



Bev shows off a Victory Garden success.



Phyllis and Lisa show off their fabulous lavender flower paintings.

Don't miss out!

Meadowlands 20th Anniversary Party
Thursday, September 8
2:00 – 4:00 pm
Entertainment, food and festivities.

Dixieland Plus
Monday, September 12
2:00 – 3:00 pm
Don't miss the musical styles of this 9 piece band.

Expert Poker Guest
Wednesday, September 21
2:00 – 4:00 pm
Elevate your poker with Desi!

BBQ
Friday, September 23
11:30 am – 1:00 pm
With musical entertainment by Brent Meidinger.

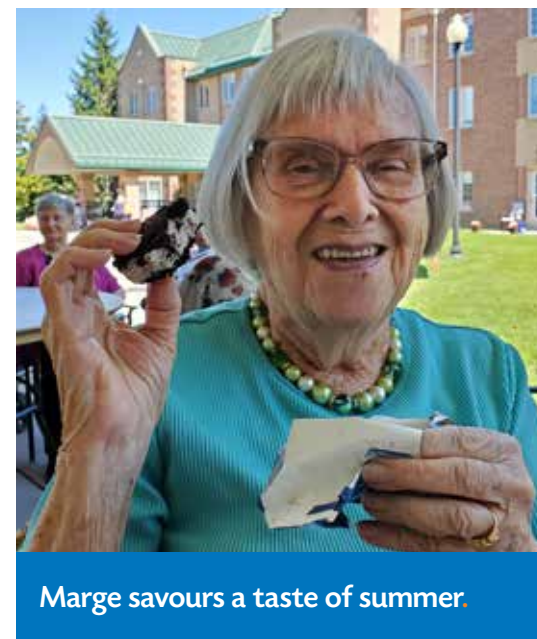
Horticultural Therapy
Friday, September 30
2:00 – 3:00 pm
Spice up your life with Nancy!

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

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Chef Robert prepared a delicious BBQ for Community Members while the lovely Tricia Cole entertained everyone with her vocal talents.



Marge savours a taste of summer.



Family is the best! Gerry (R) and her niece during our fun BBQ.

