A friendly competition among friends.

Ocktoberfestivities

On Tuesday, October 15th V!VA Barrhaven celebrated Oktoberfest with traditonal Bavarian music provided by Muscial Memories. Everyone enjoyed various Octoberfest style appetizers, and of course German beer! Oans, zwoa, g'suffa!

Active Aging Week Funnies with Rexall™

Making Today Great!

V!VA Barrhaven Retirement Community

275 Tartan Drive, Ottawa, ON K2J 6A9
www.vivalife.ca 613.823.0220 Find us on

V!VA Retirement Communities™ BARRHAVEN

Copyright V!VA Retirement Communities Corporation 2019

V!VA*voice*

V!VA Retirement Communities™ BARRHAVEN

November 2019

Your V!VA Community Newsletter

A friendly competition among friends.

Longest Drive Competition

Our world class golf simulator was in 'full swing' with our latest Longest Drive Competiton. It was great fun to cheer on Community Members and enjoy an afternoon of friendly game, tasty snacks and refreshments!

Don't Miss these Upcoming Events!

Rememberance Day

V!VA Barrhaven will be hosting a Remembrance Day Service on November 11th starting at 10:15am in our V!VA*plex*.

Ride the New Light Rail With Us!

Join us November 20th as we travel by OC Transpo to ride the new LRT in our city.

Check out our monthly calendar for more.

An Apple a Day

Our Apple a Day Social was a hit with Community Members which included live music from Dai Bassett and delicious apple delicacies prepared by our Culinary Team.

7 INTERESTING FACTS ABOUT REMEMBRANCE DAY

Remembrance Day was originally called "Armistice Day" to commemorate the armistice that ended the WWI on Monday, November 11, 1918, at 11 a.m.

From 1921 to 1930, Armistice Day was held on the Monday of the week of November 11 fell. In 1931, MP Alan Neill introduced a bill to observe Armistice Day on November 11 itself. The bill also changed the name to "Remembrance Day". The first Remembrance Day was observed on November 11, 1931.

Each Rememerance Day in Canada, more than 2,300,000 Canadians who have served throughout our nation's history and more than 118,000 who made the ultimate sacrifice are honoured.

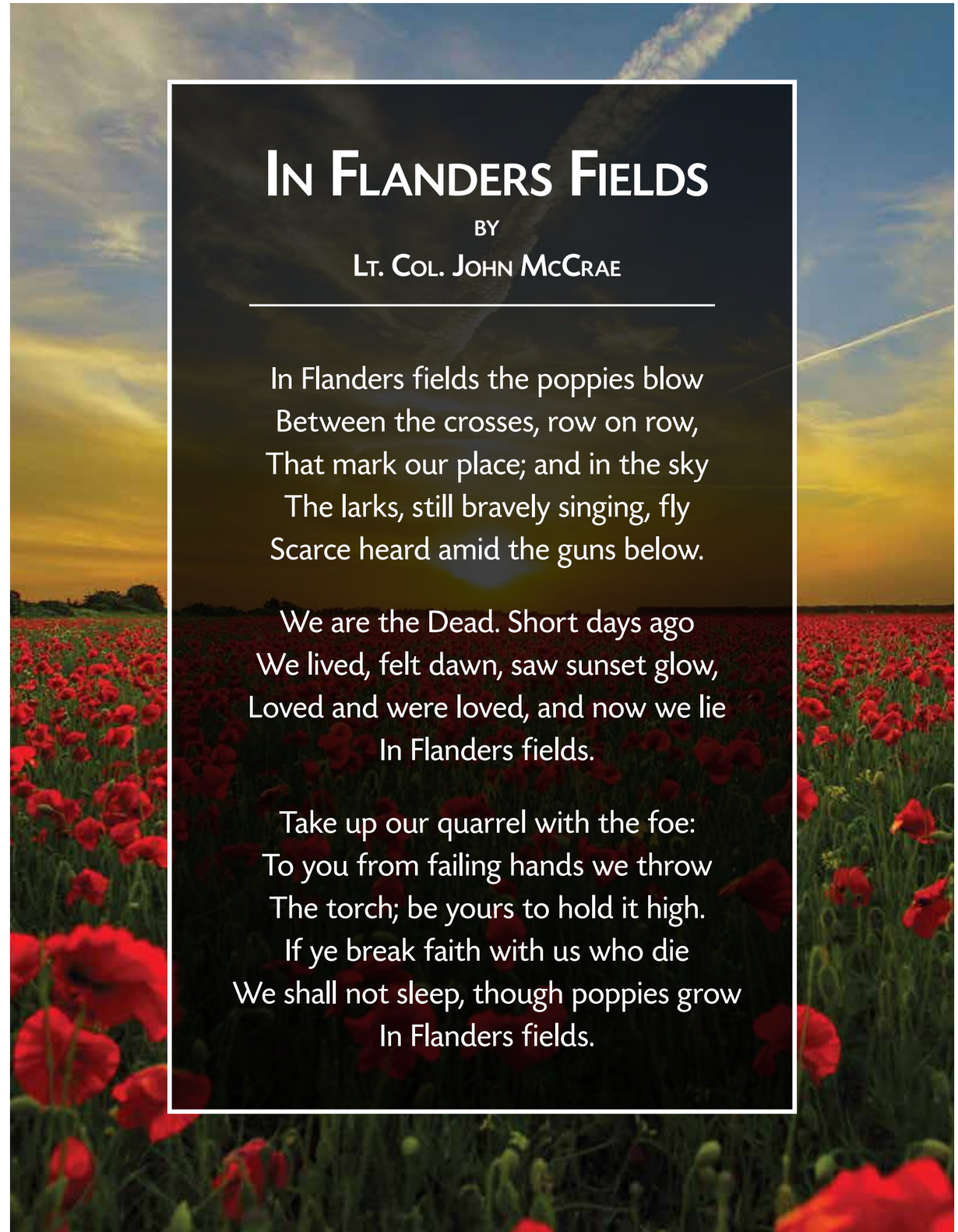
Remembrance Day is a federal statutory holiday in Canada. It is also a statutory holiday in the three territories and in six provinces (British Columbia, Alberta, Saskatchewan, New Brunswick, Prince Edward Island and Newfoundland and Labrador).

