



SUPER great friends and a BOWL of laughs.

Superbowl Festivities

Community Members enjoyed a fabulous Superbowl celebration held in Mel's Barr, loaded with refreshing beverages and tasty pub fare, followed by commercial bingo. Thanks to Tricia, our Culinary Services Manager, for hosting a terrific party!

DON'T MISS...
Our Upcoming
EVENTS

Join us for a St. Patrick's Day Party on March, 17th at 2pm with Celtic band Lyon Street, green beer and tasty appetizers.

.....

Through the month of March and beginning of April, we will be offering free tax clinics, in partnership with CRA. Checkout the calendar for days and times.

Making Today Great!

VIVA Barrhaven Retirement Community

275 Tartan Drive, Ottawa, ON K2J 6A9

www.vivalife.ca 613.823.0220 Find us on 



Copyright VIVA Retirement Communities Corporation 2018

V!VAvoice



March 2019

Your V!VA Community Newsletter



A Valentine's Day Tradition at V!VA Barrhaven.

Sweetheart Tea

In celebration of cupids, arrows and everything love, both Community and Team Members participated in our "Guess the Sweetheart" challenge. With over 46 wedding photos submitted, prizes were awarded to all the correct guesses at our Valentine's Day celebration! Thanks to all of those that attended our Sweetheart Tea.



Spreading LOVE throughout the month.

Heart & Stroke Success Story

Thank you to all of the Community Members and Team Members who graciously purchased red toques, red paper hearts, candygrams and carnations in support of the Heart & Stroke Foundation. We proudly raised over \$350, and had great fun all month with Valentine themed programming, falling nicely in line with our focus on Heart & Stroke Month.



ALL ABOUT

Mardi Gras

MARDI GRAS MARKS THE END OF CARNIVAL SEASON

Countries around the world celebrate Mardi Gras as the last day of Carnival season, which starts after Christmas, on January 6th, (known as 'Twelfth Night').

IT IS ALSO KNOWN AS "PANCAKE DAY"

In Ireland, England, Australia, New Zealand, and Canada, people celebrate Mardi Gras by eating pancakes, and participating in pancake themed activities.

THE COLOURS OF MARDI GRAS ARE PURPLE, GOLD, AND GREEN

Purple signifies justice, gold means power, and green stands for faith.

KING'S CAKE IS EATEN ALL THROUGHOUT CARNIVAL SEASON

King's Cake is eaten throughout the world during Carnival season. In the US, it is traditionally purple, green, and gold, with a trinket inside. Whoever gets a trinket receives good luck – and probably a chipped tooth, too!

NEW ORLEANS' FIRST MARDI GRAS PARADE WAS 177 YEARS AGO

New Orleans has been celebrating Fat Tuesday with parades since 1837. The first floats appeared in the parade in 1857.

MASKS ARE REQUIRED BY LAW FOR FLOAT RIDERS

Yep, it's illegal to ride on a float without a mask! The original purpose of the mask was to get rid of social constraints for the day, allowing people to mingle with whomever they chose.

