



Happiness through our Drumfit program



Proud to display his completed puzzle.

**Don't miss out!**

**Cinco de Mayo Social with Noel**

Friday, May 7th  
2:00pm – Mel's Barr

**Virtual Presentation with Rexall: Breathe Easy**

Tuesday, May 11th  
10:00am – V!VAp!ex

**Virtual Current Events with Professor Cammy**

Tuesday, May 11th  
11:00am – V!VAp!ex

**Zumba with Diane**

May 13th and 27th  
2:00pm – V!VAp!ex

**Walker/Wheelchair Repair Clinic**

Tuesday, May 18th  
10:00am – Mel's Barr

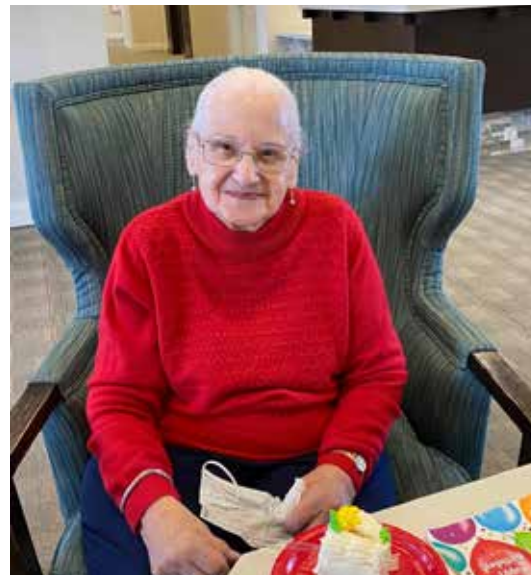
Call (613) 823-0220 or email [barrhaven@vivalife.ca](mailto:barrhaven@vivalife.ca) to register for these events.

LET'S WORK TOGETHER AND REMEMBER TO WEAR OUR MASKS AND KEEP A SAFE DISTANCE.

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Congratulations to V!V!A Barrhaven for placing in the top 10 winners of the International Council of Active Aging, and to all of the Community Members and Team Members for their amazing work and tremendous participation.



Pauline helps us to celebrate our monthly Birthdays.



Community Member Lynn displays her FitBit which she won at the Walking Club auction.



# Upcoming Virtual Events

A monthly series to help us feel better together!

Please join us as we continue to increase awareness around mental health as an important issue for older adults, provide seniors and loved ones with relevant education and resources, and raise funds for local organizations supporting seniors' mental health.



Guest Speaker,  
**Patricia Morgan,**  
Spunk Seniorpreneur

## Tips on Resilient Aging from a Spunky Senior

MAY 18 | 11:00 AM - 12:00 PM

Spunky seniorpreneur, Patricia Morgan, shares the VIVA way to resilient aging. **V** is for: *validate your body's wisdom*, **I** is for: *improve your thoughts*, **V** is for: *value your community*, **A** is for: *added fun, smiles, and laughter*.



Guest Speaker,  
**Laura Bourne,**  
Wellness Consultant  
& Holistic Nutritionist

## How Essential Oils Can Support Mental Health

JUNE 15 | 11:00 AM - 12:00 PM

Aromatherapy has played an important role in holistic health and wellness practices for centuries. Join Laura, Workplace Wellness Consultant and Holistic Nutritionist, to learn how using essential oils can offer the body natural and holistic solutions.

To register, go to  
[www.vivalife.ca/mentalhealth](http://www.vivalife.ca/mentalhealth)  
or call **Natasha** at **(613) 823-0220**  
or email [barrhaven@vivalife.ca](mailto:barrhaven@vivalife.ca)

