



Bibbi enjoying our festive Peach Social.



Lorne graciously shared pumpkins from his Victory Garden pumpkin patch for decorations and donated some to the Daycare too.

**Don't miss out!**

**Thanksgiving Social with Roxy**

Tuesday, October 12th  
2:00 pm – Mel's Barr

**Barrhaven Hearing Clinic**

Tuesday, October 12th  
10:30 am – Horticultural Rm

**Walker/Wheelchair Repair Clinic**

Tuesday, October 19th  
10:00 am – Mel's Barr

**Allan Ryan on the Piano**

Every Sunday  
11:00 am – Lobby

**Dessert at the Canal Ritz**

Friday, October 22nd  
1:30 pm – Canal Ritz

**Halloween Social and Costume Display**

Friday, October 29th  
2:30 pm – Mel's Barr

**Check with Lifestyles for details on these and other events, programs, and activities happening this month.**

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# V!VAvoice

YOUR VIVA COMMUNITY NEWSLETTER

October 2021

**V!VA** Retirement Communities™  
BARRHAVEN



Enjoying a beautiful day in lovely Merrickville.



Norma is all smiles aboard the Ottawa river boat cruise.



Communtiy Members George and Glenroy enjoying wine and cheese at Jabulani Winery



# 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  
**Sandra Sheffield-Young,**  
Registered Kinesiologist  
& Gerontologist

## Why Movement is the Best Medicine

TUESDAY, OCTOBER 19TH | 11:00 AM

Please join Sandra Sheffield-Young, registered Kinesiologist, Gerontologist, STEPS Exercise founder and V!VAfit creator to learn why movement is medicine. Understand the benefits of movement, the moves you should make, and what your personal Movement Prescription could look like.

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)



Walking the line between autumn and winter, Halloween is a time of celebration, costumes, superstition and candy! Do you know how it all began?

### History of Halloween

Halloween is thought to have originated with during "Samhain" (pronounced sow-in), when druids would commit pagan ritual sacrifice in the hope of warding off evil spirits. The festival marked the end of summer and the beginning of winter. It was believed the spirits of the dead returned on this eve to play tricks on the living. By 800 A.D., Christianity spread to the Celtic Territories and brought with it another holiday, "All Saints Day," a similar but holier holiday meant to honour saints and martyrs. Later on, All Saints Day was renamed "All Hallows" and thus the day of Samhain (October 31st) began to be called "All Hallows Eve," – and eventually shortened to "Halloween." Over time, Halloween evolved into a community-based event characterized by child-friendly activities. In a number of countries around the world, people continued to usher in the winter season with gatherings, costumes and sweet treats. The first celebrations included "play parties," public events held to celebrate the harvest, where neighbours would share stories, tell each other's fortunes, dance and sing. Colonial Halloween festivities also featured the telling of ghost stories and mischief-making. By the middle of the nineteenth century, annual autumn festivities were common, but Halloween was not celebrated everywhere.

In the 1950s, due to the high numbers of young children during the baby boom, parties moved from town civic centres into the classroom or home, where they could be more easily accommodated. Giving out candy became popular, as it was a


relatively inexpensive way for an entire community to share the Halloween celebration. A tradition was born!

### Speaking of Traditions...

You now know when these traditions began, but do you know why? The Halloween tradition of "trick-or-treating" dates back to the early All Souls' Day parades in England. During these festivities, poor citizens would beg for food and families would give them pastries called "soul cakes" in return for their promise to pray for the family. Dressing up in costume dates back hundreds of years ago, when winter was an uncertain and frightening time. Food supplies often ran low and, for the many people afraid of the dark, the short days of winter were full of constant worry. On Halloween, when it was believed that ghosts came back to the earthly world, people thought that they would encounter ghosts if they left their homes. To avoid being recognized by these ghosts, people would wear masks when they left their homes after dark so that the ghosts would mistake them for fellow spirits. To keep ghosts away from their houses, people would place bowls of food outside their homes to appease the ghosts and prevent them from attempting to enter. Some Halloween traditions, such as carving Jack-o'-lanterns, are based on Irish folklore and have been carried on throughout the centuries. In Ireland and Scotland, people began to make their own versions of Jack-o'-lanterns by carving scary faces into turnips or potatoes and placing them into windows or near doors to frighten away wandering evil spirits!

