



Community Members continue to enjoy the Golf Simulator to practice for the outdoor season.



Oktoberfest is always a fun time with live polka music and pub fare for everyone to enjoy.

Don't miss out!

Walker/Wheelchair Repair Clinic

Tuesday, November 17th
10:00 am – 11:30 am

History Presentation – Berlin State Museum

By Mary Major
Tuesday, November 24th
10:15 am – 11:15 am

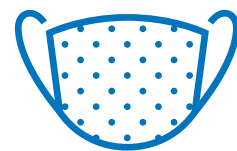
Christmas Warm-Up Music with Roxy Swan

Friday, November 27th
2:00 pm – 3:00 pm

Music with the West Ottawa Ladies Chorus

Wednesday, November 25th
2:00 pm – 3:00 pm

Call (613) 823-0220 or email barrhaven@vivalife.ca to learn more.



FACE MASKS MUST BE WORN WHEN PARTICIPATING IN ACTIVITIES

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Community Members enjoy an evening of trivia with delicious pub favourites and beverages.



Community Member Ann Davenport, will be featured with her oil painting, Dogwoods, in the local 2021 Barrhaven Community Calendar.



Proud of their autumn masterpiece.



Trivia Night's winning team.

In Flanders Fields

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.

BY LT. COL. JOHN MCCRAE

Sudoku Challenge

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.

