



Canada Day celebrations had everyone outdoors and proudly wearing our flag colours.



Allan Ryan playing all our favourites on Canada Day.

Don't miss out!

Paint Night with Navy

Thursday, August 11
6:30 pm – V!VAcraft

Walker/Wheelchair Repair Clinic

Tuesday, August 16
10:00 am – Mel's Barr

The Importance of Connectivity

Tuesday, August 16
2:00 pm – V!VApex
RSVP to Natasha.

Cosmo Series #4

Thursday, August 18
2:00 pm – V!VApex

Current Events with Professor Cammy

Wednesday, August 24
11:00 am – V!VApex

Sunflowers at the Sultan Farm & Sanctuary

Wednesday, August 24
11:00 am – V!VApex

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

August 2022

V!VA Retirement Communities™
BARRHAVEN



Book Club Community Members got together to talk about their weekly favourite reads.



Lorne and Nora are proud of their pumpkin patch.



Celebrating 60 years of marriage.



A game of Dominoes with friends.



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.



Jesse Smith, Instructor & Senior Technology Mentor



The Importance of Connectivity

with Guest Speaker: **Jesse Smith**

NOW AVAILABLE IN-PERSON* OR ONLINE!

TUESDAY, AUGUST 16 | 2:00 PM

Join us once again for a rerun with Jesse, to explore how connecting online can support your mental health during times when seeing others in person is restricted. Learn how to discover new communities, share with friends and family, and even access mental health services. In partnership with Connected Canadians.

**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

SUDOKU FUN!

				3	9	2		5
4	9	2					6	
6	5	3		7			8	1
3	6		7	2	5			
				4		5		
		5		6				
2	4	1			6	7		3
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	8		3		2		5	4


	5	7	3	1			9	6
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8	2	3	7	9		4		5
9	1				7		5	4
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	1		4	7			9	5

Each puzzle consists of a 9x9 grid containing given clues in various places. The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3x3 box.



