



Craft Corner - salt shaker button flower vase with Helen B.



Refer a Friend Program – Success for Concierge Team Member Laurie.



Solar Eclipse Viewing
Viewing glasses required
Monday, April 8
3:18 pm – Outside Main Entrance

Volunteer Appreciation Dinner
Wednesday, April 17
5:00 pm – Meadow Lounge

Albertones Choir Performance for Birthday Party
Tuesday, April 16
2:00 pm – Meadow Lounge

Theatre Ancaster – Motown of Music
Sunday, April 28
1:00 pm – Entrance

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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1248 Mohawk Road, Ancaster, ON L9K 1P5
(905) 304-1968 | meadowlands@vivalife.ca | vivalife.ca

Meadowlands – Happier Here™



St. Patrick's Day Scavenger Hunt in search of Alice the Leprechaun and her 'Pot O' Chocolate and fun with Volunteer Jaqui and CM David.



Neo Nineties Luncheon – Fabulous turnout – VIVALicious Food.

Meadowlands – Happier Here™

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April 2024 Meadowlands



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LEGEND Orange Fitness Class Purple Special Event Green Excursion ✓ Sign Up 🚌 Shuttle \$ Cost required ➡ Walking	April Fools 1 9:15 V!VAfit Studio - by appointment (VS) 10:00 V!VAfit Sit & Stand (ML) 10:30 V!VAfit Sit & Stand (TV) 2:00 Wacky Bingo - April Fools (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 Easter Concert (TV)	2 9:15 V!VAfit Studio - by appointment (VS) 9:45 V!VAfit Sit (ML) 10:30 St. Ann's Parish Communion Service (ML) 1:00 V!VAfit Studio - by appointment (VS) 2:00 Trip to Hamilton Public Library - Turner Park (E) 🚌 3:15 Creative Cards with Jaqui (HR) 7:00 Hamilton - The Fighting Founding Father (TV)	3 9:15 V!VAfit Studio - by appointment (VS) 9:30 Walker Repair Clinic (L) 10:00 V!VAfit Balance (ML) 10:30 V!VAfit Wheel of Fitness (TV) 2:00 Wheel of Fortune (CK) 3:00 Waffle Wednesday with Fruit and Whipped Cream (PC) 3:30 Better Balance Circuit (VS) 3:30 The Adventures of Sherlock Holmes (VP)	4 9:15 V!VAfit Studio - by appointment (VS) 9:30 V!VAfit Fun Swim (P) 10:00 V!VAfit Fun (ML) 10:30 V!VAfit Sit (TV) 1:00 V!VAfit Studio - by appointment (VS) 2:00 Town Hall and Tim Hortons (ML) 2:00 Shopping at Walmart - Ancaster (E) 🚌 ✓ \$ 3:30 Meditation with Meg (VP) 7:00 Euchre (PP)	5 9:15 V!VAfit Studio - by appointment (VS) 10:00 V!VAfit Combo (ML) 10:30 V!VAfit Combo (TV) 10:30 Suzanne M Jewelry - Vendor (ML) 2:00 Bingo (ML) 3:15 Together in Pages Scrapbook (HR) ✓ 3:30 Travelogues (VP) 5:30 Puzzle packages - pick up at Concierge (L) 7:00 History of the Oregon Trail and Pony Express (TV)	6 10:00 V!VAfit Sit (TV) 10:00 V!VAfit Sit & Stand (ML) 10:30 V!VAfit Sit & Stand (TV) 2:00 Euchre (PP) 2:00 National Beer Day - \$5 Beer Flights (sampling a variety of beers) (PP) 2:30 Ring Toss and Corn Hole (E) 3:00 New Series - The Crown (VP) 7:00 Saturday Night Movies (VP)
	9:30 Catholic Mass (TV) 7 10:00 Marshall Memorial Service (TV) 10:15 Hymn Sing with Martin (ML) 2:00 Poker with Leroy (PP) 2:00 On This Day in History: The Rwandan Genocide (VP) 3:00 Pub Talk with the MOD! (Manager on Duty) (PP) 7:00 Sunday Evening Movies (VP)	8 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 Bingo (ML) 3:00 Euchre (PP) 3:00 Solar Eclipse Viewing - reserve your viewing glasses by calling Lifestyles (E) ✓ 3:05 Solar Eclipse - safe viewing - no glasses required (VP) 3:30 New Series - The Chosen (VP) 5:30 Be Calm and Colour - Pick up at Concierge (L) 7:00 Guys and Dolls Musical (TV)	9 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 Shopping at Dollarama / Giant Tiger / Value Village (E) 🚌 ✓ \$ 2:30 Pub Trivia (PP) 3:15 Shuffleboard (PP) 3:30 Garden Club Meeting - Victory Garden Plot Lottery (HR) 7:00 Josephine Bonaparte - Wife of Napoleon & Empress of the French (TV)	10 9:15 V!VAfit Studio - by appointment (VS) 10:00 Yoga with Tricia (ML) 10:30 V!VAfit Wheel of Fitness (TV) 2:00 Cultural Enrichment - Brazil (VP) 3:00 Relax & Reminisce with Krishanthi on Piano (L) 3:30 Better Balance Circuit (VS) 3:30 The Adventures of Sherlock Holmes (VP)	11 9:15 V!VAfit Studio - by appointment (VS) 9:30 V!VAfit Fun Swim (P) 10:00 V!VAfit Balance (ML) 10:30 V!VAfit Sit (TV) 1:00 V!VAfit Studio - by appointment (VS) 1:30 Shopping at Lynden Park Mall (E) 🚌 ✓ \$ 2:00 Aromatherapy (VP) 2:30 Bridge - refresh your skills with Richard (PP) 7:00 Euchre (PP)	12 9:15 V!VAfit Studio - by appointment (VS) 10:00 V!VAfit Combo (ML) 10:30 V!VAfit Combo (TV) 2:00 Bingo (ML) 3:15 FriYAY - Funnel Fries (PC) 5:30 Puzzle packages - pick up at Concierge (L) 7:00 Why The Medieval London Bridge Was So Important The Bridges That Built London (TV)