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	 Meadowlands 20th Anniversary Celebration SEPTEMBER 8th 2:00 PM – 4:00 PM Celebrating 20 years of "Making Today Great". Join us for Entertainment Food, and Fun!	Grandparents Day SEPTEMBER 11th 2:00 PM – 3:00 PM Time to invite the grandchildren and great grandchildren for an afternoon of games and refreshments. Check the elevators for more details closer to the event!	1 9:30 V!VAfit Swim (P) 10:00 V!VAfit Sit (ML) 10:30 V!VAfit Sit – Channel 398 2:00 BINGO (ML) World's Richest Country & Unknown World under Moscow Mystery Places- Channel 398 3:00 Bocce (ML) 7:00 Euchre (PP)	2 10:00 V!VAfit Strength (ML) 10:30 V!VAfit COMBO Channel 398 2:00 Sing-Along to the Lyrics (ML) 3:00 Happy Hour (PP) 3:30 Spanish with Cecilia (CK)	3 10:00 V!VAfit Sit – Channel 398 10:00 V!VAfit Sit and Stand (ML) 10:30 V!VAfit Wheel of Fitness – Channel 398 2:00 Euchre (PP) 2:15 Giant Crosswords (CK) 3:00 Happy Hour (PP) Saturday Night Movies (VP)
4 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 Lantern Decorating (CK) ✓ 7:00 Sunday Evening Movies (VP)	5 Labor Day 10:00 V!VAfit Sit & Stand (ML) 10:30 V!VAfit Sit & Stand – Channel 398 2:00 Super BINGO (ML) 3:00 Happy Hour (PP) 3:15 Euchre (PP) The Birth of Rock n' Roll Theatre Ancaster- Channel 398	6 Theme - School Picture Day 9:45 V!VAfit Fun (ML) 10:30 St. Ann's Parish Communion Service (ML) 1:30 BOOKMOBILE (E) 2:00 Shopping Dollarama / Giant Tiger (E) ✓ 🚗 \$ 2:00 Minute to Win it Games: may the best team win! (E) 3:00 Happy Hour (PP) 3:00 Guess Who: School Picture Edition (VP) 3:15 UNO with Jaqui (PP) Missing Evidence: The Death of Marilyn Monroe –	7 9:30 Walker Repair Clinic (L) 10:00 V!VAfit Balance (ML) 10:30 V!VAfit Wheel of Fitness – Channel 398 2:00 Movie Matinee (VP) 2:00 Susan on the Piano (L) 3:00 Happy Hour (PP) 3:00 Better Balance Circuit (VS) 7:00 The Hunt for The Royal Charter's Sunken Treasure Royal Wreck Of Gold Timeline – Channel 398	8 MEADOWLANDS 20th ANNIVERSARY PARTY 9:30 V!VAfit Swim (P) 10:00 V!VAfit Sit (ML) 10:30 V!VAfit Sit – Channel 398 2:00 20 th Anniversary Party – (E) Come celebrate with us under the big tent. 2:00pm – 4:00pm 7:00 10 Best Places to Visit in the Netherlands- Channel 398 	9 10:00 V!VAfit Strength (ML) 10:30 V!VAfit COMBO Channel 398 2:00 Outdoor Games (E) Cornhole, Ladderball and more... 3:00 Happy Hour (PP)	10 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 Apple Crumble Baking (CK) 3:00 Happy Hour (PP) Saturday Night Movies (VP)
11 Grandparents 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 Grand Games with Grandkids (L or ML) 3:00 Andrew on the Piano (L) 7:00 Sunday Evening Movies (VP) 7:00 9/11: The moment the world changed 20 years on Under Investigation- Channel 398	12 10:00 V!VAfit Sit & Stand (ML) 10:00 Creative Art with Michelle (CK) ✓ 10:30 V!VAfit Sit & Stand – Channel 398 2:00 Dixieland Plus (E) or (ML) 9-piece band 3:00 Euchre (PP) 3:00 Happy Hour (PP) 7:00 Shrek the Musical-Channel 398	13 9:45 V!VAfit Strength (ML) 10:30 St. Ann's Parish Communion Service (ML) 1:30 BOOKMOBILE (E) 2:00 Food For Thought / Program Planning (ML) 3:00 NO Happy Hour (PP) 3:30 Book Club (CC) 7:00 The Gift: The Journey of Johnny Cash– Channel 398	14 10:00 Relaxing Yoga with Tricia– In-Person (ML) 10:30 V!VAfit Wheel of Fitness – Channel 398 2:00 Horse Racing (CK) 3:00 Relax & Reminisce with Krishanthi on Piano (L) 3:00 NO Happy Hour (PP) Why Global Supply Chain may never be the same – Channel 398	15 Wear a pattern theme day! 9:30 V!VAfit Swim (P) 10:00 V!VAfit Sit (ML) 10:00 Hardt Designs – Vendor (ML) 10 – 2 \$ 10:30 V!VAfit Sit – Channel 398 2:00 BINGO (ML) 3:00 Happy Hour (PP) 3:00 Scotland Travel Log- Channel 398 3:15 Golf Simulator 3:15 Bocce (ML) 7:00 Euchre (PP)	16 10:00 V!VAfit COMBO (ML) 10:30 V!VAfit COMBO Channel 398 2:00 Shopping at Walmart (E) ✓ 🚗 \$ 2:00 A Taste of Harvest – Name that Apple (CK) 3:00 Happy Hour (PP) 3:30 Spanish with Cecilia (CK)	17 10:00 V!VAfit Sit – Channel 398 10:00 V!VAfit Sit and Stand (ML) 10:30 V!VAfit Wheel of Fitness – Channel 398 2:00 Euchre (PP) 2:00 Entertainer – Avery Raquel (ML) 2:20 Wheel of Fortune (CK) 3:00 Happy Hour (PP) Saturday Night Movies (VP)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>18</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 Wii Sports (VP)</p> <p>7:00 Sunday Evening Movies (VP)</p> <p>Treasure Trade week begins</p>	<p>19</p> <p>10:00 V!VAfit Sit & Stand (ML)</p> <p>10:30 V!VAfit