Outdoor Entertainment

V!VA Barrhaven has hosted to several outdoor concerts this past month with many more planned for July!

TARTAN DR

V!VA

STRANDHERD DR

BORRISOKANE RD

Making Today Great!

V!VA Barrhaven Retirement Community

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V!VA*voice*

V!VA Retirement Communities™ BARRHAVEN

July 2020

Your V!VA Community Newsletter

60th Anniversary Celebration

V!VA Barrhaven Retirement Community hosted a special wedding anniversary celebration set up by family for Community Members, Ken and Carol.

Family Visits

As we continue to follow protocols during the pandemic, Community Members are enjoying very special family visits in our gazebo and the *Perks!* Café patio. These meaningful planned visits have become increasingly popular.

The Benefits of Gardening for Seniors

Summer is here, and so is gardening season! Our Community Members couldn't be happier to get their hands dirty again, because the Victory Garden is a big part of *Making Today Great!* at V!VA Retirement Communities. We sat down with Laura Moon, the Lifestyles Manager at V!VA Whitby Shores, to chat about the benefits of gardening for seniors, and V!VA's pioneering Victory Garden concept.

Hi Laura. What are the benefits of gardening for seniors?

Gardening is great for many reasons. Physically, gardening is beneficial for everybody, but particularly for seniors. It keeps fine motor skills honed. Digging, pulling weeds, and opening packages are great tasks for certain types of arthritis to reduce inflammation in your knuckles, and throughout your hands. Those fine motor skills also keep fingers nimble, which is particularly important for what we call 'Activities of Daily Living' such as doing up the buttons of a shirt, using zippers, or opening cans or jars. Also, reaching and bending over those garden beds helps with flexibility. We sweat a little, too, which means the blood is pumping, so gardening is good for circulation and our cardiovascular system. And finally, there can be a little lifting too when safe, with bags of soil.

Wow, that sounds pretty intense!

Not really. Gardening is a gentle activity that isn't as overwhelming as an exercise class. When I ask new Community Members what they've done in the past to stay active, many will tell me 'taking care of my yard and garden'. It doesn't feel like they're working out, but they really are. They'll be out in the garden for a little bit every day, getting their recommended 30 minutes of exercise. At the very least, they're getting their vitamin D from the sun!

So, those are the physical benefits. What other kinds of benefits for seniors does gardening provide?

There are mental and emotional benefits as well. Watching something grow that you've planted and nurtured can provide an individual with a renewed sense of purpose, responsibility, and accomplishment. There is also a social aspect that brings people together, particularly when it comes to V!VA's Victory Gardens.

Can you share a bit more about those Victory Gardens?

Sure! The name Victory Garden is borrowed from the efforts of civilians in Canada during World War II to help with food supplies while the battles were taking place overseas. V!VA has taken this idea of gardening for the common good and designed each of its Communities with a Victory Garden as the focus of the outdoor space. The gardens are built to be senior-friendly with raised garden beds and built-in areas for seating. This allows for easier, ache-free access to the plants and vegetation. Community Members work together to grow flowers to decorate their suites and our amenities, while the fruits and vegetables grown are shared with our Culinary Team to use in their V!VA*licious* recipes.

The entire Community gets to enjoy the literal fruits – and veggies! – of their labour!

Yes, exactly! It helps us follow through on V!VA's mission to create a place where people can live, laugh, and love. People have connected who otherwise might not have. I've seen Community Members who, since they've moved in, haven't really spoken to one another, but now that we all garden together, we'll end a day of planting or pruning at *Perks!*, our Community's Bistro Café, chatting over a coffee or tea. It's a lot of fun and very rewarding.

How does the Victory Garden address those physical challenges that come with aging?

The Victory Garden brings our Community Members back to something that they used to that perhaps became too difficult in their house. Perhaps the yard wasn't level posing a slip, trip or fall risk. The Victory Garden is paved and flat, which makes it easier for our Community Members to walk on, or use their wheel-chair or walker. Perhaps bending over, crouching or kneeling is difficult. The Victory Garden has raised garden beds so if Community Members had vertigo or back issues, they no longer have to worry. We even have garden beds at a few different heights to accommodate Community Members in walkers and wheelchairs.

That sounds like it ties in to the emotional benefits you mentioned.

It sure does. Many Community Members go from missing the ability to do something they loved, to being overjoyed. That is one of the best parts of what the Victory Garden can offer: enabling people to do what they love. Recently, we had one Community Member share that she dearly misses her garden at her old house. She had not yet attended one of our gardening programs, so upon hearing this, the other Community Members invited her to join them and she was thrilled.

The social benefit of gardening manifested itself right away.

Exactly. And now she comes out at 4:30 every afternoon to water the garden. She hasn't done that in years. She has regained her sense of purpose. And that's important, especially to Community Members who are in Assisted Living who may love gardening. Nobody is excluded.

