



Community Members continue to stay active by attending VIVAfit classes and using the gym equipment.

Don't miss out!

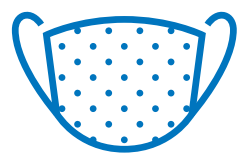
Musical Memories with Jim Beattie
 Friday, January 15th
 2:30pm – V!VAplex

Walker/Wheelchair Repair Clinic
 Tuesday, January 19th
 10:00am – Mel's Barr

Beat the Winter Blues Music from Dai Bassett
 Thursday, January 21st
 2:00pm – Mel's Barr

Robbie Burns Festivities + Lyon St. Celtic Band
 Monday, January 25th
 7:00pm – Mel's Barr

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 gave generously to our local Food Bank. A big thank you to everyone who donated.



Enjoying the spirit of the holiday season in the air.



"Who Am I?" clue game winners.



A very Merry Christmas from the Managers at V!VA Barrhaven.

Upcoming Virtual Events

A new monthly series to help us feel better together!



Guest Speaker
Amanda Li, Registered Dietician & Educator

The Role of Nutrition in Seniors' Mental Health and Wellbeing

Two Part Series with Guest Speaker:
Amanda Li

TUESDAY, JANUARY 19 | 10:00 - 11:00 AM

Join us on Zoom as Registered Dietitian, educator, and owner of Wellness Simplified, Amanda Li, examines key nutrients for older adults and their role in mental health and wellbeing. Participants will be entered to WIN a virtual 30 minute nutrition consult with Amanda!

TUESDAY, JANUARY 26 | 10:00 - 11:00 AM

Now that we have discussed the key nutrients, let's put this knowledge into practice! Amanda prepares two easy, nutritious, and mouth-watering recipes rich in important nutrients



Guest Speaker
Mike Stroh, MACP, Registered Psychotherapist

Kindness and Compassion

TUESDAY, FEBRUARY 16 | 10:00 - 11:00 AM

Join us as MACP, Registered Psychotherapist, Mike Stroh, explores why exercising self compassion and cultivating kindness can make us feel more connected and motivated while enhancing personal wellbeing.

To register for these events, please call Natasha at (613) 823-0220 or email barrhaven@vivalife.ca.

Word Search

The New Year is almost here! Get into the spirit searching for festive words in the block below.

