



Kelly, Jackie and Alex decking the halls for Christmas.



Gingerbread challenge – Hedy and Marge try to “stick” to it.

Don't miss out!

New Years Day Party

Monday, January 1
2:30 - 3:30 pm – Meadow Lounge

Guest Speaker Anita Rombough – Design your Best Year!

Saturday, January 13
2:00 - 3:00 pm – Meadow Lounge

The Power of the Pen – handwriting analyst Elaine Charal

Tuesday, January 23
2:00 - 3:00 pm – V!VAplex

Cultural Enrichment - Austria

Wednesday, January 30
2:00 - 3:00 pm – V!VAplex

Receive a cheque* for every friend you refer to V!VA Meadowlands who moves in.

All they need to do is tell us who referred them. That's just our way of saying 'Thanks!' for helping someone else be Happier Here™, too!

*Conditions apply

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V!VAvoice

YOUR VIVA COMMUNITY NEWSLETTER

January 2024

Meadowlands
A V!VA RETIREMENT COMMUNITY



Seeing Double – Two Santas showed up for our annual Community Member Christmas Party – what a treat.



Team Member Christmas Party – the beautiful Housekeeping Team.



Christmas Sweater bliss – Gerry, Helen and Margaret enjoying the season.



Reserve your spot for events and programs with the Lifestyle Department.

