

## Grey Cup Celebration

In late November, the residents at VIVA Barrhaven celebrated the Grey Cup and showed their team spirit, by wearing red and black to a Grey Cup party in Mel's Barr. Prizes were awarded for the Community Member with the most spirited outfit.



Die hard Grey Cup fan, with its human.



Enjoying a cold one.

# Join us!

Don't miss out on these events!

## New Year's Eve Celebration

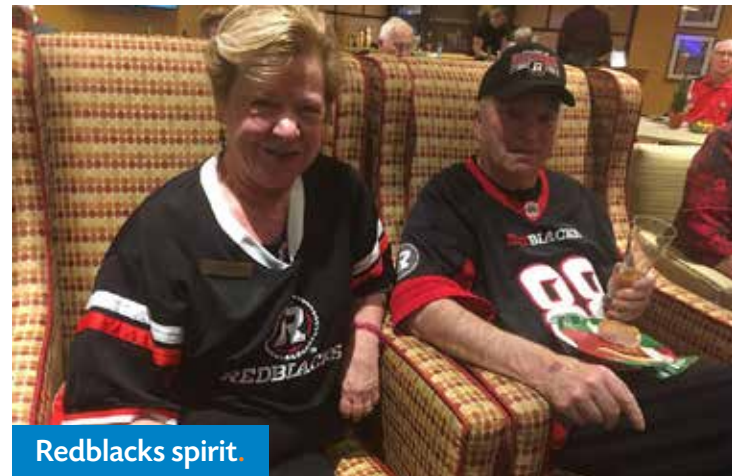
December 31st, 8:00pm

Dress up and join us for an evening of entertainment in Mel's Barr!

## Robbie Burns Day

January 25th, 7:00pm

Get your kilts, ties and socks on!  
VIVA Barrhaven will celebrate Scotland's famous poet and lyricist Robbie Burns with live music from the Lyon Street Celtic Band.



Redblacks spirit.

# V!VAvoice



January 2019

Your V!VA Community Newsletter

## Toy Mountain and Food Drive

VIVA Barrhaven collected new and unwrapped toys, along with food items, in support of local charities and families in need. Our donation drive started December 1st and continued to December 20th. Thank you to the Community Members, Team Members, family and friends who contributed to the charity drives, and the families in need during the holiday season.

## V!VA Barrhaven Family Christmas Dinner

Over 200 Community Members, their families, and guests enjoyed a festive VIVALicious meal at VIVA Barrhaven's second annual Family Christmas Dinner. Music flowed throughout the Community from our harpist player. It was a great way to start the holiday season, and had our Community Members buzzing about it for days.



Caroling in the Community.



Naughty...



or nice?



Spreading holiday cheer.



Christmas Dinner.

## Making Today Great!

V!VA Barrhaven Retirement Community

275 Tartan Drive, Ottawa, ON K2J 6A9

www.vivalife.ca 613.823.0220



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	TARTAN DR V!VA
BORRISOKANE RD	STRANDHERD DR

# All About Fireworks

## DID YOU KNOW...

- 1 The earliest documentation of fireworks dates back to 7th century China, having been invented there more than 2000 years ago.
- 2 In 1240, Arabs acquired knowledge of gunpowder. A Syrian named Hasan al-Rammah wrote of fireworks using terms that suggested he derived his knowledge from Chinese sources.
- 3 The first recorded fireworks in England were at the wedding of King Henry VII in 1486.
- 4 The largest firework rocket was 13kg and was produced and launched in Portugal in 2010.
- 5 The largest chocolate firework measured 3m high, 1.5m in diameter and contained 60kg of Swiss Cailler chocolates. The firework was released in Zurich on New Year's Eve 2002.



# BRAIN



# TEASER

New Year's Day has arrived! Five fireworks of varying colours were set off at different times.  
Can you determine the colour of each rocket and at what time it was set off?

