

MOTHER'S DAY CELEBRATION

Friday, May 10th at 2:30pm

V!VA Barrhaven will be hosting a Mother's Day Tea to celebrate all of the amazing mothers in our Community. Join us as we celebrate mothers everywhere!



Thank A Nurse!

Celebrated annually on May 12th, International Nurse's Day marks the contributions nurses make to society. Don't forget to thank the amazing Wellness Team at V!VA Barrhaven. We would like to extend our gratitude to all of the Community Members who served as nurses, too!



Loving V!VA Barrhaven?

Tell the world by posting a review on Google! Each month, one new review will **WIN a complimentary dinner for 4 at V!VA Barrhaven.** Post your review here:

vivalife.ca/viva-barrhaven-review/

Note: You must have a Gmail or Google account to post a Google review. **Thank you, and good luck!**

V!VAvoice



May 2019

Your V!VA Community Newsletter

A Trip to the Sugar Bush

In April, Community Members at V!VA Barrhaven visited Fulton's Pancake House and Sugar Bush where they indulged in a variety of sweet treats, including delicious pancakes, maple taffy and hot chocolate.



Enjoying the outdoors of Fulton's Sugar Bush.



Bringing Spring indoors.

Ready, Set, Spring

Community Members took part in a fresh floral arranging activity where they enjoyed filling their own vase with assorted fresh flowers. Suites and common areas are now filled with these beautiful, bright arrangements in preparation for Spring.



Paint Just Like Bob Ross

Join us on Tuesday, May 21st at 1:00pm and learn how to paint like Bob Ross in just one day! A local, specially trained Bob Ross certified instructor is ready to teach you. Please sign up at the concierge desk in order to reserve your spot for this rare opportunity to create and keep your own canvas painting.

	TARTAN DR V!VA
BORISOKANE RD	STRANDHERD DR

Making Today Great!

V!VA Barrhaven Retirement Community

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Queen Victoria & Her Holiday

Victoria Day is a Canadian tradition and doesn't actually exist in most of England. But it is celebrated in parts of Scotland, especially Edinburgh, where it remains an official holiday.

When Victoria was just a little girl, she was known by her nickname, Drina.

Despite being born in England, Victoria only spoke German up until the age of three.

She married Prince Albert in 1840, although they'd known each other since she was 16. And it really was a family affair. Prince Albert of Saxe-Coburg and Gotha was her first cousin and his father was her mother's brother!

Because she was Queen, she had to propose to Albert, and not vice versa.

She took over the throne in 1837, after the death of William IV. She was just 18 years old.

She became a grandma at 39 and a great grandmother twenty years later.

She was the first Queen of Canada, sitting on the throne when this country was founded in 1867.

She liked to drink a concoction called Vin Mariani. One of its main ingredients? Cocaine.

It's said it was Victoria who started the tradition of a bride wearing white. Before her wedding a woman would simply wear her best dress, no matter what colour it was.

SUDOKU FUN!

1				9	4	7		5
5	7	3	1		2			
	4			5	3	1		8
	8	1	5	6	7	3	4	
			8		1			7
	5	6	4		9			2
4	6						9	
	3		9	1			7	6
9				4				

1	4	2		9				5	
7			4					8	9
8		5						2	4
2					4	8			
	3				1	2	6		
	8			7	2	9	4	1	
	5		2		6				
	2	8			9	4	1		
	7	9	1		8	5	3		

