



Enjoying the spirit of Easter with Allan on the piano.

Don't miss out!

Current Events with Professor Cammy
Thursday, May 5th
11:00 am – V!VAplex

Latin Chair Dancing
May 9th and 23rd
2:00 pm – Mel's Barr

Karaoke with Lifestyles
Friday, May 13th
2:00 pm – Mel's Barr

Walker/Wheelchair Repair Clinic
Tuesday, May 17th
10:00 am – Mel's Barr

Quench Your Brain! Supporting Mental Health Through Hydration
Tuesday, May 17th
2:00 pm – V!VAplex
RSVP to Natasha.

Wine Sampling
Thursday, May 19th
3:00 pm – Mel's Barr

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

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V!VAvoice

YOUR V!VA COMMUNITY NEWSLETTER

May 2022

V!VA Retirement Communities™
BARRHAVEN



A fun match of balloon tennis with Carmen and Rita in action.



Jill is feeling happy with her swing.



Spring flower arrangement craft with Jane.



Enjoying sweet treats and chocolate favourites.



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.



Melisa Cannella,
Registered Holistic Nutritionist

Quench Your Brain! Supporting Mental Health Through Hydration

with Guest Speaker: **Melissa Cannella**
NOW AVAILABLE IN-PERSON* OR ONLINE!

TUESDAY, MAY 17TH | 2:00 PM

Did you know the brain is approximately 73% water and that its function can be heavily impacted by lack of hydration? Melisa Cannella, Registered Holistic Nutritionist, explores the connection between hydration and the brain, how to self-diagnose dehydration, and tips to remain hydrated.

**Conditions apply including public health protocols.*

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

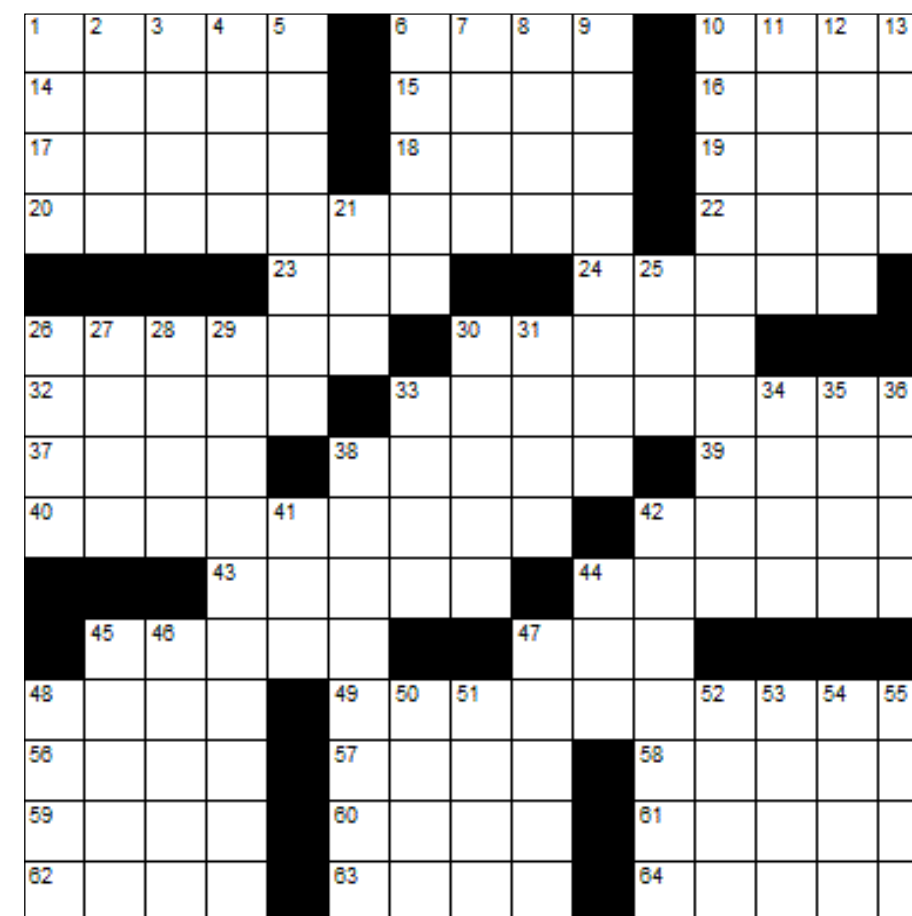


Crossword!