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January 2024

Meadowlands



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>LEGEND</div> <div>Orange Fitness Class</div> <div>Purple Special Event</div> <div>Green Excursion</div> <div>✓ Sign Up</div> <div>🚌 Shuttle</div> <div>\$ Cost required</div> <div>➡ Walking</div>	<div>10:00 V!VAfit Sit & Stand (ML) 1</div> <div>10:30 V!VAfit Sit & Stand (TV)</div> <div>2:30 New Years Party with Johnny T - dress to impress (ML)</div> <div>5:30 Be Calm and Colour - Pick up at Concierge (L)</div> <div>7:00 BBC Proms 2012 John Wilson on Broadway (TV)</div>	<div>9:15 V!VAfit Studio - by appointment (VS) 2</div> <div>9:45 V!VAfit Strength (ML)</div> <div>10:30 St. Ann's Parish Communion Service (ML)</div> <div>1:00 V!VAfit Studio - by appointment (VS)</div> <div>2:00 Trip to Hamilton Public Library - Turner Park (E) ✓ 🚌</div> <div>2:00 What does your Zodiac Sign say about you? (CK)</div> <div>7:00 Robert Mitchum: The Reluctant Star (TV)</div>	<div>9:15 V!VAfit Studio - by appointment (VS) 3</div> <div>9:30 Walker Repair Clinic (L)</div> <div>10:00 V!VAfit Balance (ML)</div> <div>10:30 V!VAfit Wheel of Fitness (TV)</div> <div>2:00 V!VALicious Food Committee (previously Food for Thought) (ML)</div> <div>3:00 Program Planning with Lifestyles (VP)</div> <div>3:15 The Adventures of Sherlock Holmes (VP)</div> <div>3:30 Better Balance Circuit (VS)</div>	<div>9:15 V!VAfit Studio - by appointment (VS) 4</div> <div>9:30 V!VAfit Fun Swim (P)</div> <div>10:00 V!VAfit Wheel of Fitness (ML)</div> <div>10:30 V!VAfit Sit (TV)</div> <div>1:00 V!VAfit Studio - by appointment (VS)</div> <div>2:00 Shopping at Walmart - Ancaster (E) ✓ 🚌 \$</div> <div>2:00 Coffee and Conversation - New Years Resolutions (CC)</div> <div>2:30 Jenga and SkipBo (PP)</div> <div>7:00 Euchre (PP)</div> <div></div>	<div>9:15 V!VAfit Studio - by appointment (VS) 5</div> <div>10:00 V!VAfit Combo (ML)</div> <div>10:30 V!VAfit Combo (TV)</div> <div>2:00 Bingo (ML)</div> <div>3:30 A Powerful Guided Meditation (VP)</div> <div>5:30 Puzzle packages - pick up at Concierge (L)</div> <div>7:00 Ancient Islands: Ghost City of the Pacific (TV)</div>	<div>10:00 V!VAfit Sit (TV) 6</div> <div>10:00 V!VAfit Wheel of Fitness (ML)</div> <div>10:30 V!VAfit Sit & Stand (TV)</div> <div>2:00 Euchre (PP)</div> <div>2:00 Snow Flake Craft (CK) ✓</div> <div>3:00 Creative Cards with Jaqui (HR)</div> <div>7:00 Saturday Night Movies (VP)</div>
<div>9:30 Catholic Mass (TV) 7</div> <div>10:00 Marshall Memorial Service (TV)</div> <div>10:15 Hymn Sing with Martin (ML)</div> <div>2:00 Candy Cane Ice Cream Social (PP)</div> <div>7:00 Sunday Evening Movies (VP)</div>	<div>9:15 V!VAfit Studio - by appointment (VS) 8</div> <div>10:00 Creative Art with Michelle (CK)</div> <div>10:00 V!VAfit Sit & Stand (ML)</div> <div>10:30 V!VAfit Sit & Stand (TV)</div> <div>2:00 Bingo (ML)</div> <div>3:00 Euchre (PP)</div> <div>5:30 Be Calm and Colour - Pick up at Concierge (L)</div> <div>7:00 Agatha Christie - Spider's Web (1982) (TV)</div>	<div>9:15 V!VAfit Studio - by appointment (VS) 9</div> <div>9:45 V!VAfit Fun (ML)</div> <div>10:30 St. Ann's Parish Communion Service (ML)</div> <div>1:00 V!VAfit Studio - by appointment (VS)</div> <div>2:00 Shopping at Dollarama / Rexall / Food Basics (E) ✓ 🚌 \$</div> <div>2:00 Shuffleboard & Pool (PP)</div> <div>3:15 Creative Cards with Jaqui (HR)</div> <div>7:00 Jimmy Stewart - The Soldier's Biography And The Story Of His Record Breaker P-51 "Thunderbird" (TV)</div>	<div>9:15 V!VAfit Studio - by appointment (VS) 10</div> <div>10:00 Yoga with Tricia (ML)</div> <div>10:30 V!VAfit Wheel of Fitness (TV)</div> <div>2:00 Paint and Sip Event with Michelle - limited seats - sign up required (CK) ✓</div> <div>3:00 Relax & Reminisce with Krishanthi on Piano (L)</div> <div>3:15 The Adventures of Sherlock Holmes (VP)</div> <div>3:30 Better Balance Circuit (VS)</div>	<div>9:15 V!VAfit Studio - by appointment (VS) 11</div> <div>9:30 V!VAfit Fun Swim (P)</div> <div>10:00 V!VAfit Wheel of Fitness (ML)</div> <div>10:30 V!VAfit Sit (TV)</div> <div>1:00 V!VAfit Studio - by appointment (VS)</div> <div>1:30 Shopping at Lynden Park Mall (E) ✓ 🚌 \$</div> <div>2:30 Colour By Numbers (HR)</div> <div>7:00 Euchre (PP)</div>	<div>9:15 V!VAfit Studio - by appointment (VS) 12</div> <div>10:00 V!VAfit Combo (ML)</div> <div>10:30 V!VAfit Combo (TV)</div> <div>2:00 Bingo (ML)</div> <div>3:30 Travelogues (VP)</div> <div>5:30 Puzzle packages - pick up at Concierge (L)</div> <div>7:00 The Loneliness And Paranoia Of WW1's Home Front (TV)</div>	<div>10:00 V!VAfit Sit (ML) 13</div> <div>10:00 V!VAfit Sit (TV)</div> <div>10:30 V!VAfit Sit & Stand (TV)</div> <div>2:00 Euchre (PP)</div> <div>2:00 Anita Rombough - Guest Speaker - Design your Best Year! (ML)</div> <div>3:00 Jenga and SkipBo (PP)</div> <div>7:00 Saturday Night Movies (VP)</div> <div><div>Design your Best Year with Anita!