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.

Sweetheart Tea
In celebration of cupid’s 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.

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.
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
### March 2019

#### WEEKS 1, 2 & 3

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>(PC) Perks! Café</td>
<td>(MB) Mel's Bar</td>
<td>(TR) Therapy Room</td>
<td>(VP) VIVApex</td>
<td>(VG) Victory Garden</td>
<td>(VS) VIVAstudio</td>
<td>(L) Lobby</td>
</tr>
<tr>
<td>(CC) Community Commons</td>
<td>(BG) Brain Gym</td>
<td>(CK) VIVAcraft Kitchen</td>
<td>(FD) Family Den</td>
<td>(HR) Horticulture Room</td>
<td>(P) Pool</td>
<td></td>
</tr>
</tbody>
</table>

#### Green Excursion

- Sign Up
- Shuttle
- Walking
- Cost Required

#### Orange Fitness Class

#### Purple Special Event

- Movie Night
- Music with Peter Foret
- Brain Boosters
- Sunday Matinee (VP)
- Chair Dancing (VS)
- V!VA

#### Blue Fun (FD)

- Off (BG)
- Fit (PC)
- Fun (FD) (VS)
- Fit (FD) (TR)
- Fun (FD) (L)

#### Yellow Fit (FD)

- Monday
  - 8:45 Church Drop-Off & Pick-up (L)
  - 10:00 VIVAst Swim (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)
- Tuesday
  - 9:30 VIVAst Swim (P)
  - 10:30 Who Am I? (BG)
  - 10:30 VIVAst Fun (FD)
  - 10:30 VIVAst Strength (VS)
  - 10:30 Creative Club (CK)
  - 2:00 Taste of England (CK)
  - 3:00 VIVAst Sit (VS)
  - 4:00 Trivia (PC)
  - 6:45 Bridge Club (BG)
  - 7:00 Movie (VP)
- Wednesday
  - 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)
- Thursday
  - 9:30 VIVAst Swim (P)
  - 9:30 Carlingwood Mall (L)
  - 10:00 Music with Paddy Stewart & Daycare (FD)
  - 10:30 VIVAst 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)
- Friday
  - 9:30 VIVAst Balance (VS)
  - 10:15 Fit Minds Flash (FD)
  - 10:15 VIVAst Sit (FD)
  - 10:30 Shoppers Drug Mart (L)
  - 10:30 Fit Minds Flash (FD)
  - 10:30 Music with Andre (MB)
  - 10:30 Mardi Gras Bingo (FD)
  - 10:30 Music with Paddy Stewart & Daycare (FD)
  - 10:30 VIVAst Strength (VS)
- Saturday
  - 9:30 Rideau Carleton (L)
  - 10:15 Chicken Soup for the Soul (FD)
  - 10:30 VIVAst Sit (FD)
  - 1:30 Step Dancing Performance (L)
  - 2:30 Social Hour with Music from Jim Ryan (MB)
  - 3:30 VIVAst Sit (FD)
  - 7:00 Movie Night (VP)

#### Purple Special Event

- Monday
  - 8:45 Church Drop-Off & Pick-up (L)
  - 10:00 VIVAst Fun (FD)
  - 10:30 Brain Boosters *Pick up @ Concierge (L)
  - 11:15 Music with Peter Foret (MB)
  - 2:00 Sunday Matinee (VP)
  - 3:30 Ladder Ball (FD)
  - 7:00 Movie Night (VP)
- Tuesday
  - 9:30 VIVAst Swim (P)
  - 10:30 Rummy-O (BG)
  - 10:30 VIVAst Strength (VS)
  - 10:30 Creative Club (CK)
  - 10:45 VIVAst Fun (FD)
  - 1:30 Coffee & Chat (FD)
  - 2:00 Jeopardy (MB)
  - 3:00 VIVAst Sit (VS)
  - 3:30 Memory Games (FD)
  - 6:45 Bridge Club (BG)
  - 7:00 Movie (VP)
- Wednesday
  - 9:30 Tech Tuesday
  - 9:30 Musical Memories (FD)
  - 10:15 Balloon Volleyball (FD)
  - 10:45 VIVAst Fun (FD)
  - 1:30 Euchre (BG)
  - 1:30 VIVAst 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)
- Thursday
  - 9:30 VIVAst Swim (P)
  - 9:30 Richmond Curling Club Bonspiel (L)
  - 10:15 Balloon Volleyball (FD)
  - 10:30 Current Events (BG)
  - 10:30 Mini Manicures (FD)
  - 1:30 Memory Fitness (CK)
  - 3:30 VIVAst 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)
- Friday
  - 9:30 VIVAst Balance (VS)
  - 10:15 Fit Minds Flash (FD)
  - 10:15 VIVAst Sit (FD)
  - 10:30 Bankings/Dollarama (L)
  - 11:30 Lunch & Learn: Brain Health (VP)
  - 11:00 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)
- Saturday
  - 9:30 VIVAst Sit & Stand (VS)
  - 10:00 Tax Clinic (BG)
  - 10:30 VIVAst Sit (FD)
- Sunday
  - 9:30 VIVAst 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)