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>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>CHURCH SERVICE Every Sunday at 8:30AM</p> <p>TULIP FESTIVAL Excursion:</p> <p>May 17th 10:00 AM (Walk & Explore)</p> <p>May 19th 2:00 PM (Scenic Drive)</p>	<p>ASTRONOMY PRESENTATION May 12th at 2:00 PM V!VAplex</p> <p>MOTHER'S DAY Photo Booth May 8th at 10:30 AM Lobby</p>			
<p>1</p> <p>8:30 Excursion: Church Service Drop Off (L)</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>2:00 Pictionary (BG)</p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 Balloon Tennis (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>2</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>2:00 Euchre – Community Member Led (MB)</p> <p>1:30 Body Booster (VS)</p> <p>2:00 Walking Club Meeting (CK)</p> <p>3:30 Chair Yoga (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>3</p> <p>9:00 V!VAfit Balance (VS)</p> <p>10:30 Yoga with Jenell (FD)</p> <p>1:30 DrumFIT (VS)</p> <p>2:00 Craft with Taylor (CK)</p> <p>Excursion: Dominion Arboretum to see the Cherry Blossoms (L) ✓ 🚗</p> <p>2:00</p> <p>3:30 Mini Manicures (FD)</p> <p>6:45 Bingo! (MB)</p> <p>7:00 Evening Movie (VP)</p>	<p>4</p> <p>9:00 V!VAfit Sit/Stand (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>11:00 Vendor: Marianna Jewelry Sale & Repair (L)</p> <p>1:30 Excursion: (L) Billings Bridge Mall ✓ 🚗</p> <p>1:30 Body Booster (VS)</p> <p>2:00 Pick up Bridge (CC)</p> <p>2:00 Book Club Meeting (BG)</p> <p>3:30 Reminiscing with Lavinia (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>5</p> <p>9:00 V!VAfit Balance (VS)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>10:30 Excursion: Shoppers (L) ✓ 🚗</p> <p>11:00 Current Events with Professor Cammy (VP)</p> <p>1:30 DrumFIT (VS)</p> <p>1:30 Excursion: Ice Cream at Dairy Queen (L) ✓ 🚗</p> <p>3:00 Name 10 (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>6</p> <p>9:00 V!VAfit Sit (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:00 Pick up Brain Booster Package (PC)</p> <p>10:30 Music with Arlene (FD)</p> <p>11:00 Online Shopping (Lifestyles)</p> <p>3:00 Yoga with Lavinia (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>7</p> <p>9:00 V!VAfit Sit (VS)</p> <p>9:45 DrumFIT (VS)</p> <p>10:00 Brain Boosters Package (PC)</p> <p>10:15 Giant Crossword (BG)</p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 V!VAfit Fun (FD)</p> <p>7:00 Evening Movie (VP)</p>
<p>8 Happy Mother's Day!</p> <p>8:30 Excursion: Church Service Drop off (L)</p> <p>9:30 V!VAfit Sit (VS)</p> <p>10:00 Pick up Brain Booster Package (PC)</p> <p>10:30 Family Day Photo Booth (L)</p> <p>11:00 Allan Ryan on the Piano (L)</p> <p>2:00 Word Unscramble (BG)</p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 Card Games with Winston (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>9</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>1:30 Body Booster (VS)</p> <p>1:30 Excursion: (L) Walmart ✓ 🚗</p> <p>2:00 Latin Chair Dancing (VS)</p> <p>3:00 Chair Yoga with Lavinia (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>10</p> <p>9:00 V!VAfit Balance (VS)</p> <p>10:00 Music with Paddy (FD)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>1:30 DrumFIT (VS)</p> <p>2:00 Spring Fling with Lauren (MB)</p> <p>3:30 Mini Manicures (FD)</p> <p>6:45 Bingo! (MB)</p> <p>7:00 Evening Movie (VP)</p>	<p>11</p> <p>9:00 V!VAfit Sit/Stand (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>1:30 Excursion: Dollarama / LCBO (L) ✓ 🚗</p> <p>1:30 Body Booster (VS)</p> <p>2:00 Pick up Bridge (CC)</p> <p>3:30 Sing-Along with Lavinia (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>12</p> <p>9:00 V!VAfit Balance (VS)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>1:30 DrumFIT (VS)</p> <p>Astronomy Presentation: Wonderful Cosmo Series #1 (VP)</p> <p>2:00</p> <p>3:00 Karaoke with Lavinia (FD)</p> <p>7:00 Evening Entertainment with Guy (MB)</p> <p>7:00 Evening Movie (VP)</p>	<p>13 6 Year V!VA Barrhaven Anniversary!