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>EXCURSION: ICE CREAM AT DAIRY QUEEN August 2nd at 11:00 am Lobby</p> <p>EUCHRE TOURNAMENT August 4th at 2:00 pm Mel's Barr</p>			
<p>EXCURSION: CLASSIC THEATRE FESTIVAL "THE FOUR POSTER" August 25th at 12:30 pm Lobby \$35.00</p> <p>STRAWBERRY SOCIAL with ARLENE August 11th at 2:00 pm Mel's Barr</p>	<p>1</p> <p>9:00 V!VAfit Flow (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:45 V!VAfit Fun (FD)</p> <p>2:00 Euchre – Community Member Led (MB)</p> <p>1:30 Body Booster (VS)</p> <p>3:00 Yoga with Jenell (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>2</p> <p>9:00 V!VAfit Balance (VS)</p> <p>10:45 V!VAfit Fun (FD)</p> <p>11:00 Excursion: Ice Cream at Dairy Queen (L) \$ 🚗 ✓</p> <p>1:30 DrumFIT (VS)</p> <p>2:30 Mini Manicures (BG)</p> <p>6:45 Bingo! (MB)</p> <p>7:00 Evening Movie (VP)</p>	<p>3</p> <p>9:00 V!VAfit Sit/Stand (VS)</p> <p>9:00 Vendor: Marianna Jewelry (L)</p> <p>10:45 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>4</p> <p>9:00 V!VAfit Balance (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:45 V!VAfit Fun (FD)</p> <p>10:30 Excursion: Giant Tiger (L) \$ 🚗 ✓</p> <p>1:30 DrumFIT (VS)</p> <p>2:00 Excursion: Shoppers (L) \$ 🚗 ✓</p> <p>2:00 Music & Sing Along with Don & Howie (MB)</p> <p>3:30 Name 10 (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>5</p> <p>9:00 V!VAfit Sit (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:30 Morning Music with Arlene (FD)</p> <p>2:00 The Newlywed Game (MB)</p> <p>2:00 Horticulture Therapy (FD)</p> <p>3:30 Horticulture Therapy (CK)</p> <p>7:00 Evening Movie (VP)</p>	<p>6</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>2:00 Bringing Colourful Life to Seniors (CK)</p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 V!VAfit Fun (FD)</p> <p>7:00 Evening Movie (VP)</p>
<p>7</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>2:30 Afternoon Movie (VP)</p> <p>3:00 Jenga & Dominoes with Winston (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>8</p> <p>9:00 V!VAfit Flow (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:45 V!VAfit Fun (FD)</p> <p>2:00 Euchre – Community Member Led (MB)</p> <p>1:30 Body Booster (VS)</p> <p>2:00 Latin Chair Dancing (VS)</p> <p>3:00 Yoga with Jenell (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>9</p> <p>9:00 V!VAfit Balance (VS)</p> <p>10:00 Music with Paddy (FD)</p> <p>1:30 DrumFIT (VS)</p> <p>2:30 Mini Manicures (BG)</p> <p>3:30 V!VAfit Fun (FD)</p> <p>6:45 Bingo! (MB)</p> <p>7:00 Evening Movie (VP)</p>	<p>10</p> <p>9:00 V!VAfit Sit/Stand (VS)</p> <p>10:30 Excursion: Banking (L) ✓ 🚗</p> <p>10:45 V!VAfit Fun (FD)</p> <p>1:30 Body Booster (VS)</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>11</p> <p>9:00 V!VAfit Balance (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:45 V!VAfit Fun (FD)</p> <p>1:30 DrumFIT (VS)</p> <p>2:00 Strawberry Social with Arlene (MB)</p> <p>6:30 Paint Night with Navy (CK)</p> <p>7:00 Evening Movie (VP)</p>	<p>12</p> <p>9:00 V!VAfit Sit (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:30 Morning Music with Arlene (FD)</p> <p>1:30 Excursion: Wal-Mart \$ 🚗 (L) ✓</p> <p>2:00 Giant Crossword (BG)</p> <p>3:30 Trivia with Lifestyles (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>13</p> <p>9:00 V!VAfit Sit (VS)</p> <p>10:00 Brain Boosters Package (PC)</p> <p>10:15 Pictionary (BG)</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>14</p> <p>Excursion: Church Service Drop Off (L) ✓ 🚗</p> <p>8:30</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 Giant Crossword (BG)</p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 Brain Games (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>15</p> <p>Library Pickup</p> <p>9:00 V!VAfit Flow (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:45 V!VAfit Fun (FD)</p> <p>Excursion: Carlingwood Mall (L) ✓ 🚗 \$</p> <p>1:30</p> <p>3:00 Yoga with Jenell (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>16</p> <p>9:00 V!VAfit Balance (VS)</p> <p>10:00 Walker / Wheelchair repair Clinic (MB)</p> <p>10:30 Morning Music with Dai (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>3:30 Name 10 (FD)</p> <p>7:00 Evening Music with Peter Foret (MB)</p>	<p>17</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>2:00 Afternoon Music with Noel (MB)</p> <p>3:30 Reminiscing with Lifestyles (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>18</p> <p>9:00 V!VAfit Balance (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:45 V!VAfit Fun (FD)</p> <p>12:30 Excursion: Jabulani Wine & Cheese Tasting (L) ✓ \$</p> <p>1:30 DrumFIT (VS)</p> <p>2:00 Cosmo Series #4 (VP)</p> <p>3:30 Mini Manicures (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>10:45 V!VAfit Fun (FD)</p> <p>2:00 Giant Crossword (BG)</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 Sit (VS)</p> <p>9:45 DrumFIT (VS)</p> <p>10:00 Brain Boosters Package (PC)</p> <p>2:00 Afternoon Music with Guy (MB)</p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 V!VAfit Fun (FD)</p> <p>7:00 Evening Movie (VP)</p>
<p>21</p> <p>Excursion: Church Service Drop Off (L) ✓ 🚗</p> <p>8:30</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>2:30 Afternoon Movie (VP)</p> <p>3:00 Balloon Volleyball with Winston (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>22</p> <p>9:00 V!VAfit Flow (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:30 Excursion: LCBO & Dollarama (L) ✓ 🚗 \$</p> <p>10:45 V!VAfit Fun (FD)</p> <p>2:00 Latin Chair Dancing (VS)</p> <p>3:00 Yoga with Jenell (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>23</p> <p>Special Guest Valeo Athletics 45min class (VS)</p> <p>9:00</p> <p>10:45 V!VAfit Fun (FD)</p> <p>Excursion: Rideau Canal Cruise (L) \$35+tax ✓ 🚗 \$</p> <p>1:00</p> <p>1:30 DrumFIT (VS)</p> <p>2:00 Chef Demo (CK)</p> <p>3:30 Crafts with Lifestyles (FD)</p> <p>6:45 Bingo! (MB)</p> <p>7:00 Evening Movie (VP)</p>	<p>24</p> <p>9:00 V!VAfit Sit/Stand (VS)</p> <p>Excursion: Sultan Farm & Sanctuary Sunflowers (L) ✓ 🚗</p> <p>10:00</p> <p>10:45 V!VAfit Fun (FD)</p> <p>11:00 Current Events with Professor Cammy (VP)</p> <p>1:30 Body Booster (VS)</p> <p>2:00 Pick up Bridge (CC)</p> <p>3:30 Pictionary (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>25</p> <p>9:00 V!VAfit Balance (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:45 V!VAfit Fun (FD)</p> <p>Excursion: Classic Theatre Festival: The Four Poster (L) \$35. ✓</p> <p>12:30</p> <p>1:30 DrumFIT (VS)</p> <p>3:30 Tea Party (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>26</p> <p>9:00 V!VAfit Sit (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:30 Morning Music with Arlene (FD)</p> <p>3:30 Yoga with Lavinia (FD)</p> <p>7:00 Evening music with Tony True (MB)</p> <p>7:00 Evening Movie (VP)</p>	<p>27</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>28</p> <p>Excursion: Church Service Taxi Drop Off (L) ✓ 🚗</p> <p>8:30</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>2:30 Afternoon Movie (VP)</p> <p>3:00 Jenga & Dominoes with Winston (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>29</p> <p>9:00 V!VAfit Flow (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:45 V!VAfit Fun (FD)</p> <p>2:00 Euchre – Community Member Led (MB)</p> <p>2:00 Walking Club Auction (CK)</p> <p>3:00 Yoga with Jenell (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>30</p> <p>9:00 V!VAfit Balance (VS)</p> <p>10:45 V!VAfit Fun (FD)</p> <p>1:30 DrumFIT (VS)</p> <p>2:00 Birthday Celebration and Music with Anna Ludlow (MB)</p> <p>6:45 Bingo! (MB)</p> <p>7:00 Evening Movie (VP)</p>	<p>31</p> <p>9:00 V!VAfit Sit/Stand (VS)</p> <p>10:45 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>EXCURSION: RIDEAU CANAL CRUISE Tuesday, August 23rd at 1:00 pm Lobby</p> <p>COSMO SERIES # 4 Thursday, August 18th at 2:00 pm Lobby</p>	<p>INFOTV CHANNEL 988 MONDAY – SUNDAY</p> <p>Check out our in house TV Channel (988) for interesting biographies, documentaries, and V!VAfit exercise classes.</p>	<p>SUMMER SCAVENGER HUNT BINGO BEGINS Tuesday, August 2nd</p>

*Calendars are subject to change. All programs, activities & terminology are property of V!VA Retirement Communities™