



Connie showing us how to achieve a hole in one.



Perfecting our golf swing with golf pro Riley Foulds.

Don't miss out!

Astronomy Presentation

Thursday, June 9th
2:00 pm – V!V!Aplex

Garden Party

Saturday, June 11th
11:00 am – Victory Garden

Latin Chair Dancing

June 13th and 27th
2:00 pm – V!V!Afit Studio

Walker/Wheelchair Repair Clinic

Tuesday, June 21st
10:00 am – Mel's Barr

How to be a People Booster

Tuesday, June 21st
2:00 pm – V!V!Aplex
RSVP with Natasha.

Current Events with Professor Cammy

Wednesday, June 22nd
11:00 am – V!V!Aplex

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

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V!V!Avoice

YOUR V!V!A COMMUNITY NEWSLETTER

June 2022

V!V!A Retirement Communities™
BARRHAVEN



Celebrating Cinco De Mayo festivities with friends.



Lavinia baking up a storm.



Feeling the Mother's Day love.



Community Members at the Canadian Tulip Festival.



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.



Patricia Morgan,
Autho, Speaker & Therapist

How to be a People Booster

with Guest Speaker: Patricia Morgan
NOW AVAILABLE IN-PERSON* OR ONLINE!

TUESDAY, JUNE 21ST | 2:00 PM
Empower yourself and ignite the best in those around you by learning about these resiliency-enhancing concepts and tools. Prepare to amplify your self-awareness and to improve your presence with others. Join us for a joyful and uplifting session with author, speaker & therapist Patricia Morgan.

**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



Word Search!

Take a break with this challenging puzzle! Good luck!



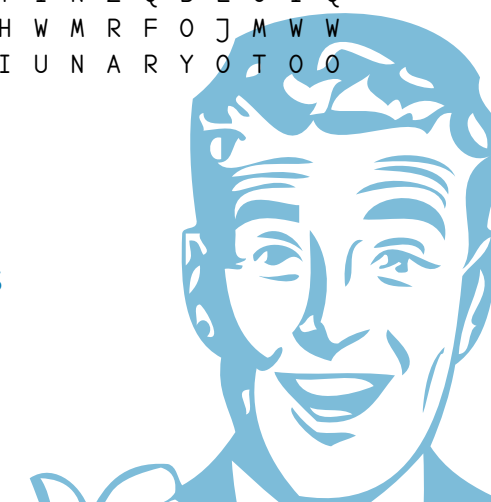
FATHER'S DAY

Word Search

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

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GAMES
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GUIDE
HANDSOME
HARDWORKING

