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

Please call 905-304-1968 ext. 432



November 2026
Meadowlands



Meadowlands
A VIVA RETIREMENT COMMUNITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **End of Daylight Savings Time - Clocks Go Back One Hour** 9:30 Catholic Mass (TV) 9:30 One on One - All Ears Hour (RR) 10:00 Marshall Memorial Service (TV) 10:15 Hymns of Hope & Readings (VP) 10:30 Wacky Wordies and Crosswords (L) 1:00 Poker (ML) 2:00 Sunday Afternoon Movie Matinee- Community Members Choice! (VP) 7:00 Sunday Evening Movies (VP) 	**2** 9:15 V!VAfit Studio (VS) 10:15 V!VAfit Sit & Stand (ML) 11:00 Therapy Tails - Friendly Pet Visit (L) 1:00 NEW V!VAfit Studio (VS) 2:00 Shopping at Dollarama / Giant Tiger (Senior's Day) / Value Village (E) 2:00 V!VAlicious Food Committee Meeting and Program Planning (ML) 3:00 Euchre (PP) 3:30 Fitness for Parkinson's (VS) 3:30 Stories From The Bible: House of David (VP) 5:30 Be Calm & Colour (L) 7:00 Abba – Live in Concert (TV)	**3** 9:15 V!VAfit Studio (VS) 10:00 Fresh Perspectives - Current Events Discussion (PC) 10:15 V!VAfit Strength (ML) 11:00 Virtual Museum Tour (VP) 1:00 V!VAfit Studio (VS) 2:00 Craft Corner: Rememberance Day Wreath Making (CK) 2:30 Nickel, Nickel (CK) 3:00 Pub Club - Specialty Drinks and Live Music with Carla Gonzalez (PP) 6:30 Finish the Lyrics Competition (L) 7:00 Ricky Martin Biography (TV)	**4** 9:15 V!VAfit Studio - Independent (VS) 9:30 V!VAfit Swim (P) 9:30 Walker Repair Clinic (L) 10:15 Gentle Chair Yoga with Tricia (ML) 11:00 Dancing with Parkinson's (VP) 1:00 NEW V!VAfit Studio (VS) 2:00 Bridge (PP) 2:00 Guest Speaker - Alzheimer's Society Education (VP) 3:30 Queen Victoria - TV Series (VP) 7:00 Canada: Geography and History (TV) alzheimer's association	**5** 9:15 V!VAfit Studio (VS) 10:00 Trip to Hamilton Public Library - Turner Park (E) 10:15 V!VAfit Fun (ML) 11:00 Tech Time - Need Help with your Devices? (BG) 1:00 V!VAfit Studio (VS) 1:00 Outdoor Plant Watering with Jaqui (E) 2:00 Daytime Dominos in the Pub with LeRoy (PP) 2:00 Shopping at Walmart - Ancaster (E) 3:15 Fun and Games with the Students of Hillfield Strathallan College (PP) 3:30 Better Balance (VS) 7:00 Euchre (PP)	**6** 9:15 V!VAfit Studio - Independent (VS) 9:45 V!VAfit Balance (ML) 10:15 Carissa's Crafting Club - Morning Coffee and Cute Creations (CK) 10:30 St. Ann's - Communion Service (VP) 1:00 Friendly Visit Fridays (RR) 2:00 Bingo (ML) 3:00 What is "Movember"? Men's Health Presentation (VP) 3:30 V!VAfit Swim (P) 5:30 Puzzle packages (L) 7:00 Deep Mountain Lakes - Documentary (TV) NO SHAVE NOVEMBER	**7** 9:00 Open V!VAfit Studio - Independent (VS) 10:15 V!VAfit Sit (ML) 10:30 Green Thumb Guild - Plant Watering and Walking Club (E) 2:00 Sing-a-Long with Alice and Dan (PP) 2:30 The Price is Right with Ashvi- Win Prizes! (VP) 3:00 Euchre (PP) 3:30 Saturday Spotlights: Travelogues (VP) 7:00 Saturday Night Movies (VP) 