Each puzzle consists of a 9x9 grid containing given clues in various places. The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3x3 box.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>LEGEND</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>(PP) 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>1</p> <p>9:30 V!VAfit Swim (P)</p> <p>10:00 Excursion: Rideau Carleton (L) </p> <p>10:30 V!VAfit Strength (VS)</p> <p>10:45 V!VAfit Fun (FD)</p> <p>1:00 Walker/Wheelchair Repair Clinic (L)</p> <p>1:30 Mini Manicures (FD)</p> <p>2:00 Memory Fitness (CK)</p> <p>4:20 Chair Dancing (VS)</p> <p>6:45 Bridge Club (BG)</p> <p>7:00 Music with Peter Foret (L)</p>	<p>2</p> <p>9:30 V!VAfit Balance (VS)</p> <p>9:30 Fit Minds Flash (FD)</p> <p>10:00 Vendor: Made from the Heart (L)</p> <p>10:15 V!VAfit Sit (FD)</p> <p>10:00 Excursion: Barrhaven Shopping (L) </p> <p>10:30 Fact or Fib? (BG)</p> <p>11:00 Zumba (VS)</p> <p>1:30 Name 10 (FD)</p> <p>2:30 Wheel of Fortune (BG)</p> <p>6:45 Euchre (BG)</p> <p>7:00 Movie Night (VP)</p>	<p>3</p> <p>9:30 V!VAfit Swim (P)</p> <p>9:30 2nd Floor Garden Clean Out (Sun Room)</p> <p>10:30 V!VAfit Strength (VS)</p> <p>1:30 Giant Crossword (BG)</p> <p>1:30 V!VAfit Fun (FD)</p> <p>3:30 Who Am I? (FD)</p> <p>3:30 Social Hour with Jean-Marie (MB)</p> <p>7:00 Movie Night (VP)</p>	<p>4</p> <p>9:30 Fit Minds Flash (FD)</p> <p>10:15 Chicken Soup for the Soul (FD)</p> <p>10:30 Word Search (L)</p> <p>1:30 V!VAfit Sit (VS)</p> <p>2:30 Saturday Matinee & Popcorn (VP)</p> <p>3:30 V!VAfit Sit (FD)</p> <p>7:00 Movie Night (VP)</p>
<p>5</p> <p>8:45 Excursion: Church Drop-Off & Pick-up (L) </p> <p>10:00 V!VAfit Fun (FD)</p> <p>10:45 Uno (FD)</p> <p>10:30 Brain Boosters *Pick up @ Concierge (L)</p> <p>11:15 Chair Dancing (VS)</p> <p>2:00 Excursion: Kemptville Players "The Day They Kidnapped the Pope" (L) </p> <p>2:30 Sunday Matinee (VP)</p> <p>7:00 Movie Night (VP)</p>	<p>6</p> <p>9:30 V!VAfit Swim (P)</p> <p>10:15 Excursion: Walk & Stroll (L) </p> <p>10:30 Creative Club (CK)</p> <p>10:30 V!VAfit Strength (VS)</p> <p>10:45 V!VAfit Fun (FD)</p> <p>11:00 Bible Study w Paula (CC)</p> <p>11:00 Current Events with Professor Cammy (VP)</p> <p>1:30 Finish the Lyric (FD)</p> <p>2:00 V!VAfit Sit (VS)</p> <p>4:00 Trivia (PC)</p> <p>6:45 Bridge Club (BG)</p> <p>7:00 Movie (VP)</p>	<p>7 Tech Tuesday</p> <p>9:30 Excursion: Value Village (L) </p> <p>9:30 V!VAfit Sit & Stand (VS)</p> <p>10:15 Baking with the Daycare (CK)</p> <p>11:00 Card Games – CM Choice (BG)</p> <p>1:30 