



Refer a Friend program Marge and Domenica with Donna.



Men's Luncheon with VIVA President Danny Joseph.

**Don't
miss out!**

International Women's Day – Guest Speaker Anita Rombough

Friday, March 8
2:00 pm – Meadow Lounge

Highland Dance Studio performance

Sunday, March 17
2:00 pm – Meadow Lounge

Cruise Week – Greek Isles

Friday, March 22 - Thursday,
March 28
Various Activities and locations

Easter Egg Eggstravaganza – Family Easter Egg Hunt

Saturday, March 30
2:00 pm – Call extension 432 to
register

Receive a cheque* for
every friend you refer to
VIVA 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

March 2024

Meadowlands
A VIVA RETIREMENT COMMUNITY
Happier Here™



Celebrating our Couples on Valentine's Day - Jim and Jean.



Valentine's Luncheon - John and Diana.



Annual Favourite – Chinese New
Year Buffet Line.



Chines New Year Buffet Line - CM's.




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March 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>PROGRAM LOCATION</div> <div>InfoTV / Channel 398 (TV)</div> <div>EAST WING</div> <div>V!VAfit Studio (VS)</div> <div>Pints! Pub (PP)</div> <div>V!VAcraft Kitchen (CK)</div> <div>V!VAplex (VP)</div> <div>Community Commons (CC)</div> <div>WEST WING</div> <div>Perks Café (PC)</div> <div>Lobby / Library (L)</div> <div>Entrance (E)</div> <div>Horticultural Room (HR)</div> <div>Pool (P)</div> <div>Meadow Lounge (ML)</div> <div>V!VALinks Golf Simulator (VL)</div>	<div></div> <div>Friday March 8th Guest Speaker Anita Rombough at 2:00 pm "The Power of Women: Building a better World for All"</div>	<div>"Together in Pages" Join Erika for this Unique Scrapbooking Opportunity Friday's at 3:15 pm</div> <div></div>	<div>National Nutrition Month Employee Appreciation Day 1</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 - Healthy SNACK Day (ML)</div> <div>3:15 Together in Pages Scrapbook (HR)</div> <div>5:30 Puzzle packages - pick up at Concierge (L)</div> <div>7:00 The lives of the Amish in the US Documentary (TV)</div>	<div>National Banana Cream Pie Day 2</div> <div>10:00 V!VAfit Sit (TV)</div> <div>10:00 V!VAfit Sit (ML)</div> <div>10:30 V!VAfit Sit & Stand (TV)</div> <div>2:00 Our "Go Bananas" Social (PP)</div> <div>3:00 Euchre (PP)</div> <div>3:15 Bocce with Jaqui (ML)</div> <div>7:00 Saturday Night Movies (VP)</div>	
<div>9:30 Catholic Mass (TV)</div> <div>10:00 Marshall Memorial Service (TV)</div> <div>10:15 Hymn Sing with Martin (ML)</div> <div>2:00 Movie Matinee - Celebrating The Life of Alexander Graham Bell (VP)</div> <div>2:00 Poker with Leroy (PP)</div> <div>3:00 Andrew on the Piano (L)</div> <div>3:00 Pub Talk with the MOD! (Manager on Duty) (PP)</div> <div>7:00 Sunday Evening Movies (VP)</div> <div>3</div>	<div>9:15 V!VAfit Studio - by appointment (VS)</div> <div>10:00 V!VAfit Sit & Stand (ML)</div> <div>10:00 Handmade by Carolyn - Vendor (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 New Series - The Chosen (VP)</div> <div>5:30 Be Calm and Colour - Pick up at Concierge (L)</div> <div>7:00 St.Patrick's Day Musical Celebration: Allen Gogarty and Friends (TV)</div> <div>4</div>	<div>9:15 V!VAfit Studio - by appointment (VS)</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 Trip to Hamilton Public Library - Turner Park (E) 🚌</div> <div>2:00 Crafting Corner - Salt Shaker Vase (CK)</div> <div>7:00 Harrison Ford: The Star Carpenter's Life (TV)</div> <div>5</div>	<div>9:15 V!VAfit Studio - by appointment (VS)</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 (ML)</div> <div>3:30 The Adventures of Sherlock Holmes (VP)</div> <div>6</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 Sit (ML)</div> <div>10:30 V!VAfit Sit (TV)</div> <div>10:30 Morning Coffee & Crosswords (PC)</div> <div>1:00 V!VAfit Studio - by appointment (VS)</div> <div>2:00 Shopping at Walmart - Ancaster (E) 🚌 ✓ \$</div> <div>2:00 Famous Women Trivia (VP)</div> <div>3:15 Creative Cards with Jaqui (HR)</div> <div>7:00 Euchre (PP)</div> <div>7</div>	<div>International Women's Day - Wear Purple 8</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 International Women's Day with Guest Speaker Anita Rombough "The Power of Women: Building a Better World for All" (ML)</div> <div>3:15 Together in Pages Scrapbook (HR)</div> <div>3:30 Biography - Women who Changed History (VP)</div> <div>5:30 Puzzle packages - pick up at Concierge (L)</div> <div>7:00 Oppenheimer: The Real Story Documentary (TV)</div> <div></div>	<div>National Dishwasher Appreciation Day 9</div> <div>10:00 V!VAfit Sit (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>2:00 On This Day in History: The Life of Harriet Tubman (VP)</div> <div>2:00 Bingo (ML)</div> <div>7:00 Saturday Night Movies (VP)</div> <div>8:00 Spring ahead - turn your clocks forward 1 hour</div>