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

CHAMPAGNE

CONFETTI

COUNTDOWN

DANCING

FIREWORKS

HANGOVER

HOLIDAY

JANUARY

MIDNIGHT

MUSIC

PARTY

RESOLUTION

RESOLUTIONS

STREAMERS

TUXEDO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LEGEND Orange Fitness Class Purple Special Event Green Excursion ✓ Sign Up 🚗 Shuttle \$ Cost required ▶▶ Walking	(PC) Perks! Café (MB) Mel's Barr (TR) Therapy Room (VP) V!VAplex (VG) Victory Garden (VS) V!VAfit Studio (VL) V!VAlinks (L) Lobby (CC) Community Commons (BG) Brain Gym (CK) V!VAcraft Kitchen (FD) Family Den (HR) Horticulture Room (P) Pool	MUSIC WITH ARLENE QUINN January 5 th , 2020 @ 3:30 pm in Mel's Barr MUSIC PRESENTATION BY JIM BEATTIE January 15 th , 2020 @ 2:30 pm in V!VAplex	WALKER AND WHEELCHAIR REPAIR CLINIC January 19 th , 2020 @ 10:00 am in Mel's Barr BEAT THE WINTER BLUES WITH MUSIC FROM DAI BASSETT January 21 st , 2020 @ 2:00 pm in Mel's Barr		1 New Year's Day 9:30 V!VAfit Sit (VS) 10:00 Word Search *Pick up @ Concierge* (L) 2:30 Matinee (VP) 3:30 Coffee & Chat (FD) 7:00 Movie Night (VP)	2 9:30 V!VAfit Sit (VS) 10:00 Word Search *Pick up @ Concierge* (L) 2:30 Matinee (VP) 3:30 V!VAfit Fun (FD) 7:00 Movie Night (VP)
3 9:30 V!VAfit Sit (VS) 10:00 Brain Boosters *Pick up @ Concierge* (L) Live Streaming of Sunday Mass from St. Patrick's Parish (VP) 10:45 2:30 Matinee (VP) 3:30 V!VAfit Fun (FD) 7:00 Movie Night (VP)	4 9:00 V!VAfit Sit (VS) 9:30 V!VAfit Sit (VS) 10:00 Brain Boosters Package *Pick up @ Concierge* (L) 10:15 Dollarama (L) ✓ 🚗 \$ 10:30 V!VAfit Fun (FD) 11:00 Online Shopping (Lifestyles) 2:30 Matinee (VP) 3:00 Social Hour (MB) 7:00 Movie Night (VP)	5 9:00 V!VAfit Balance (VS) 9:30 V!VAfit Balance (VS) 10:00 Fit Minds Flash (FD) 10:30 V!VAfit Fun (FD) 11:00 Online Shopping (Lifestyles) 2:30 Matinee (VP) 3:00 Social Hour (MB) 3:30 Yoga with Janaki (FD) 3:30 Music with Arlene Quinn (MB) 6:45 CM Bingo Night (VP) 7:00 Movie Night (VP)	6 9:00 V!VAfit Sit/Stand (VS) 9:30 V!VAfit Sit/Stand (VS) 10:00 Brain Boosters Package *Pick up @ Concierge* (L) 10:00 Fit Minds Flash (FD) 10:15 Walmart (L) ✓ 🚗 \$ 10:30 V!VAfit Fun (FD) 11:00 Online Shopping (Lifestyles) 2:30 Matinee (VP) 3:00 Social Hour with Music from Peter Foret (MB) 7:00 Movie Night (VP)	7 9:00 V!VAfit Balance (VS) 9:30 V!VAfit Balance (VS) 9:30 Virtual Breathe and Relax with Georgia (FD) 10:15 Shopper's Drug Mart (L) ✓ 🚗 \$ 10:30 V!VAfit Fun (FD) 11:00 Online Shopping (Lifestyles) 1:30 Shopper's (L) ✓ 🚗 \$ 2:30 Matinee (VP) 3:00 Social Hour (MB) 7:00 Movie Night (VP)	8 9:00 V!VAfit Sit (VS) 9:30 V!VAfit Sit (VS) 10:00 Brain Boosters Package *Pick up @ Concierge* (L) 11:00 Online Shopping (Lifestyles) 1:30 Mystery Drive (L) ✓ 🚗 \$ 2:30 Matinee (VP) 3:00 Social Hour with Music from Brian (MB) 7:00 Movie Night (VP)	9 9:30 V!VAfit Sit (VS) 10:00 Word Search *Pick up @ Concierge* (L) 2:30 Matinee (VP) 3:30 V!VAfit Fun (FD) 7:00 Movie Night (VP)
