




A Strawberry Social Event

V!VA Barrhaven enjoyed an outdoor Strawberry Social with music from Roxy and Don while enjoying fresh, seasonal strawberry delicacies.



Summers are Meant for Scenic Day Trips

Our scenic excursions are up and running again with our most recent drive to Mackenzie King Estates to a lovely walk on their grounds and trails.

	TARTAN DR V!VA
BORISOKANE RD	STRANDHERD DR

Making Today Great!

V!VA Barrhaven Retirement Community

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A V!VAplex Special Feature

Community Members were treated to a musical tour through the scenic Ottawa Valley with musician Jim Beattie.

Quilts for a Cause

The Quilting Club has continues working away during the pandemic, with the determination to create beautiful quilts for cancer patients.





AUTUMN WORD SEARCH

FIVE FALL FOLIAGE FACTS

1 Although we notice the leaves change color in the fall, the red, orange and yellow pigments are actually present in leaves all year round! The only difference is that during other seasons, the pigments are primarily underneath the leaves' surface.

2 The reason these beautiful colors come out in the fall has to do with the change in sunlight. As the summer sun starts to die down, the chemical chlorophyll breaks down, which brings out the hidden colors.

3 Some suspect that global warming may have a negative impact on fall foliage, since part of the reason leaves change has to do with the change in temperature.

4 A leaf's color is typically a result of the species of tree it can be found on – for example, the leaves on aspen trees are generally a golden yellow during the fall months.

5 Leaves that fall to the ground during this time of year are extremely important for the ecosystem, as they become a form of protection for tree seeds as they germinate during the winter.

G O S T D P M R E K L K V E A M R E D V M A S A Q
 E Y B A B E G K Z O Q N P P P G S Z I R Z C P J B
 N Z P E U F A N N J C K Q J P J X W Q N J O V S Z
 C K S L O T B C K K I R X G L Q Z H P K Y R V J P
 J I J H F W U D L M D C E T E Z M H K J X N C M J
 L W F G Q O Y M B X E N O H S H T Y H D W S O E J
 E O M I L D M D N N R B L B G I I E H Z C V L W G
 Y F K G L E D W C B L Q E Z W M L B I A A K O G E
 U Z P J A F A X R H X D G E O C F A R B Y P U H E
 S J U B Q S D V M W L Y D B A H O R B O Q W R Q T
 I R F O H B E O E B M O W Z F W H W Y O W Y S K R
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 K P D D F O O D Y G D L C W K P R A E Q R V X G Z
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 G L X B L I R L C Y J M M O P E Z I I D V J N C E
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 Y X S L K G Q Y C S T R H P M Q P B D G K O U Y Z
 P B G Z B E C N F T P V T G C R U N C H W N H R C

