Fashion Show

Alia N Tan Jay came to VIVA Barrhaven May 23rd to show off their summer collection. It was a full house for V!VA Barrhaven's 2nd fashion show! Thank you to the Community Member's who strutted their stuff in the fashion show.

Styling Community Members on the runway.

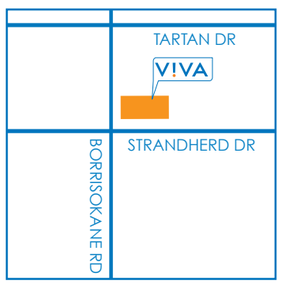
COOKING WITH ALDO!

Community Member, Aldo, will be doing a cooking demonstration Tuesday, July 24th @ 2:30 pm in the V!VA*Craft* kitchen.

What's on the menu? Our Italian friend will be cooking a delicious short pasta dish. Yum!!

Welcome Joey!

It is our extreme pleasure to welcome Joey Boileau to the V!VA Barrhaven Team as our new Executive Chef! Joey comes to us with extensive experience in both retirement living and most recently restaurants. Joey has a passion for cooking and is very excited to be returning to the retirement sector, and we are equally as excited to have him join our team!



Making Today Great!

V!VA Barrhaven Retirement Community
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www.vivalife.ca 613.823.0220

V!VA Retirement Communities BARRHAVEN

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V!VA*voice*

V!VA Retirement Communities BARRHAVEN

July 2018 Your V!VA Community Newsletter

Murder Mystery Dinner

On June 7th V!VA Barrhaven hosted a Murder Mystery Dinner with Eddie May Mysteries. Community Members enjoyed drinks in Mel's Barr followed by the show in the Tartan Dining Room. Things started off nice and smooth until one character was hit on the head with a hammer, and DIED! Who was it? Who's next? Throughout the evening Community Members helped Detective Eddy grill the suspects and examine all the clues and evidence to uncover who commited the crime. Great fun was had by all!

The grilling of Community Members.

Enjoying some "killer" laughs..

A taste testing celebration.

Father's Day

V!VA Barrhaven celebrated Father's Day in style to honour all the fathers living here. On Wednesday, June 13th, we had a beer tasting event. Community Members sampled different types of beers and tried to guess their brand names. Plus in-house band "The Mighty Harmonics" provided entertainment with yet another amazing performance.

EIGHT COOL FACTS ABOUT

THE CALGARY STAMPEDE

The very first show took place in September of 1912, and lasted six days. Over 100,000 people attended the first Stampede.

The first rodeo awarded $20,000 to competitors. According to Dave Manuel's inflation calculator, that's worth $487,804.88 in 2014.

Guy Weadick, the main driving force behind the show in its early years, led the Stampede's operations for 20 years. He couldn't have done it without A.E. Cross, A.J. MacLean, Pat Burns and George Lane, the "Big Four" businessmen who contributed $100,000 to the first show. Without it, the Stampede may not have continued in the following years.

In 1923, the first free Stampede breakfast was held at a campsite just outside the Canadian Pacific Railway station close to downtown Calgary. Jack Morton, a chuck wagon driver, invited his loved ones and visitors to enjoy free pancakes at the camp, creating a tradition that still exists today!

The "Greatest Outdoor Show On Earth didn't become an annual event until 1923.

The Stampede has its own Queen and princesses. In 1946, Patsy Rodgers became the first Calgary Stampede Princess. In modern times one queen, two princesses and one indigenous princess are appointed to represent the show at various events around the city.

By 1950, seven movie productions had filmed scenes at the Calgary Stampede.

