



Gary working hard to beat Giant Jenga.



Community Member Joan celebrating her 95th birthday at our monthly birthday celebration.

Don't miss out!

Carex Presentation

Tuesday, January 4th
10:30 am – VIVAplex

Euchre Tournament

Friday, January 14th
2:00 pm – Mel's Barr

VIVA Values Mental Health: Protein and it's Healthy Role in Healthy Aging and Longevity

Two Part Series
January 18th & 19th, 2:00 pm
Online or in-person!
Call Natasha to reserve.

Golf Lesson with Professional Greg Foley

Wednesday, January 19th
2:00 pm – VIVALinks

Robbie Burns Social

Tuesday, January 25th
7:00 pm – Mel's Barr

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

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VIVAvoice

YOUR VIVA COMMUNITY NEWSLETTER

January 2022

VIVA Retirement Communities™
BARRHAVEN



Community Members Bob and Pat having a blast at the horse races at our VIVA Las Vegas Night.



Rita enjoying the slot machines and all of her winnings.



Denise and Jane checking out an attraction at the War Museum.



Claudette, Mary Jane and Patrick taking in an Ottawa 67's game.

Upcoming 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.



Amanda Li,
Registered Dietitian
& Educator

Protein & its Role in Healthy Aging and Longevity

Two Part Series with Guest Speaker:
Amanda Li, Registered Dietitian & Educator
NOW AVAILABLE IN-PERSON OR ONLINE!

TUESDAY, JANUARY 18 | 2:00 PM

We welcome back Registered Dietitian, educator, and owner of Wellness Simplified, Amanda Li, for a two-part virtual series that focuses on protein and its role in the body, daily targets, protein-rich foods, and meal planning.

WEDNESDAY, JANUARY 19 | 2:00 PM

Amanda prepares three protein-rich delicious meals and snacks you'll keep making on repeat! In-person guests will be treated to samples prepared by V!VA's own Red Seal Certified Chefs!

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

Start to Finish

Brain Teasers

Directions: for each clue, find a corresponding word that starts and finishes with the same letter. There is one word for each of the alphabet except for i, j, q, u, v and z.

| | |
|------------------------------------|----------------|
| Spend time in front of the mirror. | PRIMP |
| Intuitive inkling, | |
| Pioneer in photocopying. | |
| Bitterly sarcastic. | |
| Gas in some signs. | |
| Inuit transportation. | |
| Chinese medicinal root. | |
| Where a rubber duckie lives. | BATHTUB |
| Roll in the mind. | |
| Please traveller. | |
| Temporary loss of memory. | |
| Deadly. | |
| Pizza herb. | |
| Vert knowledgeable. | |
| Forty-eight hours before tomorrow. | |
| The most. | |
| Excessive. | |
| Feudal land. | |
| Trepidation. | |
| Water storage area. | |

<https://www.puzzles-to-print.com/printable-brain-teasers/word-brain-teaser.shtml>

