



Best Wishes to Admin. Assistant Jennifer – 15 years of GREAT memories.



Solar Eclipse 2024 – with perfect timing the clouds parted and presented the perfect day for viewing.

**Don't miss out!**

**Kentucky Derby Party**  
Friday, May 3  
2:00 pm – Meadow Lounge

**Nurses Luncheon by invitation**  
Thursday, May 9  
12:00 pm – Meadow Lounge

**Mother's Day Tea**  
Saturday, May 11  
1:30 & 3:00 pm – Meadow Lounge

**Outing to Cambridge Butterfly Conservatory**  
Thursday, May 23  
11:00 am – Entrance

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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Easter Egg-stravaganza! Community Member Mary shared in the delight of her grandchildren's easter egg hunting efforts.



TM Rachel and CM Eva show off their bunny ears.



Cruise Week Ultimate Cruiser - winner Dolores.



CM Jack and TM Dawn - virtually visit the Greek Isles during Cruise week.



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

Please call 905-304-1968 ext. 432

# May 2024 Meadowlands





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>LEGEND</b></p> <p><b>Orange</b> Fitness Class</p> <p><b>Purple</b> Special Event</p> <p><b>Green</b> Excursion</p> <p>✓ Sign Up</p> <p>☰ Shuttle</p> <p>\$ Cost required</p> <p>➡ Walking</p>	<p><b>PROGRAM LOCATION</b></p> <p>InfoTV / Channel 398 (TV)</p> <p><b>EAST WING</b></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><b>WEST WING</b></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>9:15 VIVAfit Studio - by appointment (VS) 1</p> <p>9:30 Walker Repair Clinic (L)</p> <p>10:00 VIVAfit Balance (ML)</p> <p>10:30 VIVAfit Wheel of Fitness (TV)</p> <p>1:00 Connect Hearing - Hearing Aid Clinic - Drop off your hearing aides by 1 pm - pick up by 5:00pm (L)</p> <p>2:00 Cultural Enrichment - Mexico (VP)</p> <p>3:00 Relax &amp; Reminisce with Krishanthi on Piano (L)</p> <p>3:30 Better Balance Circuit (VS)</p> <p>3:30 The Adventures of Sherlock Holmes (VP)</p>	<p>9:15 VIVAfit Studio - by appointment (VS) 2</p> <p>10:00 VIVAfit Sit (ML)</p> <p>10:30 VIVAfit Sit (TV)</p> <p>10:30 Morning Coffee &amp; Crosswords (PC)</p> <p>1:00 VIVAfit Studio - by appointment (VS)</p> <p>2:00 Shopping at Walmart (E)</p> <p>2:00 The Kentucky Derby - Secretariat documentary (VP)</p> <p>2:30 Bridge - refresh your skills with Richard (PP)</p> <p>7:00 Euchre (PP)</p>	<p>9:15 VIVAfit Studio - by appointment (VS) 3</p> <p>10:00 VIVAfit Combo (ML)</p> <p>10:30 VIVAfit Combo (TV)</p> <p>2:00 Kentucky Derby Event - Games and Prizes to be won! Please wear your Derby Attire (ML)</p> <p>3:30 Travelogues (VP)</p> <p>5:30 Puzzle packages - pick up at Concierge (L)</p> <p>7:00 The Lost Gilded Age Mansions of New York (TV)</p> <div data-bbox="2175 947 2610 1189" data-label="Image"> </div>	<p>9:00 VIVAfit Studio - by appointment (VS) 4</p> <p>10:00 VIVAfit Sit (TV)</p> <p>10:00 VIVAfit Sit (ML)</p> <p>10:30 VIVAfit Sit &amp; Stand (TV)</p> <p>1:45 Corn Hole with Jaqui (E)</p> <p>2:00 Euchre (PP)</p> <p>2:00 Drop in Tarot Readings with Anita Rombough (ML)</p> <p>2:00 On This Day in History: The Life of Audrey Hepburn (VP)</p> <p>3:00 Pub Talk with the MOD! (Manager on Duty) (PP)</p> <p>3:15 New Series - The Crown (VP)</p> <p>3:30 Cinco De Mayo Colouring Special (HR)</p> <p>7:00 Saturday Night Movies (VP)</p>