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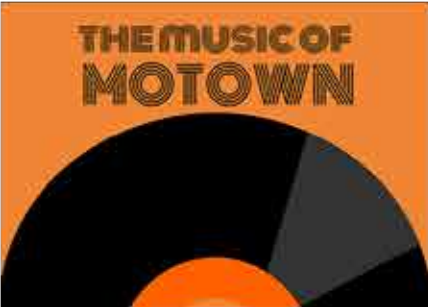
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Catholic Mass (TV) 14</p> <p>10:00 Marshall Memorial Service (TV)</p> <p>10:15 Hymn Sing with Martin (ML)</p> <p>2:00 Poker with Leroy (PP)</p> <p>2:00 Sing-a-long with Alice and Meg (VP)</p> <p>3:00 Andrew on the Piano (L)</p> <p>3:00 Pub Talk with the MOD! (Manager on Duty) (PP)</p> <p>7:00 Sunday Evening Movies (VP)</p> 	<p>9:15 V!VAfit Studio - by appointment (VS) 15</p> <p>10:00 V!VAfit Sit & Stand (ML)</p> <p>10:30 V!VAfit Sit & Stand (TV)</p> <p>2:00 V!VALicious Food Committee (previously Food for Thought) (ML)</p> <p>3:00 Euchre (PP)</p> <p>3:00 Program Planning with Lifestyles (ML)</p> <p>3:15 Golf Simulator (VL) ✓</p> <p>3:30 New Series - The Chosen (VP)</p> <p>5:30 Be Calm and Colour - Pick up at Concierge (L)</p> <p>7:00 Andre Rieu Concert in Paris (TV)</p>	<p>National PJ Day! 16</p> <p>9:15 V!VAfit Studio - by appointment (VS)</p> <p>9:45 V!VAfit Fun (ML)</p> <p>10:30 St. Ann's Parish Communion Service (ML)</p> <p>1:00 V!VAfit Studio - by appointment (VS)</p> <p>2:00 CM Birthday Party - Albertones Choir (ML)</p> <p>7:00 Coco Chanel - Fashion Icon & Collaborator (TV)</p> 	<p>9:15 V!VAfit Studio - by appointment (VS) 17</p> <p>10:00 V!VAfit Balance (ML)</p> <p>10:30 V!VAfit Wheel of Fitness (TV)</p> <p>1:30 Prepping the Victory Gardens (VGM)</p> <p>3:30 Better Balance Circuit (VS)</p> <p>3:30 The Adventures of Sherlock Holmes (VP)</p> <p>5:00 Volunteer Appreciation Dinner - by invitation (ML)</p>	<p>9:15 V!VAfit Studio - by appointment (VS) 18</p> <p>9:30 V!VAfit Fun Swim (P)</p> <p>10:00 V!VAfit Sit (ML)</p> <p>10:30 V!VAfit Sit (TV)</p> <p>1:00 V!VAfit Studio - by appointment (VS)</p> <p>2:00 Trip to Hamilton Public Library - Turner Park (E) ✓</p> <p>2:00 Baking Butter Tart Squares (CK)</p> <p>2:30 Bridge - refresh your skills with Richard (PP)</p> <p>3:30 Meditation with Meg (VP)</p> <p>7:00 Euchre (PP)</p>	<p>9:15 V!VAfit Studio - by appointment (VS) 19</p> <p>10:00 V!VAfit Combo (ML)</p> <p>10:30 V!VAfit Combo (TV)</p> <p>2:00 Bingo (ML)</p> <p>3:30 Travelogues (VP)</p> <p>5:30 Puzzle packages - pick up at Concierge (L)</p> <p>7:00 The British Fashion Designer Who Oversaw Countless WW2 Assassinations (TV)</p>	<p>10:00 V!VAfit Sit & Stand (ML) 20</p> <p>10:00 V!VAfit Sit (TV)</p> <p>10:30 V!VAfit Sit & Stand (TV)</p> <p>2:00 Euchre (PP)</p> <p>2:30 Craft Corner - Spring Floral Arranging (HR) ✓</p> <p>3:00 New Series - The Crown (VP)</p> <p>7:00 Saturday Night Movies (VP)</p>