Chlorophyll
Labour
Day
Pigment
Harvest

Hayride
Foliage
Pumpkin
Colours
Yellow

Orange
Autumn
Leaves
Acorns
Apples

Chilly
Brown
Crunch
Cider
Rake

Red
Trees
Hay

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>LEGEND</p> <p>Orange Fitness Class</p> <p>Purple Special Event</p> <p>Red Outdoor Concert</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>(MB) Mel's Barr</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>(FP) Flag Pole</p> <p>(ALP) AL Floor Patio</p>	<p>1 Tech Tuesday</p> <p>9:00 V!VAFit Balance (VS)</p> <p>9:30 V!VAFit Balance (VS)</p> <p>10:00 Fit Minds Flash (FD)</p> <p>10:45 V!VAFit Fun (FD)</p> <p>11:00 Trivia (BG)</p> <p>2:30 Matinee (VP)</p> <p>3:00 Social Hour (MB)</p> <p>3:30 Yoga with Janaki (FD)</p> <p>6:45 CM Bingo Night (MB)</p> <p>7:00 Movie Night (VP)</p>	<p>2</p> <p>9:00 V!VAFit Sit & Stand (VS)</p> <p>9:30 V!VAFit Sit & Stand (VS)</p> <p>9:30 V!VAFit Fun (FD)</p> <p>10:00 Music with Dai Bassett (FD)</p> <p>10:30 Memory Fitness (VP)</p> <p>1:00 Quilting Club (CK)</p> <p>2:30 Matinee (VP)</p> <p>3:00 Curious About Coronavirus (MB)</p> <p>3:45 Giant Crossword (FD)</p> <p>4:20 Latin Chair Dancing with Michael (VS)</p> <p>7:00 Movie Night (VP)</p>	<p>3</p> <p>9:00 V!VAFit Balance (VS)</p> <p>9:30 V!VAFit Balance (VS)</p> <p>9:30 Breathe and Relax with Georgia (FD)</p> <p>10:15 Documentary (VP)</p> <p>10:15 Fit Minds Flash (FD)</p> <p>11:00 Memory Games (BG)</p> <p>2:00 Victory Gardens Meeting (HC)</p> <p>2:30 Matinee (VP)</p> <p>3:00 Social Hour (MB)</p> <p>3:45 V!VAFit Fun (FD)</p> <p>7:00 Movie Night (VP)</p>	<p>4</p> <p>9:00 V!VAFit Sit (VS)</p> <p>9:30 V!VAFit Sit (VS)</p> <p>10:15 Documentary (VP)</p> <p>10:30 Music Therapy with Danielle (FD)</p> <p>10:30 Pictionary (BG)</p> <p>2:00 Outdoor Concert with Peter Foret (FP)</p> <p>2:30 Matinee (VP)</p> <p>3:00 Social Hour (MB)</p> <p>7:00 Movie Night (VP)</p>	<p>5</p> <p>9:30 V!VAFit Sit (VS)</p> <p>10:30 Word Search *Pick up @ Concierge (L)</p> <p>1:30 V!VAFit Sit (VS)</p> <p>2:30 Saturday Matinee (VP)</p> <p>3:30 V!VAFit Fun (FD)</p> <p>7:00 Movie Night (VP)</p>
<p>6</p> <p>9:30 V!VAFit Sit (VS)</p> <p>10:30 Brain Boosters *Pick up @ Concierge (L)</p> <p>10:45 Live Streaming of Sunday Mass from St. Patrick's Parish (VP)</p> <p>1:30 V!VAFit Sit (VS)</p> <p>2:30 Sunday Matinee (VP)</p> <p>3:30 Current Events (FD)</p> <p>7:00 Movie Night (VP)</p>	<p>7 Labour Day</p> <p>9:30 V!VAFit Sit (VS)</p> <p>10:15 Documentary (VP)</p> <p>1:30 Giant Crossword (FD)</p> <p>2:30 Matinee (VP)</p> <p>3:45 V!VAFit Fun (FD)</p> <p>7:00 Movie Night (VP)</p>	<p>8 Tech Tuesday</p> <p>9:00 V!VAFit