<p>9:30 Catholic Mass (TV) 5</p> <p>10:00 Marshall Memorial Service (TV)</p> <p>10:15 Hymn Sing with Martin (ML)</p> <p>12:00 Cinco de Mayo - Open House Event with Entertainment (L)</p> <p>2:00 Cinco De Mayo Pub Social (PP)</p> <p>2:00 Poker with Leroy (PP)</p> <p>7:00 Sunday Evening Movies (VP)</p> <div data-bbox="62 1673 466 1955" data-label="Image"> </div>	<p>Nurses Appreciation Week 6</p> <p>9:15 VIVAfit Studio - by appointment (VS)</p> <p>10:00 VIVAfit Sit &amp; Stand (ML)</p> <p>10:30 VIVAfit Sit &amp; Stand (TV)</p> <p>2:00 VIVALicious Food Committee (previously Food for Thought) (ML)</p> <p>2:30 Program Planning with Lifestyles (ML)</p> <p>3:00 Euchre (PP)</p> <p>3:30 Meditation with Meg - focus on the breath (ML)</p> <p>3:30 The Chosen (VP)</p> <p>5:30 Be Calm and Colour - Pick up at Concierge (L)</p> <p>7:00 Simon and Garfunkel - The Concert in Central Park (TV)</p>	<p>9:15 VIVAfit Studio - by appointment (VS) 7</p> <p>9:45 VIVAfit Strength (ML)</p> <p>10:30 St. Ann's Parish Communion Service (ML)</p> <p>1:00 VIVAfit Studio - by appointment (VS)</p> <p>2:00 Trip to Hamilton Public Library - Turner Park (E)</p> <p>2:00 Walk this Way - Outing to Tim Hortons (E)</p> <p>2:30 Outdoor Fun! - Games and Lemonade on the Patio (E)</p> <p>7:00 Henry Fonda: Hollywood's Quiet Hero (TV)</p>	<p>Concierge Appreciation Day 8</p> <p>9:15 VIVAfit Studio - by appointment (VS)</p> <p>10:00 Yoga with Tricia (ML)</p> <p>10:00 Early Bloomers - Meadowlands Gardening Club (VGM)</p> <p>10:30 VIVAfit Wheel of Fitness (TV)</p> <p>2:00 Afternoon Documentary with David Attenborough (VP)</p> <p>3:30 The Adventures of Sherlock Holmes (VP)</p>	<p>9:15 VIVAfit Studio - by appointment (VS) 9</p> <p>10:30 VIVAfit Sit (TV)</p> <p>11:30 Nurses Luncheon - Retired and Active Nurses welcome. Please RSVP (ML)</p> <p>1:00 VIVAfit Studio - by appointment (VS)</p> <p>2:00 Shopping at Marshall's / Home Sense / Michael's Crafts (E)</p> <p>2:30 Bridge - refresh your skills with Richard (PP)</p> <p>2:30 VIVAfit Strolls (ML)</p> <p>2:30 Midday Memoirs: A Documentary on Florence Nightingale (VP)</p> <p>7:00 Euchre (PP)</p>	<p>9:15 VIVAfit Studio - by appointment (VS) 10</p> <p>10:00 VIVAfit Combo (ML)</p> <p>10:30 VIVAfit Combo (TV)</p> <p>2:00 Bingo (ML)</p> <p>2:00 Circles Enrichment - Guest Speaker Eve Smeltzer presents The Comfort and Costs of Motherhood: Insight into Animal Love, Life, and Loss (VP)</p> <p>5:30 Puzzle packages - pick up at Concierge (L)</p> <p>7:00 The Grim Reality Of WW1 Front-Line Nurses &amp; Doctors (TV)</p>	<p>9:00 VIVAfit Studio - by appointment (VS) 11</p> <p>10:00 VIVAfit Sit (TV)</p> <p>10:00 VIVAfit Strolls (L)</p> <p>10:30 VIVAfit Sit &amp; Stand (TV)</p> <p>1:30 Mother's Day Tea - First Sitting - RSVP for you and your guests (ML)</p> <p>2:00 Euchre (PP)</p> <p>2:30 Winston Churchill - The Man Behind The Myth (VP)</p> <p>3:00 Mother's Day Tea - Second Sitting - RSVP for you and your guests (ML)</p> <p>7:00 Saturday Night Movies (VP)</p> <div data-bbox="2766 1753 2983 1955" data-label="Image"> </div>

