



Kun-Cheng working in the Victory Garden.



Introducing Lily (L) our new Lifestyles Manager and Karen (R) our new Services Manager.

**Don't miss out!**

**Harvest Flower Making**  
Thursday, September 8  
3:00 pm – V!VAcraft

**Picnic at Long Island Locks**  
Tuesday, September 13  
11:00 am – Lobby

**Magic Show**  
Wednesday, September 14  
2:00 pm – Mel's Bar

**Boost Your Mental Health with Autumn's Bounty**  
Tuesday, September 20  
2:00 pm – V!VAp!ex  
RSVP Natasha.

**Taste of Fall and Music with Arlene**  
Thursday, September 22  
2:00 pm – Mel's Bar

**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 September 2022

V!VA Retirement Communities™  
BARRHAVEN



Alan is all dressed up for his birthday celebration.



Making homemade potatoe salad.



A museum hands-on experience.



A fun visit to the Museum of Nature 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.



**Melisa Cannella**  
Registered Holistic  
Nutritionist

### Boost Your Mental Health with Autumn's Bounty

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

**TUESDAY, SEPTEMBER 20 | 2:00 PM**  
Autumn boasts a cornucopia of rich foods and spices that warm the soul and nourish the brain. Join Mel as she returns to discuss the mental health benefits of these antioxidant-rich foods and how you can easily infuse them into your daily diet. Warning: there may be an abundance of information regarding apples and pumpkins!

\*Conditions apply including public health protocols.

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)

# BRAIN



# TEASER

There's been a theft at the Big Al's Big Kahuna Surfboard Shop. Police have interviewed six suspects. Below is a summary of their statements. Police know that exactly four of them told one lie each and all of the other statements are true. From this information can you tell who committed the crime?

Sneaky Pete said:

- It wasn't Fast Eddie
- It wasn't Slick Nick
- It wasn't Tony Lip

Fast Eddie said:

- It wasn't Sneaky Pete
- It wasn't Smugs McGee
- It wasn't Tony Lip

Smugs McGee said:

- It wasn't Fast Eddie
- It wasn't Steady Freddie
- It wasn't Tony Lip

Slick Nick said:

- It wasn't Sneaky Pete
- It wasn't Steady Freddie
- It wasn't Smugs McGee

Tony Lip said:

- It wasn't Smugs McGee
- It wasn't Slick Nick
- It wasn't Steady Freddie

Steady Freddie said:

- It wasn't Smugs McGee
- It wasn't Slick Nick
- It wasn't Sneaky Pete

## WORKSHEET

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Brain Teaser Answer: Smugs McGee committed the crime. If any other person had committed the crime there would not be exactly 4 lies told.