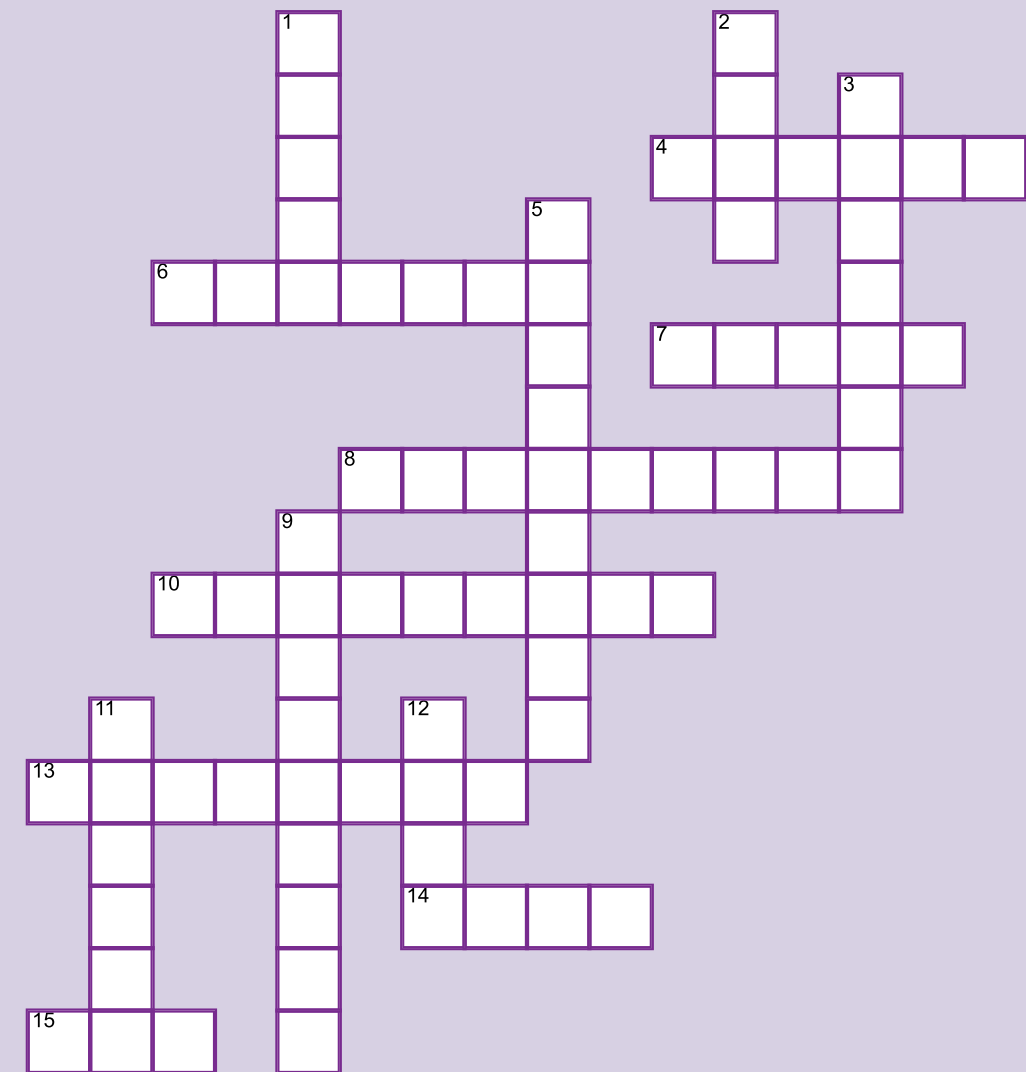
BEADS HAVE BEEN A TRADITION SINCE THE EARLY 1900s

Beads were first thrown by Santa during a parade. It wasn't until a few decades ago that they became synonymous with today's less than savoury means of acquiring them. Participants also throw stuffed animals, toys and more.

MARDI GRAS IS A STATE HOLIDAY IN SOME PLACES

Fat Tuesday is an official state holiday in Alabama, (the home of the first Mardi Gras parade and 2nd biggest current celebration), Florida, and parts of Louisiana. Although it's not a state holiday in Texas, Galveston is home to one of the biggest celebrations in the country!

Use the clues below to complete this crossword! It's harder than it looks – not all the answers are on the previous page! Good luck!



Across

- 4 Decorated platforms pulled by a tractor in a parade
- 6 Fashion of dress for a particular occasion
- 7 A female sovereign or monarch
- 8 Plastic or metal coins thrown from parade floats
- 10 Torches to light the night parade routes
- 13 The season immediately preceding Lent
- 14 A male sovereign or Monarch
- 15 King of Mardi Gras

Down

- 1 Small round pieces of material, for stringing or beading
- 2 Mr. Big Stuff of Mardi Gras
- 3 "Krewe" members who ride on a float
- 5 To have or participate in a party
- 9 Fat Tuesday
- 11 A large public procession
- 12 A covering for all or part of the face

Across 4. Floats, 6. Costume, 7. Queen, 8. Doubloons, 10. Flambeaux, 13. Carnival, 14. King, 15. Rex
Down 1. Beads, 2. Zulu, 3. Maskers, 5. Celebrate, 9. Mardi Gras, 11. Parade, 12. Mask

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 Bar
- (TR) Therapy Room
- (VP) V!VAplex
- (VG) Victory Garden
- (VS) V!VAfit Studio
- (L) Lobby
- (CC) Community Commons
- (BG) Brain Gym
- (CK) V!VAcraft Kitchen
- (FD) Family Den
- (HR) Horticulture Room
- (P) Pool



- 1**
- 9:30 V!VAfit Balance (VS)
 - 10:30 V!VAfit Strength (VS)
 - 10:30 Banking/Dollarama (L)
 - 2:00 V!VAfit Fun (FD)
 - 3:00 Music with Andre (MB)
 - 3:30 Social Hour (MB)
 - 7:00 Movie Night (VP)