<p>9:30 Catholic Mass (TV) 21</p> <p>10:00 Marshall Memorial Service (TV)</p> <p>10:15 Hymn Sing with Martin (ML)</p> <p>1:00 Open House - entertainer Martin Wall (L) ✓</p> <p>2:00 Poker with Leroy (PP)</p> <p>2:00 On This Day in History: The Life of Queen Elizabeth II (VP)</p> <p>2:30 Loose Leaf Tea Workshop (CK)</p> <p>3:00 Pub Talk with the MOD! (Manager on Duty) (PP)</p> <p>7:00 Sunday Evening Movies (VP)</p>	<p>Earth Day 22</p> <p>9:15 V!VAfit Studio - by appointment (VS)</p> <p>10:00 Creative Art with Michelle (CK)</p> <p>10:00 V!VAfit Sit & Stand (ML)</p> <p>10:30 V!VAfit Sit & Stand (TV)</p> <p>1:30 Outing to Holland Park Greenhouse (E) ✓ \$</p> <p>2:00 Bingo (ML)</p> <p>3:00 Euchre (PP)</p> <p>3:30 New Series - The Chosen (VP)</p> <p>5:30 Be Calm and Colour - Pick up at Concierge (L)</p> <p>7:00 Earth: The Inside Story (TV)</p>	<p>9:15 V!VAfit Studio - by appointment (VS) 23</p> <p>9:45 V!VAfit Strength (ML)</p> <p>10:30 St. Ann's Parish Communion Service (ML)</p> <p>11:30 Mystery Dinners Club - Lunch Outing (E) ✓ \$</p> <p>1:00 V!VAfit Studio - by appointment (VS)</p> <p>2:00 Chip and Dip Cooking Demonstration (CK) ✓</p> <p>3:15 Shuffleboard (PP)</p> <p>7:00 Sisi's Legacy: The truth about Empress Elisabeth (TV)</p>	<p>9:15 V!VAfit Studio - by appointment (VS) 24</p> <p>10:00 Yoga with Tricia (ML)</p> <p>10:30 V!VAfit Wheel of Fitness (TV)</p> <p>11:30 Men's Luncheon by invitation (ML) ✓</p> <p>2:00 Town Hall and Tim Hortons (ML)</p> <p>3:00 Relax & Reminisce with Krishanthi on Piano (L)</p> <p>3:30 The Adventures of Sherlock Holmes (VP)</p> <p>3:30 Better Balance Circuit (VS)</p>	<p>Hair Dresser Appreciation Day - Wacky Hair Day! 25</p> <p>9:15 V!VAfit Studio - by appointment (VS)</p> <p>9:30 V!VAfit Fun Swim (P)</p> <p>10:00 V!VAfit Balance (ML)</p> <p>10:30 V!VAfit Sit (TV)</p> <p>1:00 V!VAfit Studio - by appointment (VS)</p> <p>2:00 Shopper's Drug Mart Trip - Ancaster (E) ✓ \$</p> <p>2:00 Craft Corner - Kentucky Derby Hats - make your own (CK) ✓</p> <p>2:30 Bridge - refresh your skills with Richard (PP)</p> <p>7:00 Euchre (PP)</p> 	<p>National Pretzel Day! 26</p> <p>9:15 V!VAfit Studio - by appointment (VS)</p> <p>10:00 V!VAfit Combo (ML)</p> <p>10:30 