The national ceremony is held at the National War Memorial in Ottawa. The Governor General of Canada presides over the ceremony, with the Prime Minister, government officials, dignitaries, diplomatic representatives, Veterans, and the general public in attendance.

Some of the 54 Commonwealth member states, observe Remembrance Day on the eleventh hour of the eleventh day of the eleventh month. Other nations observe a solemn day but on different dates, such as April 25 (New Zealand). Many nations that are not members of the Commonwealth also observe Remembrance Day on November 11, including France, Belgium and Poland.

The United States used to commemorate Armistice Day on November 11. However, in 1954 they changed the name to Veterans Day.

https://www.veterans.gc.ca/eng/remembrance/information-for/educators/quick-facts/remembrance-day



In Flanders Fields

BY

Lt. Col. John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

November 2019 — WEEKS 1, 2 & 3 — V!VA BARRHAVEN

LEGEND

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

(PC) Perks! Café
(MB) Mels Barr
(GS) Golf Simulator 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:30 V!VA*fit* Swim (P) 10:00 **Knit & Chat (BG)** 10:00 **Rideau Carleton Raceway (L)** 10:00 Christmas Fair 10:30 V!VA*fit* Strength (VS) 1:30 V!VA*fit* Fun (FD) 2:30 Pictionary (BG) 3:30 **Social Hour with Jim Ryan (MB)** 7:00 Movie Night (VP)	**2** 9:30 Fit Minds Flash (FD) 10:00 **Christmas Ottawa Craft Show (L)** 10:30 Word Search *Pick up @ Concierge* (L) 1:30 **Piano Music with Allan Ryan (L)** 2:30 Saturday Matinee (VP) 3:45 V!VA*fit* Fun (FD) 7:00 Movie Night (VP)
3 8:45 **Church Drop-Off & Pick-up (L)** 10:00 V!VA*fit* Fun (FD) 10:30 **Visit from St. John's Ambulance Dog (FD)** 10:30 Brain Boosters *Pick up @ Concierge* (L) 11:15 **Chair Dancing (VS)** 2:00 **Treats with Shannon (CK)** 2:30 Sunday Matinee (VP) 3:00 **Music with Mighty Harmonics (L)** 7:00 Movie Night (VP)	**4** 9:30 V!VA*fit* Swim (P) 9:30 **Quilting Club (CK)** 10:15 **Walk & Stroll @ Minto Recreation Complex (L)** 10:30 V!VA*fit* Strength (VS) 11:00 **Songs/Prayers w/Paula (VP)** 1:30 **Make Your Own Quilted Bag (CK)** 2:30 **Music with the Vintage Fiddlers (L)** 3:00 V!VA*fit* Balance (VS) 3:00 **Music w/Pat McAlpine (FD)** 3:45 V!VA*fit* Fun (FD) 4:00 Trivia (PC) 6:45 Bridge Club (BG) 7:00 Movie Night (VP)	**5** **Tech Tuesday** 9:30 **Yoga with Georgia (VS)** 10:00 Fit Minds Flash (FD) 10:45 V!VA*fit* Fun (FD) 11:00 **Recital at Dominion - Chalmers UC (L)** 11:00 **Vendor: Home Sweet Home (** 1:30 Euchre (BG) 1:30 **Medical Cannabis Presentation by Natural C Group (VP)** 2:30 V!VA*fit* Sit & Stand (VS) 3:30 Social Hour (MB) 5:45 **Music with Jenna (FD)** 6:45 **Kanata Theatre Play - *Operation Mincemeat* (L)** 7:00 CM Bingo Night (MB) 8:00 Movie Night (VP)	**6** 9:30 V!VA*fit* Swim (P) 10:15 **Barrhaven Banking/ Dollarama (L)** 0:30 **Memory Project Guest Speaker (VP)** 10:30 V!VA*fit* Strength (VS) 10:45 V!VA*fit* Fun (FD) 1:30 Mini Manicures (FD) 2:00 **Memory Fitness (CK)** 3:00 1-1 Strength Training (VS) 3:30 Social Hour (MB) 4:20 **Chair Dancing (VS)** 6:45 Bridge Club (BG) 7:00 Movie Night (VP)	**7** 9:30 V!VA*fit* Balance (VS) 9:30 **Walker/Wheelchair Repair (L)** 10:00 Fit Minds Flash (FD) 10:00 **War Museum (L)** 10:45 V!VA*fit* Fun (FD) 11:00 **Zumba (VS)** 2:00 **Wartime Songs with the Kay Denison Quartet (L)** 4:00 Trivia (PC) 6:45 Euchre (BG) 7:00 Movie Night (VP)	**8** 9:30 V!VA*fit* Swim (P) 10:00 **Vendor: The Floral Lady (L)** 10:00 **Knit & Chat (BG)** 10:15 **Active Living Fair – Orleans (L)** 10:30 V!VA*fit* Strength (VS) 10:45 V!VA*fit* Fun (FD) 2:45 **Craft with Daycare (CK)** 3:30 **Social Hour with Jean-Marie on Guitar (MB)** 7:00 **Music with the Killer Bee's (L)** 8:00 Movie Night (VP)	**9** 10:00 Fit Minds Flash (FD) 10:00 **Third World Bazaar (L)** 10:30 Word Search *Pick up @ Concierge* (L) 10:45 **Music & Movement (FD)** 1:30 CSI Crime Scene Investigation Games (BG) 2:30 Saturday Matinee (VP) 3:45 Jenga (FD) 7:00 Movie Night (VP)
10 8:45 **Church Drop-Off & Pick-up (L)** 10:00 V!VA*fit* Fun (FD) 10:30 **Visit from St. John's Ambulance Dog (FD)** 10:30 Brain Boosters *Pick up @ Concierge* (L) 11:15 **Chair Dancing (VS)** 2:00 **Treats with Tania (CK)** 2:30 Sunday Matinee (VP) 3:45 Name 10 (FD) 7:00 Movie Night (VP)	**11** **Remembrance Day** 9:30 V!VA*fit* Swim *Independently Led* (P) 10:15 **Remembrance Day Service followed by Live Streaming from Parliament Hill on the Big Screen (VP)** 1:30 **Make Your Own Quilted Bag (CK)** 3:45 V!VA*fit* Fun (FD) 6:45 Bridge Club (BG) 7:00 Movie Night (VP)	**12** **Tech Tuesday** 9:30 V!VA*fit* Sit & Stand (VS) 10:00 Fit Minds Flash (FD) 10:15 **Grant Crossing (L)** 10:30 **Holiday Glitz with Rosemary (MB)** 10:45 V!VA*fit* Fun (FD) 1:30 Euchre (BG) 2:00 **Community Council Meeting (VP)** 5:45 **Music with Jenna (FD)** 6:30 **Stonebridge Bridge Clul (CC)** 7:00 CM Bingo Night (MB)	**13** 9:30 V!VA*fit* Swim (P) 10:15 **Walmart (L)** 10:30 V!VA*fit* Strength (VS) 2:00 **Yoga w/ Janaki (FD)** 2:00 **Down Memory Lane Social with Musical Memories (MB)** 2:00 1-1 Strength Training (VS) 3:30 Social Hour (MB) 4:20 **Chair Dancing (VS)** 6:30 **Piano with Paul (L)** 6:45 Bridge Club (BG) 7:00 Movie Night (VP)	**14** 9:30 V!VA*fit* Balance (VS) 10:15 **Barrhaven Shopping (L)** 10:45 V!VA*fit* Fun (FD) 11:00 **Vendor: Maggie's Designs (L)** 11:00 **Zumba (VS)** 2:00 **Music from the Kay Dennison Trio Quartet (MB)** 3:30 Social Hour (MB) 6:45 Euchre (BG) 7:00 Movie Night (VP)	**15** 9:30 V!VA*fit* Swim (P) 10:00 **Knit & Chat (BG)** 10:15 **Rideau Carleton Raceway** 10:30 V!VA*fit* Strength (VS) 11:00 **Vendor: Pam's Travelling Shop (L)** 11:00 **Current Events with Professor Cammy (VP)** 2:30 Rummy-O (BG) 3:30 **Social Hour with Jean-Marie on Guitar (MB)** 3:45 V!VA*fit* Fun (FD) 6:30 **Trivia Night (MB)** 7:00 Movie Night (VP)	**16** 10:00 Fit Minds Flash (FD) 10:30 Word Search *Pick up @ Concierge* (L) 10:45 **Chicken Soup for the Soul (FD)** 1:30 **Piano Music with Allan Ryan (L)** 2:30 Saturday Matinee (VP) 3:45 V!VA*fit* Fun (FD) 7:00 Movie Night (VP)