Balance (VS)</p> <p>9:30 V!VAFit Balance (VS)</p> <p>10:00 Fit Minds Flash (FD)</p> <p>10:15 Giant Crossword (MB)</p> <p>10:45 V!VAFit Fun (FD)</p> <p>1:30 Spelling Bee (BG)</p> <p>2:30 Matinee (VP)</p> <p>3:00 Social Hour (MB)</p> <p>3:30 Yoga with Janaki (FD)</p> <p>6:45 CM Bingo Night (MB)</p> <p>7:00 Movie Night (VP)</p>	<p>9</p> <p>9:00 V!VAFit Sit & Stand (VS)</p> <p>9:30 V!VAFit Sit & Stand (VS)</p> <p>10:00 Fit Minds Flash (FD)</p> <p>10:30 Memory Fitness (VP)</p> <p>10:45 V!VAFit Fun (FD)</p> <p>1:00 Quilting Club (CK)</p> <p>2:30 Matinee (VP)</p> <p>3:00 Curious About Coronavirus (MB)</p> <p>3:45 Name 10 (FD)</p> <p>7:00 Movie Night (VP)</p>	<p>10</p> <p>9:00 V!VAFit Balance (VS)</p> <p>9:30 V!VAFit Balance (VS)</p> <p>9:30 Breathe and Relax with Georgia (FD)</p> <p>10:15 Coffee Social (FD)</p> <p>10:15 Documentary (VP)</p> <p>10:30 Meet Your Neighbour with Karen (BG)</p> <p>2:30 Matinee (VP)</p> <p>3:00 Balcony Bingo (ALP)</p> <p>7:00 Movie Night (VP)</p>	<p>11</p> <p>9:00 V!VAFit Sit (VS)</p> <p>9:30 V!VAFit Sit (VS)</p> <p>10:15 Documentary (VP)</p> <p>10:30 Music Therapy with Danielle (FD)</p> <p>11:00 Price is Right (BG)</p> <p>2:30 Matinee (VP)</p> <p>2:30 Wine and Cheese (FD)</p> <p>3:00 Social Hour (MB)</p> <p>7:00 Movie Night (VP)</p>	<p>12</p> <p>9:30 V!VAFit Sit (VS)</p> <p>10:30 Word Search *Pick up @ Concierge (L)</p> <p>10:15 Excursion: Scenic Drive (L) </p> <p>1:30 V!VAFit Share Your Favorite Exercise (VS)</p> <p>2:30 Saturday Matinee (VP)</p> <p>7:00 Movie Night (VP)</p>
<p>13 Grandparents Day</p> <p>9:30 V!VAFit Sit (VS)</p> <p>10:30 Brain Boosters *Pick up @ Concierge (L)</p> <p>10:45 Live Streaming of Sunday Mass from St. Patrick's Parish (VP)</p> <p>2:30 Sunday Matinee (VP)</p> <p>3:30 Coffee & Chat (FD)</p> <p>7:00 Movie Night (VP)</p>	<p>14</p> <p>9:00 V!VAFit Sit (VS)</p> <p>9:30 V!VAFit Sit (VS)</p> <p>10:00 Fit Minds Flash (FD)</p> <p>10:00 Excursion: Independent (L) </p> <p>10:15 Documentary (VP)</p> <p>10:45 V!VAFit Fun (FD)</p> <p>1:30 Excursion: Independent (L) </p> <p>2:30 Matinee (VP)</p> <p>3:00 Social Hour (MB)</p> <p>3:45 Name 10 (FD)</p> <p>7:00 Movie Night (VP)</p>	<p>15 Tech Tuesday</p> <p>9:00 V!VAFit Balance (VS)</p> <p>9:30 V!VAFit Balance (VS)</p> <p>10:00 Walker Repair Clinic by Appointment (MB)</p> <p>10:30 Fit Minds Flash (FD)</p> <p>10:30 Excursion: Banking at TD and Scotiabank (L) </p> <p>2:00 Outdoor Socially Distanced Taste of Fall with Music from Arlene Quinn (FP)</p> <p>3:00 Social Hour (MB)</p> <p>3:30 Yoga with Janaki (FD)</p> <p>6:45 CM Bingo Night (MB)</p> <p>7:00 Movie Night (VP)</p>	<p>16</p> <p>9:00 