Euchre (BG)</p> <p>1:30 Giant Crossword (FD)</p> <p>2:00 Community Council Meeting (VP)</p> <p>3:00 Cinco De Mayo Social with Noel (MB)</p> <p>7:00 CM Bingo Night (MB)</p>	<p>8</p> <p>9:30 V!VAfit Swim (P)</p> <p>10:00 Excursion: Craft Artisan Show @ Billings Bridge (L) </p> <p>10:30 V!VAfit Strength (VS)</p> <p>1:30 What's in the Bag (FD)</p> <p>2:00 Victory Gardens - Interest Meeting (BG)</p> <p>2:45 Craft with Daycare (CK)</p> <p>3:45 V!VAfit Fun (FD)</p> <p>4:20 Chair Dancing (VS)</p> <p>6:45 Bridge Club (BG)</p>	<p>9</p> <p>9:30 V!VAfit Balance (VS)</p> <p>9:30 Fit Minds Flash (FD)</p> <p>10:00 Vendor: Voxx Sox (L)</p> <p>10:15 V!VAfit Sit (FD)</p> <p>10:00 Excursion: Banking/Dollarama (L) </p> <p>10:30 Giant Crossword (BG)</p> <p>1:30 Uno (FD)</p> <p>3:00 Introduction to Golf Simulator (GS)</p> <p>6:45 Euchre (BG)</p> <p>7:00 Movie Night (VP)</p>	<p>10</p> <p>9:30 V!VAfit Swim (P)</p> <p>10:30 V!VAfit Strength (VS)</p> <p>1:30 V!VAfit Fun (FD)</p> <p>2:30 Mother's Day Tea with live music from Denim and Lace (L)</p> <p>3:30 Social Hour (MB)</p> <p>7:00 Movie Night (VP)</p>	<p>11</p> <p>9:30 Fit Minds Flash (FD)</p> <p>10:15 Music and Movement (FD)</p> <p>10:30 Word Search (L)</p> <p>1:30 V!VAfit Sit (VS)</p> <p>2:30 Saturday Matinee & Popcorn (VP)</p> <p>3:30 Bean Bag Toss (FD)</p> <p>7:00 Movie Night (VP)</p>
<p>12</p> <p></p> <p>8:45 Excursion: Church Drop-Off & 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>2:00 Live Music with Simon Clarke (L)</p> <p>2:30 Sunday Matinee (VP)</p> <p>3:30 Ladder Ball (FD)</p> <p>7:00 Movie Night (VP)</p>	<p>13</p> <p>9:30 V!VAfit Swim (P)</p> <p>10:15 Excursion: Walk & Stroll (L) </p> <p>10:30 V!VAfit Strength (VS)</p> <p>10:30 Creative Club (CK)</p> <p>10:45 V!VAfit Fun (FD)</p> <p>1:00 Coffee & Chat (FD)</p> <p>2:00 Spring Fling/Live Music with Arlene Quinn (L)</p> <p>6:45 Bridge Club (BG)</p> <p>7:00 Movie (VP)</p>	<p>14 Tech Tuesday</p> <p>9:30 Excursion: Tulip Festival (L) </p> <p>9:30 Yoga w/ Georgia (FD)</p> <p>11:00 Hearing Clinic (BG)</p> <p>11:00 Vendor: Arts/Crafts (L)</p> <p>1:30 Euchre (BG)</p> <p>2:30 Spelling Bee (BG)</p> <p>3:30 Spring Watercolouring (FD)</p> <p>3:30 Social Hour (MB)</p> <p>6:30 Presentation by Fit Minds - 'Cognitive Blueprint' (VP)</p> <p>7:00 CM Bingo Night (MB)</p>	<p>15</p> <p>9:30 V!VAfit Swim (P)</p> <p>9:30 Excursion: Tulip Festival (L) </p> <p>10:00 Vendor: Sunshine Gifts (L)</p> <p>10:30 V!VAfit Strength (VS)</p> <p>11:00 Church Service with Rev. Stephen (VP)</p> <p>1:30 