



Blooms in Hand, Hearts Aglow: Lynda proudly displays her freshly crafted floral arrangement, a testament to creativity and beauty.



Cinco Cheers: Raise a glass to fiesta flavors and festive fun at our Cinco de Mayo pub event!

Don't miss out!

Berrylicious Bash & Canine Couture
Tuesday, June 11
2:00 pm – Meadow Lounge

Father's Day BBQ
Friday, June 14
11:30 am – Outside weather permitting

Wellness Fair
Thursday, June 27
1:00 pm – 3:00 pm
– Meadow Lounge

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

Meadowlands – Happier Here™



Tea, treats, and cherished moments, celebrating the extraordinary women who shape our lives, at our annual Mother's Day Tea.



Fair Weather Washer toss - featuring the great outdoors.



Taking a moment to thank our many wonderful volunteers at our Volunteer Appreciation Dinner. Mary, Sophie and Margie (above).

Meadowlands – Happier Here™

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June 2024 Meadowlands




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>LEGEND</p> <p>Orange Fitness Class</p> <p>Purple Special Event</p> <p>Green Excursion</p> <p>✓ Sign Up</p> <p>☰ Shuttle</p> <p>\$ Cost required</p> <p>➡ Walking</p>	<p>PROGRAM LOCATION</p> <p>InfoTV / Channel 398 (TV)</p> <p>EAST WING</p> <p>VIVAfit Studio (VS)</p> <p>Pints! Pub (PP)</p> <p>VIVAcraft Kitchen (CK)</p> <p>VIVApex (VP)</p> <p>Community Commons (CC)</p>	<p>WEST WING</p> <p>Perks Café (PC)</p> <p>Lobby / Library (L)</p> <p>Entrance (E)</p> <p>Horticultural Room (HR)</p> <p>Pool (P)</p> <p>Meadow Lounge (ML)</p> <p>VIVALinks Golf Simulator (VL)</p>			<p><i>Friday, June 14th BBQ</i></p> <p><i>11:30 AM- 1:00 PM</i></p> <p><i>Men please RSVP your guests by June 11th (2 guests max) Entertainer Tricia Cole</i></p>	<p>9:00 Open Gym - Drop in (VS)</p> <p>10:00 V!VAfit Sit (TV)</p> <p>10:00 V!VAfit Sit (ML)</p> <p>10:30 V!VAfit Sit & Stand (TV)</p> <p>2:00 Euchre (PP)</p> <p>2:00 National Game Show Day - The Price is Right (ML)</p> <p>2:30 Sculpture Creations Workshop (CK) ✓</p> <p>3:15 The Crown Series (VP)</p> <p>7:00 Saturday Night Movies (VP)</p>
<p>9:30 Catholic Mass (TV) 2</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 National Rocky Road Day Social (E)</p> <p>3:00 Together in Pages Scrapbook (HR)</p> <p>3:00 Pub Social 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) 3</p> <p>10:00 V!VAfit Sit & Stand (ML)</p> <p>10:30 V!VAfit Sit & Stand (TV)</p> <p>2:00 SkipBo with Jaqui (CK)</p> <p>2:00 V!VALicious Food Committee (ML)</p> <p>2:30 Program Planning - have your say (ML)</p> <p>3:00 Euchre (PP)</p> <p>3:00 Sundae Monday (PC)</p> <p>3:30 The Chosen (VP)</p> <p>5:30 Be Calm & Colour (L)</p> <p>7:00 Jane Eyre (1943) (TV)</p>	<p>9:15 V!VAfit Studio - by appointment (VS) 4</p> <p>9:45 V!VAfit Strength (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 Hamilton Public Library - Turner Park (E) ✓☰</p> <p>3:15 Shuffleboard (PP)</p> <p>7:00 Marilyn Monroe: The Iconic Blonde Full Biography (TV)</p> <p>7:00 Tuesday Trivia Night (PP)</p>	<p>9:15 V!VAfit Studio - by appointment (VS) 5</p> <p>9:30 Walker Repair Clinic (L)</p> <p>10:00 V!VAfit Balance (ML)</p> <p>10:30 V!VAfit Wheel of Fitness (TV)</p> <p>10:35 Meditation with Meg (ML)</p> <p>2:00 Cultural Enrichment - Madagascar (VP)</p> <p>3:30 Better Balance Circuit (VS)</p> <p>3:30 Sherlock Holmes series (VP)</p>	<p>D-Day 6</p> <p>9:15 V!VAfit Studio - by appointment (VS)</p> <p>10:00 V!VAfit Fun (ML)</p> <p>10:00 Early Bloomers - Meadowlands Gardening Club (VGM)</p> <p>10:30 V!VAfit Sit (TV)</p> <p>1:00 V!VAfit Studio - by appointment (VS)</p> <p>2:00 D-Day Documentary (VP)</p> <p>2:00 Shopping at Walmart - Ancaster (E) ✓☰\$</p> <p>3:00 Sing-a-long with Susie Q and Pub Social (PP)</p> <p>7:00 Euchre (PP)</p>	<p>National Donut Day 7</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>2:30 Decorating Doughnuts for National Doughnut Day (CK)</p> <p>5:30 Puzzle packages (L)</p> <p>7:00 The Light of Dawn D-Day (TV)</p>	<p>9:00 Open Gym - Drop in (VS) 8</p> <p>10:00 V!VAfit Sit (TV)</p> <p>10:00 V!VAfit Sit (ML)</p> <p>10:30 V!VAfit Sit & Stand (TV)</p> <p>2:00 Euchre (PP)</p> <p>2:30 Polish change and mini hand massage (CK) ✓</p> <p>3:15 The Crown Series (VP)</p> <p>3:30 Name that Tune (L)</p> <p>7:00 Saturday Night Movies (VP)</p>