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# May 2024 Meadowlands



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Catholic Mass (TV) <b>12</b></p> <p>10:00 Marshall Memorial Service (TV)</p> <p>10:15 Hymn Sing with Martin (ML)</p> <p>2:00 Java Mentorship (CK)</p> <p>2:00 Poker with Leroy (PP)</p> <p>2:30 Crafting Corner - Mother's Day Mayflowers (HR)</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>National Apple Pie Day <b>13</b></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 &amp; Stand (ML)</p> <p>10:30 V!VAfit Sit &amp; Stand (TV)</p> <p>2:00 Bingo (ML)</p> <p>3:00 Euchre (PP)</p> <p>3:15 FlakyFiesta - Apple Pie (PC)</p> <p>3:30 The Chosen (VP)</p> <p>5:30 Be Calm and Colour - Pick up at Concierge (L)</p> <p>7:00 Cinderella Ballet (TV)</p>	<p>9:15 V!VAfit Studio - by appointment (VS) <b>14</b></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 Shopping Dollarama / Rexall / Food Basics (E)</p> <p>2:00 Mental Wellness Presentation (VP)</p> <p>3:15 Creative Cards with Jaqui (HR)</p> <p>7:00 Elizabeth Holmes: The 'Valley of Hype' behind the rise and fall of Theranos (TV)</p>	<p>9:15 V!VAfit Studio - by appointment (VS) <b>15</b></p> <p>10:00 V!VAfit Balance (ML)</p> <p>10:30 V!VAfit Wheel of Fitness (TV)</p> <p>11:30 80 is the new 60 - Luncheon by invitation (ML)</p> <p>2:30 Community Member Birthday Party - featuring entertainer Bob MacLean (ML)</p> <p>3:30 The Adventures of Sherlock Holmes (VP)</p> 	<p>National Classic Movie Day <b>16</b></p> <p>9:15 V!VAfit Studio - by appointment (VS)</p> <p>10:00 V!VAfit Strength (ML)</p> <p>10:30 V!VAfit Sit (TV)</p> <p>10:30 Morning Coffee &amp; Crosswords (PC)</p> <p>11:00 Ruth's Fashions - onsite shopping (ML)</p> <p>11:30 Mystery Diners Club - lunch outing (E)</p> <p>1:00 V!VAfit Studio - by appointment (VS)</p> <p>2:00 Movie Matinee - Classical Movie (VP)</p> <p>2:30 Bridge - refresh your skills with Richard (PP)</p> <p>7:00 Euchre (PP)</p>	<p>9:15 V!VAfit Studio - by appointment (VS) <b>17</b></p> <p>10:00 V!VAfit Combo (ML)</p> <p>10:30 V!VAfit Combo (TV)</p> <p>2:00 Super Bingo - Victoria Day Weekend (ML)</p> <p>3:15 Midday Memoirs: Endangered Species Special (VP)</p> <p>5:30 Puzzle packages - pick up at Concierge (L)</p> <p>7:00 Queen Victoria &amp; the Victorian Era Documentary (TV)</p>	<p>10:00 V!VAfit Sit &amp; Stand (ML) <b>18</b></p> <p>10:00 V!VAfit Sit (TV)</p> <p>10:30 V!VAfit Sit &amp; Stand (TV)</p> <p>2:00 Euchre (PP)</p> <p>2:00 Poetry Workshop (VP)</p> <p>3:15 Outdoor Fun! (E)</p> <p>3:15 The Crown Series (VP)</p> <p>7:00 Saturday Night Movies (VP)</p> 
<p>PSW Appreciation Day <b>19</b></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>2:00 Pie Perfection - mini Coconut Key Lime Pies (CK)</p> <p>2:00 Poker with Leroy (PP)</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) <b>20</b></p> <p>10:00 V!VAfit Sit &amp; Stand (ML)</p> <p>10:00 Hardt by Design - onsite vendor (PP)</p> <p>10:30 V!VAfit Sit &amp; Stand (TV)</p> <p>2:00 Ring-in Spring Social (PP)</p> <p>3:00 Euchre (PP)</p> <p>3:30 The Chosen (VP)</p> <p>5:30 Be Calm and Colour - Pick up at Concierge (L)</p> <p>7:00 The Three Tenors In Concert (TV)</p>	<p>Server Appreciation Day <b>21</b></p> <p>9:15 V!VAfit Studio - by appointment (VS)</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 Berry Bliss: The Strawberry Cookie Edition (CK)</p> <p>2:00 Mystery Bus Tour (E)</p> <p>3:15 Shuffleboard (PP)</p> <p>3:30 Book Club (CC)</p> <p>7:00 Who was Mary Todd Lincoln? The Story Behind the Former First Lady (TV)</p>	<p>9:15 V!VAfit Studio - by appointment (VS) <b>22</b></p> <p>10:00 Yoga