- 2**
- 9:30 Fit Minds Flash (FD)
 - 10:15 Music and Movement (FD)
 - 10:30 Word Search (L)
 - 1:30 V!VAfit Sit (VS)
 - 2:30 Saturday Matinee (VP)
 - 3:30 Ladder Ball (FD)
 - 7:00 Movie Night (VP)

- 3**
- 8:45 Church Drop-Off & Pick-up (L)
 - 10:00 V!VAfit Fun (FD)
 - 10:30 Brain Boosters
*Pick up @ Concierge (L)
 - 11:15 Chair Dancing (VS)
 - 2:30 Sunday Matinee (VP)
 - 3:30 Vinyl Café with Stuart McLean (FD)
 - 7:00 Movie Night (VP)

- 4**
- 9:30 V!VAfit Swim (P)
 - 10:30 Who Am I? (BG)
 - 10:30 V!VAfit Fun (FD)
 - 10:30 V!VAfit Strength (VS)
 - 10:30 Creative Club (CK)
 - 2:00 Taste of England (CK)
 - 3:00 V!VAfit Sit (VS)
 - 4:00 Trivia (PC)
 - 6:45 Bridge Club (BG)
 - 7:00 Movie (VP)

- 5 Tech Tuesday**
- 9:30 Fit Minds Flash (FD)
 - 10:15 Montessori Methods (FD)
 - 10:30 Card Games – CM Choice (BG)
 - 11:00 Vendor: Mariana's Jewelry (L)
 - 1:30 Euchre (BG)
 - 1:30 Mardi Gras Bingo (FD)
 - 2:30 Mardi Gras Party with the Hot Spuds (MB)
 - 3:30 Social Hour (MB)
 - 4:15 Billiards (MB)
 - 7:00 CM Bingo Night (CC)

- 6**
- 9:30 V!VAfit Swim (P)
 - 9:30 Carlingwood Mall (L)
 - 10:00 Music with Paddy Stewart & Daycare (FD)
 - 10:30 V!VAfit Strength (VS)
 - 10:30 Current Events (BG)
 - 10:30 Walker/Wheelchair Repair Clinic (L)
 - 2:00 Russell Male Choir (VP)
 - 3:30 No-Bake Baking (CK)
 - 4:20 Chair Dancing (VS)
 - 6:45 Bridge Club (BG)

- 7**
- 9:30 V!VAfit Balance (VS)
 - 9:30 Fit Minds Flash (FD)
 - 10:15 V!VAfit Sit (FD)
 - 10:30 Shoppers Drug Mart (L)
 - 10:30 Fact or Fib? (BG)
 - 11:00 Zumba (VS)
 - 1:30 Name 10 (FD)
 - 1:30 Shoppers Drug Mart (L)
 - 3:00 St. Patty's Day Craft (CK)
 - 6:45 Euchre (BG)
 - 7:00 Movie Night (VP)

- 8**
- 9:30 Rideau Carleton(L)
 - 9:30 V!VAfit Swim (P)
 - 10:30 V!VAfit Strength (VS)
 - 10:30 V!VAfit Fun (FD)
 - 1:30 Rummy O with Manon (BG)
 - 1:30 Picture Perfect Match (FD)
 - 3:30 Social Hour with Music from Jim Ryan (MB)
 - 7:00 Movie Night (VP)

- 9**
- 9:30 Fit Minds Flash (FD)
 - 10:15 Chicken Soup for the Soul (FD)
 - 10:30 Word Search (L)
 - 1:30 V!VAfit Sit (VS)
 - 2:00 Step Dancing Performance (L)
 - 2:30 Saturday Matinee (VP)
 - 3:30 V!VAfit Sit (FD)
 - 7:00 Movie Night (VP)

- 10**
- 8:45 Church Drop-Off & Pick-up (L)
 - 10:00 V!VAfit Fun (FD)
 - 10:30 Brain Boosters
*Pick up @ Concierge (L)
 - 2:00 Music with Peter Foret (MB)
 - 2:30 Sunday Matinee (VP)
 - 3:30 Ladder Ball (FD)
 - 7:00 Movie Night (VP)
-

- 11**
- 9:30 V!VAfit Swim (P)
 - 10:30 Rummy-O (BG)
 - 10:30 V!VAfit Strength (VS)
 - 10:30 Creative Club (CK)
 - 10:45 V!VAfit Fun (FD)
 - 1:30 Coffee & Chat (FD)
 - 2:00 Jeopardy (MB)
 - 3:00 V!VAfit Sit (VS)
 - 3:30 Memory Games (FD)
 - 6:45 Bridge Club (BG)
 - 7:00 Movie (VP)