		Colour					Time				
		Blue	Green	Purple	Red	Red & Green	Midnight	12:30am	12:45am	1:00am	1:15am
Firework	Apollo Rock										
	Big Rocket										
	Exploder										
	Shooting Star										
	Whiz-Bang										
Time	Midnight										
	12:30am										
	12:45am										
	1:00am										
	1:15am										

### HINTS

1. The Big Rocket was set off before the Apollo Rock, but after the Whiz-Bang.
2. The Apollo Rock contained no red and was not set off last.
3. One of the rockets containing green was set off at 7:45pm, this was not the Big Rocket or the Shooting Star.
4. The red rocket was set off after the blue rocket, but before the purple rocket.
5. The Exploder was set off exactly 30 minutes after the blue rocket

### Your Answers

Firework	Colour	Time
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Apollo Rock, Green, 12:45am / Exploder, Red, 1:00am / Shooting Star, Purple, 1:15am / Big Rocket, Blue, 12:30am / Whiz-Bang, Red & Green, midnight

January 2019 WEEKS 1, 2 & 3 VIVA BARRHAVEN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>LEGEND</b></p> <p>Orange Fitness Class</p> <p>Purple Special Event</p> <p>Green Excursion</p> <p> Sign Up</p> <p> Cost Required</p> <p> Shuttle</p> <p> Walking</p>	<p>(PC) Perks! Café</p> <p>(MB) Mel's Bar</p> <p>(TR) Therapy Room</p> <p>(VP) V!VAplex</p> <p>(VG) Victory Garden</p> <p>(VS) V!VAfit Studio</p> <p>(L) Lobby</p> <p>(CC) Community Commons</p> <p>(BG) Brain Gym</p> <p>(CK) V!VAcraft Kitchen</p> <p>(FD) Family Den</p> <p>(HR) Horticulture Room</p> <p>(P) Pool</p>	<p><b>1</b></p> <p>9:30 Carlingwood Mall (L) </p> <p>9:30 V!VAfit Balance Circuit (VS)</p> <p>10:30 Music with Peter Foret (L)</p> <p>10:30 V!VAfit Strength (VS)</p> <p>1:30 Euchre (BG)</p> <p>2:00 New Year's Fun (FD)</p> <p>3:30 V!VAfit Sit (FD)</p> <p>3:30 Social Hour (MB)</p> <p>4:15 Billiards (MB)</p> <p>6:45 Euchre (BG)</p> <p>7:00 CM Bingo Night (MB)</p>	<p><b>2</b></p> <p>9:30 V!VAfit Swim (P)</p> <p>10:30 V!VAfit Strength (VS)</p> <p>11:00 V!VAfit Fun (FD)</p> <p>1:30 Nail Art (FD)</p> <p>3:00 PJ and Hot Chocolate Party with Daycare Kids (CK)</p> <p>4:20 Chair Dancing (VS)</p> <p>7:00 Bridge Club (CC)</p>	<p><b>3</b></p> <p>9:30 V!VAfit Sit &amp; Stand (VS)</p> <p>10:30 Barrhaven Banking/Dollarama (L) </p> <p>10:30 V!VAfit Sit (FD)</p> <p>11:00 Zumba (VS)</p> <p>2:00 V!VAfit Strength (VS)</p> <p>3:30 Music with Noel (FD)</p> <p>6:45 Euchre (BG)</p> <p>7:00 Movie Night (VP)</p>	<p><b>4</b></p> <p>9:30 V!VAfit Balance (VS)</p> <p>10:30 V!VAfit Strength (VS)</p> <p>10:30 Shopping: Michael's (L) </p> <p>10:30 V!VAfit Fun (FD)</p> <p>1:30 Excursion: Mystery Drive </p> <p>3:30 Social Hour (MB)</p> <p>7:00 Movie Night (VP)</p>	<p><b>5</b></p> <p>9:30 V!VAfit Swim (P)</p> <p>10:00 Story Telling with Carol (FD)</p> <p>10:30 Word Search (L)</p> <p>1:30 V!VAfit Sit (FD)</p> <p>2:30 Saturday Matinee (VP)</p> <p>3:30 Ladder Ball (FD)</p> <p>7:00 Movie Night (VP)</p>