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June 2024 Meadowlands



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Catholic Mass (TV) 9</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 Show & Tell - Bring something special! (E)</p> <p>3:00 Andrew on the Piano (L)</p> <p>3:00 Indulge & Delight: A Chocolate Tasting Experience & Pub Social 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) 10</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>2:00 Bingo (ML)</p> <p>2:30 Sit and Sip for National Iced Tea Day (E)</p> <p>3:00 Euchre (PP)</p> <p>3:30 The Chosen (VP)</p> <p>5:30 Be Calm & Colour (L)</p> <p>7:00 Paper Bullets (1941) (TV)</p>	<p>9:15 V!VAfit Studio - by appointment (VS) 11</p> <p>9:45 V!VAfit Fun (ML)</p> <p>10:30 St. Ann's Parish Communion Service (ML)</p> <p>2:00 Mystery Bus Tour (E) ✓ 🚌</p> <p>2:00 Berrylicious Bash & Canine Couture (ML)</p> <p>3:15 Midday Memoirs (VP)</p> <p>7:00 Judy Garland: Beyond The Rainbow (TV)</p> 	<p>9:15 V!VAfit Studio - by appointment (VS) 12</p> <p>10:00 Yoga with Tricia (ML)</p> <p>10:00 Early Bloomers - Gardening Club (VGM)</p> <p>10:30 V!VAfit Wheel of Fitness (TV)</p> <p>1:30 Outing to Flamboro Slots - Casino (E) ✓ 🚌 \$</p> <p>2:00 Making Potpourri (CK) ✓</p> <p>3:00 Relax & Reminisce with Krishanthi on Piano (L)</p> <p>3:30 Better Balance Circuit (VS)</p> <p>3:30 Sherlock Holmes series (VP)</p>	<p>9:15 V!VAfit Studio - by appointment (VS) 13</p> <p>10:00 V!VAfit Balance (ML)</p> <p>10:30 V!VAfit Sit (TV)</p> <p>10:30 Morning Coffee & Crosswords (PC)</p> <p>1:00 V!VAfit Studio - by appointment (VS)</p> <p>2:00 Walk this Way - Outing to Tim Hortons (E) \$ ✓</p> <p>2:00 Shopping at Dollarama / Giant Tiger / Value Village (E) ✓ 🚌 \$</p> <p>2:30 Creative Cards with Jaqui (HR)</p> <p>7:00 Euchre (PP)</p>	<p>Dress Like a Dad Day 14</p> <p>9:15 V!VAfit Studio - by appointment (VS)</p> <p>10:00 V!VAfit Strolls (L)</p> <p>10:30 V!VAfit Combo (TV)</p> <p>11:30 Father's Day BBQ - with entertainer Tricia Cole (E)</p> <p>2:30 Outdoor Fun! - Mini Putt (E)</p> <p>3:30 Travelogues (VP)</p> <p>5:30 Puzzle packages (L)</p> <p>7:00 Juneteenth 1865-2022: Pursuit of Economic Equality (TV)</p>	<p>10:00 V!VAfit Sit & Stand (ML) 15</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>2:00 Crafting Corner - Flower Arranging (CK) ✓</p> <p>3:15 The Crown Series (VP)</p> <p>7:00 Saturday Night Movies (VP)</p>