8 9:30 Catholic Mass (TV) 9:30 One on One - All Ears Hour (RR) 10:00 Marshall Memorial Service (TV) 10:15 Hymns of Hope & Readings (VP) 10:30 Wacky Wordies and Crosswords (L) 1:00 Poker (ML) 2:00 Sunday Afternoon Movie Matinee- Community Members Choice! (VP) 2:00 Baking Corner: Nutella and Banana Pastries (CK) 3:00 Andrew on the Piano (L) 7:00 Sunday Evening Movies (VP)	**9** 9:15 V!VAfit Studio (VS) 10:00 Creative Art with Michelle (CK) 10:15 V!VAfit Sit & Stand (ML) 11:00 Therapy Tails - Friendly Pet Visit (L) 1:00 NEW V!VAfit Studio (VS) 2:00 Bingo (ML) 3:00 Euchre (PP) 3:00 Ice Cream Bar - Sundae Day Mondays - Make Your Own Ice Cream Sundae (PC) 3:30 Fitness for Parkinson's (VS) 3:30 Stories From The Bible: House of David (VP) 5:30 Be Calm & Colour (L) 7:00 Best of Aerial : Cirque du Soleil (TV)	**10** 9:15 V!VAfit Studio (VS) 10:00 Vendor - Bella Boutique (L) 10:00 Trip to LCBO & Banks / TD / Scotia / BMO / CIBC (E) 10:15 V!VAfit Strength (ML) 11:00 Virtual Museum Tour (VP) 1:00 V!VAfit Studio (VS) 1:00 Hamilton BOOKMOBILE - On-site (E) 1:30 Shopping at Westcliffe Mall (E) 6:30 Tuesday Tunes with Russ (L) 6:30 Remembrance Day Craft - Making Poppies (PC) 7:00 Princesses of the World Biography (TV)	**11** **Remembrance Day** 9:15 V!VAfit Studio - Independent (VS) 9:30 V!VAfit Swim (P) 10:45 Remembrance Day Service (ML) 11:00 Dancing with Parkinson's (VP) 11:30 Veteran's Luncheon (Please RSVP) (ML) 1:00 NEW V!VAfit Studio (VS) 2:00 Bridge (PP) 3:00 Krishanthi on Piano (L) 3:30 Queen Victoria - TV Series (VP) 7:00 United at War | Canada: The Story of Us (TV) 	**12** 9:15 V!VAfit Studio (VS) 10:15 V!VAfit Fun (ML) 11:00 Tech Time - Need Help with your Devices? (BG) 12:30 Outing: Canadian Warplane Heritage Museum (E) 1:00 V!VAfit Studio (VS) 1:00 Outdoor Plant Watering with Jaqui (E) 2:00 Daytime Dominos in the Pub with LeRoy (PP) 3:30 Better Balance (VS) 3:30 Meadowlands Community Choir - First Official Meeting (CC) 7:00 Euchre (PP) 	**13** 9:15 V!VAfit Studio - Independent (VS) 9:45 V!VAfit Balance (ML) 10:15 Carissa's Crafting Club - Morning Coffee and Cute Creations (CK) 10:30 St. Ann's - Communion Service (VP) 1:00 Friendly Visit Fridays (RR) 2:00 New Community Members Social with Rebecca - "Sadie Hawkins" Themed Dance (PP) 3:30 V!VAfit Swim (P) 5:30 Puzzle packages (L) 7:00 Service and Sacrifice | Canada: The Story of Us (TV)	**14** 9:00 Open V!VAfit Studio - Independent (VS) 10:15 V!VAfit Sit & Stand (ML) 10:30 Green Thumb Guild - Plant Watering and Walking Club (E) 1:30 Nail Polish Change and Mini Hand Massage (CK) 2:00 Pub Trivia - Remembrance Day Edition (PP) 3:00 Euchre (PP) 3:15 Saturday Spotlights: Travelogues (VP) 7:00 Saturday Night Movies (VP) 

