 V!VAfit Sit (ML)</b></p> <p><b>10:30 V!VAfit Wheel of Fitness – Channel 398</b></p> <p>1:45 Manicures (CK) ✓</p> <p>2:00 Euchre (PP)</p> <p><b>3:00 Happy Hour (PP)</b></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 Shuffleboard Tournament (PP)</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>10:00 V!VAfit Sit &amp; Stand (ML)</b></p> <p><b>10:30 V!VAfit Sit &amp; Stand – 398</b></p> <p><b>2:00 Community Member Birthday Party with Ted Yates (ML) Everyone is invited to celebrate!</b></p> <p><b>3:00 Happy Hour (PP)</b></p> <p>3:00 Euchre (PP)</p> <p>7:00 Shania Twain - Up Close and Personal – Channel 398</p>	<p><b>30</b></p> <p><b>9:45 V!VAfit Strength (ML)</b></p> <p>10:30 St. Ann’s Parish Communion Service (ML)</p> <p><b>1:30 BOOKMOBILE (E)</b></p> <p><b>2:00 Shopping at Walmart ✓ 🛒 \$</b></p> <p><b>3:00 Happy Hour (PP)</b></p> <p>7:00 Grace Kelly – The American Princess – Channel 398</p>	<p><b>31</b></p> <p><b>10:00 V!VAfit Balance (ML)</b></p> <p><b>10:30 V!VAfit Wheel of Fitness – Channel 398</b></p> <p><b>12:00 Picnic Lunch outing &amp; visit at the Twin Valley Zoo (lots of walking) ✓ 🚗 \$ ▶▶</b></p> <p>2:00 Test Your Scientific Skills (L)</p> <p><b>3:00 Happy Hour (PP)</b></p> <p><b>3:30 Better Balance Circuit (VS)</b></p> <p>7:00 The Real Spies of MI-6   Secrets of War Documentary – Channel 398</p>	<p><b>Fruit Pie Bake August 17<sup>th</sup></b> 2:00 PM – 4:00 PM</p> <p>Calling all bakers and pie lovers – we need your help! Help create the tasty fillings for our mini 4” pies to be sold at the Pie Auction on August 24<sup>th</sup>. If you have a recipe you want to share, drop it off at the Lifestyle Office and we will get the ingredients.</p>	<p><b>Peach Festival and Pie Auction August 24<sup>th</sup></b> 2:00 PM – 4:00 PM</p> <p>Let Chef Robert and Sous Chef Ryan take you on a tastebud adventure with some spectacularly peachy desserts. Let Krishanthi entertain you on piano and finish up with a mini pie auction. Proceeds will be donated to charity.</p>	<p><b>Horticultural Therapy with Nancy August 26<sup>th</sup></b> 2:00 PM – 3:00 PM</p> <p>August is when the vegetable garden is producing its bounty. Let’s take some of those fruits, vegetables and herbs and make something delicious. Isn’t that what a garden is for? We will be the chefs but best of all we will be the consumers of a wonderful dish.</p>

\*Calendars are subject to change. All programs, activities & terminology are property of VIVA Retirement Communities™