- 12 Tech Tuesday**
- 9:30 V!VAfit Balance (VS)
 - 9:30 Fit Minds Flash (FD)
 - 10:15 Balloon Volleyball (FD)
 - 10:45 Card Games – CM Choice (BG)
 - 10:15 Balloon Volleyball (FD)
 - 1:30 Euchre (BG)
 - 1:30 V!VAfit Sit (FD)
 - 2:00 Pictionary (BG)
 - 3:00 St. Patrick's Day Craft with Daycare (CK)
 - 3:30 Social Hour (MB)
 - 7:00 CM Bingo Night (CC)

- 13**
- 9:30 V!VAfit Swim (P)
 - 10:30 Musical Memories (FD)
 - 10:30 Richmond Curling Club Bonspiel(L)
 - 10:30 V!VAfit Strength (VS)
 - 10:30 Current Events (BG)
 - 1:30 Mini Manicures (FD)
 - 2:00 Memory Fitness (CK)
 - 3:30 V!VAfit Fun (FD)
 - 3:30 Wheel of Fortune (MB)
 - 4:20 Chair Dancing (VS)
 - 6:45 Bridge Club (BG)
 - 7:00 Music with the Ottawa Police Chorus (L)

- 14**
- 9:30 V!VAfit Balance (VS)
 - 9:30 Fit Minds Flash (FD)
 - 10:15 V!VAfit Sit (FD)
 - 10:30 Banking/Dollarama (L)
 - 11:30 Lunch & Learn Presentation: Brain Health (VP)
 - Zumba (VS)
 - 1:30 Crokinole (FD)
 - 2:00 Wheel of Fortune (MB)
 - 3:30 St. Patrick's Day Wreath Craft (FD)
 - 6:45 Euchre (BG)
 - 7:00 Movie Night (VP)

- 15**
- 9:30 V!VAfit Sit & Stand (VS)
 - 10:00 Tax Clinic (BG)
 - 10:30 V!VAfit Strength (VS)
 - 10:30 Walk and Stroll (L)
 - 10:30 V!VAfit Fun (FD)
 - 1:30 Teas from Around the World (CK)
 - 2:30 Musical Journey Through Ireland with Jim Beattie (VP)
 - 3:30 Social Hour (MB)
 - 7:00 Movie Night (VP)