Over the years, Halloween has transitioned from a pagan ritual to a fun day of candy and costumes. Family traditions have been established with pumpkin carving, trick-or-treating, and parties. How are you going to celebrate?

*Happy Halloween!*

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>(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><b>Music with The Rivermen</b> October 5<sup>th</sup> at 7:00 PM (MB)</p> <p><b>Paul Anthony-Evening with Elvis</b> October 7<sup>th</sup> at 7:00 PM (MB)</p>	<p><b>Thanksgiving Social with Roxy</b> October 12<sup>th</sup> at 2:00 PM (MB)</p> <p><b>Russell Male Choir</b> October 14<sup>th</sup> at 2:00 PM (MB)</p>		<p><b>1</b></p> <p>9:00 V!VAfit Sit/Stand (VS)</p> <p>9:30 V!VAfit Sit/Stand (VS)</p> <p>9:50 Swim at the Hampton Inn (L) ✓ 🚗</p> <p>10:30 V!VAfit Fun (FD)</p> <p>2:00 The Price is Right (BG)</p> <p>3:00 Music with Peter Foret (MB)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>2</b></p> <p>9:00 V!VAfit Sit (VS)</p> <p>10:00 Pick up Brain Booster Package (PC)</p> <p>10:00 DrumFit (VS)</p> <p>2:30 Afternoon Movie</p> <p>3:00 Throw Away Bingo (FD)</p> <p>7:00 Evening Movie (VP)</p>
<p><b>3</b></p> <p>9:30 V!VAfit Sit (VS)</p> <p>10:00 Pick up Brain Booster Package (PC)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>11:00 Allan Ryan on the Piano (L)</p> <p>2:00 Virtual Butterfly Show (VP)</p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 Brain Games (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>4</b></p> <p>9:00 V!VAfit Sit (VS)</p> <p>9:30 V!VAfit Sit (VS)</p> <p>10:30 Excursion: Wal-Mart (L) ✓ 🚗</p> <p>10:30 DrumFit (FD)</p> <p>Excursion: Wal-Mart (L) ✓ 🚗</p> <p>1:30 ✓ 🚗</p> <p>2:00 Euchre – Community Member Led (MB)</p> <p>3:00 Social Hour with Andy (MB)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>5</b></p> <p>9:00 V!VAfit Balance (VS)</p> <p>9:30 V!VAfit Balance (VS)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>10:30 Care X Presentation: Sleep (VP)</p> <p>1:30 DrumFIT (VS)</p> <p>2:00 Soup Social (CK)</p> <p>3:00 Music with Jumpin Jimmy (FD)</p> <p>7:00 Music with the Rivermen (MB)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>6</b></p> <p>9:00 V!VAfit Sit/Stand (VS)</p> <p>9:30 V!VAfit Sit/Stand (VS)</p> <p>9:50 Swim at the Hampton Inn (L) ✓ 🚗</p> <p>11:00 Excursion: Lunch at Swiss Chalet (L) ✓ 🚗</p> <p>11:00 Gentle Chair Yoga with Janaki (FD)</p> <p>2:00 Mini Manicures (BG)</p> <p>3:00 Brain Boosters (FD)</p> <p>3:30 Bridge – Everyone Welcome (BG)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>7</b></p> <p>9:00 V!VAfit Balance (VS)</p> <p>9:30 