V!VAFit Sit & Stand (VS)</p> <p>9:30 V!VAFit Sit & Stand (VS)</p> <p>10:00 Music with Paddy (FD)</p> <p>10:30 Excursion: Banking at BMO (L) </p> <p>10:30 Memory Fitness (VP)</p> <p>1:00 Quilting Club (CK)</p> <p>1:30 Excursion: Dollarama (L) </p> <p>2:30 Matinee (VP)</p> <p>3:00 Curious About Coronavirus (MB)</p> <p>3:45 Reminiscing with Kayla (FD)</p> <p>4:20 Latin Chair Dancing with Michael (VS)</p> <p>7:00 Movie Night (VP)</p>	<p>17</p> <p>9:00 V!VAFit Balance (VS)</p> <p>9:30 V!VAFit Balance (VS)</p> <p>9:30 Breathe Relax with Georgia (FD)</p> <p>10:15 How to get a Good Night's Sleep – Audio Presentation by Rexall (VP)</p> <p>2:00 Wine Tasting with Green Gables Winery (MB)</p> <p>3:00 Social Hour (MB)</p> <p>3:45 V!VAFit Fun (FD)</p> <p>7:00 Movie Night (VP)</p>	<p>18</p> <p>9:00 V!VAFit Sit (VS)</p> <p>9:30 V!VAFit Sit (VS)</p> <p>10:00 Parc Omega (L) </p> <p>10:30 Music Therapy with Danielle (FD)</p> <p>2:30 Outdoor Concert with Noel (FP)</p> <p>3:00 Social Hour (MB)</p> <p>7:00 Movie Night (VP)</p>	<p>19</p> <p>9:30 V!VAFit Sit (VS)</p> <p>10:30 Word Search *Pick up @ Concierge (L)</p> <p>1:30 Piano Music with Allan Ryan (L)</p> <p>2:30 Saturday Matinee (VP)</p> <p>3:30 What's in the News? (FD)</p> <p>7:00 Movie Night (VP)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>20</p> <p>9:30 VIVAfit Sit (VS)</p> <p>10:30 Brain Boosters *Pick up @ Concierge (L)</p> <p>10:45 Live Streaming of Sunday Mass from St. Patrick's Parish (VP)</p> <p>2:30 Sunday Matinee (VP)</p> <p>3:30 Name 10 (FD)</p> <p>7:00 Movie Night (VP)</p>	<p>21</p> <p>9:00 VIVAfit Sit (VS)</p> <p>9:30 VIVAfit Sit (VS)</p> <p>10:00 Fit Minds Flash (FD)</p> <p>10:00 Excursion: Independent (L) </p> <p>11:00 Current Events with Professor Cammy (VP)</p> <p>10:45 VIVAfit Fun (FD)</p> <p>1:30 Excursion: Independent (L) </p> <p>2:30 Matinee (VP)</p> <p>3:00 Social Hour (MB)</p> <p>3:45 Current Events (FD)</p> <p>7:00 Movie Night (VP)</p>	<p>22 Tech Tuesday</p> <p>9:00 VIVAfit Balance (VS)</p> <p>9:30 VIVAfit Balance (VS)</p> <p>10:00 Fit Minds Flash (FD)</p> <p>10:15 History Talk with Mary Major (VP)</p> <p>10:45 VIVAfit Fun (FD)</p> <p>1:30 Jeopardy (BG)</p> <p>2:30 Matinee (VP)</p> <p>3:00 Social Hour (MB)</p> <p>3:30 Yoga with Janaki (FD)</p> <p>6:45 CM Bingo Night (MB)</p> <p>7:00 Movie Night (VP)</p>	<p>23</p> <p>9:00 VIVAfit Sit & Stand (VS)</p> <p>9:30 VIVAfit Sit & Stand (VS)</p> <p>10:00 Fit Minds Flash (FD)</p> <p>10:00 Excursion: Walmart (L) </p> <p>10:30 Memory Fitness (VP)</p> <p>10:45 VIVAfit Fun (FD)</p> <p>1:00 Quilting Club (CK)</p> <p>1:30 Excursion: Walmart (L) </p> <p>2:30 Matinee (VP)</p> <p>3:00 Curious About Coronavirus (MB)</p> <p>3:45 Memory Games (FD)</p> <p>7:00 Movie Night (VP)</p>	<p>24</p> <p>9:00 VIVAfit Balance (VS)</p> <p>9:30 VIVAfit Balance (VS)</p> <p>9:30 Breathe and Relax with Georgia (FD)</p> <p>10:00 Excursion: Shoppers Drug Mart (L) </p> <p>10:15 Documentary (VP)</p> <p>10:15 Fit Minds Flash (FD)</p> <p>1:30 Excursion: Shoppers Drug Mart (L) </p> <p>2:30 Matinee (VP)</p> <p>3:00 Social Hour (MB)</p> <p>3:45 VIVAfit Fun (FD)</p> <p>7:00 Movie Night (VP)</p>	<p>25</p> <p>9:00 VIVAfit Sit (VS)</p> <p>9:30 VIVAfit Sit (VS)</p> <p>10:15 Documentary (VP)</p> <p>10:30 Music Therapy with Danielle (FD)</p> <p>1:00 Excursion: Smokey Ridge Wine Tasting and Tour (L) </p> <p>2:30 Matinee (VP)</p> <p>3:00 Social Hour (MB)</p> <p>6:30 Beer & Wings Trivia Night (MB)</p> <p>7:00 Movie Night (VP)</p>	<p>26</p> <p>9:30 VIVAfit Sit (VS)</p> <p>10:15 Excursion: Scenic Drive (L) </p> <p>10:30 Word Search *Pick up @ Concierge (L)</p> <p>1:30 VIVAfit Sit (VS)</p> <p>2:30 Saturday Matinee (VP)</p> <p>7:00 Movie Night (VP)</p>
<p>27</p> <p>9:30 VIVAfit Sit (VS)</p> <p>10:30 Brain Boosters Pick Up @ Concierge</p> <p>10:45 Live Streaming - Sunday Mass from St. Patrick's Parish (VP)</p> <p>1:30 Piano Music with Allan Ryan (L)</p> <p>2:30 Sunday Matinee (VP)</p> <p>3:30 Giant Crossword (FD)</p> <p>7:00 Movie Night (VP)</p>	<p>28</p> <p>9:00 VIVAfit Sit (VS)</p> <p>9:30 VIVAfit Sit (VS)</p> <p>9:30 VIVAfit Fun (FD)</p> <p>10:00 Paint with Navy (CK)</p> <p>10:30 Excursion: Banking at TD (L) </p> <p>1:30 Excursion: Walmart (L) </p> <p>2:30 Matinee (VP)</p> <p>3:00 Social Hour (MB)</p> <p>3:45 Name 10 (FD)</p> <p>7:00 Movie Night (VP)</p>	<p>29 Tech Tuesday</p> <p>9:00 VIVAfit Balance (VS)</p> <p>9:30 VIVAfit Balance (VS)</p> <p>10:00 VIVAfit Fun (FD)</p> <p>1:30 Lifestyles Reflections with Karen (PC)</p> <p>2:00 Excursion: Scenic Drive AL Floor (L) </p> <p>2:30 Matinee (VP)</p> <p>3:00 Social Hour (MB)</p> <p>3:30 Yoga with Janaki (FD)</p> <p>6:30 Oktoberfest Music from the International Set (ALP)</p> <p>6:45 CM Bingo Night (MB)</p> <p>7:00 Movie Night (VP)</p>	<p>30</p> <p>9:00 VIVAfit Sit & Stand (VS)</p> <p>9:30 VIVAfit Sit & Stand (VS)</p> <p>10:00 Fit Minds Flash (FD)</p> <p>10:00 Excursion: Independent (L) </p> <p>10:30 Memory Fitness (VP)</p> <p>10:45 VIVAfit Fun (FD)</p> <p>1:00 Quilting Club (CK)</p> <p>1:30 Excursion: Independent (L) </p> <p>2:30 Matinee (VP)</p> <p>3:00 Curious About Coronavirus (MB)</p> <p>3:45 Sing Along (FD)</p> <p>7:00 Movie Night (VP)</p>			

What do you call a car being driven by a lamb in a swimsuit?

A "lamb-bikini".