You're adding a whole new meaning to "all-inclusive" retirement living!

[Laughs] But it's true! For example, some Community Members who might not enjoy gardening can't leave the building for specific reasons. They might no longer drive or have family nearby to take them on outings. And some don't always come out on our shuttle bus. So, we offer a wide range of on-site events, programs and services. The Victory Garden stands out, however, because those Community Members can still enjoy the beauty of nature, and the sense of peace and calm that inevitably comes with simply taking a stroll through the garden.

That sounds delightful. Thanks for taking the time to chat, Laura!

You're welcome – and thank you!

To learn more about V!VA Retirement Communities or our Victory Gardens and gardening programs, please contact the V!VA Lifestyles Manger at your Community.

July 2020 — WEEKS 1, 2 & 3 — V!VA BARRHAVEN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LEGEND Orange — Fitness Class Purple — Special Event Red — Outdoor Concert Sign Up Cost Required Shuttle Walking	(PC) Perks! Café (MB) Mel's Barr (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 (FP) Flag Pole (PS) Park Side (AL) AL Floor		**1 Canada Day** 9:00 V!VA*fit* Sit & Stand (MB) 10:15 **Documentary: *Spitfire* (VP)** 11:00 **Family Connections (BG)** 2:00 **Outdoor Concert with Peter Foret (FP)** 2:30 Matinee (VP) 7:00 Movie Night (VP) 	**2** 9:00 V!VA*fit* Balance (MB) 9:30 V!VA*fit* Balance (MB) 9:30 V!VA*fit* Fun (FD) 10:15 **Documentary: "*Tell Me Who I Am*" (VP)** 11:00 **Family Connections (BG)** 1:30 V!VA*fit* Walkers (L) 2:30 Matinee (VP) 3:30 Social Hour (MB) 3:45 **1:1 Visiting (AL)** 7:00 Movie Night (VP)	**3** 9:00 V!VA*fit* Sit (MB) 9:30 V!VA*fit* Sit (MB) 10:15 **Documentary: "*The Mitfords - A Tale of Two Sisters*" (VP)** 11:00 **Family Connections (BG)** 1:30 **Online Shopping (BG)** 2:00 **Outdoor Concert with Dai Bassett (FP)** 2:30 Matinee (VP) 3:30 Social Hour (MB) 7:00 Movie Night (VP)	**4** 9:30 V!VA*fit* Sit (MB) 10:30 Word Search *Pick up @ Concierge (L) 2:30 Saturday Matinee (VP) 7:00 Movie Night (VP)
5 9:30 V!VA*fit* Sit (MB) 10:30 Brain Boosters *Pick up @ Concierge (L) 10:45 **Live Streaming of Sunday Mass from St. Patrick's Parish (VP)** 2:30 Sunday Matinee (VP) 7:00 Movie Night (VP)	**6** 9:00 V!VA*fit* Sit (MB) 9:30 V!VA*fit* Sit (MB) 9:45 **1:1 Visiting (AL)** 10:15 **Documentary: "*Steal a Pencil for Me*" (VP)** 11:00 **Family Connections (BG)** 1:30 **Online Shopping (BG)** 2:30 Matinee (VP) 3:30 Social Hour (MB) 3:45 V!VA*fit* Fun (FD) 7:00 Movie Night (VP)	**7 Tech Tuesday** 9:00 V!VA*fit* Balance (MB) 9:30 V!VA*fit* Balance (MB) 9:30 V!VA*fit* Fun (FD) 10:15 **Documentary: "*Amelia - A Tale of Two Sisters*" (VP)** 11:00 **Family Connections (BG)** 1:30 V!VA*fit* Walkers (L) 2:30 Matinee (VP) 3:30 Social Hour (MB) 3:45 **1:1 Visiting (AL)** 6:45 CM Bingo Night (MB) 7:00 Movie Night (VP)	**8** 