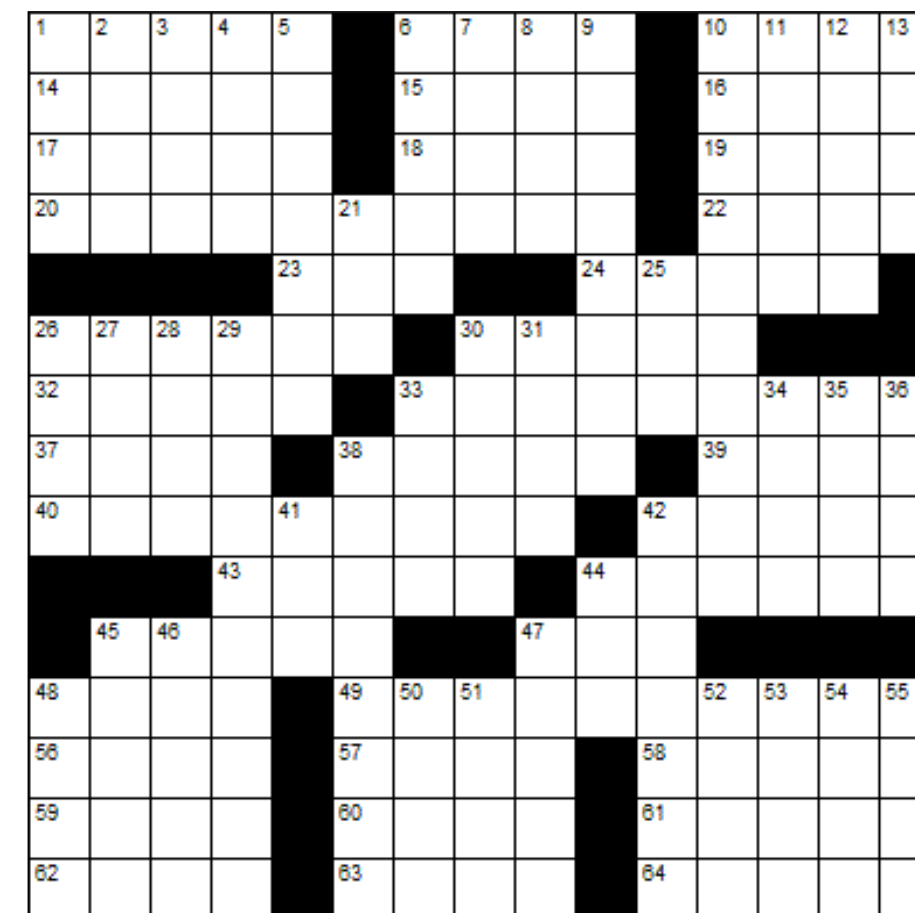


# Crossword!

Take a break with this challenging puzzle! Good luck!

## ACROSS

1. Bedouin
6. Fellow
10. Geographic illustrations
14. 3-banded armadillo
15. Christmas season
16. Small island
17. Compassion
18. Family group
19. Protruding part of the lower jaw
20. Charmed
22. Marsh plant
23. Lyric poem
24. Long times
26. Walk quietly
30. Parental sisters
32. Ignominy
33. Dismantled
37. Clairvoyant
38. Prods
39. A single time
40. Sign of things to come
42. Seasoning
43. Mammary gland of bovids
44. Move unsteadily
45. Of the cheekbone
47. Woman
48. Venician magistrate
49. Exhilaration
56. Distinctive flair
57. Allies' foe
58. Hot chocolate
59. Nonclerical
60. Fog
61. Fortuneteller's card
62. Sea eagle
63. Chickadees
64. Spurs



## DOWN

- |                              |                               |                          |
|------------------------------|-------------------------------|--------------------------|
| 1. What a person is called   | 13. Transmit                  | 38. Unimagined           |
| 2. Not closed                | 21. Citrus drink              | 41. Actress Lupino       |
| 3. Shopping place            | 25. Estimated time of arrival | 42. Chooses              |
| 4. Ogee                      | 26. Nonsense (British)        | 44. Make lace            |
| 5. A hospital common room    | 27. Bright thought            | 45. Back tooth           |
| 6. Pedal                     | 28. Jetty                     | 46. Encore               |
| 7. Body of a ship            | 29. Instability               | 47. Central points       |
| 8. Wings                     | 30. Cholera                   | 48. Expunge              |
| 9. Necklaces                 | 31. End ___                   | 50. 22 in Roman numerals |
| 10. Used to see small things | 33. Desire                    | 51. A box or chest       |
| 11. Pale with fright         | 34. Make a sweater            | 52. Groan                |
| 12. Layers                   | 35. Behold, in old Rome       | 53. Beige                |
|                              | 36. Bucks and does            | 54. Newbie (slang)       |
|                              |                               | 55. Makes lace           |