<p><b>6</b></p> <p>8:45 Church Drop-Off &amp; Pick-up (L) </p> <p>10:00 V!VAfit Fun (FD)</p> <p>10:30 Brain Boosters *Pick up @ Concierge (L)</p> <p>11:15 Chair Dancing (VS)</p> <p>2:30 Sunday Matinee (VP)</p> <p>3:30 Vinyl Café with Stuart McLean (FD)</p> <p>7:00 Movie Night (VP)</p>	<p><b>7</b></p> <p>9:30 V!VAfit Sit (VS)</p> <p>10:15 Excursion: Walk and Stroll (L) </p> <p>10:30 V!VAfit Strength (VS)</p> <p>10:30 Creative Club (CK)</p> <p>1:30 V!VAfit Fun (FD)</p> <p>3:00 Reading Buddies with Daycare Kids (FD)</p> <p>3:30 V!VAfit Swim (P)</p> <p>7:00 Bridge Club (CC)</p> <p>6:45 Euchre (BG)</p>	<p><b>8</b></p> <p>9:30 Billings Bridge (L) </p> <p>9:30 V!VAfit Balance Circuit (VS)</p> <p>10:30 V!VAfit Strength (VS)</p> <p>1:30 Euchre (BG)</p> <p>2:00 Community Council Meeting (VP)</p> <p>2:00 Craft Creations (FD)</p> <p>3:30 V!VAfit Sit (FD)</p> <p>3:00 Music with Arlene Quinn (MB)</p> <p>3:30 Social Hour (MB)</p> <p>4:15 Billiards (MB)</p> <p>6:45 Euchre (BG)</p> <p>7:00 CM Bingo Night (MB)</p>	<p><b>9</b></p> <p>9:30 V!VAfit Swim (P)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>10:30 V!VAfit Strength (VS)</p> <p>2:00 Scattegories (BG)</p> <p>3:00 V!VAfit Fun (FD)</p> <p>4:20 Chair Dancing (VS)</p> <p>7:00 Bridge Club (CC)</p>	<p><b>10</b></p> <p>9:30 V!VAfit Sit &amp; Stand (VS)</p> <p>10:30 V!VAfit Sit (FD)</p> <p>10:30 Shopping: Home Sense/Winner's (L) </p> <p>11:00 Zumba (VS)</p> <p>1:30 Excursion: Rideau Carleton (L) </p> <p>2:00 V!VAfit Strength (VS)</p> <p>3:30 Crokinole (FD)</p> <p>6:45 Euchre (BG)</p> <p>7:00 Movie Night (VP)</p>	<p><b>11</b></p> <p>9:30 V!VAfit Balance (VS)</p> <p>10:30 V!VAfit Strength (VS)</p> <p>10:30 Excursion: Merivale Bowling Lanes (L) </p> <p>10:30 V!VAfit Fun (FD)</p> <p>1:30 Excursion: Late Shop to Bayshore </p> <p>3:30 Social Hour (MB)</p> <p>7:00 Movie Night (VP)</p>	<p><b>12</b></p> <p>9:30 V!VAfit Swim (P)</p> <p>10:00 Chicken Soup for the Soul (FD)</p> <p>10:30 Word Search (L)</p> <p>1:30 V!VAfit Sit (FD)</p> <p>2:30 Saturday Matinee (VP)</p> <p>3:30 Bean Bag Toss (FD)</p> <p>7:00 Movie Night (VP)</p>
<p><b>13</b></p> <p>8:45 Church Drop-Off &amp; Pick-up (L) </p> <p>10:00 V!VAfit Fun (FD)</p> <p>10:30 Brain Boosters *Pick up @ Concierge (L)</p> <p>11:15 Chair Dancing (VS)</p> <p>2:30 Sunday Matinee (VP)</p> <p>3:30 Winter Craft (FD)</p> <p>7:00 Movie Night (VP)</p>	<p><b>14</b></p> <p>9:30 V!VAfit Sit (VS)</p> <p>10:15 V!VAfit Fun (FD)</p> <p>10:15 Excursion: Walk and Stroll (L) </p> <p>10:30 V!VAfit Strength (VS)</p> <p>11:00 Bible Study with Paula (CC)</p> <p>2:00 Trivia (PC)</p> <p>3:30 V!VAfit Swim (P)</p> <p>3:30 Coffee and Chat (FD)</p> <p>7:00 Violin Music with Evan (L)</p> <p>7:00 Bridge Club (CC)</p> <p>6:45 Euchre (BG)</p>	<p><b>15</b></p> <p>9:30 Carlingwood Mall (L) </p> <p>9:30 V!VAfit Balance Circ. (VS)</p> <p>10:30 V!VAfit Strength (VS)</p> <p>10:30 Reminiscing w/Tania (FD)</p> <p>1:30 Euchre (BG)</p> <p>2:00 Coffee &amp; Tea Social (FD)</p> <p>3:00 Music w/ Jimmy Leroux (FD)</p> <p>3:30 Social Hour (MB)</p> <p>4:15 Billiards (MB)</p> <p>6:45 Euchre (BG)</p> <p>7:00 CM Bingo Night (MB)</p>	<p><b>16</b></p> <p>9:30 V!VAfit Swim (P)</p> <p>10:30 V!VAfit Strength (VS)</p> <p>11:00 Church Service with Father Steve (VP)</p> <p>1:30 Nail Art (FD)</p> <p>2:00 Memory Fitness (CK)</p> <p>3:00 V!VAfit Fun (FD)</p> <p>4:20 Chair Dancing (VS)</p> <p>7:00 Bridge Club (CC)</p>	<p><b>17</b></p> <p>9:30 V!VAfit Sit &amp; Stand (VS)</p> <p>10:30 V!VAfit Sit (FD)</p> <p>11:00 Zumba (VS)</p> <p>1:30 Shopping: Shoppers Drug Mart </p> <p>2:00 V!VAfit Strength (VS)</p> <p>3:00 Music with Andre (MB)</p> <p>6:45 Euchre (BG)</p> <p>7:00 Movie Night (VP)</p>	<p><b>18</b></p> <p>9:30 V!VAfit Balance (VS)</p> <p>10:30 V!VAfit Strength (VS)</p> <p>10:30 Shopping at Value Village (L)</p> <p>10:30 Musical Memories (FD)</p> <p>1:30 Excursion: Royal Canadian Mint Tour (L)</p> <p>1:30 Watercolour Painting</p> <p>3:30 Social Hour with music from Spencer (MB)</p> <p>7:00 Movie Night (VP)</p>	<p><b>19</b></p> <p>9:30 V!VAfit Swim (P)</p> <p>10:00 Story Telling with Carol (FD)</p> <p>10:30 Word Search (L)</p> <p>1:30 V!VAfit Sit (FD)</p> <p>2:30 Saturday Matinee (VP)</p> <p>3:30 Ladder Ball (FD)</p> <p>7:00 Movie Night (VP)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>20</b></p> <p>8:45 Church Drop-Off &amp; Pick-up (L) </p> <p>10:00 <b>VIVAfit Fun (FD)</b></p> <p>10:30 Brain Boosters *Pick up @ Concierge (L)</p> <p>11:15 <b>Chair Dancing (VS)</b></p> <p>2:30 Sunday Matinee (VP)</p> <p>3:30 Sundae Funday (CK)</p> <p>7:00 Movie Night (VP)</p>	<p><b>21</b></p> <p>9:30 <b>VIVAfit Sit (VS)</b></p> <p>10:15 <b>Excursion: Walk and Stroll (L)</b> </p> <p>10:30 <b>VIVAfit Strength (VS)</b></p> <p>10:30 Creative Club (CK)</p> <p>1:30 <b>VIVAfit Fun (FD)</b></p> <p>2:00 <b>Presentation by Mary Major (VP)</b></p> <p>3:30 <b>VIVAfit Swim (P)</b></p> <p>7:00 Bridge Club (CC)</p> <p>6:45 Euchre (BG)</p>	<p><b>22</b></p> <p>9:30 <b>VIVAfit Balance Circuit (VS)</b></p> <p>10:30 <b>VIVAfit Sit (FD)</b></p> <p>10:30 <b>Lifestyles Reflections with Karen (PC)</b></p> <p>10:30 <b>VIVAfit Strength (VS)</b></p> <p>1:30 Euchre (BG)</p> <p>3:00 <b>Craft with Daycare (CK)</b></p> <p>3:30 Social Hour (MB)</p> <p>4:15 Billiards (MB)</p> <p>6:45 Euchre (BG)</p> <p>7:00 CM Bingo Night (MB)</p>	<p><b>23</b></p> <p>9:30 <b>VIVAfit Swim (P)</b></p> <p>10:00 <b>Music with Paddy Stewart (FD)</b></p> <p>10:30 <b>VIVAfit Strength (VS)</b></p> <p>2:00 <b>Music with Guy (L)</b></p> <p>3:00 <b>VIVAfit Fun (FD)</b></p> <p>4:30 <b>Chair Dancing (VS)</b></p> <p>7:00 Bridge Club (CC)</p>	<p><b>24</b></p> <p>9:30 <b>VIVAfit Sit &amp; Stand (VS)</b></p> <p>10:00 Barrhaven Shopping (L) </p> <p>10:30 <b>VIVAfit Sit (FD)</b></p> <p>11:00 <b>Zumba (VS)</b></p> <p>11:45 <b>Out for Lunch (L)</b> </p> <p>2:00 <b>VIVAfit Strength (VS)</b></p> <p>2:30 <b>Urban Legend presentation (VP)</b></p> <p>6:45 Euchre (BG)</p> <p>7:00 Movie Night (VP)</p>	<p><b>25</b></p> <p>9:30 <b>VIVAfit Balance (VS)</b></p> <p>10:30 <b>VIVAfit Strength (VS)</b></p> <p>10:30 <b>Beavertail Drive (L)</b></p> <p>10:30 Musical Memories (FD)</p> <p>3:30 Social Hour (MB)</p> <p>7:00 Movie Night (VP)</p> <p>7:00 <b>Robbie Burns Party with the Lyon St. Celtic Band (MB)</b></p>	<p><b>26</b></p> <p>9:30 <b>VIVAfit Swim (P)</b></p> <p>10:00 <b>Coffee &amp; Chat (FD)</b></p> <p>10:30 Word Search (L)</p> <p>1:30 <b>VIVAfit Sit (FD)</b></p> <p>2:30 Saturday Matinee (VP)</p> <p>3:30 Bean Bag Toss (FD)</p> <p>7:00 Movie Night (VP)</p>
<p><b>27</b></p> <p>8:45 Church Drop-Off &amp; Pick-up (L) </p> <p>10:00 <b>VIVAfit Fun (FD)</b></p> <p>10:30 Brain Boosters *Pick up @ Concierge (L)</p> <p>11:15 <b>Chair Dancing (VS)</b></p> <p>2:30 Sunday Matinee (VP)</p> <p>3:30 Name 10 (FD)</p> <p>7:00 Movie Night (VP)</p>	<p><b>28</b></p> <p>9:30 <b>VIVAfit Sit (VS)</b></p> <p>10:15 <b>VIVAfit Fun (FD)</b></p> <p>10:30 Excursion: Walk and Stroll (L) </p> <p>10:30 <b>VIVAfit Strength (VS)</b></p> <p>11:00 <b>Bible Study with Paula (CC)</b></p> <p>3:30 <b>VIVAfit Swim (P)</b></p> <p>3:00 <b>Breadmaking with the Daycare Kids (CK)</b></p> <p>7:00 Bridge Club (CC)</p> <p>6:45 Euchre (BG)</p>	<p><b>29</b></p> <p>9:30 <b>VIVAfit Balance Circuit (VS)</b></p> <p>10:30 <b>VIVAfit Strength (VS)</b></p> <p>10:30 <b>Crokinole (FD)</b></p> <p>1:30 Euchre (BG)</p> <p>2:00 <b>Beat the Winter Blues with live Music from Dai Bassett (MB)</b></p> <p>3:30 <b>VIVAfit Sit (FD)</b></p> <p>3:30 Social Hour (MB)</p> <p>4:15 Billiards (MB)</p> <p>6:45 Euchre (BG)</p> <p>7:00 CM Bingo Night (MB)</p>	<p><b>30</b></p> <p>9:30 <b>VIVAfit Swim (P)</b></p> <p>10:30 Memory Games (FD)</p> <p>10:30 <b>VIVAfit Strength (VS)</b></p> <p>1:30 <b>VIVAfit Fun (FD)</b></p> <p>3:00 <b>Birthday Celebration Live music with Noel (MB)</b></p> <p>4:20 <b>Chair Dancing (VS)</b></p> <p>7:00 Bridge Club (CC)</p>	<p><b>31</b></p> <p>9:30 <b>VIVAfit Sit &amp; Stand (VS)</b></p> <p>10:30 <b>VIVAfit Sit (FD)</b></p> <p>11:00 <b>Zumba (VS)</b></p> <p>1:00 <b>Out to a Movie (L)</b> </p> <p>2:00 <b>VIVAfit Strength (VS)</b></p> <p>6:45 Euchre (BG)</p> <p>7:00 Movie Night (VP)</p>		

Did you hear about the cell phone and the firework that were arrested on New Year's Eve?

One was charged and the other was let off.

\*Calendars are subject to change.