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	

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>🚗 Shuttle</p> <p>\$ Cost required</p> <p>▶▶ Walking</p>	<p>(PC) Perks! Café</p> <p>(MB) Mel's Barr</p> <p>(TR) Therapy Room</p> <p>(VP) V!VAplex</p> <p>(VG) Victory Garden</p> <p>(VS) V!VAfit Studio</p> <p>(VL) V!VAlinks</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>WAR TIME SONGS WITH THE CHORDS <i>Wednesday, November 11th at 10:00 am</i></p> <p>LIVE STREAMING OF REMEMBRANCE DAY SERVICE AT PARLIAMENT HILL <i>Wednesday, November 11th at 11:00 am</i></p>	<p>TRIP DOWN MEMORY LANE WITH JIM BEATTIE <i>Friday, November 13th at 2:30 pm</i></p> <p>CHRISTMAS WARM UP MUSIC WITH ROXY SWAN <i>Friday, November 27th at 2:30 pm</i></p>			
<p>1</p> <p>9:30 V!VAfit Sit (5th Floor)</p> <p>10:00 Brain Boosters Package *Pick up @ Concierge* (L)</p> <p>2:00 Walk and Stroll (L)</p>	<p>2</p> <p>9:00 V!VAfit Sit (4th Floor)</p> <p>9:30 V!VAfit Sit (5th Floor)</p> <p>10:00 Brain Boosters Package *Pick up @ Concierge* (L)</p> <p>10:30 V!VAfit Fun (2nd Floor)</p> <p>11:00 Online Shopping (Lifestyles)</p> <p>2:00 Walk & Stroll (L)</p>	<p>3</p> <p>9:00 V!VAfit Balance (4th Floor)</p> <p>9:30 V!VAfit Balance (5th Floor)</p> <p>10:00 Brain Boosters Package *Pick up @ Concierge* (L)</p> <p>10:30 V!VAfit Fun (2nd Floor)</p> <p>11:00 Online Shopping (Lifestyles)</p> <p>2:00 Walk & Stroll (L)</p>	<p>4</p> <p>9:00 V!VAfit Sit/Stand (4th Floor)</p> <p>9:30 V!VAfit Sit/Stand (5th Floor)</p> <p>10:00 Brain Boosters Package *Pick up @ Concierge* (L)</p> <p>10:30 V!VAfit Fun (2nd Floor)</p> <p>11:00 Online Shopping (Lifestyles)</p> <p>2:00 Walk & Stroll (L)</p>	<p>5</p> <p>9:00 V!VAfit Balance (4th Floor)</p> <p>9:30 V!VAfit Balance (5th Floor)</p> <p>10:00 Brain Boosters Package *Pick up @ Concierge* (L)</p> <p>10:30 V!VAfit Fun (2nd Floor)</p> <p>11:00 Online Shopping (Lifestyles)</p> <p>2:00 Hallway Bingo (by floor)</p>	<p>6</p> <p>9:00 V!VAfit Sit (4th Floor)</p> <p>9:30 V!VAfit Sit (5th Floor)</p> <p>10:00 Brain Boosters Package *Pick up @ Concierge* (L)</p> <p>10:30 V!VAfit Fun (2nd Floor)</p> <p>11:00 Online Shopping (Lifestyles)</p> <p>2:00 Walk & Stroll (L)</p>	<p>7</p> <p>9:30 V!VAfit Sit (4th Floor)</p> <p>10:00 Brain Boosters Package *Pick up @ Concierge* (L)</p> <p>2:00 Walk and Stroll (L)</p>
<p>8</p> <p>9:30 V!VAfit Sit (5th Floor)</p> <p>10:00 Brain Boosters Package *Pick up @ Concierge* (L)</p> <p>2:00 Walk and Stroll (L)</p> <p>3:00 Piano Music with Allan Ryan (L)</p>	<p>9</p> <p>9:00 V!VAfit Sit (VS)</p> <p>9:30 V!VAfit Sit (VS)</p> <p>10:00 Dollarama ✓ 🚗 ▶▶</p> <p>10:30 V!VAfit Fun (FD)</p> <p>2:30 Matinee (VP)</p> <p>3:00 Social Hour (MB)</p> <p>3:00 Fit Minds Flash (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>10:30 Fit Minds Flash (FD)</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 (VP)</p> <p>7:00 Movie Night (VP)</p>	<p>11 Remembrance Day</p> <p>9:00 V!VAfit Sit/Stand (VS)</p> <p>9:30 V!VAfit Sit/Stand (VS)</p> <p>10:00 Wartime Music with the Chords (L)</p> <p>Live Streaming of Remembrance Day Service from Parliament Hill (VP)</p> <p>11:00</p> <p>1:30 Walmart ✓ 🚗 ▶▶</p> <p>2:30 Matinee (VP)</p> <p>3:00 Reflections with Kayla (FD)</p> <p>7:00 Movie Night (VP)</p>	<p>12</p> <p>9:00 V!VAfit Balance (VS)</p> <p>9:30 V!VAfit Balance (VS)</p> <p>9:30 Virtual Breathe and Relax with Georgia (FD)</p> <p>10:00 Shopper's Drug Mart ✓ 🚗 ▶▶</p> <p>10:15 Documentary (VP)</p> <p>1:30 Shopper's Drug Mart ✓ 🚗 ▶▶</p> <p>2:30 Matinee (VP)</p> <p>3:00 Social Hour (MB)</p> <p>3:00 Bingo (FD)</p> <p>7:00 Movie Night (VP)</p>	<p>13</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>2:30 Trip Down Memory Lane with Jim Beattie (VP)</p> <p>3:00 Social Hour (MB)</p> <p>3:00 Coffee & Chat (FD)</p> <p>7:00 Movie Night (VP)</p>	<p>14</p> <p>9:30 V!VAfit Sit (VS)</p> <p>10:30 Word Search *Pick up @ Concierge* (L)</p> <p>1:30 Music with the Diplomats (MB)</p> <p>2:30 Sunday Matinee (VP)</p> <p>3:00 Giant Crossword (FD)</p> <p>7:00 Movie Night (VP)</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>15</p> <p>9:30 V!VAfit Sit (VS)</p> <p>10:30 Brain Boosters *Pick up @ Concierge* (L)</p> <p>Live Streaming of Sunday Mass from St. Patrick's Parish (VP)</p> <p>10:45 Mass from St. Patrick's Parish (VP)</p> <p>2:30 Sunday Matinee (VP)</p> <p>3:00 Coffee & Chat (FD)</p> <p>7:00 Movie Night (VP)</p>	<p>16</p> <p>9:00 V!VAfit Sit (VS)</p> <p>9:30 V!VAfit Sit (VS)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>11:00 