with Tricia (ML)</p> <p>10:00 Early Bloomers - Meadowlands Gardening Club (VGM)</p> <p>10:30 V!VAfit Wheel of Fitness (TV)</p> <p>2:00 Circles Enrichment - Guest Speaker Dr. Gordon Bannerman presents Queen Victoria (VP)</p> <p>2:30 Pub Trivia (PP)</p> <p>3:30 Better Balance Circuit (VS)</p> <p>3:30 The Adventures of Sherlock Holmes (VP)</p>	<p>9:15 V!VAfit Studio - by appointment (VS) <b>23</b></p> <p>9:45 Sunny Side Squad - Baking, Coffee and reminiscing (CK)</p> <p>10:00 V!VAfit Balance (ML)</p> <p>10:30 V!VAfit Sit (TV)</p> <p>11:00 Outing to Cambridge Butterfly Conservatory with Picnic Lunch (E)</p> <p>1:00 V!VAfit Studio - by appointment (VS)</p> <p>2:30 Cocktails in the Courtyard (PP)</p> <p>7:00 Euchre (PP)</p>	<p>National Scavenger Hunt Day <b>24</b></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>1:30 Open V!VAfit Studio - drop in (VS)</p> <p>2:00 Bingo (ML)</p> <p>2:30 Environmental Scavenger Hunt (E)</p> <p>3:15 Sweet Treat in Perks Café (PC)</p> <p>5:30 Puzzle packages - pick up at Concierge (L)</p> <p>7:00 The Enduring Mystery Of Amelia Earhart (TV)</p>	<p>9:00 V!VAfit Studio - by appointment (VS) <b>25</b></p> <p>10:00 V!VAfit Sit (TV)</p> <p>10:00 V!VAfit Sit (ML)</p> <p>10:30 V!VAfit Sit &amp; Stand (TV)</p> <p>1:45 Outdoor Fun with Jaqui! (E)</p> <p>2:00 Euchre (PP)</p> <p>2:00 Painting Terracotta Pots (HR)</p> <p>2:30 Scrabble (CK)</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) <b>26</b></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 Cherry Dessert Day - making Cherry Turnovers (CK)</p> <p>2:30 Jeopardy! (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) <b>27</b></p> <p>10:00 Creative Art with Michelle (CK)</p> <p>10:00 V!VAfit Sit &amp; Stand (ML)</p> <p>10:30 V!VAfit Sit &amp; Stand (TV)</p> <p>1:30 Open V!VAfit Studio - drop in (VS)</p> <p>2:00 Bingo (ML)</p> <p>3:00 Euchre (PP)</p> <p>3:30 Meditation with Meg (CC)</p> <p>3:30 The Chosen (VP)</p> <p>5:30 Be Calm and Colour - Pick up at Concierge (L)</p> <p>7:00 Dancing At Lughnasa - Full Movie (TV)</p> <p>7:00 An Evening with James Skarnikat - Live (ML)</p>	<p>9:15 V!VAfit Studio - by appointment (VS) <b>28</b></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>1:45 Lemonade Stand (E)</p> <p>2:00 Trip to LCBO &amp; Banks / TD / Scotia / BMO (E)</p> <p>3:15 Creative Cards with Jaqui (HR)</p> <p>7:00 The Rise &amp; Fall Of Rome's Greatest General   Julius Caesar Revealed (TV)</p>	<p>National Golf Day <b>29</b></p> <p>9:15 V!VAfit Studio - by appointment (VS)</p> <p>10:00 V!VAfit Balance (ML)</p> <p>10:30 V!VAfit Wheel of Fitness (TV)</p> <p>10:30 Golf Simulator - Driving Competition (VL)</p> <p>2:00 Town Hall and Tim Hortons (ML)</p> <p>3:00 Relax &amp; Reminisce with Krishanthi on Piano (date change) (L)</p> <p>3:30 Better Balance Circuit (VS)</p> <p>3:30 The Adventures of Sherlock Holmes (VP)</p>	<p>9:15 V!VAfit Studio - by appointment (VS) <b>30</b></p> <p>10:00 V!VAfit Strength (ML)</p> <p>10:30 V!VAfit Sit (TV)</p> <p>10:30 Morning Coffee &amp; Crosswords (PC)</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 Poker with Desi - enhance your skills! (ML)</p> <p>2:30 Spelling Bee (CK)</p> <p>7:00 Euchre (PP)</p>	<p>9:15 V!VAfit Studio - by appointment (VS) <b>31</b></p> <p>10:00 V!VAfit Combo (ML)</p> <p>10:30 V!VAfit Combo (TV)</p> <p>11:00 Outing to Port Dover - Lunch and Shopping (E)</p> <p>1:30 Open V!VAfit Studio - drop in (VS)</p> <p>2:00 Horticultural Therapy with Nancy - Lavender Blue (CK)</p> <p>3:30 Travelogues (VP)</p> <p>5:30 Puzzle packages - pick up at Concierge (L)</p> <p>7:00 Switzerland's Strict Society (TV)</p>	