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LIFE
LOVE
MEMORIES
MENTOR
PLAY
PROTECT
SILLY
SPECIAL
STRONG



www.saynotsweetanne.com

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>(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>Creative Gardening & Horticultural Therapy Every Friday</p> <p>2:00 PM Assisted Living</p> <p>3:30 PM Independent Living</p> <p>1st DAY OF SUMMER POOL PARTY!</p> <p>June 21st at 10:00 AM Pool</p>	<p>1</p> <p>9:00 V!VAfit Sit/Stand (VS)</p> <p>9:00 Smart Care Clothing Vendor (MB)</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 Book Club Meeting (BG)</p> <p>3:30 Reminiscing with Lavinia (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>2</p> <p>Election Day!</p> <p>9:00 V!VAfit Balance (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>Excursion: (L) Major's Hill Park Walk & Picnic ✓ 🚌</p> <p>1:30 DrumFIT (VS)</p> <p>2:00 Euchre Tournament (MB)</p> <p>3:30 Name 10 (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>3</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 Vendor: Maggie's Designs (L)</p> <p>Excursion: Ice Cream Drive to Carp (L) ✓ 🚌 \$</p> <p>1:30 Horticultural Therapy Assisted Living (FD)</p> <p>2:00 Horticultural Therapy (CK)</p> <p>3:30 Yoga with Lavinia (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>4</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>5</p> <p>Excursion: Church Service Drop Off (L) ✓ 🚌</p> <p>8:30 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 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>6</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>7</p> <p>9:00 V!VAfit Balance (VS)</p> <p>10:00 Music with Paddy (FD)</p> <p>Excursion: Confederation Park (L) ✓ 🚌</p> <p>10:30 DrumFIT (VS)</p> <p>1:30 Music with Bryan Lynch (MB)</p> <p>3:00 Bingo! (MB)</p> <p>6:45 Bingo! (MB)</p> <p>7:00 Evening Movie (VP)</p>	<p>8</p> <p>9:00 V!VAfit Sit/Stand (VS)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>Excursion: Ice Cream at Chocolate Favouris (L) ✓ 🚌</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>2:00 Music & Sing Along with Don and Howie (MB)</p> <p>3:30 Pictionary with Taylor (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>9</p> <p>9:00 V!VAfit Balance (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>1:30 DrumFIT (VS)</p> <p>Excursion: Parkdale Market (L) ✓ 🚌</p> <p>2:00 Astronomy Presentation: Wonderful Cosmo Series #2 (VP)</p> <p>3:30 Karaoke with Lavinia (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>10</p> <p>9:00 V!VAfit Sit (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>2:00 Giant Crossword (BG)</p> <p>2:00 Horticultural Therapy Assisted Living (FD)</p> <p>3:00 Music with the Vintage Fiddles (MB)</p> <p>3:30 Horticultural Therapy (CK)</p> <p>7:00 Evening Movie (VP)</p>	<p>11</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>Victory Garden Summer Social & Music with Anna (VG)</p> <p>11:00</p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 V!VAfit Fun (FD)</p> <p>7:00 Evening Movie (VP)</p>
<p>12</p> <p>Excursion: Church Service Drop off (L) ✓ 🚌</p> <p>8:30 V!VAfit Sit (VS)</p> <p>9:30 V!VAfit Fun (FD)</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>13</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 Vendor: Sunshine Gifts (L)</p> <p>1:30 Body Booster (VS)</p> <p>2:00 Latin Chair Dancing (VS)</p> <p>2:00 Euchre – Community Member Led (MB)</p> <p>3:30 Chair Yoga with Lavinia (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>14</p> <p>4th Dose Covid Vaccine Day</p> <p>2:00 Giant Crossword (BG)</p> <p>3:00 Music with Peter Foret (MB)</p> <p>6:45 Bingo! (MB)</p> <p>7:00 Evening Movie (VP)</p>	<p>15</p> <p>9:00 V!VAfit Sit/Stand (VS)</p> <p>10:30 Yoga with Lavinia (FD)</p> <p>11:00 Giant Crossword (BG)</p> <p>1:30 Body Booster (VS)</p> <p>3:30 Reminiscing with Lavinia (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>16</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>Excursion: Picnic Lunch and Outing to Merrickville (L) ✓ 🚌</p> <p>2:00 Sing-Along & Karaoke with Lavinia (MB)</p> <p>3:30 Brain Boosters (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>17</p> <p>9:00 V!VAfit Sit (VS)</p> <p>9:45 V!VAfit Swim (FD)</p> <p>10:30 Music with Arlene (FD)</p> <p>2:00 Baking with Lifestyles (CK)</p> <p>2:00 Horticultural Therapy Assisted Living (FD)</p> <p>3:30 Horticultural Therapy (CK)</p> <p>3:30 DrumFIT (FD)</p> <p>7:00 Evening Music with Larry Right "The way back Machine" (MB)</p>	<p>18</p> <p>9:00 V!VAfit Sit (VS)</p> <p>10:00 Brain Boosters Package (PC)</p> <p>Excursion: Spring Walk along the Canal (L) 🚌 ✓ ▶▶</p> <p>12:30</p> <p>2:30 Afternoon Movie (VP)</p> <p>3:30 V!VAfit Fun (FD)</p> <p>7:00 Evening Movie (VP)</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>19 Father's Day</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>10:30 Family Photobooth (L)</p> <p>11:00 Allan Ryan on the Piano (L)</p> <p>2:00 Giant Crossword (BG)</p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 Father's Day Happy Hour (MB)</p> <p>7:00 Evening Movie (VP)</p>	<p>20 Library Pickup</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>Excursion: Carlingwood Mall (L) ✓ 🚗</p> <p>1:30 Carlingwood Mall (L) ✓ 🚗</p> <p>3:30 Brain Boosters (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>21 9:00 V!VAfit Balance (VS)</p> <p>10:00 Walker / Wheelchair repair Clinic (MB)</p> <p>10:00 First Day of Summer Pool Party (P)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>1:30 DrumFIT (VS)</p> <p>2:00 Community Member Meeting (VP)</p> <p>2:00 V!VA Values Mental Health (BG)</p> <p>2:30 Excursion: Value Village Senior's Day (L)</p> <p>3:30 Name 10 (FD)</p> <p>6:45 Bingo! (MB)</p> <p>7:00 Evening Movie (VP)</p>	<p>22</p> <p>9:00 V!VAfit Sit/Stand (VS)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>11:00 Current Events with Professor Cammy (VP)</p> <p>1:30 Body Booster (VS)</p> <p>1:30 Excursion: Bayshore Mall (L) ✓ 🚗</p> <p>2:00 Pick up Bridge (CC)</p> <p>2:00 Billiards Social (MB)</p> <p>3:30 Pictionary (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>23</p> <p>9:00 V!VAfit Balance (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>10:30 Excursion: Banking (L) ✓ 🚗</p> <p>1:30 DrumFIT (VS)</p> <p>Excursion: Shopper's Drug Mart Senior's Day (L) ✓ 🚗</p> <p>1:30 Shopper's Drug Mart Senior's Day (L) ✓ 🚗</p> <p>2:00 Birthday Party Strawberry Social with Arlene (MB)</p> <p>3:30 Tea Party (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>24</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 Craft time with Taylor: Garden Surprise (CK)</p> <p>2:00 Horticultural Therapy Assisted Living (FD)</p> <p>3:30 Horticultural Therapy (CK)</p> <p>3:30 Puzzles & Colouring (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>25</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>26</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 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>27</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 Walking Club Auction (CK)</p> <p>3:00 Chair Yoga (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>28</p> <p>9:00 V!VAfit Balance (VS)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>1:30 DrumFIT (VS)</p> <p>2:00 Giant Crossword (BG)</p> <p>2:30 Surprise Happy Hour (MB)</p> <p>3:30 Craft time with Taylor (FD)</p> <p>6:45 Bingo! (MB)</p> <p>7:00 Evening Movie (VP)</p>	<p>29</p> <p>9:00 V!VAfit Sit/Stand (VS)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>1:30 Body Booster (VS)</p> <p>Musical Presentation: Across Canada with Jim Beattie (VP)</p> <p>2:00 Across Canada with Jim Beattie (VP)</p> <p>3:00 Book Club Meeting (BG)</p> <p>3:30 Reminiscing with Lavinia (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>30</p> <p>9:00 V!VAfit Balance (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>1:30 DrumFIT (VS)</p> <p>3:30 Name 10 (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>ICE CREAM at Chocolate Favoris June 8th at 10:30 AM</p> <p>MUSICAL PRESENTATION: Across Canada with Jim Beattie June 29th at 2:00 PM</p>	<p>CURRENT EVENTS WITH PROFESSOR CAMMY June 22nd at 11:00 AM</p> <p>FAMILY PHOTOBOOTH June 19th at 10:30 AM</p>



happy
Father's
Day

What does a baby computer call his father?

Data.