The daily Grandstand Show began in 1964 that included the Calgary Kidettes, a group of young performers who would evolve into well-known and talented Young Canadians of the Calgary Stampede. The group still performs till this day at the Grandstand Show.

https://www.huffingtonpost.ca/cody-battershill/calgary-stampede-2014_b_5565981.html

MIND WORKOUT

WORD SEARCH

T L N E U H C G O L Q T Z R P D G W K A O B B V T
A N Z O S Z H X Y L H C S N N T X N K S T H S A O
Z M E P T O S G L K F B E N F B B Z J D T M B P I
N N X M C N O T P Q Q J C B E A V E R N A N X X D
L L T K A A O M W N O N N W U B K J H X W L C G Z
Q A E Q D I R R X Q O F I R E W O R K S A Y A G A
F Y C A O O L B O F E N V L V I G V A U X L P L X
C R N R C O I R A T N O O Z O V Y Z G D F Z U J J
L A E K O L O X A D B D R J H X R N K I E Z R S U
C O I N N S I N C P G N P Z T F I B N B N I Y Z Y
Q E P X C X S S P E F O B E Q L K O Y T G R S B Y
S D L K U H A E R E J X M T I N I M H C L G K B C
N O I T A R E D E F N O C B F S I A I T I D W F C
E L P A M P R V P L J J K W R S V M I U S T H H R
Z M P J B V D L I V S H H V P F U M D K H F M M G

BEAVER
BILINGUAL
CANADA
CONFEDERATION
ENGLISH
FIREWORKS
FLAG
FRENCH
GRIZZLY
HOCKEY
LACROSSE
MAPLE
MOOSE
ONTARIO
OTTAWA
PARLIAMENT
PROVINCES
ROCKIES
SYRUP
TORONTO

July 2018 — WEEKS 1 & 2 — V!VA Barrhaven

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

LEGEND

Orange	Fitness Class
Purple	Special Event
Green	Excursion
	Sign Up
	Cost Required
	Shuttle
	Walking

(PC)	Perks! Café
(MB)	Mel's Barr
(TR)	Therapy Room
(VP)	V!VA*plex*
(VG)	Victory Garden
(VS)	V!VA*fit* Studio
(L)	Lobby
(CC)	Community Commons
(BG)	Brain Gym
(CK)	V!VA*craft* Kitchen
(FD)	Family Den
(HR)	Horticulture Room
(P)	Pool
(VL)	V!VA*links*
(CB)	Chess Board

1 Canada Day

- 8:45 Church Drop-Off & Pick-up (L)
- 9:30 V!VA*fit* Walk & Stroll (VS)
- 10:30 Breathing Techniques (FD)
- 10:30 Brain Boosters *Pick up @ Concierge (L)
- 11:15 Latin Chair Dancing w/Michael (VS)
- 1:30 V!VA*fit* Fun (FD)
- 2:30 Canada Day Celebration (MB)
- 2:30 Saturday Matinee "Grace & Frankie" Season #2 Ep#11 & 12 (VP)
- 4:00 Cranium (BG)
- 7:00 Movie: Our Soul's at Night (VP)

2

- 9:30 V!VA*fit* Sit (VS)
- 10:00 V!VA*fit* Strength (VS)
- 10:30 V!VA*fit* Fun (FD)
- 10:30 Creative Club – Join to Knit, Crochet or Chat (BG)
- 10:30 Shopping @ Giant Tiger (L)
- 1:30 Ladder Ball (FD)
- 2:00 V!VA*fit* Swim (P)
- 3:30 Community Member Bingo (FD)
- 3:30 Minute to Win It (BG)
- 6:45 Euchre (PC)
- 6:45 Bridge Club (CC)
- 7:00 Wii Games (VP)
- 7:00 Cribbage (MB)

3

- 9:30 Carlingwood Mall (L)
- 9:30 V!VA*fit* Balance Circuit (VS)
- 10:00 Bean Bag Toss (FD)
- 11:00 TED Talk & Discussion (MB)
- 1:30 V!VA*fit* Sit (FD)
- 2:00 Open Your Mind with Shannon (VP)
- 3:15 Reading Buddies (FD)
- 3:30 Devotionals w/Shayna (CC)
- 7:00 Community Member Bingo Night $0.25/Game (MB)