| 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 | Allan Ryan on the Piano: Every Sunday at 11:00 AM Afternoon Music with Side by Side January 6th at 2:00 pm Mel's Barr | Social Hour with Denim and Lace January 7th at 2:00 pm Mel's Barr Walker / Wheelchair Repair Clinic Tuesday January 18th Mel's Barr |  | | 1 New Year's Day! 9:00 V!VAfit Sit (VS) 10:00 Brain Boosters Package (PC) 10:00 DrumFit (VS) 2:30 Afternoon Movie 3:00 V!VAfit Fun (FD) 7:00 Evening Movie (VP) |
| 2 9:30 V!VAfit Sit (VS) 10:00 Pick up Brain Booster Package (PC) 10:30 V!VAfit Fun (FD) 11:00 Allan Ryan on the Piano (L) 2:00 Cribbage (BG) 2:30 Afternoon Movie (VP) 3:00 Bean Bag Toss (FD) 7:00 Evening Movie (VP) | 3 9:00 V!VAfit Flow (VS) 9:45 V!VAfit Swim (P) 10:30 V!VAfit Fun (FD) 11:00 Giant Crossword (BG) 2:00 Euchre – Community Member Led (MB) 1:30 V!VAfit Sit and Stand (VS) 2:00 Walking Club Meeting (CK) 3:00 Chair Yoga (FD) 7:00 Evening Movie (VP) | 4 9:00 V!VAfit Balance (VS) 9:30 V!VAfit Balance (VS) 10:30 V!VAfit Fun (FD) 10:30 Care X Presentation: (VP) 1:30 DrumFIT (VS) 2:00 Excursion: Walk at Minto (L) 3:30 Chicken Soup for the Soul (FD) 6:45 Bingo (MB) 7:00 Evening Movie (VP) | 5 9:00 V!VAfit Sit/Stand (VS) 9:45 V!VAfit Swim (P) 11:00 Yoga with Lavinia (FD) 1:30 Excursion: (L) Walmart ✓ 🚌 2:00 Pick up Bridge (CC) 3:30 Reminiscing with Lavinia (FD) 7:00 Evening Movie (VP) | 6 9:00 V!VAfit Balance (VS) 9:30 V!VAfit Balance (VS) 10:30 V!VAfit Fun (FD) 11:00 Excursion: Banking (L) 1:30 DrumFIT (VS) 1:30 Excursion: Shoppers (L) ✓ 🚌 2:00 Afternoon Music with Side by Side (MB) 3:00 Name 10 (FD) 7:00 Evening Movie (VP) | 7 9:00 V!VAfit Sit (VS) 9:45 V!VAfit Swim (P) 10:30 Music with Arlene (FD) 10:45 Excursion: Tim Horton's Out for Coffee (L) ✓ 🚌 2:00 Social Hour with Denim and Lace (MB) 3:30 DrumFIT (FD) 7:00 Evening Movie (VP) | 8 9:00 V!VAfit Sit (VS) 10:00 Brain Boosters Package (PC) 10:00 DrumFit (VS) 1:30 Bean Bag Toss (VS) 2:30 Afternoon Movie 3:00 V!VAfit Fun (FD) 7:00 Evening Movie (VP) |
| 9 9:30 V!VAfit Sit (VS) 10:00 Pick up Brain Booster Package (PC) 10:30 V!VAfit Fun (FD) 11:00 Allan Ryan on the Piano (L) 2:00 Cribbage (BG) 2:30 Afternoon Movie (VP) 3:00 Bean Bag Toss (FD) 7:00 Evening Movie (VP) | 10 9:00 V!VAfit Flow (VS) 9:45 V!VAfit Swim (P) 10:30 V!VAfit Fun (FD) 10:45 Excursion: Walk at Minto (L) 1:30 V!VAfit Sit and Stand (VS) 1:30 Excursion: (L) Indigo Book Store ✓ 🚌 2:00 Euchre – Community Member Led (MB) 3:00 Chair Yoga with Lavinia (FD) 7:00 Evening Movie (VP) | 11 9:00 V!VAfit Balance (VS) 9:30 V!VAfit Balance (VS) 10:30 V!VAfit Fun (FD) 1:30 DrumFIT (VS) 2:00 Excursion: Walk at Minto (L) 2:00 Billiards Social (MB) 3:30 Mini Manicures (FD) 6:45 Bingo (MB) 7:00 Evening Movie (VP) | 12 9:00 V!VAfit Sit/Stand (VS) 9:45 V!VAfit Swim (P) 10:00 Fun and Music with Paddy (FD) Excursion: Canadian Museum of Science and Technology ✓ 🚌 \$ 1:30 Pick up Bridge (CC) 2:00 Vintage Fiddlers (MB) 7:00 Evening Movie (VP) | 13 9:00 V!VAfit Balance (VS) 9:30 V!VAfit Balance (VS) 10:30 V!VAfit Fun (FD) 11:00 Pictionary (BG) 1:30 DrumFIT (VS) 1:30 Excursion: Dollarama / LCBO (L) ✓ 🚌 2:00 Lifestyles Reflection with Tara (BG) 3:00 V!VAfit Fun (FD) 6:45 Latin Chair Dance (VS) 7:00 Evening Movie (VP) | 14 9:00 V!VAfit Sit (VS) 9:45 V!VAfit Swim (P) 10:30 V!VAfit Fun (FD) 11:00 Giant Crossword (BG) 2:00 Euchre Tournament (MB) 3:30 DrumFIT (FD) 7:00 Evening Movie (VP) 7:00 Evening music with Guy (MB) | 15 9:00 V!VAfit Sit (VS) 10:00 Brain Boosters Package (PC) 10:00 DrumFit (VS) 1:30 Excursion: Mystery Drive ✓ 🚌 (L) 2:30 Afternoon Movie 3:00 V!VAfit Fun (FD) 7:00 Evening Movie (VP) |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|---|---|---|--|--|---|---|--|