</div></div>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>9:30 Catholic Mass (TV) 14</div> <div>10:00 Marshall Memorial Service (TV)</div> <div>10:15 Hymn Sing with Martin (ML)</div> <div>1:00 Entertainer Dave Thierry on the Piano? (L)</div> <div>2:00 On This Day in History: Elizabeth I Crowned Queen of England (VP)</div> <div>3:30 Golf Simulator (VL)</div> <div>7:00 Sunday Evening Movies (VP)</div>	<div>National Bagel Day 15</div> <div>9:15 V!VAfit Studio - by appointment (VS)</div> <div>10:00 V!VAfit Sit & Stand (ML)</div> <div>10:30 V!VAfit Sit & Stand (TV)</div> <div>2:00 Bingo (ML)</div> <div>3:00 Euchre (PP)</div> <div>3:30 Mini Bagels with Cream Cheese (PC)</div> <div>5:30 Be Calm and Colour - Pick up at Concierge (L)</div> <div>7:00 Hamilton - Full Musical (TV)</div>	<div>9:15 V!VAfit Studio - by appointment (VS) 16</div> <div>9:45 V!VAfit Strength (ML)</div> <div>10:30 St. Ann's Parish Communion Service (ML)</div> <div>1:00 V!VAfit Studio - by appointment (VS)</div> <div>2:00 Shopping Moore's Clothing / Michael's Crafts / Marshall's & HomeSense (E) ✓ 🚗 \$</div> <div>2:00 Making rainsticks (CK)</div> <div>3:15 Shuffleboard (PP)</div> <div>3:15 Book Club (CC)</div> <div>7:00 Jean Harlow A&E Biography (TV)</div>	<div>9:15 V!VAfit Studio - by appointment (VS) 17</div> <div>10:00 V!VAfit Balance (ML)</div> <div>10:30 V!VAfit Wheel of Fitness (TV)</div> <div>2:00 CM Birthday Party with entertainer Joan Ballantyne (ML)</div> <div>3:15 The Adventures of Sherlock Holmes (VP)</div> <div>3:30 Better Balance Circuit (VS)</div> <div></div>	<div>9:15 V!VAfit Studio - by appointment (VS) 18</div> <div>9:30 V!VAfit Fun Swim (P)</div> <div>10:00 V!VAfit Wheel of Fitness (ML)</div> <div>10:30 V!VAfit Sit (TV)</div> <div>1:00 V!VAfit Studio - by appointment (VS)</div> <div>2:00 Trip to Hamilton Public Library - Turner Park (E) ✓ 🚗</div> <div>2:00 Drum Fit - Come out and move to the beat of your own drum. (ML)</div> <div>7:00 Euchre (PP)</div>	<div>National Popcorn Day! 19</div> <div>9:15 V!VAfit Studio - by appointment (VS)</div> <div>10:00 V!VAfit Combo (ML)</div> <div>10:30 V!VAfit Combo (TV)</div> <div>2:00 Bingo (ML)</div> <div>3:00 Popcorn Facts and Treats (ML)</div> <div>3:30 A Powerful Guided Meditation (VP)</div> <div>5:30 Puzzle packages - pick up at Concierge (L)</div> <div>7:00 MINIMALISM: Official Netflix Documentary (TV)</div>	<div>National Cheese Lovers Day! 20</div> <div>10:00 V!VAfit Sit & Stand (ML)</div> <div>10:00 V!VAfit Sit (TV)</div> <div>10:30 V!VAfit Sit & Stand (TV)</div> <div>2:00 Euchre (PP)</div> <div>2:30 Wine & Cheese Social - Sample various wines and cheeses (CK) ✓</div> <div>7:00 Saturday Night Movies (VP)</div>
<div>9:30 Catholic Mass (TV) 21</div> <div>10:00 Marshall Memorial Service (TV)</div> <div>10:15 Hymn Sing with Martin (ML)</div> <div>2:00 Sunday Afternoon Movie Matinee (VP)</div> <div>3:00 Andrew on the Piano (L)</div> <div>6:00 Giant Crossword (CK)</div> <div>7:00 Sunday Evening Movies (VP)</div>	<div>9:15 V!VAfit Studio - by appointment (VS) 22</div> <div>10:00 Creative Art with Michelle (CK)</div> <div>10:00 V!VAfit Sit & Stand (ML)</div> <div>10:30 V!VAfit Sit & Stand (TV)</div> <div>2:00 Bingo (ML)</div> <div>3:00 Euchre (PP)</div> <div>3:30 Blonde Brownies for National Brownie Day (PC)</div> <div>5:30 Be Calm and Colour - Pick up at Concierge (L)</div> <div>7:00 2 CELLOS - LIVE at Arena Pula (TV)</div>	<div>9:15 V!VAfit Studio - by appointment (VS) 23</div> <div>9:45 V!VAfit Fun (ML)</div> <div>10:30 St. Ann's Parish Communion Service (ML)</div> <div>11:30 Mystery Diners Club - lunch outing (E) ✓ 🚗 \$</div> <div>1:00 V!VAfit Studio - by appointment (VS)</div> <div>2:00 National Handwriting Day - with Elaine Charal "The Power of the Pen" (VP)</div> <div>3:15 Creative Cards with Jaqui (HR)</div> <div>7:00 Robbie Burns: The Myth & Man (TV)</div>	<div>National Peanut Butter Day 24</div> <div>9:15 V!VAfit Studio - by appointment (VS)</div> <div>10:00 Yoga with Tricia (ML)</div> <div>10:30 V!VAfit Wheel of Fitness (TV)</div> <div>10:45 Java Mentorship (CC)</div> <div>2:00 Baking Peanut Butter Cookies (CK)</div> <div>3:00 Relax & Reminisce with Krishanthi on Piano (L)</div> <div>3:15 The Adventures of Sherlock Holmes (VP)</div> <div>3:30 Better Balance Circuit (VS)</div> <div></div>	<div>Robbie Burns Day 25</div> <div>9:15 V!VAfit Studio - by appointment (VS)</div> <div>9:30 V!VAfit Fun Swim (P)</div> <div>10:00 V!VAfit Wheel of Fitness (ML)</div> <div>10:30 V!VAfit Sit (TV)</div> <div>1:00 V!VAfit Studio - by appointment (VS)</div> <div>2:00 Shopper's Drug Mart Trip - Ancaster (E) ✓ 🚗 \$</div> <div>2:00 Poker with Desi - enhance your skills! (ML)</div> <div>3:00 Robbie Burns Tribute - "Ode to Scotch Drink" (PP)</div> <div>7:00 Euchre (PP)</div>	<div>Bell Let's Talk day! 26</div> <div>9:15 V!VAfit Studio - by appointment (VS)</div> <div>10:00 V!VAfit Combo (ML)</div> <div>10:30 V!VAfit Combo (TV)</div> <div>2:00 Horticultural Therapy with Nancy (CK) ✓</div> <div>3:15 Bell Let's Talk - Mental Health Presentation (VP)</div> <div>5:30 Puzzle packages - pick up at Concierge (L)</div> <div>7:00 DEEP SEA FISHING - Hard Work On The High Seas (TV)</div>	<div>10:00 V!VAfit Sit (TV) 27</div> <div>10:00 V!VAfit Sit and Stand (ML)</div> <div>10:30 V!VAfit Sit & Stand (TV)</div> <div>2:00 Euchre (PP)</div> <div>2:00 On This Day in History: The Birth of Mozart (VP)</div> <div>2:30 Jenga and SkipBo (PP)</div> <div>7:00 Saturday Night Movies (VP)</div>