V!VAfit Balance (VS)</p> <p>10:00 Breathe and Relax with Marsha (FD)</p> <p>10:30 Excursion: Banking (L) ✓ 🚗</p> <p>1:30 DrumFIT (VS)</p> <p>Excursion: Banking (L) ✓ 🚗</p> <p>2:30 Pictionary (BG)</p> <p>3:30 Craft Corner with Taylor (FD)</p> <p>7:00 Paul Anthony – An Evening with Elvis (MB)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>8</b></p> <p>9:00 V!VAfit Sit (VS)</p> <p>9:30 V!VAfit Sit (VS)</p> <p>9:50 Swim at the Hampton Inn (L) ✓ 🚗</p> <p>10:30 Music with Arlene (FD)</p> <p>11:00 Lifestyles Reflections with Karen (BG)</p> <p>1:30 Excursion: Scenic Drive (L)</p> <p>2:00 Giant Jenga (BG)</p> <p>3:00 DrumFit (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>9</b></p> <p>9:00 V!VAfit Sit (VS)</p> <p>10:00 Brain Boosters Package (PC)</p> <p>10:00 DrumFit (VS)</p> <p>10:45 Excursion: Fall Leaves Drive ✓ 🚗</p> <p>2:00 Excursion: Fall Leaves AL Floor ✓ 🚗</p> <p>2:30 Afternoon Movie</p> <p>7:00 Evening Movie (VP)</p>
<p><b>10</b></p> <p>9:30 V!VAfit Sit (VS)</p> <p>10:00 Pick up Brain Booster Package (PC)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>11:00 Allan Ryan on the Piano (L)</p> <p>2:00 Oktoberfest Social with the International Set (MB)</p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 Giant Crossword (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>11 Thanksgiving Monday</b></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>2:00 Euchre – Community Led (BG)</p> <p>3:00 Chicken Soup for the Soul (FD)</p> <p>7:00 Evening Movie (VP)</p> 	<p><b>12</b></p> <p>9:00 V!VAfit Balance (VS)</p> <p>9:30 V!VAfit Balance (VS)</p> <p>10:30 Gentle Chair Yoga with Janaki (FD)</p> <p>10:30 Barrhaven Hearing Clinic (HR)</p> <p>11:00 The Price is Right (BG)</p> <p>1:30 DrumFit (VS)</p> <p>2:00 Thanksgiving Social with Roxy (MB)</p> <p>3:30 Who Am I (FD)</p> <p>6:45 Bingo (MB)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>13</b></p> <p>9:00 V!VAfit Sit/Stand (VS)</p> <p>9:30 V!VAfit Sit/Stand (VS)</p> <p>9:50 Swim at the Hampton Inn (L) ✓ 🚗</p> <p>10:00 Fun and Songs: Music with Paddy (FD)</p> <p>11:00 Excursion: Parc Omega (L) ✓ 🚗 \$</p> <p>3:30 Bridge – Everyone Welcome (BG)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>14</b></p> <p>9:00 V!VAfit Balance (VS)</p> <p>9:30 V!VAfit Balance (VS)</p> <p>10:00 Breathe and Relax with Marsha (FD)</p> <p>10:30 Excursion: Independent Grocery Store (L) ✓ 🚗</p> <p>1:30 DrumFIT (VS)</p> <p>Excursion: Giant Tiger (L) ✓ 🚗</p> <p>2:00 Music with Russell Male Choir (VP)</p> <p>6:45 Latin Chair Dancing (VS)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>15</b></p> <p>9:00 V!VAfit