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>CURRENT EVENTS WITH CAMMY</b> September 1<sup>ST</sup> at 11 am in the V!VAplex.</p> <p><b>HARVEST FLOWER MAKING WITH KRISTA</b> September 8<sup>th</sup> at 3:00 pm. In the Craft Kitchen.</p>	<p><b>MAGIC SHOW WITH KEVIN</b> September 14<sup>th</sup> at 2:00 pm. In Mel's Barr.</p>	<p><b>1</b></p> <p>9:00 V!VAfit Balance (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>Reading Buddies: With Daycare and Friends (FD)</p> <p>10:00 Current Events with Cammy (VP)</p> <p>11:00 DrumFIT (VS)</p> <p>3:00 V!VAfit Fun (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>2</b></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>11:00 Vendor: Maggie Designs (L)</p> <p>2:00 V!VAfit Fun (FD)</p> <p>3:30 Mini Manicures (BG)</p> <p>Way Back Machine-Music with Larry Wright (MB)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>3</b></p> <p>9:00 V!VAfit Sit (VS)</p> <p>10:00 Brain Boosters Package (PC)</p> <p>10:00 Pet Therapy with Andrea &amp; Lily (FD)</p> <p>10:15 Craft time with Lauren (FD)</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><b>4</b></p> <p>8:30 Excursion: Church Service Drop Off (L) ✓ 🚗</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>11:00 Allan Ryan on the Piano (L)</p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 V!VAfit Fun (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>5</b></p> <p>9:00 V!VAfit Sit (VS)</p> <p>10:00 Brain Boosters Package (PC)</p> <p>10:45 V!VAfit Fun (FD)</p> <p>1:30 Bean Bag Toss (MB)</p> <p>2:00 Euchre – Community Member Led (MB)</p> <p>3:00 Yoga with Jenell (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>6</b></p> <p>9:00 V!VAfit Balance (VS)</p> <p>10:45 V!VAfit Fun (FD)</p> <p>11:00 Excursion: Walmart (L) \$ 🚗 ✓</p> <p>1:30 DrumFIT (VS)</p> <p>3:00 Book Club Meeting (BG)</p> <p>6:45 Bingo! (MB)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>7</b></p> <p>9:00 V!VAfit Sit/Stand (VS)</p> <p>10:45 V!VAfit Fun (FD)</p> <p>11:00 Vendor: Sunshine Gifts (L)</p> <p>2:00 Pick up Bridge (CC)</p> <p>2:00 Music with The Red Wing Fiddlers (MB)</p> <p>3:30 Reminiscing with Reagan (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>8</b></p> <p>9:00 V!VAfit Balance (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:00 Bridge Lessons (CC)</p> <p>10:45 V!VAfit Fun (FD)</p> <p>2:00 Harvest Flower Making with Krista (CK)</p> <p>3:30 Name 10 (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>9</b></p> <p>9:00 V!VAfit Sit (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:00 Vendor: (L)</p> <p>10:30 Morning Music with Arlene (FD)</p> <p>12:00 Community Member BBQ (VG)</p> <p>2:00 Riddle Me This (FD)</p> <p>Outdoor Painting and Music with Daycare and Friends (VG)</p> <p>2:45</p> <p>7:00 Evening Movie (VP)</p>	<p><b>10</b></p> <p>9:00 V!VAfit Sit (VS)</p> <p>10:00 Brain Boosters Package (PC)</p> <p>10:00 Pet Therapy with Andrea &amp; Lily (FD)</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>
<p><b>11</b></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 &amp; Dominoes with Winston (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>12</b></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>Vendor: Marianna Jewelry (L)</p> <p>1:30 Body Booster (VS)</p> <p>2:00 Euchre – Community Member Led (MB)</p> <p>2:00 Latin Chair Dancing (VS)</p> <p>3:00 Yoga with Jennel (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>13</b></p> <p>9:00 V!VAfit Balance (VS)</p> <p>10:00 Music with Paddy (FD)</p> <p>Excursion: Picnic at the Long Island Locks \$ 🚗 ✓</p> <p>11:00</p> <p>1:30 DrumFIT (VS)</p> <p>3:00 V!VAfit Fun (FD)</p> <p>6:45 Bingo! (MB)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>14</b></p> <p>9:00 V!VAfit Sit/Stand (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:45 V!VAfit Fun (FD)</p> <p>2:00 Pick up Bridge (CC)</p> <p>2:00 Magic Show with Kevin (MB)</p> <p>3:30 Body Booster (VS)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>15</b></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: Shoppers (L) \$ 🚗 ✓</p> <p>1:30 DrumFIT (VS)</p> <p>2:00 Excursion: Giant Tiger (L) \$ 🚗 ✓</p> <p>2:00 Cosmo Series #5 (VP)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>16</b></p> <p>9:00 V!VAfit Sit (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>Excursion: Apple Picking at Pinewood Orchard (L)</p> <p>2:00 Music with Vintage Fiddlers (MB)</p> <p>3:30 Giant Crossword (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>17</b></p> <p>9:00 V!VAfit Sit (VS)</p> <p>10:00 Brain Boosters Package (PC)</p> <p>10:00 Pet Therapy with Andrea &amp; Lily (FD)</p> <p>10:15 Baking with Abby (CK)</p> <p>2:00 Bringing Colourful Life to Seniors (CK)</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><b>18</b></p> <p><b>8:30</b> Excursion: Church Service Drop Off (L) ✓ 🚗</p> <p><b>9:30</b> V!VAfit