4

- 9:30 V!VA*fit* Swim (P)
- 10:30 V!VA*fit* Fun (FD)
- 10:30 V!VA*fit* Strength (VS)
- 10:30 Pinhey's Point & Picnic (L)
- 1:30 Zen Colouring (FD)
- 2:00 Memory Fitness with Ginette (CK)
- 3:30 V!VA*fit* Flow (VS)
- 4:00 Social Hour (MB)
- 4:15 Trivia (PC)
- 4:30 Musical Ent. by Vicki Spurrell (MB)
- 6:45 Bridge Club (CC)

5

- 9:30 V!VA*fit* Sit & Stand (VS)
- 10:15 V!VA*fit* Strength (VS)
- 10:30 V!VA*fit* Flow (FD)
- 1:30 Coffee, Cookies & Chat (FD)
- 2:00 Shopping (L)
- 3:00 V!VA*fit* Sit (FD)
- 5:00 Horse Racing & Dinner (L)
- 6:45 Euchre (BG)
- 7:00 Throwback Thursday Movie "Trading Places" (VP)

6

- 9:30 V!VA*fit* Balance (VS)
- 10:00 V!VA*fit* Strength (VS)
- 10:30 V!VA*fit* Fun (FD)
- 10:30 Tick Awareness Pres. (BG)
- 2:00 Dominos (FD)
- 2:30 Jabulani Vineyard & Winery (L)
- 3:00 Outdoor Croquet (L)
- 3:30 **Brain Fitness:** Name That Sound (FD)
- 3:30 Card Game: Spoons (BG)
- 4:00 Social Hour (MB)
- 7:00 Movie: The Dilemma (VP)

7

- 9:30 V!VA*fit* Swim (P)
- 10:00 Word Search (L)
- 10:30 **Brain Fitness:** Word Games (FD)
- 1:30 V!VA*fit* Sit (FD)
- 2:30 Matinee: Grace & Frankie (VP)
- 2:30 Basic Sign-Language (BG)
- 3:30 Ladder Ball (FD)
- 7:00 Movie: "Gold" (VP)

8

- 8:45 Church Drop-Off & Pick-up (L)
- 10:30 Brain Boosters *Pick up @ Concierge (L)
- 11:15 Latin Chair Dancing w/Michael (VS)
- 1:30 V!VA*fit* Fun (FD)
- 2:30 Saturday Matinee "Grace & Frankie" Season #3 Ep#2 &3 (VP)
- 2:30 V!VA*fit* Balance Circuit (VS)
- 3:30 Basic Sign-Language (BG)
- 7:00 Movie Night "Limitless" (VP)

9

- 9:30 V!VA*fit* Sit (VS)
- 10:00 V!VA*fit* Strength (VS)
- 10:30 V!VA*fit* Fun (FD)
- 10:30 Creative Club – Join to Knit, Crochet or Chat (BG)
- 11:00 Bible Study w/Paula (CC)
- 1:30 Ladder Ball (FD)
- 2:00 V!VA*fit* Swim (P)
- 3:30 Make Your Own Strawberry Lip Balm (CK)
- 3:30 Minute to Win It (BG)
- 6:45 Euchre (PC)
- 6:45 Bridge Club (CC)
- 7:00 Wii Games (VP)
- 7:00 Cribbage (MB)

10

- 9:30 Lady Slippers & Picnic Lunch (L)
- 9:30 V!VA*fit* Balance Circuit (VS)
- 10:00 Jenga (FD)
- 11:00 Outdoor Croquet (L)
- 11:00 Charter Arts Crafts Sale (L)
- 1:30 V!VA*fit* Sit (FD)
- 2:00 VB Residents' Council Meeting (VP)
- 3:15 Strawberry Baking with Daycare (CK)
- 3:30 Name that Country (FD)
- 4:00 Lifestyles Program Meeting (MB)
- 7:00 Community Member Bingo Night $0.25/Game (MB)