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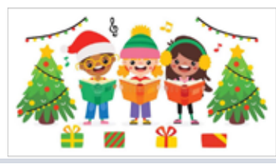
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15 9:30 Catholic Mass (TV) 9:30 One on One - All Ears Hour (RR) 10:00 Marshall Memorial Service (TV) 10:15 Hymns of Hope & Readings (VP) 10:30 Wacky Wordies and Crosswords (L) 1:00 Poker (ML) 2:00 Sunday Afternoon Movie Matinee- Community Members Choice! (VP) 2:00 Karaoke Afternoon - Sing Along Your Favourite Song (PP) 7:00 Sunday Evening Movies (VP)	**16** 9:15 V!VAfit Studio (VS) 10:15 V!VAfit Sit & Stand (ML) 11:00 Therapy Tails - Friendly Pet Visit (L) 1:00 NEW V!VAfit Studio (VS) 2:00 Bingo (ML) 3:00 Euchre (PP) 3:00 Ice Cream Bar - Sundae Day Mondays - Make Your Own Ice Cream Sundae (PC) 3:30 Fitness for Parkinson's (VS) 3:30 Stories From The Bible: House of David (VP) 5:30 Be Calm & Colour (L) 7:00 Disney's Aladdin - A Musical Spectacular (TV)	**17** 9:15 V!VAfit Studio (VS) 10:00 Fresh Perspectives - Current Events Discussion (PC) 10:15 V!VAfit Strength (ML) 11:00 Virtual Museum Tour (VP) 11:30 Mystery Diners Lunch Outing (E) 1:00 V!VAfit Studio (VS) 2:30 Nickel, Nickel (CK) 3:00 Pub Club - Specialty Drinks and Live Music with The Good Time Guys (PP) 6:30 Writing Circle Workshop with Holly (PC) 7:00 Cary Grant: The Leading Man (TV)	**18** 9:15 V!VAfit Studio - Independent (VS) 9:30 V!VAfit Swim (P) 10:15 V!VAfit Wheel of Fitness (ML) 11:00 Dancing with Parkinson's (VP) 11:00 Nelly's Comfort Shoes - Vendor (L) 1:00 NEW V!VAfit Studio (VS) 2:00 Bridge (PP) 2:00 Community Member Birthday Party - with Carla Bianchi (ML) 3:30 Queen Victoria - TV Series (VP) 7:00 Switzerland: An Alpine Country (TV)	**19** 9:15 V!VAfit Studio (VS) 10:00 Trip to Winners Ancaster (E) 10:15 V!VAfit Fun (ML) 11:00 Tech Time - Need Help with your Devices? (BG) 1:00 V!VAfit Studio (VS) 2:00 Daytime Dominos in the Pub with LeRoy (PP) 2:00 Shopping at Marshall's / Home Sense / Michael's Crafts (E) 3:15 Fun and Games with the Students of Hillfield Strathallan College (PP) 3:30 Better Balance (VS) 7:00 Euchre (PP)	**20** 9:15 V!VAfit Studio - Independent (VS) 9:45 V!VAfit Balance (ML) 10:15 Carissa's Crafting Club - Morning Coffee and Cute Creations (CK) 10:30 St. Ann's - Communion Service (VP) 1:00 Friendly Visit Fridays (RR) 2:00 Bingo (ML) 3:30 Afternoon Overtures (VP) 3:30 V!VAfit Swim (P) 5:30 Puzzle packages (L) 7:00 Wildlife: Bears - Documentary (TV) 	**21** 9:00 Open V!VAfit Studio - Independent (VS) 10:15 V!VAfit Sit (ML) 10:30 Green Thumb Guild - Plant Watering and Walking Club (E) 2:00 Name That Tune with Alice (L) 2:30 Dice and Delite - Fun Board games (PP) 3:00 Euchre (PP) 3:15 Saturday Spotlights: Travelogues (VP) 7:00 Saturday Night Movies (VP)
22 9:30 Catholic Mass (TV) 10:00 Marshall Memorial Service (TV) 10:15 Hymns of Hope & Readings (VP) 10:30 Wacky Wordies and Crosswords (L) 1:00 Poker (ML) 2:00 Sunday Afternoon Movie Matinee (VP) 2:00 Would You Rather - with Alice (HR) 2:30 Clay Corner - Holiday Edition (CK) 3:00 Andrew on the Piano (L) 7:00 Sunday Evening Movies (VP) 7:00 Canadian Orpheus Male Choir - Featuring Dan Prowse (ML)	**23** 9:15 V!VAfit Studio (VS) 10:00 Creative Art with Michelle (CK) 10:15 V!VAfit Sit & Stand (ML) 11:00 Therapy Tails - Friendly Pet Visit (L) 1:00 NEW V!VAfit Studio (VS) 2:00 Bingo (ML) 3:00 Euchre (PP) 3:00 Ice Cream Bar - Sundae Day Mondays - Make Your Own Ice Cream Sundae (PC) 3:30 Fitness for Parkinson's (VS) 3:30 Stories From The Bible: House of David (VP) 5:30 Be Calm & Colour (L) 7:00 The Best of Dean Martin (TV)	**24** 9:15 V!VAfit Studio (VS) 10:15 V!VAfit Strength (ML) 11:00 Virtual Museum Tour (VP) 1:00 V!VAfit Studio (VS) 1:00 Trip to Dundurn Castle - Christmas Lights and Decorations Tour (E) 2:00 Creative Cards with Jaqui - Holiday edition (HR) 2:30 Nickel, Nickel (CK) 3:30 Book Club (CC) 6:30 Tuesday Tunes with Russ (L) 7:00 The Story of The Bee Gees (TV) 	**25** 9:15 V!VAfit Studio - Independent (VS) 9:30 V!VAfit Swim (P) 10:15 Gentle Chair Yoga with Tricia (ML) 11:00 Dancing with Parkinson's (VP) 1:00 NEW V!VAfit Studio (VS) 2:00 Town Hall and Tim Hortons (ML) 2:00 Bridge (PP) 3:00 Krishanthi on Piano (L) 3:30 Queen Victoria - TV Series (VP) 6:30 Craft Corner: DIY Shower Steamer Tablets (PC) 7:00 25 Greatest Natural Wonders of the World (TV)	**26** 9:15 V!VAfit Studio (VS) 10:00 Shopper's Drug Mart Trip / RBC Bank (E) 10:15 V!VAfit Fun (ML) 11:00 Tech Time - Need Help with your Devices? (BG) 1:00 V!VAfit Studio (VS) 2:00 Daytime Dominos in the Pub with LeRoy (PP) 2:00 Shopper's Drug Mart Trip / RBC Bank (E) 3:00 Pub Club - Specialty Drinks and Live Music with Dave Murphy (PP) 3:15 Fun and Games with the Students of Hillfield Strathallan College (PP) 3:30 Better Balance (VS) 7:00 Euchre (PP)	**27** 9:15 V!VAfit Studio - Independent (VS) 9:45 V!VAfit Balance (ML) 10:15 Carissa's Crafting Club - Morning Coffee and Cute Creations (CK) 10:30 St. Ann's - Communion Service (VP) 1:00 Friendly Visit Fridays (RR) 2:00 Horticultural Therapy with Nancy (CK) 3:30 A Trip Through Time - Historical Biographies (VP) 3:30 V!VAfit Swim (P) 5:30 Puzzle packages (L) 7:00 Pompeii: The Lost World (TV)	**28** 9:00 Open V!VAfit Studio - Independent (VS) 10:15 V!VAfit Sit & Stand (ML) 10:30 Green Thumb Guild - Plant Watering and Walking Club (E) 2:00 Theatre Ancaster Presents: Christmas Traditions Around the World - Live Performance (ML) 3:00 Euchre (PP) 3:15 Saturday Spotlights: Travelogues (VP) 7:00 Saturday Night Movies (VP) 