Sit & Stand – Channel 398</p> <p>1:00 London Born Wine Co. – Wine tasting tour (E) ✓ 🚗 \$</p> <p>2:00 BINGO (ML)</p> <p>3:00 Happy Hour (PP)</p> <p>3:30 Drumfit (ML)</p> <p>7:00 2 Cellos Live - Channel 398</p>	<p>20</p> <p>9:45 V!VAfit Fun (ML)</p> <p>10:30 St. Ann's Parish Communion Service (ML)</p> <p>1:30 BOOKMOBILE (E)</p> <p>2:00 V!VA Values Senior Mental Health Series – “Boost your Mental Health with Autumns Bounty” (VP)</p> <p>2:00 Bookmark Making (CK)</p> <p>3:00 Happy Hour (PP)</p> <p>3:00 UNO with Jaqui (PP)</p> <p>7:00 The Dramatic Up's and Down's of the British Royal Family – Channel 398</p>	<p>21</p> <p>10:00 V!VAfit Balance (ML)</p> <p>10:30 V!VAfit Wheel of Fitness – Channel 398</p> <p>2:00 Expert Poker Guest – Learn to improve your game with Desi (ML)</p> <p>3:00 Happy Hour (PP)</p> <p>3:00 Better Balance Circuit (VS)</p> <p>7:00 Woodstock: 3 days that changed everything – Channel 398</p>	<p>22 Wear your Favourite Fall Colors</p> <p>9:30 V!VAfit Swim (P)</p> <p>10:00 V!VAfit Sit (ML)</p> <p>10:00 Nelly's Comfort Shoes (ML)</p> <p>10:30 V!VAfit Sit – Channel 398</p> <p>2:00 BINGO (ML)</p> <p>2:00 Shopper's Drug Mart Trip (E) ✓ 🚗 \$</p> <p>3:00 Insider - Metropolis: Rome Vacation -Channel 398</p> <p>3:15 Creative Cards with Jaqui (HR)</p> <p>7:00 Euchre (PP)</p>	<p>23</p> <p>10:00 V!VAfit COMBO (ML)</p> <p>10:30 V!VAfit COMBO Channel 398</p> <p>11:30 BBQ Featuring the – 1:00 talented Brent Meidinger (E)</p> <p>2:00 Trip to Banks – TD / Scotia / BMO & the Liquor Store (E) ✓ 🚗 \$</p> <p>2:00 Animal Print Trivia (ML)</p> <p>3:00 Happy Hour (PP)</p> <p>3:15 Golf Simulator (VL)</p>	<p>24</p> <p>10:00 V!VAfit Sit – Channel 398</p> <p>10:00 V!VAfit Sit and Stand (ML)</p> <p>10:30 V!VAfit Wheel of Fitness – Channel 398</p> <p>2:00 Euchre (PP)</p> <p>2:30 Billiards Game (PP)</p> <p>3:00 Happy Hour (PP)</p> <p>7:00 Saturday Night Movies (VP)</p>
<p>25</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 Pinecone Potpourri Making (CK) ✓</p> <p>3:00 Andrew on the Piano (L)</p> <p>7:00 Sunday Evening Movies (VP)</p>	<p>26</p> <p>10:00 V!VAfit Sit & Stand (ML)</p> <p>10:00 Creative Art with Michelle (CK) ✓</p> <p>10:30 V!VAfit Sit & Stand – Channel 398</p> <p>1:30 Shopping at Lynden Park Mall (E) ✓ 🚗 \$</p> <p>2:00 BINGO (ML)</p> <p>3:00 Making Scare Crow Crunch Mix for Fall Fair (CK)</p> <p>3:00 Happy Hour (PP)</p> <p>7:00 The Beatles Orchestra Tribute– Channel 398</p>	<p>27 Denim Day</p> <p>9:45 V!VAfit Strength (ML)</p> <p>10:30 St. Ann's Parish Communion Service (ML)</p> <p>1:30 BOOKMOBILE (E)</p> <p>2:00 Town Hall and Tim Hortons (ML)</p> <p>3:00 Happy Hour (PP)</p> <p>7:00 Mickey Rooney Biography – Channel 398</p>	<p>28 National Drink Beer Day</p> <p>10:00 V!VAfit Balance (ML)</p> <p>10:30 V!VAfit Wheel of Fitness – Channel 398</p> <p>12:00 Men's Social with Pub Food and Suds! (PP) ✓</p> <p>2:00 Bible Study (CK)</p> <p>2:00 Joyful Brass Band (E)</p> <p>3:00 Happy Hour (PP)</p> <p>3:00 Relax & Reminisce with Krishanthi on Piano (L)</p> <p>3:30 Better Balance Circuit (VS)</p> <p>7:00 Frank Lloyd Wright: America's Greatest Architect –Channel 398</p>	<p>29</p> <p>9:30 V!VAfit Swim (P)</p> <p>10:00 V!VAfit Sit (ML)</p> <p>10:30 V!VAfit Sit – Channel 398</p> <p>2:00 Community Member Birthday Party with Entertainer Johnny T (ML) All are welcome!</p> <p>3:00 Happy Hour (PP)</p> <p>3:00 A Thousand Years of European Castles - Channel 398</p> <p>3:15 Bocce (ML)</p> <p>7:00 Euchre (PP)</p>	<p>30 National Orange Shirt Day – Every Child Matters</p> <p>10:00 V!VAfit COMBO (ML)</p> <p>10:30 V!VAfit COMBO Channel 398</p> <p>2:00 “Spice up your Life” – Horticultural Therapy program with Nancy (ML)</p> <p>2:00 Susan on the Piano (L)</p> <p>3:00 Hot Mulled Cider (PP) during Happy Hour</p> <p>3:30 Spanish with Cecilia (CK)</p>	<p>Treasure Trade SEPTEMBER 18 – 24 Meadow Lounge</p> <p>Please bring down any gently used items that you no longer use. Accepted items: clothing, knick-knacks, pottery, toasters, lamps, etc.</p> <p>**Must be clean, in good condition or good working order**.</p> <p>All are welcome to come and 'shop' and look for any treasures that you may find. Left over items will be donated.</p>



London Born Wine Co. Wine Tasting Tour
 SEPTEMBER 19th
 1:00pm – 3:00pm

The London Tasting Flight!
 \$20.00 per person

Experience 4 wines of your choosing seated comfortably indoors or on the patio.

Please sign up with Lifestyles at ext. 432

What's green, and smells like red paint?

Green paint.