### LEGEND

**Orange** Fitness Class

**Purple** Special Event

**Green** 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!VAplex (VP)

Community Commons (CC)

#### WEST WING

Perks Café (PC)

Lobby / Library (L)

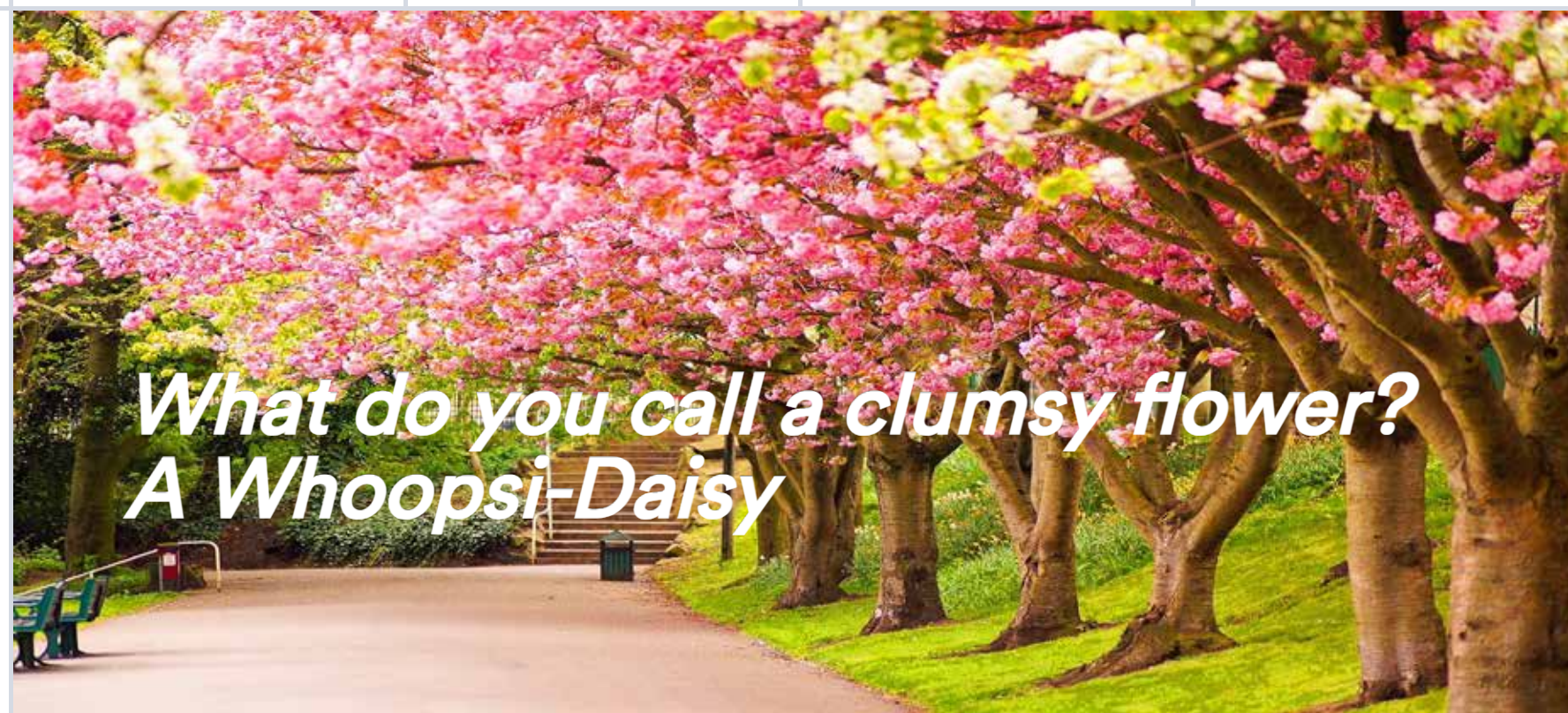
Entrance (E)

Horticultural Room (HR)

Pool (P)

Meadow Lounge (ML)

V!VAlinks Golf Simulator (VL)



*What do you call a clumsy flower?  
A Whoopsi-Daisy*