9:00 V!VA*fit* Sit & Stand (MB) 9:30 V!VA*fit* Sit & Stand (MB) 9:45 **1:1 Visiting (AL)** 10:00 **Virtual Breathe and Relax with Georgia (VP)** 11:00 **Family Connections (BG)** 2:00 **Victory Garden Meeting (HR)** 2:30 Matinee (VP) 3:00 **Curious About Coronavirus (MB)** 3:30 **Virtual Latin Chair Dancing (MB)** 3:45 V!VA*fit* Fun (FD) 7:00 Movie Night (VP)	**9** 9:00 V!VA*fit* Balance (MB) 9:30 V!VA*fit* Balance (MB) 9:30 V!VA*fit* Fun (FD) 10:15 **Documentary: "*My Beautiful Broken Brain*" (VP)** 11:00 **Family Connections (BG)** 1:30 V!VA*fit* Walkers (L) 2:30 Matinee (VP) 3:30 Social Hour (MB) 3:45 **1:1 Visiting (AL)** 7:00 Movie Night (VP)	**10** 9:00 V!VA*fit* Sit (MB) 9:30 V!VA*fit* Sit (MB) 10:15 **Documentary: "*Roll with Me*" (VP)** 11:00 **Family Connections (BG)** 1:30 **Online Shopping (BG)** 2:30 Matinee (VP) 3:30 Social Hour (MB) 7:00 Movie Night (VP)	**11** 9:30 V!VA*fit* Sit (MB) 10:30 Word Search *Pick up @ Concierge (L) 2:30 Saturday Matinee (VP) 7:00 Movie Night (VP)
12 9:30 V!VA*fit* Sit (MB) 10:30 Brain Boosters *Pick up @ Concierge (L) 10:45 **Live Streaming of Sunday Mass from St. Patrick's Parish (VP)** 2:30 Sunday Matinee (VP) 7:00 Movie Night (VP)	**13** 9:00 V!VA*fit* Sit (MB) 9:30 V!VA*fit* Sit (MB) 9:45 **1:1 Visiting (AL)** 10:15 **Documentary: "*The Most Unknown*" (VP)** 11:00 **Family Connections (BG)** 11:00 **Virtual Current Events with Professor Cammy (VP)** 1:30 **Online Shopping (BG)** 2:30 Matinee (VP) 3:30 Social Hour (MB) 3:45 V!VA*fit* Fun (FD) 7:00 Movie Night (VP)	**14 Tech Tuesday** 9:00 V!VA*fit* Balance (MB) 9:30 V!VA*fit* Balance (MB) 9:30 V!VA*fit* Fun (FD) 10:15 **Documentary: "*First Face of America*" (VP)** 11:00 **Family Connections (BG)** 1:30 V!VA*fit* Walkers (L) 2:30 Matinee (VP) 3:30 Social Hour (MB) 3:45 **1:1 Visiting (AL)** 6:45 CM Bingo Night (MB) 7:00 Movie Night (VP)	**15** 9:00 V!VA*fit* Sit & Stand (MB) 9:30 V!VA*fit* Sit & Stand (MB) 9:45 **1:1 Visiting (AL)** 10:00 **Virtual Music with Paddy Stewart (FD)** 10:15 **Documentary: "*Betty White - The First Lady of Television*" (VP)** 11:00 **Family Connections (BG)** 2:00 **Memory Matters Virtual Session (VP)** 2:30 Matinee (VP) 3:00 **Curious About Coronavirus (MB)** 3:45 V!VA*fit* Fun (FD) 7:00 Movie Night (VP)	**16** 9:00 V!VA*fit* Balance (MB) 9:30 V!VA*fit* Balance (MB) 9:30 V!VA*fit* Fun (FD) 10:15 **Documentary: "*Dream Big*" (VP)** 11:00 **Family Connections (BG)** 1:30 V!VA*fit* Walkers (L) 2:30 Matinee (VP) 3:00 **Round About Bingo (MB)** 3:30 Social Hour (MB) 3:45 **1:1 Visiting (AL)** 7:00 Movie Night (VP)	**17** 9:00 V!VA*fit* Sit (MB) 9:30 V!VA*fit* Sit (MB) 10:15 **Documentary: "*National Parks Adventure*" (VP)** 11:00 **Family Connections** 2:00 **Outdoor Concert with Spencer (FP)** 2:30 Matinee (VP) 3:30 Social Hour (MB) 7:00 Movie Night (VP)	**18** 9:30 V!VA*fit* Sit (MB) 10:30 Word Search *Pick up @ Concierge (L) 2:30 Saturday Matinee (VP) 7:00 Movie Night (VP)