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9:30 Catholic Mass (TV) **29** 9:30 One on One - All Ears Hour (RR) 10:00 Marshall Memorial Service (TV) 10:15 Hymns of Hope & Readings (VP) 10:30 Wacky Wordies and Crosswords (L) 1:00 Poker (ML) 2:00 Sunday Afternoon Movie Matinee- Community Members Choice! (VP) 2:30 Christmas Craft Corner: Making Reindeer Hot Chocolate Cones (CK) 7:00 Sunday Evening Movies (VP)	9:15 V!VAfit Studio (VS) **30** 10:15 V!VAfit Sit & Stand (ML) 11:00 Therapy Tails - Friendly Pet Visit (L) 1:00 NEW V!VAfit Studio (VS) 2:00 Bingo (ML) 3:00 Euchre (PP) 3:00 Ice Cream Bar - Sundae Day Mondays - Make Your Own Ice Cream Sundae (PC) 3:30 Fitness for Parkinson's (VS) 3:30 Stories From The Bible: House of David (VP) 5:30 Be Calm & Colour (L) 7:00 Kenny Rogers in Concert (TV)	**Program Locations** InfoTV / Channel 398 **(TV)** Resident's Room **(RR)** **East Wing** VIVAfit Studio **(VS)** Pints! Pub **(PP)** VIVAcraft Kitchen **(CK)** VIVAplex **(VP)** Community Commons **(CC)** **West Wing** Entrance **(E)** Lobby / Library **(L)** Perks Café **(PC)** Horticultural Room **(HR)** Victory Garden **(VGM)** Pool **(P)** VIVAlinks Golf Simulator **(VL)** Meadow Lounge **(ML)**				



LEGEND

Orange	Fitness Class
Purple	Special Event
Green	Excursion
✔	Sign Up
🚌	Shuttle
$	Cost required
⏩	Walking

V!VAfit Times for InfoTV/398

Monday – Sit & Stand	10:30am
Tuesday – Sit	3:30 pm
Wed. – Wheel of Fitness	10:30 am
Thursday – Sit	10:30 am
Friday – Combo	10:30 am
Friday – Wheel of Fitness	3:30 pm
Saturday – Sit	10:00 am
Saturday – Sit & Stand	10:30 am