- 16**
- 9:30 Fit Minds Flash (FD)
 - 10:30 Music and Movement (FD)
 - 10:00 Tax Clinic (BG)
 - 10:00 Vendor: Scentsy (L)
 - 10:30 Word Search (L)
 - 1:30 V!VAfit Sit (VS)
 - 2:30 Saturday Matinee (VP)
 - 3:30 Bean Bag Toss (FD)
 - 7:00 Movie Night (VP)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 St. Patrick's Day 8:45 Church Drop-Off & Pick-up (L) 10:00 V!VAfit Fun (FD) 10:30 Brain Boosters *Pick up @ Concierge (L) 11:15 Chair Dancing (VS) 2:00 St. Patrick's Day Party with the Lyon St. Celtic Band (MB) 2:30 Sunday Matinee (VP) 7:00 Movie Night (VP)	18 9:30 V!VAfit Swim (P) 10:30 V!VAfit Strength (VS) 10:30 Creative Club (CK) 1:30 V!VAfit Fun (FD) 2:00 Bible Study with Paula (CC) 3:00 V!VAfit Sit (VS) 4:00 Trivia (PC) 6:45 Bridge Club (BG) 7:00 Movie (VP)	19 Tech Tuesday 9:30 Yoga with Georgia (VS) 9:30 Fit Minds Flash (FD) 10:15 Watercolor Painting (FD) 10:30 Lifestyles Reflections with Karen (BG) 1:30 Euchre (BG) 2:30 Pictionary (BG) 3:00 Reading Buddies (FD) 3:30 V!VAfit Sit (FD) 3:30 Social Hour (MB) 7:00 CM Bingo Night (CC) 7:00 Evan on the Violin (MB)	20 9:30 V!VAfit Swim (P) 9:30 Carlingwood Mall (L) 10:00 Musical Memories (FD) 10:30 V!VAfit Strength (VS) 11:00 Church Service with Reverend Stephen (VP) 2:00 Spring Fling - Music with Dai Bassett: (FD) 3:30 V!VAfit Fun (FD) 4:20 Chair Dancing (VS) 6:45 Bridge Club (BG)	21 9:30 V!VAfit Balance (VS) 9:30 Fit Minds Flash (FD) 10:15 V!VAfit Sit (FD) 10:30 Walk and Stroll (L) 11:00 Zumba (VS) 1:30 Coffee & Chat (FD) 2:00 Pictionary (BG) 3:30 Balloon Volleyball (FD) 4:00 Memory Games (PC) 6:45 Euchre (BG) 7:00 Movie Night (VP)	22 9:30 V!VAfit Swim (P) 9:30 Mystery Drive (L) 10:00 Tax Clinic (BG) 10:30 V!VAfit Strength (VS) 10:30 Excursion: (L) 10:30 V!VAfit Fun (FD) 11:00 Vendor: Pam's Travelling Shop (L) 1:30 Baking Oaties (CK) 3:00 Who Am I? (FD) 3:30 Social Hour (MB) 7:00 Movie Night (VP)	23 9:30 Fit Minds Flash (FD) 10:00 Tax Clinic (BG) 10:15 Chicken Soup for the Soul (FD) 10:30 Word Search (L) 1:30 V!VAfit Sit (VS) 2:30 Saturday Matinee (VP) 2:30 Music with Arlene Quinn (MB) 3:30 V!VAfit Sit (FD) 7:00 Movie Night (VP)
24 8:45 Church Drop-Off & Pick-up (L) 10:00 V!VAfit Fun (FD) 10:30 Brain Boosters *Pick up @ Concierge (L) 11:15 Chair Dancing (VS) 2:30 Sunday Matinee (VP) 3:30 Bean Bag Toss (FD) 7:00 Movie Night (VP) 7:00 Salvation Army Choir (L)	25 9:30 V!VAfit Swim (P) 10:30 Pictionary (BG) 10:30 V!VAfit Strength (VS) 10:30 Creative Club (CK) 10:45 V!VAfit Fun (FD) 1:30 Musical Memories (FD) 2:00 Men's Woodworking Craft – Mini Pallet Coasters (CK) 3:00 V!VAfit Sit (VS) 4:00 Trivia (PC) 6:45 Bridge Club (BG) 7:00 Movie (VP)	26 Tech Tuesday 9:30 V!VAfit Balance (VS) 9:30 Fit Minds Flash (FD) 10:15 Craft Creations (FD) 10:45 Current Events (BG) 1:30 Euchre (BG) 1:30 V!VAfit Sit (FD) 2:30 Pictionary (BG) 3:00 Music with Jumpin' Jimmy (FD) 3:30 Social Hour (MB) 7:00 CM Bingo Night (CC)	27 9:30 V!VAfit Swim (P) 10:30 V!VAfit Fun (FD) 10:30 Richmond Curling Club (L) 10:30 V!VAfit Strength (VS) 10:30 Current Events (BG) 1:30 Mini Manicures (FD) 2:00 Memory Fitness (CK) 3:00 Baking with Daycare (CK) 4:20 Chair Dancing (VS) 6:45 Bridge Club (BG)	28 9:30 V!VAfit Balance (VS) 9:30 Fit Minds Flash (FD) 10:15 V!VAfit Sit (FD) 10:30 Shoppers Drug Mart (L) 11:00 Zumba (VS) 1:30 Trivia (BG) 1:30 Board Games (FD) 6:45 Euchre (BG) 7:00 Movie Night (VP) 7:00 Music with Arlene Quinn (MB)	29 9:30 V!VAfit Swim (P) 10:00 Tax Clinic (BG) 10:30 V!VAfit Strength (VS) 10:30 Banking/Dollarama (L) 10:30 V!VAfit Fun (FD) 1:30 Sewing Craft: Spring Door Hangers (CK) 1:30 What's in the Bag? (FD) 3:00 Birthday Party Celebration (MB) 3:30 Social Hour (MB) 7:00 Movie Night (VP)	30 9:30 Fit Minds Flash (FD) 10:00 Tax Clinic (BG) 10:15 Music and Movement (FD) 10:30 Word Search (L) 1:30 V!VAfit Sit (VS) 2:30 Saturday Matinee (VP) 3:30 V!VAfit Sit (FD) 7:00 Movie Night (VP)
31 8:45 Church Drop-Off & Pick-up (L) 10:00 V!VAfit Fun (FD) 10:30 Brain Boosters *Pick up @ Concierge (L) 11:15 Chair Dancing (VS) 2:30 Sunday Matinee (VP) 3:30 Vinyl Café with Stuart McLean (FD) 7:00 Movie Night (VP)	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="background-color: #f4a460; padding: 20px; border-radius: 15px; width: 30%; text-align: center;"> What did the tree say to spring? </div> <div style="background-color: #0070c0; padding: 20px; border-radius: 15px; width: 30%; text-align: center; color: white;"> What a re-leaf! </div> </div>					