November 2019 — WEEKS 4 & 5 — V!VA BARRHAVEN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 8:45 **Church Drop-Off & Pick-up (L)** 10:00 V!VA*fit* Fun (FD) 10:30 **Visit from St. John's Ambulance Dog (FD)** 10:30 Brain Boosters *Pick up @ Concierge* (L) 11:15 **Chair Dancing (VS)** 2:00 **Fallow Me (CK)** 2:30 Sunday Matinee (VP) 3:45 Board Games (FD) 7:00 Movie Night (VP)	**18** 9:30 V!VA*fit* Swim (P) 9:30 **Walker/Wheelchair Repair (L)** 9:30 **Quilting Club (CK)** 10:30 V!VA*fit* Strength (VS) 11:00 **Songs and Prayers (CC)** 1:30 **Out to a Movie (L)** 3:00 V!VA*fit* Balance (VS) 3:45 V!VA*fit* Fun (FD) 4:00 Trivia (PC) 6:45 Bridge Club (BG) 7:00 Movie Night (VP)	**19 Tech Tuesday** 9:30 **Yoga with Georgia (FD)** 10:00 Fit Minds Flash (FD) 10:15 **Carlingwood Mall (L)** 10:30 **Presentation: What is Dimentiaand How to Reduce Your Risk (VP)** 10:45 V!VA*fit* Fun (FD) 1:30 Giant Crossword (FD) 2:30 V!VA*fit* Sit & Stand (VS) 3:30 Social Hour (MB) 5:45 **Music with Jenna (FD)** 7:00 CM Bingo Night (MB) 8:00 Movie Night (VP)	**20** 9:30 V!VA*fit* Swim (P) 9:30 **Navigating OC Transpo/LRT Line (L)** 10:30 V!VA*fit* Strength (VS) 11:00 **Vendor: Maggie's Designs (L)** 11:00 **Church Service with Reverend Steve (VP)** 1:30 Mini Manicures (FD) 2:00 **Memory Fitness (CK)** 3:00 1-1 Strength Train. (VS) 3:45 V!VA*fit* Fun (FD) 4:20 **Chair Dancing (VS)** 6:30 **Cocktails & Live Music (L)** 6:45 Bridge Club (BG) 7:00 **Casino Extravaganza (L)** 7:00 Movie Night (VP)	**21** 9:30 V!VA*fit* Balance (VS) 10:00 **Vendor: Scentsy (L)** 10:00 Fit Minds Flash (FD) 10:15 **Barrhaven Shopping (L)** 10:45 V!VA*fit* Fun (FD) 11:00 **Zumba (VS)** 2:00 **Longest Drive Competition (GS)** 2:45 **Reading Buddies (FD)** 6:45 Euchre (BG) 7:00 Movie Night (VP)	**22** 9:30 V!VA*fit* Swim (P) 10:00 **Knit & Chat (BG)** 10:30 V!VA*fit* Strength (VS) 12:15 **Movember Men's Luncheon (CK)** 3:00 **Social Hour Music with Andre (MB)** 3:30 Social Hour (MB) 7:00 Movie Night (VP)	**23** 9:30 Fit Minds Flash (FD) 10:00 Word Search *Pick up @ Concierge* (L) 10:45 **Music & Movement (FD)** 1:30 V!VA*fit* Sit (VS) 2:00 **Music with Bill Wilson (MB)** 2:30 Saturday Matinee (VP) 3:45 Bean Bag Toss (FD) 7:00 Movie Night (VP)