Sit (VS)</p> <p>9:30 V!VAfit Sit (VS)</p> <p>9:50 Swim at the Hampton Inn (L) ✓ 🚗</p> <p>10:30 V!VAfit Fun (FD)</p> <p>2:00 Euchre Tournament (MB)</p> <p>3:00 DrumFit (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>16</b></p> <p>9:00 V!VAfit Sit (VS)</p> <p>10:00 Brain Boosters Package (PC)</p> <p>10:00 DrumFit (VS)</p> <p>2:00 Fall Harvest Open House (MB)</p> <p>2:30 Afternoon Movie</p> <p>3:00 Connect Four (FD)</p> <p>7:00 Evening Movie (VP)</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>17</b> <b>9:30 V!VAfit Sit (VS)</b> 10:00 Pick up Brain Booster Package (PC) <b>10:30 V!VAfit Fun (FD)</b> <b>11:00 Allan Ryan on the Piano (L)</b> 2:00 Giant Crossword (BG) 2:30 Afternoon Movie (VP) 3:00 Brain Games (FD) 7:00 Evening Movie (VP)	<b>18</b> <b>9:00 V!VAfit Sit (VS)</b> <b>9:30 V!VAfit Sit (VS)</b> <b>10:30 Music with Dai Bassett (FD)</b> <b>Excursion: Billings Bridge (L) ✓ 🚗</b> 1:30 2:00 Euchre – Community Member Led (MB) 2:00 Trivia (BG) <b>3:00 Excursion: Fall Leaves Drive – AL Floor ✓ 🚗</b> 7:00 Evening Movie (VP)	<b>19</b> <b>9:00 V!VAfit Balance (VS)</b> <b>9:30 V!VAfit Balance (VS)</b> <b>10:00 Walker Repair Clinic (MB)</b> <b>10:30 V!VAfit Fun (FD)</b> <b>11:00 Current Events with Professor Cammy (VP)</b> <b>1:30 DrumFit (VS)</b> <b>3:00 Music with Noel (FD)</b> 6:45 Bingo (MB) 7:00 Evening Movie (VP)	<b>20</b> <b>9:00 V!VAfit Sit/Stand (VS)</b> <b>9:30 V!VAfit Sit/Stand (VS)</b> <b>9:50 Swim at the Hampton Inn (L) ✓ 🚗</b> <b>11:00 Gentle Chair Yoga with Janaki (FD)</b> 11:00 Pictionary (BG) <b>2:00 Fiddle Music and Song with Anna (MB)</b> 3:00 Brain Boosters (FD) 3:30 Bridge – Everyone Welcome (BG) 7:00 Evening Movie (VP)	<b>21</b> <b>9:00 V!VAfit Balance (VS)</b> <b>9:30 V!VAfit Balance (VS)</b> <b>10:00 Breathe and Relax with Marsha (FD)</b> <b>Excursion: Out for Coffee at Tim Hortons (L) ✓ 🚗</b> <b>10:30</b> <b>1:30 DrumFIT (VS)</b> <b>Excursion: Shoppers Drug Mart (L) ✓ 🚗</b> 2:00 Card Games (BG) 3:00 Craft Corner with Taylor (FD) <b>6:45 Paint Night with Navy (CK)</b> 7:00 Evening Movie (VP)	<b>22</b> <b>9:00 V!VAfit Sit (VS)</b> <b>9:30 V!VAfit Sit (VS)</b> <b>9:50 Swim at the Hampton Inn (L) ✓ 🚗</b> <b>10:30 V!VAfit Fun (FD)</b> <b>Excursion: Dessert at the Canal Ritz (L)</b> <b>1:30</b> <b>3:00 Social Hour – Music with Arlene (MB)</b> 7:00 Evening Movie (VP)	<b>23</b> <b>9:00 V!VAfit Sit (VS)</b> 10:00 Brain Boosters Package (PC) <b>10:00 DrumFit (VS)</b> <b>Excursion: Fall Scenic Drive (LB) ✓ 🚗</b> 1:30 2:30 Afternoon Movie 3:00 Throw away Bingo! (FD) 7:00 Evening Movie (VP)