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Meadowlands



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>9:30 Catholic Mass (TV)</div> <div>10:00 Marshall Memorial Service (TV)</div> <div>10:15 Hymn Sing with Martin (ML)</div> <div>2:00 Oscar Pre-Party Event (VP)</div> <div>2:00 Poker with Leroy (PP)</div> <div>3:00 Pub Talk with the MOD! (Manager on Duty) (PP)</div> <div>7:00 Sunday Evening Movies (VP)</div> <div>10</div>	<div>9:15 V!VAfit Studio - by appointment (VS)</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 New Series - The Chosen (VP)</div> <div>5:30 Be Calm and Colour - Pick up at Concierge (L)</div> <div>7:00 Rhythm of Dance in Odessa (TV)</div> <div>11</div>	<div>9:15 V!VAfit Studio - by appointment (VS)</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 at Dollarama / Rexall / Food Basics (E) </div> <div>2:30 DrumFit (ML)</div> <div>3:15 Shuffleboard (PP)</div> <div>3:15 Golf Simulator (VL)</div> <div>7:00 Ryan Gosling: The Actor Without Bad Roles (TV)</div> <div>12</div> <div></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>2:00 Cultural Enrichment - Greece (VP)</div> <div>3:30 Better Balance Circuit (VS)</div> <div>3:30 The Adventures of Sherlock Holmes (VP)</div> <div>13</div>	<div>National PI Day</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 Sit (ML)</div> <div>10:30 V!VAfit Sit (TV)</div> <div>10:30 News and Views (PC)</div> <div>11:30 Mystery Diners Lunch Outing (E) \$</div> <div>1:00 V!VAfit Studio - by appointment (VS)</div> <div>2:30 Mathnastics - test your brain power (PP)</div> <div>3:00 Bocce (ML)</div> <div>7:00 Euchre (PP)</div> <div>14</div>	<div>9:15 V!VAfit Studio - by appointment (VS)</div> <div>10:00 V!VAfit Balance (ML)</div> <div>10:30 V!VAfit Combo (TV)</div> <div>2:00 Bingo (ML)</div> <div>3:15 Together in Pages Scrapbook (HR)</div> <div>5:30 Puzzle packages - pick up at Concierge (L)</div> <div>7:00 Who Was St. Patrick and the History Behind Saint Patrick's Day Drive Thru History Special (TV)</div> <div>15</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>11:30 Pub 'N Grub - St. Patrick's Theme with performers Northern Lights (Limited Seating Available) (PP) </div> <div>2:00 Euchre (PP)</div> <div>3:00 The Luck of the Irish - St. Patrick's Day special colouring pages (CK)</div> <div>7:00 Saturday Night Movies (VP)</div> <div>16</div> <div></div>