11

- 9:30 V!VA*fit* Swim (P)
- 10:30 V!VA*fit* Fun (FD)
- 10:30 V!VA*fit* Strength (VS)
- 10:30 Strawberry Picking (L)
- 1:30 Zen Colouring (FD)
- 2:30 Golf (VL)
- 3:30 V!VA*fit* Flow (VS)
- 4:00 Social Hour (MB)
- 4:15 Trivia (PC)
- 6:45 Bridge Club (CC)
- 7:00 Strawberry Sundae's & Music (MB)

12

- 9:30 V!VA*fit* Sit & Stand (VS)
- 10:15 V!VA*fit* Strength (VS)
- 10:30 V!VA*fit* Flow (FD)
- 10:45 Tour of Dairy Farm (L)
- 1:30 Coffee, Cookies & Chat (FD)
- 2:30 Make Your Own Strawberry Jam (CK)
- 3:00 V!VA*fit* Sit (FD)
- 4:15 Movie Selection for August (PC)
- 6:45 Euchre (BG)
- 7:00 Throwback Thursday Movie "Sense & Sensibility" (VP)

13

- 9:00 Community Member Appreciation Breakfast w/ Daycare – 2nd Floor Terrace
- 9:30 V!VA*fit* Balance (VS)
- 10:00 V!VA*fit* Strength (VS)
- 10:30 Barrhaven Banking & Dollarama (L)
- 10:30 V!VA*fit* Fun (FD)
- 2:00 Dominos (FD)
- 2:30 Strawberry Social w/Musical Ent. (MB)
- 3:30 No- Bake Baking (FD)
- 4:15 Wheel of Fortune (BG)
- 7:00 Movie: "Hush" (VP)

14

- 9:30 The Log Farm Farmer's Market (L)
- 9:30 V!VA*fit* Sit & Stand (VS)
- 10:00 Word Search (L)
- 10:00 Story Telling (FD)
- 10:30 Pictionary (BG)
- 11:30 Make Your Own Pizza for Lunch (CK)
- 1:30 V!VA*fit* Sit (FD)
- 2:30 Saturday Matinee "Grace & Frankie" Season #3 Ep#4 &5 (VP)
- 2:30 Crafts w/ Shayna (CK)
- 4:00 Giant Chess (CB)
- 7:00 Movie: "Seven Pounds" (VP)