24 8:45 **Church Drop-Off & Pick-up (L)** 10:00 V!VA*fit* Fun (FD) 10:30 **Visit from St. John's Ambulance Dog (FD)** 10:30 Brain Boosters *Pick up @ Concierge* (L) 11:15 **Chair Dancing (VS)** 2:00 **Fallow Me (CK)** 2:30 Sunday Matinee (VP) 3:45 Jenga (FD) 7:00 Movie Night (VP)	**25** 9:30 V!VA*fit* Swim (P) 9:30 **Quilting Club (CK)** 10:30 V!VA*fit* Strength (VS) 11:30 **Out to Lunch (L)** 2:00 **Rexall Presentation: *'Feel Confident Where You Stand'* (VP)** 3:00 V!VA*fit* Balance (VS) 3:45 V!VA*fit* Fun (FD) 4:00 Trivia (PC) 6:45 Bridge Club (BG) 7:00 Movie Night (VP)	**26 Tech Tuesday** 9:30 V!VA*fit* Sit & Stand (VS) 10:00 Fit Minds Flash (FD) 10:15 **Value Village (L)** 10:30 **Presentation by Mary Major: "*Works of Gustave Klimt*" (VP)** 10:45 V!VA*fit* Fun (FD) 11:00 **Vendor: Charter Arts & Crafts (L)** 9:30 **Yoga with Georgia (FD)** 1:30 Ladder Ball (FD) 1:30 **Euchre Tournament (MB** 3:30 Social Hour (MB) 5:45 **Music with Jenna (FD)** 7:00 CM Bingo Night (MB) 8:00 Movie Night (VP)	**27** 9:30 V!VA*fit* Swim (P) 10:00 **Music with Paddy & Daycare (FD)** 10:15 **Barrhaven Banking/ Dollarama (** 10:30 V!VA*fit* Strength (VS) 1:30 Watercolouring (FD) 3:00 1-1 Strength Training (VS) 3:30 Social Hour (MB) 4:20 **Chair Dancing (VS)** 6:30 **Piano with Paul (L)** 7:00 **Wine and Paint Night with Navy (CK)** 6:45 Bridge Club (BG) 7:00 Movie Night (VP)	**28** 9:30 V!VA*fit* Balance (VS) 10:00 Fit Minds Flash (FD) 10:15 **Canadian Museum of History – Christmas Market (L)** 10:45 V!VA*fit* Fun (FD) 11:00 **Zumba (VS)** 2:45 **Tree Decorating with Daycare (CK)** 6:45 Euchre (BG) 7:00 Movie Night (VP)	**29 Christmas Décor Day** 9:30 V!VA*fit* Swim (P) 10:00 **Knit & Chat (BG)** 10:30 V!VA*fit* Strength (VS) 3:00 **October Birthday Party with Music from Pam and Doug (MB)** 4:00 Social Hour (MB) 7:00 Movie Night (VP)	**30** 10:00 Fit Minds Flash (FD) 10:30 Word Search *Pick up @ Concierge* (L) 10:45 **Chicken Soup for the Soul (FD)** 1:30 V!VA*fit* Sit (VS) 2:30 Saturday Matinee (VP) 3:45 V!VA*fit* Fun (FD) 7:00 Movie Night (VP)

Why do we tell actors to "break a leg?"

Because every play has a cast.

*Calendars are subject to change.