<div>St. Patrick's Day</div> <div>9:30 Catholic Mass (TV)</div> <div>10:00 Marshall Memorial Service (TV)</div> <div>10:15 Hymn Sing with Martin (ML)</div> <div>2:00 SBJ Highland Dance Studio - Enjoy a variety of dance numbers - 30 minutes (ML)</div> <div>2:00 Poker with Leroy (PP)</div> <div>3:00 Andrew on the Piano (L)</div> <div>3:00 Leprechaun Scavenger Hunt (ML)</div> <div>7:00 Sunday Evening Movies (VP)</div> <div>17</div> <div></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 New Series - The Chosen (VP)</div> <div>5:30 Be Calm and Colour - Pick up at Concierge (L)</div> <div>7:00 Pot O' Gold (1941) (TV)</div> <div>18</div>	<div>9:15 V!VAfit Studio - by appointment (VS)</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 Trip to Hamilton Public Library - Turner Park (E) </div> <div>2:00 Coffee and Conversation (CK)</div> <div>3:30 Book Club (CC)</div> <div>7:00 St Patrick - The Irish Legend (TV)</div> <div>19</div>	<div>9:15 V!VAfit Studio - by appointment (VS)</div> <div>10:00 V!VAfit Strolls (E)</div> <div>10:30 V!VAfit Wheel of Fitness (TV)</div> <div>11:30 Neo Nineties Luncheon - by invitation (ML) </div> <div>2:30 CM Birthday Party - with the Goodtime Guys (ML)</div> <div>3:30 The Adventures of Sherlock Holmes (VP)</div> <div>20</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>10:30 Morning Coffee & Crosswords (PC)</div> <div>1:00 V!VAfit Studio - by appointment (VS)</div> <div>2:00 Crafting Corner - Easter Craft (CK) </div> <div>2:00 Shopper's Drug Mart Trip - Ancaster (E) \$</div> <div>3:15 Together in Pages Scrapbook (HR)</div> <div>3:30 Passport to Fun for Cruise Week - Learn why you NEED one, and why you'll WANT one! (VP)</div> <div>7:00 Euchre (PP)</div> <div>21</div>	<div>Cruise Week - Bon Voyage to the Greek Isles</div> <div>Dress in Blue, White & Gold</div> <div>9:15 V!VAfit Studio - by appointment (VS)</div> <div>10:30 V!VAfit Combo (TV)</div> <div>11:30 Bon Voyage Party - Buffet Lunch - Time to Depart for the Greek Islands (ML)</div> <div>2:00 Horticultural Therapy with Nancy - The Luck of the Irish (CK) </div> <div>2:30 Deck Walk – Walk the “Deck” of the S.S. Meadowlands (PP)</div> <div>3:00 Relax & Reminisce with Krishanthi on Piano (PP)</div> <div>5:30 Puzzle packages (L)</div> <div>7:00 Cruise Control - The Eight Ages of Greece - A Complete History (TV)</div> <div>22</div>	<div>Cruise Week Toga Party</div> <div>10:00 V!VAfit Sit (TV)</div> <div>10:30 V!VAfit Sit & Stand (TV)</div> <div>1:00 Open House - entertainer Bob Reid (L)</div> <div>2:00 Cocktail Party with Marcus Schwan (ML)</div> <div>3:00 Euchre (PP)</div> <div>3:30 Cruise Control - Travelogue to Crete (VP)</div> <div>7:00 Saturday Night Movies (VP)</div> <div>23</div> <div></div>