10 9:30 V!VAfit Sit (VS) 10:00 Brain Boosters *Pick up @ Concierge* (L) Live Streaming of Sunday Mass from St. Patrick's Parish (VP) 10:45 2:30 Matinee (VP) 3:30 V!VAfit Fun (FD) 7:00 Movie Night (VP)	11 9:00 V!VAfit Sit (VS) 9:30 V!VAfit Sit (VS) 10:00 Brain Boosters Package *Pick up @ Concierge* (L) 10:00 Fit Minds Flash (FD) 10:15 Independent (L) ✓ 🚗 \$ 10:30 V!VAfit Fun (FD) 11:00 Online Shopping (Lifestyles) 2:30 Matinee (VP) 3:00 Social Hour with Music from Noel (MB) 7:00 Movie Night (VP)	12 9:00 V!VAfit Balance (VS) 9:30 V!VAfit Balance (VS) 10:00 Fit Minds Flash (FD) 10:30 V!VAfit Fun (FD) 11:00 Online Shopping (Lifestyles) 2:30 Matinee (VP) 3:00 Social Hour (MB) 3:30 Yoga with Janaki (FD) 6:45 CM Bingo Night (VP) 7:00 Movie Night (VP)	13 9:00 V!VAfit Sit/Stand (VS) 9:30 V!VAfit Sit/Stand (VS) 10:00 Brain Boosters Package *Pick up @ Concierge* (L) 10:00 Music with Paddy Stewart and the Daycare Kids (FD) 10:15 Walmart (L) ✓ 🚗 \$ 11:00 Online Shopping (Lifestyles) 2:30 Matinee (VP) 3:00 Social Hour (MB) 3:30 V!VAfit Fun (FD) 7:00 Movie Night (VP)	14 9:00 V!VAfit Balance (VS) 9:30 V!VAfit Balance (VS) 9:30 Virtual Breathe and Relax with Georgia (FD) 10:15 Shopper's Drug Mart (L) ✓ 🚗 \$ 10:30 V!VAfit Fun (FD) 11:00 Online Shopping (Lifestyles) 1:30 Shopper's (L) ✓ 🚗 \$ 2:30 Matinee (VP) 3:00 Social Hour with Music from Andre (MB) 7:00 Movie Night (VP)	15 9:00 V!VAfit Sit (VS) 9:30 V!VAfit Sit (VS) 10:00 Brain Boosters Package *Pick up @ Concierge* (L) 10:30 V!VAfit Fun (FD) 11:00 Online Shopping (Lifestyles) 2:30 Music Presentation by Jim Beattie (VP) 3:00 Social Hour (MB) 7:00 Movie Night (VP)	16 9:30 V!VAfit Sit (VS) 10:00 Word Search *Pick up @ Concierge* (L) 2:30 Matinee (VP) 3:30 V!VAfit Fun (FD) 7:00 Movie Night (VP)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>17</p> <p>9:30 VIVAfit Sit (VS)</p> <p>10:00 Brain Boosters *Pick up @ Concierge* (L) 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 Matinee (VP)</p> <p>3:30 VIVAfit Fun (FD)</p> <p>7:00 Movie Night (VP)</p>	<p>18</p> <p>9:00 VIVAfit Sit (VS)</p> <p>9:30 VIVAfit Sit (VS)</p> <p>10:00 Brain Boosters Package *Pick up @ Concierge* (L)</p> <p>10:00 Fit Minds Flash (FD)</p> <p>10:15 Dollarama (L) ✓ 🚗 \$</p> <p>10:30 VIVAfit Fun (FD)</p> <p>11:00 Online Shopping (Lifestyles)</p> <p>2:30 Matinee (VP)</p> <p>3:00 Social Hour (MB)</p> <p>7:00 Movie Night (VP)</p>	<p>19</p> <p>9:00 VIVAfit Balance (VS)</p> <p>9:30 VIVAfit Balance (VS)</p> <p>10:00 Walker/Wheelchair Repair Clinic (MB)</p> <p>10:00 Fit Minds Flash (FD)</p> <p>10:30 VIVAfit Fun (FD)</p> <p>11:00 Online Shopping (Lifestyles)</p> <p>2:00 Music with Lauren (MB)</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>20</p> <p>9:00 VIVAfit Sit/Stand (VS)</p> <p>9:30 VIVAfit Sit/Stand (VS)</p> <p>10:00 Brain Boosters Package *Pick up @ Concierge* (L)</p> <p>10:15 Walmart (L) ✓ 🚗 \$</p> <p>11:00 Online Shopping (Lifestyles)</p> <p>2:30 Matinee (VP)</p> <p>3:00 Social Hour (MB)</p> <p>3:30 VIVAfit Fun (FD)</p> <p>7:00 Movie Night (VP)</p>	<p>21</p> <p>9:00 VIVAfit Balance (VS)</p> <p>9:30 VIVAfit Balance (VS)</p> <p>9:30 Virtual Breathe and Relax with Georgia (FD)</p> <p>10:15 Shopper's Drug Mart (L) ✓ 🚗 \$</p> <p>10:30 VIVAfit Fun (FD)</p> <p>11:00 Online Shopping (Lifestyles)</p> <p>1:30 Shopper's (L) ✓ 🚗 \$</p> <p>2:00 Beat the Winter Blues with Music from Dai (MB)</p> <p>2:30 Matinee (VP)</p> <p>3:00 Social Hour (MB)</p> <p>7:00 Movie Night (VP)</p>	<p>22</p> <p>9:00 VIVAfit Sit (VS)</p> <p>9:30 VIVAfit Sit (VS)</p> <p>10:00 Brain Boosters Package *Pick up @ Concierge* (L)</p> <p>10:30 VIVAfit Fun (FD)</p> <p>11:00 Online Shopping (Lifestyles)</p> <p>3:00 Social Hour with Music from Jumpin' Jimmy (MB)</p> <p>7:00 Movie Night (VP)</p>	<p>23</p> <p>9:30 VIVAfit Sit (VS)</p> <p>10:00 Word Search *Pick up @ Concierge* (L)</p> <p>2:30 Matinee (VP)</p> <p>3:30 VIVAfit Fun (FD)</p> <p>7:00 Movie Night (VP)</p>
<p>24</p> <p>9:30 VIVAfit Sit (VS)</p> <p>10:00 Brain Boosters *Pick up @ Concierge* (L) 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 Matinee (VP)</p> <p>3:30 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>10:00 Brain Boosters Package *Pick up @ Concierge* (L)</p> <p>10:00 Fit Minds Flash (FD)</p> <p>10:15 Independent (L) ✓ 🚗 \$</p> <p>10:30 VIVAfit Fun (FD)</p> <p>11:00 Online Shopping (Lifestyles)</p> <p>2:30 Matinee (VP)</p> <p>3:00 Social Hour (MB)</p> <p>7:00 Robbie Burns Celebration with the Lyon St. Celtic Band (MB)</p>	<p>26</p> <p>9:00 VIVAfit Balance (VS)</p> <p>9:30 VIVAfit Balance (VS)</p> <p>10:00 Fit Minds Flash (FD)</p> <p>10:30 VIVAfit Fun (FD)</p> <p>11:00 Online Shopping (Lifestyles)</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>27</p> <p>9:00 VIVAfit Sit/Stand (VS)</p> <p>9:30 VIVAfit Sit/Stand (VS)</p> <p>10:00 Brain Boosters Package *Pick up @ Concierge* (L)</p> <p>10:15 Walmart (L) ✓ 🚗 \$</p> <p>11:00 Online Shopping (Lifestyles)</p> <p>2:30 Matinee (VP)</p> <p>3:00 Social Hour (MB)</p> <p>3:30 VIVAfit Fun (FD)</p> <p>7:00 Movie Night (VP)</p>	<p>28</p> <p>9:00 VIVAfit Balance (VS)</p> <p>9:30 VIVAfit Balance (VS)</p> <p>9:30 Virtual Breathe and Relax with Georgia (FD)</p> <p>10:15 Shopper's Drug Mart (L) ✓ 🚗 \$</p> <p>10:30 VIVAfit Fun (FD)</p> <p>11:00 Online Shopping (Lifestyles)</p> <p>1:30 Shopper's (L) ✓ 🚗 \$</p> <p>2:30 Matinee (VP)</p> <p>3:00 Social Hour (MB)</p> <p>7:00 Movie Night (VP)</p>	<p>29</p> <p>9:00 VIVAfit Sit (VS)</p> <p>9:30 VIVAfit Sit (VS)</p> <p>10:00 Brain Boosters Package *Pick up @ Concierge* (L)</p> <p>10:30 VIVAfit Fun (FD)</p> <p>11:00 Online Shopping (Lifestyles)</p> <p>3:00 January Birthday Celebration with Music from Spencer (MB)</p> <p>7:00 Movie Night (VP)</p>	<p>30</p> <p>9:30 VIVAfit Sit (VS)</p> <p>10:00 Word Search *Pick up @ Concierge* (L)</p> <p>2:30 Matinee (VP)</p> <p>3:30 VIVAfit Fun (FD)</p> <p>7:00 Movie Night (VP)</p>
<p>31</p> <p>9:30 VIVAfit Sit (VS)</p> <p>10:00 Brain Boosters *Pick up @ Concierge* (L) 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 Matinee (VP)</p> <p>3:30 VIVAfit Fun (FD)</p> <p>7:00 Movie Night (VP)</p>	<p>ROBBIE BURNES CELEBRATION WITH MUSIC FROM THE LYON ST. CELTIC BAND</p> <p>January 25th @ 7:00 pm in Mel's Barr</p>	<p>JANUARY BIRTHDAY CELEBRATION WITH MUSIC FROM SPENCER</p> <p>January 29th @ 3:00 pm in Mel's Barr</p>				