V!VAfit Combo (TV)</p> <p>2:00 Bingo (ML)</p> <p>3:15 FriYAY Pretzel Day (PC)</p> <p>5:30 Puzzle packages - pick up at Concierge (L)</p> <p>7:00 Avalanches: Unpredictable, Inevitable, Fatal (TV)</p>	<p>10:00 V!VAfit Sit (TV) 27</p> <p>10:00 V!VAfit Sit & Stand (ML)</p> <p>10:30 V!VAfit Sit & Stand (TV)</p> <p>2:00 Euchre (PP)</p> <p>2:00 Sculpture Creations Workshop (CK) ✓</p> <p>3:00 New Series - The Crown (VP)</p> <p>7:00 Saturday Night Movies (VP)</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Catholic Mass (TV) 28</p> <p>10:00 Marshall Memorial Service (TV)</p> <p>10:15 Hymn Sing with Martin (ML)</p> <p>1:00 Theatre Ancaster- The Music of Motown (E) ✓ 🚐 \$</p> <p>2:00 Poker with Leroy (PP)</p> <p>2:30 Pie Perfection - Blueberry Pie (CK) ✓</p> <p>3:00 Andrew on the Piano (L)</p> <p>3:00 Pub Talk with the MOD! (Manager on Duty) (PP)</p> <p>7:00 Sunday Evening Movies (VP)</p>	<p>9:15 V!VAfit Studio - by appointment (VS) 29</p> <p>10:00 V!VAfit Sit & Stand (ML)</p> <p>10:30 V!VAfit Sit & Stand (TV)</p> <p>2:00 Dixieland Plus - group performance (ML)</p> <p>3:00 Euchre (PP)</p> <p>5:30 Be Calm and Colour - Pick up at Concierge (L)</p> <p>7:00 The Bishop's Wife- Full Movie (TV)</p>	<p>International Jazz Day 30</p> <p>9:15 V!VAfit Studio - by appointment (VS)</p> <p>9:45 V!VAfit Fun (ML)</p> <p>10:30 St. Ann's Parish Communion Service (ML)</p> <p>1:00 V!VAfit Studio - by appointment (VS)</p> <p>2:00 Trip to LCBO & Banks / TD / Scotia / BMO (E) ✓ 🚐 \$</p> <p>3:15 Creative Cards with Jaqui (HR)</p> <p>7:00 "Louis Armstrong 1900-1971" - Rare CBS Tribute to Louis Armstrong (TV)</p>		 <p>Volunteer Appreciation Dinner Wednesday, April 17th By Invitation 5:00 pm</p> <p>Thanking all our Volunteers for their Commitment over the last year!</p>		<p>Theatre Ancaster presents The Music of Motown Sunday, April 28th leaving at 1:00pm</p> 

LEGEND

- Fitness Class
- Special Event
- Excursion
- ✓ Sign Up
- 🚐 Shuttle
- \$ Cost required
- ➡ Walking

PROGRAM LOCATION

InfoTV / Channel 398 (TV)

EAST WING

- V!VAfit Studio (VS)
- Pints! Pub (PP)
- V!VAcraft Kitchen (CK)
- V!VAplox (VP)
- Community Commons (CC)

WEST WING

- Perks Café (PC)
- Lobby / Library (L)
- Entrance (E)
- Horticultural Room (HR)
- Pool (P)
- Meadow Lounge (ML)
- V!VAlinks Golf Simulator (VL)

Why did the golfer bring two pairs of pants to the golf course?



In case he got a hole in one!