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National Blueberry Pancake Day! 28 9:30 Catholic Mass (TV) 10:00 Marshall Memorial Service (TV) 10:15 Hymn Sing with Martin (ML) 2:00 Making Blueberry Pancakes (CK) 7:00 Sunday Evening Movies (VP)	29 9:15 V!VAfit Studio - by appointment (VS) 10:00 V!VAfit Sit & Stand (ML) 10:30 V!VAfit Sit & Stand (TV) 2:00 Bingo (ML) 3:00 Euchre (PP) 5:30 Be Calm and Colour - Pick up at Concierge (L) 7:00 Made for Each Other (TV)	30 9:15 V!VAfit Studio - by appointment (VS) 9:45 V!VAfit Strength (ML) 10:30 St. Ann's Parish Communion Service (ML) 1:00 V!VAfit Studio - by appointment (VS) 2:00 Cultural Enrichment - Austria (VP) 2:00 Trip to LCBO & Banks / TD / Scotia / BMO (E)   3:15 Shuffleboard (PP) 7:00 Anne Frank Biography (TV)	31 9:15 V!VAfit Studio - by appointment (VS) 10:00 National "Inspire your Heart with Art" Day (CK) 10:00 V!VAfit Balance (ML) 10:30 V!VAfit Wheel of Fitness (TV) 2:00 Town Hall and Tim Hortons (ML) 3:30 The Adventures of Sherlock Holmes (VP) 3:30 Better Balance Circuit (VS)	January 23rd @ 2pm National Handwriting Day with Guest speaker Elaine Charal Have your handwriting analyzed and discover the many positive qualities it says about you. Pick up form from Dawn by January 8th	Cultural Enrichment Austria January 30th at 2:00pm 	Bringing awareness to Mental Health January 26th 

LEGEND

Orange

Fitness Class

Purple


Special Event

Green

Excursion

✓

Sign Up



Shuttle

\$

Cost required

➡

Walking

PROGRAM LOCATION

InfoTV / Channel 398 (TV)

Resident's Room (RR)

EAST WING

Craft Kitchen (CK)

V!VAfit Studio (VS)

Pints! Pub (PP)

V!VAplex (VP)

Community Commons (CC)

PROGRAM LOCATION

WEST WING

Perks Café (PC)

Lobby / Library (L)

Entrance (E)

Horticultural Room (HR)

Pool (P)

Meadow Lounge (ML)

V!VAlinks Golf Simulator (VL)