| <p>16</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 Cribbage (BG)</p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 Bean Bag Toss (FD)</p> <p>7:00 Evening Movie (VP)</p> | <p>17</p> <p>9:00 V!VAfit Flow (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>11:00 Words with Friends (BG)</p> <p>1:30 Excursion: Chocolats Favoris (L) ✓ 🚌</p> <p>1:30 V!VAfit Sit and Stand (VS)</p> <p>2:00 Euchre – Community Member Led (MB)</p> <p>3:00 Chair Yoga with Lavinia (FD)</p> <p>7:00 Evening Movie (VP)</p> | <p>18</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 V!VAfit Fun (FD)</p> <p>1:30 DrumFIT (VS)</p> <p>2:00 Excursion: Walk at Minto (L)</p> <p>3:00 Social Hour with Andre and Marie (MB)</p> <p>6:45 Bingo (MB)</p> <p>7:00 Evening Movie (VP)</p> | <p>19</p> <p>9:00 V!VAfit Sit/Stand (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>11:00 Yoga with Lavinia (FD)</p> <p>2:00 Birthday Social with Arlene (MB)</p> <p>2:00 Pick up Bridge (CC)</p> <p>2:00 Golf lesson with Professional Gregg Foley (GS)</p> <p>3:30 Sing Along with Lavinia (FD)</p> <p>7:00 Evening Movie (VP)</p> | <p>20</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>11:00 Pictionary (BG)</p> <p>1:30 DrumFIT (VS)</p> <p>1:30 Excursion: (L) Value Village ✓ 🚌</p> <p>3:00 Craft with Taylor (FD)</p> <p>7:00 Evening Movie (VP)</p> | <p>21</p> <p>9:00 V!VAfit Sit (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:30 Music with Arlene (FD)</p> <p>11:00 Mini Manicures (BG)</p> <p>1:30 Excursion: Casino: Rideau Carleton (L) ✓ 🚌</p> <p>2:00 Book Club Meeting (BG)</p> <p>3:30 DrumFIT (FD)</p> <p>7:00 Evening Movie (VP)</p> | <p>22</p> <p>9:00 V!VAfit Sit (VS)</p> <p>10:00 Brain Boosters Package (PC)</p> <p>10:00 DrumFit (VS)</p> <p>10:30 Bingo (FD)</p> <p>2:00 Giant Crossword (BG)</p> <p>2:30 Afternoon Movie</p> <p>3:00 V!VAfit Fun (FD)</p> <p>7:00 Evening Movie (VP)</p> | |
| <p>23</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 Cribbage (BG)</p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 Ladder Ball (FD)</p> <p>7:00 Evening Movie (VP)</p> | <p>24</p> <p>9:00 V!VAfit Flow (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>11:00 Giant Crossword (BG)</p> <p>1:30 Excursion: (L) Indigo Book Store ✓ 🚌</p> <p>1:30 V!VAfit Sit and Stand (VS)</p> <p>2:00 Euchre – Community Member Led (MB)</p> <p>3:00 Chair Yoga with Lavinia (FD)</p> <p>7:00 Evening Movie (VP)</p> | <p>25</p> <p>9:00 V!VAfit Balance (VS)</p> <p>9:30 V!VAfit Balance (VS)</p> <p>10:30 CareX presentation – Depression (VP)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>1:30 DrumFIT (VS)</p> <p>2:00 Excursion: Walk at Minto (L)</p> <p>3:30 Mini Manicures (FD)</p> <p>7:00 Evening Movie (VP)</p> <p>7:00 Robbie Burns Social with Dai Bassett (MB)</p> | <p>26</p> <p>9:00 V!VAfit Sit/Stand (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>11:00 Yoga with Lavinia (FD)</p> <p>11:00 You be the Judge (BG)</p> <p>1:30 Excursion: (L) Walmart ✓ 🚌</p> <p>2:00 Pick up Bridge (CC)</p> <p>3:30 Reminiscing with Lavinia (FD)</p> <p>7:00 Evening Movie (VP)</p> | <p>27</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>11:00 Excursion: Banking (L)</p> <p>1:30 DrumFIT (VS)</p> <p>1:30 Excursion: Shoppers (L) ✓ 🚌</p> <p>2:00 Giant Crossword (BG)</p> <p>3:00 Mini Manicures (FD)</p> <p>6:45 Latin Chair Dance (VS)</p> <p>7:00 Evening Movie (VP)</p> | <p>28</p> <p>9:00 V!VAfit Sit (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:30 Music with Arlene (FD)</p> <p>11:00 Pictionary (BG)</p> <p>1:30 Excursion: Giant Tiger (L) ✓ 🚌</p> <p>2:00 Euchre Tournament (MB)</p> <p>3:30 DrumFIT (FD)</p> <p>7:00 Evening Movie (VP)</p> | <p>29</p> <p>9:00 V!VAfit Sit (VS)</p> <p>10:00 Brain Boosters Package (PC)</p> <p>10:00 DrumFit (VS)</p> <p>Excursion: Ottawa Senators vs Anaheim (L) ✓ 🚌 \$</p> <p>11:30</p> <p>2:30 Afternoon Movie</p> <p>3:00 V!VAfit Fun (FD)</p> <p>7:00 Evening Movie (VP)</p> | |
| <p>30</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 Cribbage (BG)</p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 Bean Bag Toss (FD)</p> <p>7:00 Evening Movie (VP)</p> | <p>31</p> <p>9:00 V!VAfit Flow (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>11:00 Mini Manicures (BG)</p> <p>1:30 Excursion: Carlingwood Mall (L) ✓ 🚌</p> <p>1:30 V!VAfit Sit and Stand (VS)</p> <p>2:00 Walking Club Auction (CK)</p> <p>2:00 Euchre – Community Member Led (MB)</p> <p>3:00 Chair Yoga (FD)</p> <p>7:00 Evening Movie (VP)</p> | <p>What is corn's favourite holiday?</p> | | | | <p>New Year's Day!</p> | |