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>LEGEND</b></p> <p><b>Orange Fitness Class</b></p> <p><b>Purple Special Event</b></p> <p><b>Green Excursion</b></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>(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><b>Cinco de Mayo Social with Noel</b></p> <p>Friday May 7th 2021 2:00 pm Mel's Barr</p> <p><b>Spring Fling with Arlene</b></p> <p>Wednesday, May 19th 3:00 p.m. Mel's Barr</p>	<p><b>Virtual Current Events with Cammy</b></p> <p>Tuesday, May 11th 11:00 a.m. V!VAplex</p> <p><b>V!VA Values Mental Health Virtual Presentation</b></p> <p>Tuesday May 18th 11:00 a.m.</p>			<p><b>1</b></p> <p>9:00 <b>V!VAfit Sit (VS)</b></p> <p>Brain Boosters Package</p> <p>10:00 *Pick up @ Perk's Café* (PC)</p> <p>10:00 Movie (VP)</p> <p>10:00 <b>DrumFIT (VS)</b></p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 <b>V!VAfit Fun (FD)</b></p> <p>7:00 Evening Movie (VP)</p>
<p><b>2</b></p> <p>9:00 <b>V!VAfit Sit (VS)</b></p> <p>Brain Boosters Package</p> <p>10:00 *Pick up @ Perk's Café* (PC)</p> <p>10:30 <b>V!VAfit Fun (FD)</b></p> <p>2:30 Afternoon Movie (VP)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>3</b></p> <p>9:00 <b>V!VAfit Sit (VS)</b></p> <p>9:30 <b>V!VAfit Sit (VS)</b></p> <p>Brain Boosters Package</p> <p>10:00 *Pick up @ Perk's Café* (PC)</p> <p>10:30 <b>V!VAfit Fun (FD)</b></p> <p>11:00 Online Shopping (Lifestyles)</p> <p>2:00 <b>V!VAfit Walkers Walking Club (LL)</b></p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 <b>V!VAfit Fun (FD)</b></p> <p>7:00 Evening Movie (VP)</p>	<p><b>4</b></p> <p>9:00 <b>V!VAfit Balance (VS)</b></p> <p>9:30 <b>V!VAfit Balance (VS)</b></p> <p>Brain Boosters Package</p> <p>10:00 *Pick up @ Perk's Café* (PC)</p> <p>10:00 Movie (VP)</p> <p>11:00 Online Shopping (Lifestyles)</p> <p>1:30 <b>DrumFIT (VS)</b></p> <p>2:00 <b>DrumFIT (VS)</b></p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 Let's Go Shopping! (FD)</p> <p>3:00 <b>Musical Social Hour with Noel (MB)</b></p> <p>7:00 Evening Movie (VP)</p>	<p><b>5</b></p> <p>9:00 <b>V!VAfit Sit (VS)</b></p> <p>9:30 <b>V!VAfit Sit (VS)</b></p> <p>Brain Boosters Package</p> <p>10:00 *Pick up @ Perk's Café* (PC)</p> <p>10:30 <b>V!VAfit Fun (FD)</b></p> <p>10:30 <b>Virtual Memory Fitness (VP)</b></p> <p>11:00 Online Shopping (Lifestyles)</p> <p>2:30 Afternoon Movie (VP)</p> <p>2:30 <b>Curious About Coronavirus Meetings (MB)</b></p> <p>3:00 <b>V!VAfit Fun (FD)</b></p> <p>7:00 Evening Movie (VP)</p>	<p><b>6</b></p> <p>9:00 <b>V!VAfit Balance (VS)</b></p> <p>9:30 <b>V!VAfit Balance (VS)</b></p> <p>Brain Boosters Package</p> <p>10:00 *Pick up @ Perk's Café* (PC)</p> <p>11:00 Online Shopping (Lifestyles)</p> <p>1:30 <b>DrumFIT (VS)</b></p> <p>2:00 <b>DrumFIT (VS)</b></p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 Name 10 (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>7</b></p> <p>9:00 <b>V!VAfit Sit (VS)</b></p> <p>9:30 <b>V!VAfit Sit (VS)</b></p> <p>Brain Boosters Package</p> <p>10:00 *Pick up @ Perk's Café* (PC)</p> <p>10:30 <b>V!VAfit Fun (FD)</b></p> <p>11:00 Online Shopping (Lifestyles)</p> <p>2:00 <b>Cinco de Mayo Social with Noel (MB)</b></p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 <b>V!VAfit Fun (FD)</b></p> <p>7:00 Evening Movie (VP)</p>	<p><b>8</b></p> <p>9:00 <b>V!VAfit Sit (VS)</b></p> <p>Brain Boosters Package</p> <p>10:00 *Pick up @ Perk's Café* (PC)</p> <p>10:00 Movie (VP)</p> <p>10:00 <b>DrumFIT (VS)</b></p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 <b>V!VAfit Fun (FD)</b></p> <p>7:00 Evening Movie (VP)</p>
<p><b>9</b></p> <p>9:00 <b>V!VAfit Sit (VS)</b></p> <p>Brain Boosters Package</p> <p>10:00 *Pick up @ Perk's Café* (PC)</p> <p>10:30 <b>V!VAfit Fun (FD)</b></p> <p>2:30 Afternoon Movie (VP)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>10</b></p> <p>9:00 <b>V!VAfit Sit (VS)</b></p> <p>9:30 <b>V!VAfit Sit (VS)</b></p> <p>Brain Boosters Package</p> <p>10:00 *Pick up @ Perk's Café* (PC)</p> <p>10:30 <b>V!VAfit Fun (FD)</b></p> <p>11:00 Online Shopping (Lifestyles)</p> <p>2:00 <b>V!VAfit Walkers Walking Club (LL)</b></p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 <b>V!VAfit Fun (FD)</b></p> <p>7:00 Evening Movie (VP)</p>	<p><b>11</b></p> <p>9:00 <b>V!VAfit Balance (VS)</b></p> <p>9:30 <b>V!VAfit Balance (VS)</b></p> <p>10:00 <b>Virtual Rexall Presentation: Breathe Easy</b></p> <p>11:00 <b>Virtual Current Events with Professor Cammy (VP)</b></p> <p>1:30 <b>DrumFIT (VS)</b></p> <p>2:00 <b>DrumFIT (VS)</b></p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 Let's Go Shopping! (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>12</b></p> <p>9:00 <b>V!VAfit Sit (VS)</b></p> <p>9:30 <b>V!VAfit Sit (VS)</b></p> <p>10:30 <b>V!VAfit Fun (FD)</b></p> <p>10:30 <b>Virtual Memory Fitness (VP)</b></p> <p>11:00 Online Shopping (Lifestyles)</p> <p>2:00 <b>Music with Paddy (FD)</b></p> <p>2:30 Afternoon Movie (VP)</p> <p>2:30 <b>Curious About Coronavirus Meetings (MB)</b></p> <p>3:30 <b>V!VAfit Fun (FD)</b></p> <p>7:00 Evening Movie (VP)</p>	<p><b>13 5 Year V!VA Barrhaven Anniversary</b></p> <p>9:00 <b>V!VAfit Balance (VS)</b></p> <p>9:30 <b>V!VAfit Balance (VS)</b></p> <p>10:00 Brain Boosters Package *P</p> <p>10:30 <b>Virtual Yoga with Georgia (VP)</b></p> <p>1:30 <b>DrumFIT (VS)</b></p> <p>2:00 <b>DrumFIT (VS)</b></p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 Name 10 (FD)</p> <p>3:00 <b>Social Hour with Dai Bassett</b></p> <p>7:00 Evening Movie (VP)</p>	<p><b>14</b></p> <p>9:00 <b>V!VAfit Sit (VS)</b></p> <p>9:30 <b>V!VAfit Sit (VS)</b></p> <p>Brain Boosters Package</p> <p>10:00 *Pick up @ Perk's Café* (PC)</p> <p>10:30 <b>V!VAfit Fun (FD)</b></p> <p>11:00 Online Shopping (Lifestyles)</p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 <b>V!VAfit Fun (FD)</b></p> <p>7:00 Evening Movie (VP)</p>	<p><b>15</b></p> <p>9:00 <b>V!VAfit Sit (VS)</b></p> <p>Brain Boosters Package</p> <p>10:00 *Pick up @ Perk's Café* (PC)</p> <p>10:00 Movie (VP)</p> <p>10:00 <b>DrumFIT (VS)</b></p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 <b>V!VAfit Fun (FD)</b></p> <p>7:00 Evening Movie (VP)</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>16</b></p> <p><b>9:00 V!VAfit Sit (VS)</b> Brain Boosters Package *Pick up @ Perk's Café* (PC)</p> <p><b>10:00 V!VAfit Fun (FD)</b> 2:30 Afternoon Movie (VP) 7:00 Evening Movie (VP)</p>	<p><b>17</b></p> <p><b>9:00 V!VAfit Sit (VS)</b> <b>9:30 V!VAfit Sit (VS)</b> Brain Boosters Package *Pick up @ Perk's Café* (PC)</p> <p><b>10:30 V!VAfit Fun (FD)</b> 11:00 Online Shopping (Lifestyles)</p> <p><b>2:00 V!VAfit Walkers Walking Club (LL)</b> 2:30 Afternoon Movie (VP)</p> <p><b>3:00 Social Hour with Brian Lynch (MB)</b></p> <p><b>3:00 V!VAfit Fun (FD)</b> 7:00 Evening Movie (VP)</p>	<p><b>18</b></p> <p><b>9:00 V!VAfit Balance (VS)</b> <b>9:30 V!VAfit Balance (VS)</b> 10:00 Movie (VP)</p> <p><b>10:00 Walker / Wheelchair Repair Clinic (MB)</b> <b>VIVA Values Mental Health Virtual Presentation (VP) Tips on Resilient Aging</b></p> <p>11:00 Online Shopping (Lifestyles)</p> <p><b>1:30 DrumFIT (VS)</b> <b>2:00 DrumFIT (VS)</b> 2:30 Afternoon Movie (VP) 3:00 Let's Go Shopping! (FD) 7:00 Evening Movie (VP)</p>	<p><b>19</b></p> <p><b>9:00 V!VAfit Sit (VS)</b> <b>9:30 V!VAfit Sit (VS)</b> <b>10:30 V!VAfit Fun (FD)</b> <b>10:30 Virtual Memory Fitness (VP)</b> 11:00 Online Shopping (Lifestyles) 2:30 Afternoon Movie (VP)</p> <p><b>2:30 Curious About Coronavirus Meetings (MB)</b> <b>3:00 Spring Fling with Arlene Quinn (MB)</b> <b>3:00 V!VAfit Fun (FD)</b> 7:00 Evening Movie (VP)</p>	<p><b>20</b></p> <p><b>9:00 V!VAfit Balance (VS)</b> <b>9:30 V!VAfit Balance (VS)</b> Brain Boosters Package *Pick up @ Perk's Café* (PC)</p> <p>10:00 Online Shopping (Lifestyles)</p> <p><b>1:30 DrumFIT (VS)</b> <b>2:00 DrumFIT (VS)</b> 2:30 Afternoon Movie (VP) 3:00 Name 10 (FD) 7:00 Evening Movie (VP)</p>	<p><b>21</b></p> <p><b>9:00 V!VAfit Sit (VS)</b> <b>9:30 V!VAfit Sit (VS)</b> Brain Boosters Package *Pick up @ Perk's Café* (PC)</p> <p><b>10:30 V!VAfit Fun (FD)</b> 11:00 Online Shopping (Lifestyles)</p> <p>2:30 Afternoon Movie (VP)</p> <p><b>3:00 V!VAfit Fun (FD)</b> <b>7:00 Vintage Fiddlers (MB)</b> 7:00 Evening Movie (VP)</p>	<p><b>22</b></p> <p><b>9:00 V!VAfit Sit (VS)</b> Brain Boosters Package *Pick up @ Perk's Café* (PC)</p> <p>10:00 Movie (VP)</p> <p><b>10:00 DrumFIT (VS)</b> 2:30 Afternoon Movie (VP)</p> <p><b>3:00 V!VAfit Fun (FD)</b> 7:00 Evening Movie (VP)</p>