<p>Father's Day 16</p> <p>9:30 Catholic Mass (TV)</p> <p>10:00 Marshall Memorial Service (TV)</p> <p>10:15 Hymn Sing with Martin (ML)</p> <p>1:30 Boys, Beers and Baseball (PP) ✓</p> <p>2:00 Poker with Leroy (PP)</p> <p>2:00 Father's Day Golf Simulator Event - Open 2:00 pm - 3:30 pm (VL)</p> <p>3:00 Pub Social 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) 17</p> <p>10:00 V!VAfit Sit & Stand (ML)</p> <p>10:30 V!VAfit Sit & Stand (TV)</p> <p>2:00 Bingo (ML)</p> <p>2:00 Baking Peanut Butter Cookies (CK)</p> <p>3:00 Euchre (PP)</p> <p>3:30 The Chosen (VP)</p> <p>3:30 Root Beer Floats (E)</p> <p>5:30 Be Calm & Colour (L)</p> <p>7:00 The Loves of Carmen (1948) (TV)</p>	<p>9:15 V!VAfit Studio - by appointment (VS) 18</p> <p>9:45 V!VAfit Strength (ML)</p> <p>10:30 St. Ann's Parish Communion Service (ML)</p> <p>11:00 Picnic Lunch Outing to Port Dalhousie (E) ✓ 🚌 \$</p> <p>1:00 V!VAfit Studio - by appointment (VS)</p> <p>2:30 "Beach" Volleyball (E)</p> <p>3:15 Shuffleboard (PP)</p> <p>3:30 Book Club (CC)</p> <p>7:00 The Short Life of Anne Frank (TV)</p> <p>7:00 Sunset Showdown - Outdoor Fun (E)</p>	<p>9:15 V!VAfit Studio - by appointment (VS) 19</p> <p>10:00 V!VAfit Sit (ML)</p> <p>10:30 V!VAfit Wheel of Fitness (TV)</p> <p>10:35 Meditation with Meg (ML)</p> <p>2:30 Birthday Party with entertainer Jeff Dawdy (ML)</p> <p>3:30 Sherlock Holmes series (VP)</p>	<p>First Day of Summer 20</p> <p>9:15 V!VAfit Studio - by appointment (VS)</p> <p>9:45 Sunny Side Squad - Baking, Coffee & Reminiscing (CK)</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 / RBC Bank (E) ✓ 🚌 \$</p> <p>2:00 Presentation - Wheel of Fitness - Senior Fitness Testing (VP)</p> <p>7:00 Euchre (PP)</p>	<p>In Full Bloom: Wear Floral to Celebrate Summer 21</p> <p>9:15 V!VAfit Studio - by appointment (VS)</p> <p>10:00 V!VAfit Fun (ML)</p> <p>10:30 V!VAfit Combo (TV)</p> <p>2:00 Summer Solstice Presentation (VP)</p> <p>2:30 Summer Colouring Club (PC)</p> <p>3:30 Freezie Friday (E)</p> <p>5:30 Puzzle packages (L)</p> <p>7:00 Midsummer: The Christian Tradition of Summer Solstice (TV)</p>	<p>9:00 Open Gym - Drop in (VS) 22</p> <p>10:00 V!VAfit Sit (TV)</p> <p>10:00 V!VAfit Sit (ML)</p> <p>10:30 V!VAfit Sit & Stand (TV)</p> <p>2:00 Euchre (PP)</p> <p>2:00 Piano Summer Concert by the Students of Cheryl Dickson-Neal (ML)</p> <p>2:45 Crafting Corner-Bookmark Making (HR) ✓</p> <p>3:15 The Crown Series (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) 23</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 Meet & Greet Social (E)</p> <p>3:00 Andrew on the Piano (L)</p> <p>3:00 Pub Social with the MOD! (Manager on Duty) (PP)</p> <p>3:15 Blooms in Flight: Balloon Art with Alice (HR) ✓</p> <p>7:00 Sunday Evening Movies (VP)</p>	<p>9:15 V!VAfit Studio - by appointment (VS) 24</p> <p>10:00 Creative Art with Michelle (CK)</p> <p>10:00 V!VAfit Sit & Stand (ML)</p> <p>10:00 Mobile Optical Services (ML)</p> <p>10:30 V!VAfit Sit & Stand (TV)</p> <p>2:00 Bingo (ML)</p> <p>2:30 Sundae Monday (PC)</p> <p>3:00 Euchre (PP)</p> <p>3:30 The Chosen (VP)</p> <p>5:30 Be Calm & Colour (L)</p> <p>7:00 Danny Boy (1945) (TV)</p>	<p>9:15 V!VAfit Studio - by appointment (VS) 25</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>3:00 Golf Simulator (VL)</p> <p>7:00 Dean Martin: The One and Only (TV)</p> <p>7:00 Seafaring Adventures: A Nautical-Themed event (PP)</p>	<p>9:15 V!VAfit Studio - by appointment (VS) 26</p> <p>10:00 Yoga with Tricia (ML)</p> <p>10:00 Early Bloomers - Gardening Club (VGM)</p> <p>10:30 V!VAfit Wheel of Fitness (TV)</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 Better Balance Circuit (VS)</p> <p>3:30 Sherlock Holmes series (VP)</p> <p>7:00 Sunset Showdown - Outdoor Fun (E)</p>	<p>9:15 V!VAfit Studio - by appointment (VS) 27</p> <p>10:00 V!VAfit Balance (ML)</p> <p>10:30 V!VAfit Sit (TV)</p> <p>10:30 Morning Coffee & Crosswords (PC)</p> <p>1:00 V!VAfit Studio - by appointment (VS)</p> <p>1:00 Wellness Fair (ML)</p> <p>2:00 Movie Matinee - Celebrating The Life of Helen Keller (VP)</p> <p>2:30 Creative Cards with Jaqui (HR)</p> <p>7:00 Euchre (PP)</p>	<p>Wear The Rainbow for Pride Month 28</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>11:00 Dutch Mill Lunch Outing (L) ✓ 🚗 \$</p> <p>2:00 Horticultural Therapy with Nancy (HR) ✓</p> <p>3:30 Travelogues (VP)</p> <p>5:30 Puzzle packages (L)</p> <p>7:00 Queen Victoria & the Victorian Era Documentary (TV)</p>	<p>9:00 Open Gym - Drop in (VS) 29</p> <p>10:00 V!VAfit Sit & Stand (ML)</p> <p>10:00 V!VAfit Sit (TV)</p> <p>10:30 V!VAfit Sit & Stand (TV)</p> <p>11:30 Pitch Perfect Luncheon: Watch the 2024 Euros (PP) ✓</p> <p>2:00 Euchre (PP)</p> <p>2:30 Crafting Corner - Canada Day! (CK) ✓</p> <p>3:15 The Crown Series (VP)</p> <p>7:00 Saturday Night Movies (VP)</p>

<p>9:30 Catholic Mass (TV) 30</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 On This Day in History: Dominion Day (VP)</p> <p>2:30 Together in Pages Scrapbook (HR) ✓</p> <p>3:00 Pub Social with the MOD! (Manager on Duty) (PP)</p> <p>7:00 Sunday Evening Movies (VP)</p>
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PROGRAM LOCATION	
InfoTV / Channel 398 (TV)	WEST WING
EAST WING	Perks Café (PC)
V!VAfit Studio (VS)	Lobby / Library (L)
Pints! Pub (PP)	Entrance (E)
V!VAcraft Kitchen (CK)	Horticultural Room (HR)
V!VAplex (VP)	Pool (P)
Community Commons (CC)	Meadow Lounge (ML)
	V!VAlinks Golf Simulator (VL)

*Hello
June!*

*If April showers bring May flowers, what do May flowers bring?
June Bugs*