#### VIVA Barrhaven

- March 2019
- Green Excursion
- Orange Fitness Class
- Purple Special Event
- Session: 3
- 8:45 Church Drop-Off & Pick-up (L)
- 10:00 VIVAst 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)
**March 2019**

### Week 4

<table>
<thead>
<tr>
<th>Sunday</th>
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<tbody>
<tr>
<td><strong>17</strong> St. Patrick’s Day</td>
<td>8:45</td>
<td>VIVA@! Swim (P)</td>
<td>Yoga with Georgia (VS)</td>
<td>VIVA@! Swim (P)</td>
<td>VIVA@! Swim (P)</td>
<td>Tax Clinic (BG)</td>
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<td>Church Drop-Off</td>
<td>10:30</td>
<td>VIVA@! Strength (VS)</td>
<td>Fit Minds Flash (FD)</td>
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<td>Fit Minds Flash (FD)</td>
<td>Fit Minds Flash (FD)</td>
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<td>&amp; Pick-up (L)</td>
<td>10:30</td>
<td>Creative Club (CK)</td>
<td>Watercolor Painting (FD)</td>
<td>Carlingwood Mall (L)</td>
<td>VIVA@! Sit (FD)</td>
<td>Tax Clinic (BG)</td>
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<td>Chair Dancing (VS)</td>
<td>11:15</td>
<td>VIVA@! Fun (FD)</td>
<td>Lifestyles Reflections with Karen (BG)</td>
<td>VIVA@! Strength (VS)</td>
<td>Walk and Stroll (L)</td>
<td>VIVA@! Strength (VS)</td>
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<td>2:00</td>
<td>Bible Study with Paula (CC)</td>
<td>Euchre (BG)</td>
<td>Church Service with Reverend Stephen (VP)</td>
<td>10:00</td>
<td>10:15</td>
<td>Excursion: (L)</td>
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<td>3:00</td>
<td>VIVA@! Sit (VS)</td>
<td>Pictionary (BG)</td>
<td>Spring Fling - Music with Dai Bassett: (FD)</td>
<td>2:00</td>
<td>3:30</td>
<td>VIVA@! Fun (FD)</td>
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<td>4:00</td>
<td>Trivia (PC)</td>
<td>Reading Buddies (FD)</td>
<td>VIVA@! Sit (FD)</td>
<td>4:00</td>
<td>2:30</td>
<td>VIVA@! Sit (VS)</td>
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<td>6:45</td>
<td>Bridge Club (BG)</td>
<td>Social Hour (MB)</td>
<td>4:20</td>
<td>7:00</td>
<td>4:30</td>
<td>Vendor: Pam’s</td>
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<td>7:00</td>
<td>Movie (VP)</td>
<td>7:00</td>
<td>7:00</td>
<td>Movie Night (VP)</td>
<td>7:00</td>
<td>Travelling Shop (L)</td>
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### Week 5 & 6