<p><b>23</b></p> <p><b>9:00 V!VAfit Sit (VS)</b> Brain Boosters Package *Pick up @ Perk's Café* (PC)</p> <p><b>10:30 V!VAfit Fun (FD)</b> 2:30 Afternoon Movie (VP) 7:00 Evening Movie (VP)</p>	<p><b>24</b></p> <p><b>9:00 V!VAfit Sit (VS)</b> <b>9:30 V!VAfit Sit (VS)</b> Brain Boosters Package *Pick up @ Perk's Café* (PC)</p> <p><b>10:30 V!VAfit Fun (FD)</b> 11:00 Online Shopping (Lifestyles)</p> <p><b>2:00 V!VAfit Walkers Walking Club (LL)</b> 2:30 Afternoon Movie (VP)</p> <p><b>3:00 V!VAfit Fun (FD)</b> 7:00 Evening Movie (VP)</p>	<p><b>25</b></p> <p><b>9:00 V!VAfit Balance (VS)</b> <b>9:30 V!VAfit Balance (VS)</b> Brain Boosters Package *Pick up @ Perk's Café* (PC)</p> <p>10:00 Movie (VP)</p> <p>11:00 Online Shopping (Lifestyles)</p> <p><b>1:30 DrumFIT (VS)</b> <b>2:00 DrumFIT (VS)</b> 2:30 Afternoon Movie (VP) 3:00 Let's Go Shopping! (FD) 7:00 Evening Movie (VP)</p>	<p><b>26</b></p> <p><b>9:00 V!VAfit Sit (VS)</b> <b>9:30 V!VAfit Sit (VS)</b> Brain Boosters Package *Pick up @ Perk's Café* (PC)</p> <p><b>10:30 V!VAfit Fun (FD)</b> <b>10:30 Virtual Memory Fitness (VP)</b> 11:00 Online Shopping (Lifestyles) 2:30 Afternoon Movie (VP)</p> <p><b>2:30 Curious About Coronavirus Meetings (MB)</b> <b>3:00 V!VAfit Fun (FD)</b> 7:00 Evening Movie (VP)</p>	<p><b>27</b></p> <p><b>9:00 V!VAfit Balance (VS)</b> <b>9:30 V!VAfit Balance (VS)</b> Brain Boosters Package *Pick up @ Perk's Café* (PC)</p> <p>10:00</p> <p><b>10:30 Virtual Yoga with Georgia (VP)</b> 11:00 Online Shopping (Lifestyles)</p> <p><b>1:30 DrumFIT (VS)</b> <b>2:00 DrumFIT (VS)</b> 2:30 Afternoon Movie (VP) 3:00 Name 10 (FD) 7:00 Evening Movie (VP)</p>	<p><b>28</b></p> <p><b>9:00 V!VAfit Sit (VS)</b> <b>9:30 V!VAfit Sit (VS)</b> Brain Boosters Package *Pick up @ Perk's Café* (PC)</p> <p><b>10:30 V!VAfit Fun (FD)</b> 11:00 Online Shopping (Lifestyles)</p> <p>2:30 Afternoon Movie (VP)</p> <p><b>3:00 V!VAfit Fun (FD)</b> <b>3:00 Birthday Party with Roxy (MB)</b> 7:00 Evening Movie (VP)</p>	<p><b>29</b></p> <p><b>9:00 V!VAfit Sit (VS)</b> Brain Boosters Package *Pick up @ Perk's Café* (PC)</p> <p>10:00 Movie (VP)</p> <p><b>10:00 DrumFIT (VS)</b> 2:30 Afternoon Movie (VP)</p> <p><b>3:00 V!VAfit Fun (FD)</b> 7:00 Evening Movie (VP)</p>
<p><b>30</b></p> <p><b>9:00 V!VAfit Sit (VS)</b> Brain Boosters Package *Pick up @ Perk's Café* (PC)</p> <p><b>10:30 V!VAfit Fun (FD)</b> 2:30 Afternoon Movie (VP) 7:00 Evening Movie (VP)</p>	<p><b>31</b></p> <p><b>9:00 V!VAfit Sit (VS)</b> <b>9:30 V!VAfit Sit (VS)</b> Brain Boosters Package *Pick up @ Perk's Café* (PC)</p> <p><b>10:30 V!VAfit Fun (FD)</b> 11:00 Online Shopping (Lifestyles)</p> <p><b>2:00 V!VAfit Walkers Walking Club (LL)</b> 2:30 Afternoon Movie (VP)</p> <p><b>3:00 V!VAfit Fun (FD)</b> <b>3:00 All Things Canadian Trivia (VP)</b> 7:00 Evening Movie (VP)</p>	<p><b>Vintage Fiddlers</b> Friday May 21<sup>st</sup> 2021 7:00 pm Mel's Barr</p>	<p><b>Birthday Party with Roxy</b> Friday May 28<sup>th</sup> 2021 3:00 pm in Mel's Bar.</p>			