Virtual Current Events with Professor Cammy (VP)</p> <p>1:30 Carlingwood Mall ✓ 🚗 ▶▶</p> <p>2:30 Matinee (VP)</p> <p>3:00 Social Hour (MB)</p> <p>3:00 Fit Minds Flash (FD)</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>10:00 Walker/Wheelchair Repair Clinic (MB)</p> <p>10:30 Fit Minds Flash (FD)</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 (VP)</p> <p>7:00 Movie Night (VP)</p>	<p>18</p> <p>9:00 V!VAfit Sit/Stand (VS)</p> <p>9:30 V!VAfit Sit/Stand (VS)</p> <p>10:00 Walmart ✓ 🚗 ▶▶</p> <p>10:30 Memory Fitness (VP)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>2:30 Matinee (VP)</p> <p>3:00 Giant Crossword (FD)</p> <p>7:00 Movie Night (VP)</p>	<p>19</p> <p>9:00 V!VAfit Balance (VS)</p> <p>9:30 V!VAfit Balance (VS)</p> <p>9:30 Virtual Breathe and Relax with Georgia (FD)</p> <p>10:00 Scenic Drive ✓ 🚗 ▶▶</p> <p>10:15 Documentary (VP)</p> <p>1:30 Pictionary (MB)</p> <p>2:30 Matinee (VP)</p> <p>3:00 Social Hour (MB)</p> <p>3:00 Bingo (FD)</p> <p>7:00 Movie Night (VP)</p>	<p>20</p> <p>9:00 V!VAfit Sit (VS)</p> <p>9:30 V!VAfit Sit (VS)</p> <p>10:00 Mystery Drive ✓ 🚗 ▶▶</p> <p>10:15 Documentary (VP)</p> <p>10:30 Music Therapy with Danielle (FD)</p> <p>2:30 Matinee (VP)</p> <p>3:00 Social Hour (MB)</p> <p>3:00 Coffee & Chat (FD)</p> <p>3:30 Music with Dai Bassett (MB)</p> <p>7:00 Movie Night (VP)</p>	<p>21</p> <p>9:30 V!VAfit Sit (VS)</p> <p>10:30 Word Search *Pick up @ Concierge* (L)</p> <p>1:30 V!VAfit Fun (FD)</p> <p>2:30 Sunday Matinee (VP)</p> <p>3:00 Current Events (FD)</p> <p>7:00 Movie Night (VP)</p>
<p>22</p> <p>9:30 V!VAfit Sit (VS)</p> <p>10:30 Brain Boosters *Pick up @ Concierge* (L)</p> <p>Live Streaming of Sunday Mass from St. Patrick's Parish (VP)</p> <p>10:45 Mass from St. Patrick's Parish (VP)</p> <p>2:30 Sunday Matinee (VP)</p> <p>1:30 Piano Music with Allan Ryan (L)</p> <p>3:00 V!VAfit Fun (FD)</p> <p>7:00 Movie Night (VP)</p>	<p>23</p> <p>9:00 V!VAfit Sit (VS)</p> <p>9:30 Falls Prevention Class Part 2 (VS)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>1:30 Dollarama ✓ 🚗 ▶▶</p> <p>2:30 Matinee (VP)</p> <p>3:00 Social Hour (MB)</p> <p>3:00 Fit Minds Flash (FD)</p> <p>7:00 Movie Night (VP)</p>	<p>24</p> <p>9:00 V!VAfit Balance (VS)</p> <p>9:30 V!VAfit Balance (VS)</p> <p>10:15 History Presentation by Mary Major – 'Berlin State Museum' (VP)</p> <p>10:30 Fit Minds Flash (FD)</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 (VP)</p> <p>7:00 Movie Night (VP)</p>	<p>25</p> <p>9:00 V!VAfit Sit/Stand (VS)</p> <p>9:30 V!VAfit Sit/Stand (VS)</p> <p>10:30 Memory Fitness (VP)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>1:30 Walmart ✓ 🚗 ▶▶</p> <p>2:00 Music with the West Ottawa Ladies Chorus (L)</p> <p>2:30 Matinee (VP)</p> <p>3:00 Giant Crossword (FD)</p> <p>7:00 Movie Night (VP)</p> <p>7:00 Music with the Vintage Fiddlers (MB)</p>	<p>26</p> <p>9:00 V!VAfit Balance (VS)</p> <p>9:30 V!VAfit Balance (VS)</p> <p>9:30 Virtual Breathe and Relax with Georgia (FD)</p> <p>10:00 Shopper's Drug Mart ✓ 🚗 ▶▶</p> <p>10:15 Documentary (VP)</p> <p>1:30 Shopper's Drug Mart ✓ 🚗 ▶▶</p> <p>2:30 Matinee (VP)</p> <p>3:00 Social Hour (MB)</p> <p>3:00 Bingo Bonanza (FD)</p> <p>7:00 Movie Night (VP)</p>	<p>27</p> <p>9:00 V!VAfit Sit (VS)</p> <p>9:30 V!VAfit Sit (VS)</p> <p>10:00 Independent ✓ 🚗 ▶▶</p> <p>10:15 Documentary (VP)</p> <p>10:30 Music Therapy with Danielle (FD)</p> <p>2:00 Christmas Warm Up Music with Roxy Swan (MB)</p> <p>2:30 Matinee (VP)</p> <p>3:00 Coffee & Chat (FD)</p> <p>3:00 Social Hour (MB)</p> <p>7:00 Movie Night (VP)</p>	<p>28</p> <p>9:30 V!VAfit Sit (VS)</p> <p>10:30 Word Search *Pick up @ Concierge* (L)</p> <p>1:30 Memory Games (MB)</p> <p>2:30 Sunday Matinee (VP)</p> <p>3:00 Giant Crossword (FD)</p> <p>7:00 Movie Night (VP)</p>
<p>29</p> <p>9:30 V!VAfit Sit (VS)</p> <p>10:30 Brain Boosters *Pick up @ Concierge* (L)</p> <p>Live Streaming of Sunday Mass from St. Patrick's Parish (VP)</p> <p>10:45 Mass from St. Patrick's Parish (VP)</p> <p>2:30 Sunday Matinee (VP)</p> <p>3:00 Coffee & Chat (FD)</p> <p>7:00 Movie Night (VP)</p>	<p>30</p> <p>9:00 V!VAfit Sit (VS)</p> <p>9:30 V!VAfit Sit (VS)</p> <p>10:00 Carlingwood Mall ✓ 🚗 ▶▶</p> <p>10:30 V!VAfit Fun (FD)</p> <p>2:30 Matinee (VP)</p> <p>2:30 Christmas Warm Up Music with Noel (FD)</p> <p>3:00 Social Hour (MB)</p> <p>7:00 Movie Night (VP)</p>	<p>WALKER WHEELCHAIR REPAIR CLINIC <i>Tuesday, November 17th at 10:00</i></p>	<p>FALLS PREVENTION CLASS – PART 2 <i>Monday, November 23rd at 9:30 a.m.</i></p>			