</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>2:00 Karaoke with Lifestyles (MB)</p> <p>3:30 DrumFIT (FD)</p> <p>Excursion: Kanata Theatre Play "The Savannah Sipping Society" (L)\$</p> <p>7:00 Evening Movie (VP)</p>	<p>14</p> <p>9:00 V!VAfit Sit (VS)</p> <p>10:00 Brain Boosters Package (PC)</p> <p>10:15 Giant Crossword (BG)</p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 V!VAfit Fun (FD)</p> <p>7:00 Evening Movie (VP)</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>15</p> <p>8:30 Excursion: Church Service Drop off (L)</p> <p>9:30 V!VAfit Sit (VS)</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 Crafts with Winston (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>16 *Homebound Library* (L)</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>1:30 Body Booster (VS)</p> <p>2:00 Music with Noel (MB)</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>17</p> <p>9:00 V!VAfit Balance (VS)</p> <p>10:00 Walker Repair Clinic (MB)</p> <p>10:00 Excursion: Tulip Festival & Walk (L)</p> <p>10:30 Yoga with Jenell (FD)</p> <p>11:00 Vendor: My Closet with (L)</p> <p>1:30 DrumFIT (VS)</p> <p>2:00 Community Member Meeting (VP)</p> <p>2:00 Quench Your Brain: Viva Values Mental Health (BG)</p> <p>6:45 Bingo! (MB)</p> <p>7:00 Evening Movie (VP)</p>	<p>18</p> <p>9:00 V!VAfit Sit/Stand (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:30 Yoga with Lavinia (FD)</p> <p>1:30 Body Booster (VS)</p> <p>2:00 Pick up Bridge (CC)</p> <p>2:00 Afternoon music with Andre & Marie (MB)</p> <p>3:30 Reminiscing with Lavinia (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>19</p> <p>9:00 V!VAfit Sit (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>2:00 Excursion: Scenic Drive: Tulip Festival (L)</p> <p>2:00 Giant Crossword (BG)</p> <p>3:00 Wine & Cheese Tasting by Smokie Ridge Vineyard \$ (MB)</p> <p>3:30 Brain Boosters (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>20</p> <p>9:00 V!VAfit Sit (VS)</p> <p>9:45 V!VAfit Swim (FD)</p> <p>10:00 Brain Booster Package (PC)</p> <p>10:30 Music with Arlene (FD)</p> <p>2:00 Euchre Tournament (MB)</p> <p>3:30 DrumFIT (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>21</p> <p>9:00 V!VAfit Sit (VS)</p> <p>9:45 DrumFIT (VS)</p> <p>10:00 Brain Boosters Package (PC)</p> <p>12:30 Excursion: Spring Walk along the Canal (L) 🚗 ✓ ▶▶</p> <p>2:30 Afternoon Movie (VP)</p> <p>3:30 V!VAfit Fun (FD)</p> <p>7:00 Evening Movie (VP)</p>	
<p>22</p> <p>8:30 Excursion: Church Service Drop Off (L)</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>2:00 Giant Crossword (BG)</p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 Bean Bag Toss (FD)</p>	<p>23 Victoria Day</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>2:00 Latin Chair Dancing (VS)</p> <p>3:00 Brain Boosters (FD)</p> <p>7:00 Evening Music with the Woodwind Project (MB)</p> <p>7:00 Evening Movie (VP)</p>	<p>24</p> <p>9:00 V!VAfit Balance (VS)</p> <p>10:30 Yoga with Jenell (FD)</p> <p>1:30 DrumFIT (VS)</p> <p>2:00 Excursion: Walmart (L) ✓ 🚗</p> <p>2:00 Birthday Celebration with Roxy Swan (MB)</p> <p>6:45 Bingo! (MB)</p> <p>7:00 Evening Movie (VP)</p>	<p>25</p> <p>9:00 V!VAfit Sit/Stand (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>1:30 Body Booster (VS)</p> <p>2:00 Pick up Bridge (CC)</p> <p>2:00 Billiards Social (MB)</p> <p>2:00 Giant Crossword (BG)</p> <p>3:00 Brain Boosters (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>26</p> <p>9:00 V!VAfit Balance (VS)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>10:30 Excursion: Banking (L) ✓ 🚗</p> <p>1:30 DrumFIT (VS)</p> <p>1:30 Excursion: Local Garden Nursery (L) ✓ 🚗</p> <p>2:00 Words with Friends (BG)</p> <p>3:30 Tea Party (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>27</p> <p>9:00 V!VAfit Sit (VS)</p> <p>9:30 Victory Garden Planting Day all day (VG)</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>11:00 Pictionary (BG)</p> <p>2:00 Music with Dai Basset (MB)</p> <p>3:30 DrumFIT (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>28</p> <p>9:00 V!VAfit Sit (VS)</p> <p>9:45 DrumFIT (VS)</p> <p>10:00 Brain Boosters Package (PC)</p> <p>10:15 You be the Judge (BG)</p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 V!VAfit Fun (FD)</p> <p>7:00 Evening Movie (VP)</p>	
<p>29</p> <p>8:30 Excursion: Church Service Drop Off (L)</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>2:00 Pictionary (BG)</p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 Balloon Tennis (FD)</p>	<p>30</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>2:00 Euchre – Community Member Led (MB)</p> <p>1:30 Body Booster (VS)</p> <p>2:00 Walking Club Auction (CK)</p> <p>3:00 Chair Yoga (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>31</p> <p>9:00 V!VAfit Balance (VS)</p> <p>10:30 Yoga with Jenell (FD)</p> <p>1:30 DrumFIT (VS)</p> <p>2:00 Excursion: Value Village (L)</p> <p>2:00 Giant Crossword (BG)</p> <p>6:45 Bingo! (MB)</p> <p>7:00 Evening Movie (VP)</p>	<p>KANATA THEATRE</p> <p>“The Savannah Sipping Society” May 13th at 6:30 PM Lobby</p> <p>WALKER / WHEELCHAIR REPAIR Tuesday May 17th at 10:00 AM Mel’s Barr</p>				