July 2018 — WEEKS 3, 4 & 5 — V!VA Barrhaven

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 8:45 Church Drop-Off & Pick-up (L) 9:30 V!VA*fit* Balance Circuit (VS) 10:30 Brain Boosters *Pick up @ Concierge (L) 11:15 Latin Chair Dancing w/Michael (VS) 1:30 V!VA*fit* Fun (FD) 2:30 Saturday Matinee "Grace & Frankie" Season #3 Ep#6 &7 (VP) 2:30 Outdoor Ladder Ball (VG) 3:30 Painting w/Rosie (FD) 7:00 Movie Night "Panic Room (VP)	**16** 9:30 V!VA*fit* Sit (VS) 10:00 V!VA*fit* Strength (VS) 10:30 V!VA*fit* Fun (FD) 10:15 Manotick Shopping (L) 10:30 Creative Club – Join to Knit, Crochet or Chat (BG) 1:30 Ladder Ball (FD) 2:00 V!VA*fit* Swim (P) 3:30 Crafts w/ Shayna (FD) 4:00 Minute to Win It (PC) 6:45 Euchre (PC) 6:45 Bridge Club (CC) 7:00 Cribbage (MB) 7:00 Bereavement Group (VP)	**17** 9:30 Guided Tour & Picnic Lunch (L) 9:30 V!VA*fit* Balance Circuit (VS) 10:00 Bean Bag Toss (FD) 11:15 TED Talk & Discussion (MB) 1:30 V!VA*fit* Sit (FD) 3:30 Giant Connect Four (FD) 4:30 Allan Ryan on the Piano (L) 7:00 Community Member Bingo Night $0.25/Game (MB)	**18** 9:30 V!VA*fit* Swim (P) 10:30 V!VA*fit* Fun (FD) 10:30 V!VA*fit* Strength (VS) 1:30 Zen Colouring (FD) 2:00 Memory Fitness with Ginette (CK) 3:00 CPAP Clinic (CC) 3:00 Walker Clinic (L) 3:00 Rexall Pres."Pain Management" (VP) 3:15 Reading Buddies w/Daycare (FD) 3:30 V!VA*fit* Flow (VS) 4:00 Social Hour (MB) 4:15 Trivia (PC) 6:45 Bridge Club (CC)	**19 National Daiquiri Day** 9:30 V!VA*fit* Sit & Stand (VS) 10:15 V!VA*fit* Strength (VS) 10:30 V!VA*fit* Flow (FD) 1:30 Coffee, Cookies & Chat (FD) 2:00 Barrhaven Shopping (L) 3:00 V!VA*fit* Sit (FD) 4:00 Special Social Hour ft. Daiquiris (MB) 6:15 Fortissimo Military & Musical Spectacular (L) 6:45 Euchre (BG) 7:00 Throwback Thursday Movie "Ferris Bueller's Day off" (VP)	**20** 9:30 V!VA*fit* Balance (VS) 10:00 V!VA*fit* Strength (VS) 10:30 V!VA*fit* Fun (FD) 10:15 Casino Lac Leamy &Lunch Out (L) 2:00 Dominos (FD) 2:30 Ancient Civilizations Pres. (VP) 3:00 Outdoor Croquet (L) 3:15 Jeopardy w/Shayna (VP) 3:15 Craft w/Daycare (CK) 3:30 **Brain Fitness:** Name That Sound (FD) 4:00 Social Hour (MB) 7:00 Movie: "Brain on Fire" (VP)	**21** 9:30 Carp Farmer's Market (L) 9:30 V!VA*fit* Walk & Stroll (VS) 10:00 Word Search (L) 10:30 Memory Box (FD) 1:30 V!VA*fit* Sit (FD) 2:30 Saturday Matinee "Grace & Frankie" Season #3 Ep#8 &9 (VP) 3:30 Frank Sinatra Music (FD) 7:00 Movie: "The Man Who Knew Too Little" (VP)
22 8:45 Church Drop-Off & Pick-up (L) 9:30 V!VA*fit* Balance Circuit (VS) 10:30 Brain Boosters *Pick up @ Concierge (L) 10:30 Breathing Techniques (FD) 11:15 Latin Chair Dancing w/Michael (VS) 1:30 V!VA*fit* Fun (FD) 2:15 Chocolate Treats for Movie Night (CK) 2:30 Saturday Matinee "Grace & Frankie" Season #3 Ep#10 &11 (VP) 3:30 Chocolate Treats & Movie (FD) 7:00 Movie: "Chocolat" (VP)	**23** 9:30 V!VA*fit* Sit (VS) 10:00 