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<tr>
<td><strong>18</strong></td>
<td>8:45</td>
<td>VIVA@! Swim (P)</td>
<td>VIVA@! Balance (VS)</td>
<td>VIVA@! Swim (P)</td>
<td>VIVA@! Swim (P)</td>
<td>Tax Clinic (BG)</td>
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<td>Church Drop-Off &amp; Pick-up (L)</td>
<td>10:30</td>
<td>VIVA@! Strength (VS)</td>
<td>9:30</td>
<td>9:30</td>
<td>10:00</td>
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<td>10:30</td>
<td>Creative Club (CK)</td>
<td>Fit Minds Flash (FD)</td>
<td>VIVA@! Sit (FD)</td>
<td>VIVA@! Sit (FD)</td>
<td>VIVA@! Sit (FD)</td>
<td>VIVA@! Strength (VS)</td>
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<td>10:15</td>
<td>VIVA@! Fun (FD)</td>
<td>Musical Memories (FD)</td>
<td>10:30</td>
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<td>10:30</td>
<td>Lifestyles Reflections with Karen (BG)</td>
<td>VIVA@! Strength (VS)</td>
<td>10:00</td>
<td>10:15</td>
<td>10:30</td>
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<tr>
<td>1:30</td>
<td>Euchre (BG)</td>
<td>Church Service with Reverend Stephen (VP)</td>
<td>2:00</td>
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<td>3:30</td>
<td>Pictionary (BG)</td>
<td>Spring Fling - Music with Dai Bassett: (FD)</td>
<td>3:00</td>
<td>3:00</td>
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<td>Reading Buddies (FD)</td>
<td>VIVA@! Sit (FD)</td>
<td>4:00</td>
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<tr>
<td>3:30</td>
<td>Social Hour (MB)</td>
<td>VIVA@! Sit (FD)</td>
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<td>3:30</td>
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<td>3:30</td>
<td>Social Hour (MB)</td>
<td>VIVA@! Sit (FD)</td>
<td>4:20</td>
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<td>4:20</td>
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<tr>
<td>4:00</td>
<td>CM Bingo Night (CC)</td>
<td>VIVA@! Sit (FD)</td>
<td>6:45</td>
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<td>6:45</td>
<td>Bridge Club (BG)</td>
<td>VIVA@! Sit (FD)</td>
<td>7:00</td>
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<td>7:00</td>
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<tr>
<td>7:00</td>
<td>Movie (VP)</td>
<td>VIVA@! Sit (FD)</td>
<td>7:00</td>
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### Week 7

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<tr>
<td><strong>19</strong> Tech Tuesday</td>
<td>8:45</td>
<td>VIVA@! Swim (P)</td>
<td>VIVA@! Swim (P)</td>
<td>VIVA@! Swim (P)</td>
<td>VIVA@! Swim (P)</td>
<td>Saturday Matinee (VP)</td>
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<td>9:30</td>
<td>Yoga with Georgia (VS)</td>
<td>9:30</td>
<td>10:30</td>
<td>9:30</td>
<td>10:30</td>
<td>Baking Oatsies (CK)</td>
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<td>10:15</td>
<td>Fit Minds Flash (FD)</td>
<td>10:30</td>
<td>Richmond Curling Club (L)</td>
<td>VIVA@! Sit (FD)</td>
<td>2:30</td>
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<td>10:30</td>
<td>Watercolor Painting (FD)</td>
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<td>10:30</td>
<td>Lifestyles Reflections with Karen (BG)</td>
<td>10:30</td>
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<tr>
<td>1:30</td>
<td>Euchre (BG)</td>
<td>10:00</td>
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<td>VIVA@! Sit (FD)</td>
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<tr>
<td>2:30</td>
<td>Pictionary (BG)</td>
<td>10:30</td>
<td>10:30</td>
<td>VIVA@! Sit (FD)</td>
<td>9:30</td>
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<td>3:00</td>
<td>Reading Buddies (FD)</td>
<td>10:30</td>
<td>10:30</td>
<td>VIVA@! Sit (FD)</td>
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<td>9:30</td>
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<tr>
<td>3:30</td>
<td>Social Hour (MB)</td>
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<td>10:30</td>
<td>VIVA@! Sit (FD)</td>
<td>9:30</td>
<td>9:30</td>
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<tr>
<td>4:00</td>
<td>CM Bingo Night (CC)</td>
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<td>9:30</td>
<td>9:30</td>
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<tr>
<td>7:00</td>
<td>Evan on the Violin (MB)</td>
<td>10:30</td>
<td>10:30</td>
<td>VIVA@! Sit (FD)</td>
<td>9:30</td>
<td>9:30</td>
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</table>

**What did the tree say to spring?**

**What a re-leaf!**

*Calendars are subject to change.*