Sit (VS)</p> <p>10:00 Pick up Brain Booster Package (PC)</p> <p><b>10:30</b> V!VAfit Fun (FD)</p> <p><b>11:00</b> Allan Ryan on the Piano (L)</p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 Ladder Ball (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>19</b></p> <p><b>9:00</b> V!VAfit Flow (VS)</p> <p><b>9:45</b> V!VAfit Swim (P)</p> <p>Let's All Sing Together- Community Led Program (MB)</p> <p>10:00</p> <p><b>10:45</b> V!VAfit Fun (FD)</p> <p>2:00 Euchre – Community Member Led (MB)</p> <p><b>1:30</b> Body Booster (VS)</p> <p><b>2:00</b> Music with Denim &amp; Lace (MB)</p> <p><b>3:00</b> Yoga with Jennel (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>20</b></p> <p><b>9:00</b> V!VAfit Balance (VS)</p> <p>10:00 Walker/ Wheelchair Repair Clinic (MB)</p> <p><b>10:00</b> Vendor (L)</p> <p><b>10:45</b> V!VAfit Fun (FD)</p> <p><b>1:30</b> DrumFIT (VS)</p> <p>2:00 Community Member Meeting (CC)</p> <p><b>2:00</b> V!VA Mental Health Presentation (VP)</p> <p>6:45 Bingo! (MB)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>21</b></p> <p><b>9:00</b> V!VAfit Sit/Stand (VS)</p> <p>10:00 Apple Crumble Bake (CK)</p> <p><b>10:45</b> V!VAfit Fun (FD)</p> <p><b>1:30</b> Body Booster (VS)</p> <p>Excursion:</p> <p><b>1:30</b> International Plowing Match (L) \$ 🚗 ✓</p> <p>2:00 Pick up Bridge (CC)</p> <p><b>3:00</b> Lifestyles Reflections with Lily (BG)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>22</b></p> <p><b>9:00</b> V!VAfit Balance (VS)</p> <p><b>9:45</b> V!VAfit Swim (P)</p> <p>Excursion:</p> <p><b>10:30</b> Carlingwood Mall (L) \$ 🚗 ✓</p> <p><b>1:30</b> DrumFIT (VS)</p> <p><b>2:00</b> Taste of Fall and Music with Arlene (MB)</p> <p><b>3:30</b> V!VAfit Fun (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>23</b></p> <p><b>9:00</b> V!VAfit Sit (VS)</p> <p><b>9:45</b> V!VAfit Swim (P)</p> <p><b>10:30</b> Morning Music with Arlene (FD)</p> <p><b>1:30</b> Drumfit (VS)</p> <p>2:00 Trivia with Lifestyles (FD)</p> <p>3:00 Mini Manicures</p> <p>7:00 Evening Movie (VP)</p>	<p><b>24</b></p> <p><b>9:00</b> V!VAfit Sit (VS)</p> <p>10:00 Brain Boosters Package (PC)</p> <p><b>10:00</b> Pet Therapy with Andrea &amp; Lily (FD)</p> <p>10:15 Pictionary (BG)</p> <p><b>12:00</b> Excursion: Cirque Du Soleil (L) \$ 🚗 ✓</p> <p>2:30 Afternoon Movie (VP)</p> <p><b>3:30</b> V!VAfit Fun (FD)</p> <p>7:00 Evening Movie (VP)</p>
<p><b>25</b></p> <p><b>8:30</b> Excursion: Church Service Drop Off (L) ✓ 🚗</p> <p><b>9:30</b> V!VAfit Sit (VS)</p> <p>10:00 Pick up Brain Booster Package (PC)</p> <p><b>10:30</b> V!VAfit Fun (FD)</p> <p><b>11:00</b> Allan Ryan on the Piano (L)</p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 You Be the Judge (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>26</b></p> <p><b>9:00</b> V!VAfit Flow (VS)</p> <p><b>9:45</b> V!VAfit Swim (P)</p> <p><b>10:45</b> V!VAfit Fun (FD)</p> <p><b>1:30</b> Body Booster (VS)</p> <p>2:00 Euchre – Community Member Led (MB)</p> <p><b>2:00</b> Latin Chair Dancing (VS)</p> <p><b>3:00</b> Yoga with Jennel (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>27</b></p> <p><b>9:00</b> V!VAfit Balance (VS)</p> <p><b>10:45</b> V!VAfit Fun (FD)</p> <p><b>11:00</b> Excursion: LCBO and Walmart (L) \$ 🚗 ✓</p> <p><b>1:30</b> DrumFIT (VS)</p> <p>2:00 Guess That Tune (VP)</p> <p>3:30 Bean Bag Toss (FD)</p> <p>6:45 Bingo! (MB)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>28</b></p> <p><b>9:00</b> V!VAfit Sit/Stand (VS)</p> <p><b>9:00</b> Vendor: Marianna Jewelry (L)</p> <p><b>10:30</b> Anglican Church Service with Margo (VP)</p> <p><b>10:45</b> V!VAfit Fun (FD)</p> <p><b>1:30</b> Body Booster (VS)</p> <p>2:00 Pick up Bridge (CC)</p> <p>3:30 Reminiscing with Lifestyles (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>29</b></p> <p><b>9:00</b> V!VAfit Balance (VS)</p> <p><b>9:45</b> V!VAfit Swim (P)</p> <p><b>10:45</b> V!VAfit Fun (FD)</p> <p><b>10:30</b> Excursion: Fall Country Drive (L) 🚗 ✓</p> <p><b>1:30</b> DrumFIT (VS)</p> <p><b>2:00</b> Euchre Tournament with Lifestyles (MB)</p> <p>3:30 Pictionary (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>30</b></p> <p><b>9:00</b> V!VAfit Sit (VS)</p> <p><b>9:45</b> V!VAfit Swim (P)</p> <p><b>10:00</b> Vendor: (L)</p> <p>10:00 Crafts with Lifestyles (CK)</p> <p><b>1:30</b> Drumfit (VS)</p> <p><b>2:00</b> Birthday Celebration with Andre &amp; Maria (MB)</p> <p>3:30 Name 10 (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p><b>TASTE OF FALL WITH ARLENE</b></p> <p>September 22<sup>nd</sup> at 2:00 pm in Mel's Barr.</p> <p>Enjoy some homemade apple crumble hand picked and baked by our very own Community Members while enjoying the entertainment with Arlene.</p>

**INFOTV CHANNEL 988  
MONDAY – SUNDAY**

Check out our in house TV Channel (988) for interesting biographies, documentaries, and V!VAfit exercise classes.