<b>24</b> <b>9:30 V!VAfit Sit (VS)</b> 10:00 Pick up Brain Booster Package (PC) <b>10:30 V!VAfit Fun (FD)</b> <b>11:00 Allan Ryan on the Piano (L)</b> 2:00 Words with Friends (BG) 2:30 Afternoon Movie (VP) 3:00 Balloon Tennis (FD) 7:00 Evening Movie (VP)	<b>25</b> <b>Homebound Library Pick up (L)</b> <b>9:00 V!VAfit Sit (VS)</b> <b>9:30 V!VAfit Sit (VS)</b> <b>10:30 Music with Jimmy (FD)</b> <b>Excursion: Dollarama/ Marshall's (L) ✓ 🚗</b> 10:30 & 1:30 <b>2:00 V!VAfit Walking Club Auction (CK)</b> 3:00 Brain Boosters (FD) 7:00 Evening Movie (VP) <b>Halloween Scavenger Hunt Begins!</b>	<b>26</b> <b>9:00 V!VAfit Balance (VS)</b> <b>9:30 V!VAfit Balance (VS)</b> <b>10:30 V!VAfit Fun (FD)</b> <b>10:45 Armchair Travel with Diane (VP)</b> <b>11:00 Casino – Rideau Carleton (L)</b> <b>1:30 DrumFIT (VS)</b> <b>3:00 Storytelling and Gospel Songs with Trevor (MB)</b> 6:45 Bingo (MB) 7:00 Evening Movie (VP)	<b>27</b> <b>9:00 V!VAfit Sit/Stand (VS)</b> <b>9:30 V!VAfit Sit/Stand (VS)</b> <b>9:50 Swim at the Hampton Inn (L) ✓ 🚗</b> <b>11:00 Gentle Chair Yoga with Janaki (FD)</b> 11:00 Halloween Trivia (BG) <b>1:30 Excursion: Shopping at Carlingwood Mall (L) ✓ 🚗</b> <b>3:00 Birthday Social and Music with Arlene (MB)</b> 7:00 Evening Movie (VP)	<b>28</b> <b>9:00 V!VAfit Balance (VS)</b> <b>9:30 V!VAfit Balance (VS)</b> <b>10:00 Breathe and Relax with Marsha (FD)</b> <b>1:30 DrumFIT (VS)</b> <b>Excursion: Banking (L) ✓ 🚗</b> 2:00 Giant Crossword (BG) <b>3:00 Halloween Craft with Taylor (FD)</b> <b>6:45 Latin Chair Dancing (VS)</b> 7:00 Evening Movie (VP)	<b>29</b> <b>9:00 V!VAfit Sit (VS)</b> <b>9:30 V!VAfit Sit (VS)</b> <b>9:50 Swim at the Hampton Inn (L) ✓ 🚗</b> <b>10:00 Music: Fun and Songs with Paddy (FD)</b> <b>Halloween Party and Costume Parade with Noel (MB)</b> 2:30 7:00 Evening Movie (VP)	<b>30</b> <b>9:00 V!VAfit Sit (VS)</b> 10:00 Brain Boosters Package (PC) <b>10:00 DrumFit (VS)</b> <b>Excursion: Fall Scenic Drive (LB) ✓ 🚗</b> 1:30 2:30 Afternoon Movie 3:00 Connect 4 (FD) 7:00 Evening Movie (VP)
<b>31</b> <b>9:30 V!VAfit Sit (VS)</b> 10:00 Pick up Brain Booster Package (PC) <b>10:30 Halloween Party with Jumpin Jimmy (FD)</b> <b>11:00 Allan Ryan on the Piano (L)</b> 2:00 Giant Crossword (BG) 2:30 Afternoon Movie (VP) <b>3:00 Music with the Mighty Harmonics (L)</b> 7:00 Evening Movie (VP)	<b>Armchair Travel with Diane October 26<sup>th</sup> at 10:45 AM (VP)</b>  <b>Birthday Social with Arlene October 27<sup>th</sup> at 3:00 (MB)</b>	<b>Latin Chair Dancing October 14<sup>th</sup> and 28<sup>th</sup> 6:45 (VS)</b>  <b>Halloween Party with Noel October 29<sup>th</sup> at 2:30 PM (MB)</b>	<h1>HAPPY HALLOWEEN!</h1>			