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<div>Cruise Week Palm Sunday 24</div> <div>9:30 Catholic Mass (TV) 10:00 Marshall Memorial Service (TV) 10:15 Hymn Sing with Martin (ML) 2:00 Running The World's Biggest Cruise Ship (VP) 2:00 Entertainer Derek Byrne - Piano (L) 2:00 Poker with Leroy (PP) 3:00 Pub Talk with the MOD! (Manager on Duty) (PP) 3:30 Cruise Control - Travelogue to Zante / Zakynthos (VP) 7:00 Sunday Evening Movies (VP)</div>	<div>Cruise Week - Dress Like A Tourist Day 25</div> <div>9:15 V!VAfit Studio - by appointment (VS) 10:00 Creative Art with Michelle (CK) 10:00 V!VAfit Sit & Stand (ML) 10:30 V!VAfit Sit & Stand (TV) 2:00 Super CRUISE Bingo - CASH Prizes! (ML) 3:00 Euchre (PP) 3:30 New Series - The Chosen (VP) 5:30 Be Calm and Colour - Pick up at Concierge (L) 7:00 Cruise Control - Travelogue - Santorini (TV)</div>	<div>Cruise Week Dress For The Beach Day 26</div> <div>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) 1:30 Cruise Excursion - Shopping - Lynden Park Mall (E) 2:30 Cruise Week - Best Legs competition and Cocktail hour (PP) 7:00 Cruise Control - travelogue to Rhodes (TV)</div>	<div>Cruise Week Dress as a Greek God/Goddess Day 27</div> <div>9:15 V!VAfit Studio - by appointment (VS) 10:00 Yoga with Tricia (ML) 10:30 V!VAfit Wheel of Fitness (TV) 2:00 Cruise Casino - featuring Crown & Anchor, Horse Racing, Black Jack and CASH prizes! (ML) 3:00 Relax & Reminisce with Krishanthi on Piano (L) 3:30 The Adventures of Sherlock Holmes (VP) 7:00 Cruise Control - travelogue to Mykonos (TV)</div>	<div>Return to Port - Final Cruise Day 28</div> <div>All White Party 9:15 V!VAfit Studio - by appointment (VS) 9:30 V!VAfit Fun Swim (P) 10:00 V!VAfit Wheel of Fitness (ML) 10:30 V!VAfit Sit (TV) 1:00 V!VAfit Studio - by appointment (VS) 2:00 Offshore outing - Trip to the Banks - TD / Scotia / BMO / and LCBO (E) 2:00 Poker with Desi - enhance your skills! (ML) 7:00 Euchre (PP) 7:00 Cruise Control - travelogue to Athens (TV)</div>	<div>Good Friday 29</div> <div>9:15 V!VAfit Studio - by appointment (VS) 10:00 V!VAfit Balance (ML) 10:30 V!VAfit Combo (TV) 2:00 Bingo and Easter Treat (ML) 5:30 Puzzle packages - pick up at Concierge (L) 7:00 Christ Crucified: A Good Friday Documentary Pastor Mark Driscoll (TV)</div>	<div>10:00 V!VAfit Sit & Stand (ML) 10:00 V!VAfit Sit (TV) 10:30 V!VAfit Sit & Stand (TV) 2:00 Euchre (PP) 2:00 Easter Egg Eggstravanganza (ML) 7:00 Saturday Night Movies (VP)</div> <div></div>
<div>Easter Sunday 31</div> <div>9:30 Catholic Mass (TV) 10:00 Marshall Memorial Service (TV) 10:15 Hymn Sing with Martin (ML) 2:00 Easter Fun and Games (CK) 2:00 Poker with Leroy (PP) 3:00 Andrew on the Piano (L) 3:00 Pub Talk with the MOD! (Manager on Duty) (PP) 7:00 Sunday Evening Movies (VP)</div>	<div>Cruise Week March 22nd - March 28th Welcome aboard the S.S. Meadowlands We have your ticket for the best Virtual Cruise Experience! Destination - The Greek Isles!</div> <div></div>		<div>Pick up your "Passport to Fun" Thursday, March 21st.</div> <div></div>	<div></div>		