July 2020 — WEEKS 4 & 5 — V!VA BARRHAVEN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 9:30 V!VA*fit* Sit (MB) 10:30 Brain Boosters *Pick up @ Concierge (L) 10:45 **Live Streaming of Sunday Mass from St. Patrick's Parish (VP)** 2:30 Sunday Matinee (VP) 7:00 Movie Night (VP)	**20** 9:00 V!VA*fit* Sit (MB) 9:30 V!VA*fit* Sit (MB) 9:45 **1:1 Visiting (AL)** 10:15 **Documentary: "*Dancing with the Birds*" (VP)** 11:00 **Family Connections (BG)** 1:30 **Online Shopping (BG)** 2:30 Matinee (VP) 3:30 Social Hour (MB) 3:45 V!VA*fit* Fun (FD) 7:00 Movie Night (VP)	**21 Tech Tuesday** 9:00 V!VA*fit* Balance (MB) 9:30 V!VA*fit* Balance (MB) 9:30 V!VA*fit* Fun (FD) 10:15 **Documentary: "*Harold and Lillian – A Hollywood Love Story*" (VP)** 11:00 **Family Connections (BG)** 1:30 V!VA*fit* Walkers (L) 2:30 Matinee (VP) 3:30 Social Hour (MB) 3:45 **1:1 Visiting (AL)** 6:45 CM Bingo Night (MB) 7:00 Movie Night (VP)	**22** 9:00 V!VA*fit* Sit & Stand (MB) 9:30 V!VA*fit* Sit & Stand (MB) 9:45 **1:1 Visiting (AL)** 10:00 **Virtual Breathe and Relax with Georgia (VP)** 11:00 **Family Connections (BG)** 2:30 Matinee (VP) 3:00 **Curious About Coronavirus (MB)** 3:30 **Virtual Latin Chair Dancing (MB)** 3:45 V!VA*fit* Fun (FD) 7:00 Movie Night (VP)	**23** 9:00 V!VA*fit* Balance (MB) 9:30 V!VA*fit* Balance (MB) 9:30 V!VA*fit* Fun (FD) 10:15 **Documentary: "*Maddman - The Steve Madden Story*" (VP)** 11:00 **Family Connections (BG)** 1:30 V!VA*fit* Walkers (L) 2:00 **Outdoor Socially Distanced Strawberry Social with Music from Vicki (FP)** 2:30 Matinee (VP) 3:30 Social Hour (MB) 3:45 **1:1 Visiting (AL)** 7:00 Movie Night (VP)	**24** 9:00 V!VA*fit* Sit (MB) 9:30 V!VA*fit* Sit (MB) 10:15 **Documentary: "*Knock Down the House*" (VP)** 11:00 **Family Connections (BG)** 1:30 **Online Shopping (BG)** 2:30 Matinee (VP) 3:30 Social Hour (MB) 7:00 Movie Night (VP)	**25** 9:30 V!VA*fit* Sit (MB) 10:30 Word Search *Pick up @ Concierge (L) 2:30 Saturday Matinee (VP) 7:00 Movie Night (VP)
26 9:30 V!VA*fit* Sit (MB) 10:30 Brain Boosters *Pick up @ Concierge (L) 10:45 **Live Streaming of Sunday Mass from St. Patrick's Parish (VP)** 2:30 Sunday Matinee (VP) 7:00 Movie Night (VP)	**27** 9:00 V!VA*fit* Sit (MB) 9:30 V!VA*fit* Sit (MB) 9:45 **1:1 Visiting (AL)** 10:15 **Documentary: "*Murder to Mystery – The Cyntoia Brown Story*" (VP)** 11:00 **Family Connections (BG)** 1:30 **Online Shopping (BG)** 2:30 Matinee (VP) 3:30 Social Hour (MB) 3:45 V!VA*fit* Fun (FD) 7:00 Movie Night (VP)	**28** 9:00 V!VA*fit* Balance (MB) 9:30 V!VA*fit* Balance (MB) 9:30 V!VA*fit* Fun (FD) 10:15 **Documentary: "*Hello Privilege – It's Me Chelsea*" (VP)** 10:30 **Outdoor Concert with Jumpin' Jimmy (FP)** 11:00 **Family Connections (BG)** 1:30 V!VA*fit* Walkers (L) 2:30 Matinee (VP) 3:30 Social Hour (MB) 3:45 **1:1 Visiting (AL)** 6:45 CM Bingo Night (MB) 7:00 Movie Night (VP)	**29** 9:00 V!VA*fit* Sit & Stand (MB) 9:30 V!VA*fit* Sit & Stand (MB) 9:45 **1:1 Visiting (AL)** 10:15 **Documentary: "*Rolling Stones - Ole' Ole' Ole': A Trip Across Latin America*" (VP)** 11:00 **Family Connections (BG)** 2:00 **Virtual Memory Matters (VP)** 2:30 Matinee (VP) 3:00 **Curious About Coronavirus (MB)** 3:45 V!VA*fit* Fun (FD) 7:00 Movie Night (VP)	**30** 9:00 V!VA*fit* Balance (MB) 9:30 V!VA*fit* Balance (MB) 9:30 V!VA*fit* Fun (FD) 10:15 **Documentary: "*Without Gorky*" (VP)** 11:00 **Family Connections (BG)** 1:30 V!VA*fit* Walkers (L) 2:30 Matinee (VP) 3:30 Social Hour (MB) 3:45 **1:1 Visiting (AL)** 7:00 Movie Night (VP)	**31** 9:00 V!VA*fit* Sit (MB) 9:30 V!VA*fit* Sit (MB) 10:15 **Documentary: "*Sky Dancers*" (VP)** 11:00 **Family Connections (BG)** 1:30 **Online Shopping (BG)** 2:30 Matinee (VP) 3:30 Social Hour (MB) 7:00 Movie Night (VP)	

*Calendars are subject to change.