V!VAfit Fun (FD)</p> <p>2:00 Memory Fitness (CK)</p> <p>3:00 Live Music with Guy Lalonde (MB)</p> <p>4:20 Chair Dancing (VS)</p> <p>6:45 Bridge Club (BG)</p>	<p>16</p> <p>9:30 V!VAfit Balance (VS)</p> <p>10:30 V!VAfit Sit (FD)</p> <p>10:00 Excursion: Barrhaven Shopping (L) </p> <p>11:00 Zumba (VS)</p> <p>1:30 Balloon Volleyball (FD)</p> <p>2:00 Presentation by Mary Major (VP)</p> <p>2:45 Reading Buddies (FD)</p> <p>6:45 Euchre (BG)</p> <p>7:00 Movie Night (VP)</p>	<p>17</p> <p>9:30 V!VAfit Swim (P)</p> <p>10:00 Knit and Chat (BG)</p> <p>10:30 V!VAfit Strength (VS)</p> <p>1:30 Nurse Appreciation Tea (CC)</p> <p>3:00 RBC presentation: Avoid Scams – Online banking Security (VP)</p> <p>3:30 Social Hour with the Summit Band (MB)</p> <p>7:00 Movie Night (VP)</p>	<p>18</p> <p>9:30 Fit Minds Flash (FD)</p> <p>10:15 Chicken Soup for the Soul (FD)</p> <p>10:30 Word Search (L)</p> <p>1:30 V!VAfit Sit (VS)</p> <p>2:30 Saturday Matinee & Popcorn (VP)</p> <p>3:30 V!VAfit Sit (FD)</p> <p>7:00 Movie Night (VP)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>19</p> <p>8:45 Excursion: Church Drop-Off & Pick-up (L) 🚗📁📁</p> <p>10:00 VIVAfit Fun (FD)</p> <p>10:30 Brain Boosters *Pick up @ Concierge (L)</p> <p>11:15 Chair Dancing (VS)</p> <p>2:00 Sundae Funday (CK)</p> <p>2:30 Sunday Matinee (VP)</p> <p>3:30 Giant Crossword (FD)</p> <p>7:00 Movie Night (VP)</p>	<p>20 Victoria Day</p> <p>9:30 VIVAfit Swim (P)</p> <p>10:30 VIVAfit Strength (VS)</p> <p>10:30 Creative Club (CK)</p> <p>1:30 VIVAfit Fun (FD)</p> <p>2:30 CSI Crime Scene Investigation Games (BG)</p> <p>3:30 Live Music with Jimmy Leroux (FD)</p> <p>6:45 Bridge Club (BG)</p> <p>7:00 Movie: The Young Victoria (VP)</p>	<p>21 Tech Tuesday</p> <p>9:30 Excursion: Trip to the Nursery (L) 🚗📁📁</p> <p>9:30 Fit Minds Flash (FD)</p> <p>10:15 VIVAfit Fun (FD)</p> <p>1:00 Paint just like Bob Ross (CK) 🖌️</p> <p>1:30 Euchre (BG)</p> <p>1:30 Throw-Away Bingo (FD)</p> <p>2:00 VIVAfit Balance (VS)</p> <p>3:30 Social Hour (MB)</p> <p>7:00 CM Bingo Night (MB)</p>	<p>22</p> <p>9:30 VIVAfit Swim (P)</p> <p>9:30 Excursion: Byward Market (L) 🚗📁📁</p> <p>10:00 Music with Paddy Stewart and Daycare (FD)</p> <p>10:15 Rexall Presentation: Maintaining Healthy Vision (VP)</p> <p>10:30 VIVAfit Strength (VS)</p> <p>1:30 Mini Manicures (FD)</p> <p>2:30 Live Music with Andre (MB)</p> <p>4:20 Chair Dancing (VS)</p> <p>6:45 Bridge Club (BG)</p>	<p>23</p> <p>9:30 VIVAfit Sit & Stand (VS)</p> <p>9:30 Fit Minds Flash (FD)</p> <p>10:15 VIVAfit Sit (FD)</p> <p>10:00 Excursion: Banking/Dollarama (L) 🚗📁📁</p> <p>10:30 Giant Crossword (BG)</p> <p>11:00 Zumba (VS)</p> <p>1:30 Finish the Lyric (FD)</p> <p>2:30 Taste of Holland (CK)</p> <p>6:45 Euchre (BG)</p> <p>7:00 Movie Night (VP)</p>	<p>24</p> <p>9:30 VIVAfit Swim (P)</p> <p>10:00 Planting Day (VG)</p> <p>10:30 VIVAfit Strength (VS)</p> <p>1:30 Name 10 (FD)</p> <p>3:30 VIVAfit Fun (FD)</p> <p>3:30 Social Hour with Jean Marie (MB)</p> <p>7:00 Movie Night (VP)</p>	<p>25</p> <p>9:30 Fit Minds Flash (FD)</p> <p>10:15 Music and Movement (FD)</p> <p>10:30 Word Search (L)</p> <p>1:30 VIVAfit Sit (VS)</p> <p>2:30 Saturday Matinee & Popcorn (VP)</p> <p>3:30 Bean Bag Toss (FD)</p> <p>7:00 Movie Night (VP)</p>
<p>26</p> <p>8:45 Excursion: Church Drop-Off & Pick-up (L) 🚗📁📁</p> <p>10:00 VIVAfit 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 Bean Bag Toss (FD)</p> <p>7:00 Movie Night (VP)</p>	<p>27</p> <p>9:30 VIVAfit Swim (P)</p> <p>10:15 Excursion: Walk & Stroll (L) 🚗📁📁</p> <p>10:30 VIVAfit Strength (VS)</p> <p>10:30 Creative Club (CK)</p> <p>10:45 VIVAfit Fun (FD)</p> <p>1:30 Picture Perfect Match (FD)</p> <p>2:45 Planting with Daycare (CK)</p> <p>3:30 Music with Vicki (MB)</p> <p>6:45 Bridge Club (BG)</p> <p>7:00 Movie (VP)</p>	<p>28 Tech Tuesday</p> <p>9:30 Yoga with Georgia (VS)</p> <p>9:30 Excursion: Historic Tour of Lebreton Flats with Pat McAlpine (L) 🚗📁📁</p> <p>1:30 Euchre (BG)</p> <p>1:30 VIVAfit Fun (FD)</p> <p>2:30 Pictionary (BG)</p> <p>3:30 Planting Day Victory Gardens - 2nd floor (Sun Room)</p> <p>3:30 Social Hour (MB)</p> <p>4:15 Billiards (MB)</p> <p>7:00 CM Bingo Night (MB)</p>	<p>29</p> <p>9:30 VIVAfit Swim (P)</p> <p>10:30 VIVAfit Strength (VS)</p> <p>10:45 VIVAfit Fun (FD)</p> <p>2:00 Excursion: Guided Tour of the Notre Dame Cathedral (L) 🚗📁📁💰</p> <p>4:20 Chair Dancing (VS)</p> <p>6:45 Bridge Club (BG)</p>	<p>30</p> <p>9:30 VIVAfit Sit & Stand (VS)</p> <p>9:30 Fit Minds Flash (FD)</p> <p>10:15 VIVAfit Sit (FD)</p> <p>10:30 Giant Crossword (BG)</p> <p>11:00 Zumba (VS)</p> <p>11:30 Excursion: Out for Lunch – Swiss Chalet (L) 🚗📁📁💰</p> <p>1:30 Musical Memories (FD)</p> <p>2:30 Puzzle and Chat (BG)</p> <p>6:45 Euchre (BG)</p> <p>7:00 Movie Night (VP)</p>	<p>31</p> <p>9:30 VIVAfit Swim (P)</p> <p>9:30 Victory Gardens 2nd Floor (Sun Room)</p> <p>10:30 VIVAfit Strength (VS)</p> <p>1:30 VIVAfit Fun (FD)</p> <p>3:00 May Birthday Celebration with Spencer (MB)</p> <p>4:00 Social Hour (MB)</p> <p>7:00 Movie Night (VP)</p>	



*Calendars are subject to change.