V!VA*fit* Strength (VS) 10:30 V!VA*fit* Fun (FD) 10:30 Creative Club – Join to Knit, Crochet or Chat (BG) 1:30 Ladder Ball (FD) 2:00 V!VA*fit* Swim (P) 3:30 Minute to Win It (BG) 3:30 Music & Painting (FD) 4:30 Musical Ent. by the Duo Pleiades (L) 6:45 Euchre (PC) 6:45 Bridge Club (CC) 7:00 Wii Games (VP) 7:00 Cribbage (MB)	**24** 9:15 Perth Shopping & Picnic @ Last Duel Park (L) 9:30 V!VA*fit* Balance Circuit (VS) 10:00 Jenga (FD) 11:00 Outdoor Croquet (L) 1:30 V!VA*fit* Sit (FD) 2:30 Cooking w/Aldo "Short Pasta" (CK) 3:30 Giant Tic Tac Toe (FD) 3:30 Spelling Bee *Prizes to be one (BG) 7:00 Community Member Bingo Night $0.25/Game (MB)	**25** 9:30 V!VA*fit* Swim (P) 10:30 V!VA*fit* Fun (FD) 10:30 V!VA*fit* Strength (VS) 11:00 Currents Events w/Professor Cammy (VP) 1:30 Ring Toss (FD) 2:30 Outdoor Washer toss (VG) 3:30 V!VA*fit* Flow (VS) 3:30 Colouring w/Daycare (FD) 4:00 Social Hour (MB) 4:15 Trivia (PC) 6:45 Bridge Club (CC)	**26** 9:30 V!VA*fit* Sit & Stand (VS) 10:00 1000 Island Boat Tour & Picnic (L) 10:15 V!VA*fit* Strength (VS) 10:30 V!VA*fit* Flow (FD) 1:30 Coffee, Cookies & Chat (FD) 3:00 V!VA*fit* Sit (FD) 4:30 Crime Scene Investigation w/Maegan (VP) 6:45 Euchre (BG) 7:00 Throwback Thursday Movie "Edward Scissor Hands" (VP)	**27** 9:30 V!VA*fit* Balance (VS) 10:00 V!VA*fit* Strength (VS) 10:30 V!VA*fit* Fun (FD) 10:30 Barrhaven Banking & Dollarama (L) 2:00 Dominos (FD) 3:00 July Birthday Celebration w/ Musical Ent. (CK) 3:30 Music from Around the World (FD) 4:00 Social Hour (MB) 7:00 Movie: "Hidden Figures' (VP)	**28** 9:30 V!VA*fit* Sit & Stand(VS) 10:00 Word Search (L) 10:00 Story Telling w/Carol (FD) 10:30 Pictionary (BG) 1:30 V!VA*fit* Sit (FD) 2:30 Saturday Matinee "Grace & Frankie" Season #3 Ep#12 &13 (VP) 2:30 "Art Class w/ Bryce" in class (CK) 3:30 Poetry w/Shayna (FD) 7:00 Movie: "All Good Things" (VP)
29 8:45 Church Drop-Off & Pick-up (L) 9:30 V!VA*fit* Balance Circuit (VS) 10:30 Brain Boosters *Pick up @ Concierge (L) 11:00 Super Foods Pres. "Coconut Oil" (VP) 11:15 Latin Chair Dancing w/Michael (VS) 1:30 V!VA*fit* Fun (FD) 2:30 Saturday Matinee "Grace & Frankie" (VP) 2:30 Summer Meltdown – 2nd floor terrace 3:30 Breathing Techniques (FD) 7:00 Movie Night "Walk in the Clouds" (VP)	**30** 9:30 V!VA*fit* Sit (VS) 10:00 V!VA*fit* Strength (VS) 10:30 V!VA*fit* Fun (FD) 10:30 Creative Club – Join to Knit, Crochet or Chat (BG) 1:30 Ladder Ball (FD) 2:00 V!VA*fit* Swim (P) 2:30 Movie & Snack (FD) 3:30 Minute to Win It (BG) 6:45 Euchre (PC) 6:45 Bridge Club (CC) 7:00 Wii Games (VP) 7:00 Cribbage (MB)	**31** 8:45 Changing of the Guard (L) 9:30 V!VA*fit* Balance Circuit (VS) 10:00 Bean Bag Toss (FD) 11:15 Fact or Fiction (BG) 1:30 V!VA*fit* Sit (FD) 2:30 Heartwarming Videos (BG) 3:30 Giant Connect Four (FD) 4:15 Name That Tune (VP) 7:00 Community Member Bingo Night $0.25/Game (MB)			

*Calendars are subject to change.