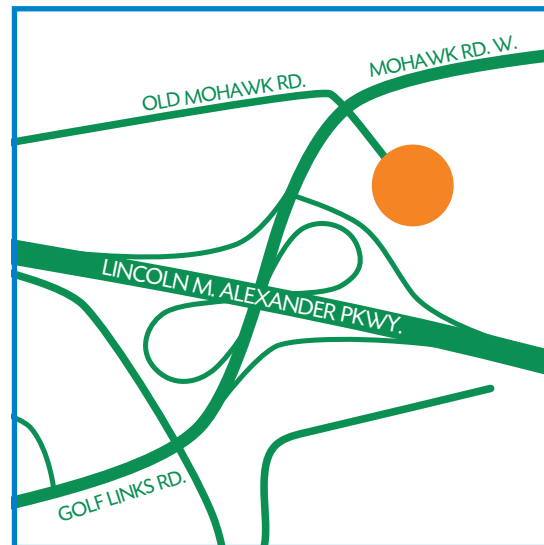




Reserve your suite today!



Meadowlands
A VIVA Retirement Community

1248 Mohawk Road
Ancaster, ON L9K 1P5

Call **905.304.1968 ext. 413** or
visit **www.vivalife.ca** for
more information.



Proudly Canadian



**Ancaster's
Premier Retirement
Community.**

Reimagined with *you* in mind.

Amazing People

Our Team is the key to what makes Meadowlands so special. From the concierge who says hello every morning, to the Lifestyles Manager who cheers you on in our V!VAfit studio, to the culinary server who knows you like extra cheese on your pasta, every one of our Meadowlands Team Members is experienced, caring and genuinely committed to *Making Today Great!*



Fun and Engaging Activities

Our events and activities are as varied as the interests of our Community Members. Enjoy wine tastings, visits to the theatre on our Meadowlands Shuttle Bus, art classes and cooking demonstrations, just to name a few! We also provide a variety of fitness activities based on your goals and abilities.

Whether you're looking for an invigorating aqua fit class in our indoor heated pool or a round on our V!VAlinks golf simulator, we'll get you moving and feeling fine!



V!VAlicious Dining

Our dining selections will have you asking for seconds! Your V!VA lifestyle at Meadowlands includes three freshly prepared meals daily with a variety of options. Each dish is prepared by our Red Seal Executive Chef who is passionate about healthy food that looks and tastes great!



Spacious Suites

Bright. Spacious. Inviting. We've designed our suites to fit your lifestyle. Choose from studio to two-bedroom options. Each newly renovated suite is equipped with private bathrooms featuring step-in showers with a built-in seat and grab bars, a kitchenette with full-size fridge and microwave, spacious closets and an emergency call button system.



All-new Amenities

Catch your favourite film or enjoy a fascinating lecture in our V!VAplex movie theatre. Tend to your roses in our V!VA Victory Garden. Get together with your euchre buddies in our *Brain Gym* and have the winners buy a round in *Pints! Pub*. Meadowlands has all the amenities you need to stay as busy or relaxed as you want!



We could fill a book with how incredible Meadowlands is (we really could), but we'd rather show you. Book a tour of Meadowlands today and see how we are truly...

Making Today Great!