



Reegan and Judy enjoying a warm coffee a local coffee shop.



Karine and Mark showing off their Flu shots.

Don't miss out!

James McKenzie Duo

Friday, January 5
2:00 pm – Mel's Barr

Let's Celebrate the Birthday Of Elvis

Monday, January 8
2:00 pm – Mel's Barr

Current Events with Professor Cammy

Wednesday, January 17
11:00 am – V!VAplex

Ottawa Woodwind Project

Monday, January 22
7:15 pm – Mel's Barr

Art History Seminar with Mary Major

Wednesday, January 24
2:00 pm – V!VAplex

Robbie Burns Day Celebration

Thursday, January 25
2:00 pm – Mel's Barr

Receive a cheque* for every friend you refer to V!VA Barrhaven who moves in.

All they need to do is tell us who referred them. That's just our way of saying 'Thanks!' for helping someone else be Happier Here™, too!

*Conditions apply

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V!VAvoice

YOUR V!VA COMMUNITY NEWSLETTER

January 2024

V!VA Retirement Communities™
BARRHAVEN



Christina and her family enjoying music with Arlene.



Della propagating plants indoors.



Jill and Vicki decorating the Christmas tree in the lobby.



Maria and Luis enjoying the Christmas decorations in the lobby.



9 Tips for Seniors to Keep New Year's Resolutions

The beginning of a new year is often accompanied by the desire to make positive changes in one's life. As we age, it becomes even more important to take care of our physical, mental, and emotional well-being. To help seniors stay on track with their goals, here is a list of 10 tips to keep in mind when making and keeping New Year's resolutions.

1. Be Realistic

As a senior, your energy levels or physical abilities have likely changed. Therefore, setting achievable goals that take into consideration our current capabilities is key to avoiding feeling discouraged or overwhelmed.

2. Set Specific Goals

Try setting specific and measurable goals. This could mean instead of saying "I want to exercise more," try setting a goal of "I will walk for 30 minutes, three times a week." This makes the goals more tangible and easier to track progress.

3. Focus on Health

As we age, we become more susceptible to injury and illness, so it's important to prioritize our health. This could mean incorporating regular exercise, a balanced and nutritious diet, and regular check-ups with the doctor.

4. Work as a Team!

Making resolutions together with friends or family who have similar goals can provide support and motivation throughout the year, and can make a significant difference in staying on track overcoming obstacles that may arise.

5. Celebrate Small Wins

It's important to celebrate even the smallest accomplishments when working towards our goals no matter how small it may seem. This can help keep us motivated and focused on the end goal.

6. Prioritize Self-Care

Self-care means making time for activities such as reading, practicing a hobby (or picking up a new one!), or simply taking time to relax. Our mental and emotional health is as important as our physical health.

7. Have Fun!

Resolutions don't have to feel like a chore. Find ways to make them enjoyable, whether it be by trying new activities or incorporating elements that you already enjoy into your goals. Perhaps a friendly competition to reach a goal before a friend?

8. Be Patient

Change takes time, so it's important to be patient with ourselves when working towards goals. Don't get discouraged if there are setbacks or progress is slow. Remember tip n0. 5: Every step, no matter how small, is still a step in the right direction.

9. Stay Positive

Lastly, it's important to maintain a positive mindset when working towards resolutions. By focusing on the progress we have made, we can stay motivated and optimistic for ourselves and for the friends who might be sharing the same resolution!

This article is for informational purposes only and should not be considered medical or professional advice. Always consult with a healthcare professional before starting any new exercise or health routine.

Five friends - Eliza, Fred, George, Hannah, and Iris, each hail from a different country - Australia, Brazil, Canada, Denmark, and England, and have different resolutions for the New Year: To meditate daily, to adopt a pet, to start a business, to learn to play a musical instrument, and to write a book. Based on the clues below, can you figure out who is from which country and what their resolution is?

- The person who wants to start a business is not from Australia or Canada.
- Fred, who isn't from England or Denmark, does not want to write a book or meditate daily.
- Hannah is either from Brazil or Canada and she doesn't want to start a business or learn a musical instrument.
- The person from Denmark, who isn't George, wants to write a book.
- Iris is from Australia and doesn't want to start a business or adopt a pet.
- The person who wants to meditate daily is from England and it isn't Eliza.

Answer Key:
Eliza is from Brazil and her New Year's resolution is to start a business.
Fred is from Canada and his New Year's resolution is to adopt a pet.
George is from England and his New Year's resolution is to meditate daily.
Hannah is from Denmark and her New Year's resolution is to write a book.
Iris is from Australia and her New Year's resolution is to learn to play a musical instrument.

Reserve your spot for events and programs at Concierge.

January 2024

V!VA Barrhaven



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 V!VAfit Flow (VS) 10:30 V!VAfit Fun (FD) 2:00 T.V. Concert (FD) 2:30 Statler Brothers Gospel Music Video (VP) 7:00 Evening Movie (VP)	9:00 V!VAfit Balance (VS) 10:00 V!VAfit Combo (VS) 11:00 Lifestyles Meeting with Candace (MB) 1:30 DrumFit (VS) 2:00 Billiards (MB) 2:30 Afternoon Tea (FD) 3:00 Where In The World Trivia (BG) 3:30 V!VAfit Fun (FD) 6:45 BINGO! (MB) 7:00 Evening Movie (VP)	9:00 V!VAfit Sit & Stand (VS) 9:15 Aquatic Sensory Group (FD) 9:45 V!VAfit Swim (P) 10:30 V!VAfit Fun (FD) 1:00 Loblaws & Homesense (L) 1:45 Bridge Club - Community Member Led (CC) 2:00 January Themed Trivia (BG) 3:30 Giant Dominoes (FD) 6:00 The Writer's Group - Community Members Invited (CK) 7:00 Evening Movie (VP)	9:00 V!VAfit Balance (VS) 9:15 Mary Cook Stories (FD) 10:00 V!VAfit Combo (VS) 10:30 V!VAfit Fun (FD) 11:00 I Read Shakespeare (BG) 1:00 Shoppers Drug Mart (L) 1:30 DrumFit (VS) 3:00 Art Therapy with Rebecca (FD) 7:00 Evening Movie (VP) 7:00 Pass The ACE (HR)	9:00 V!VAfit Sit (VS) 9:15 Sippin' Social (FD) 9:45 V!VAfit Swim (P) 10:30 Music with Arlene (FD) 2:00 James McKenzie Duo (MB) 3:15 Giant Crossword (BG) 7:00 Evening Movie (VP)	9:00 V!VAfit Sit (VS) 10:00 Brain Boosters Package (PC) 10:00 V!VAfit Fun (FD) 1:30 Community Member Led Friendly Euchre (MB) 2:00 Music with Jumpin Jimmy (FD) 2:30 Afternoon Movie (VP) 7:00 Evening Movie (VP)
8:30 Church Service by Bus (L) 9:30 V!VAfit Sit (VS) 10:00 Brain Boosters Package Hawaii Theme (PC) 10:30 V!VAfit Fun (FD) 11:00 Allan Ryan on the Piano (L) 2:00 Word Unscramble (FD) 2:30 Afternoon Concert: Elvis (VP) 3:00 Balloon Tennis (FD) 7:00 Evening Movie (VP)	9:00 V!VAfit Flow (VS) 9:45 V!VAfit Swim (P) 9:45 Corn Hole (FD) 10:00 Getting To Know You-Community Member Led (CK) 10:30 V!VAfit Fun (FD) 2:00 Latin Chair Dancing (VS) 2:00 Let's Celebrate The Birthday of Elvis (MB) 3:30 Sing-A-Long with Lavinia (VP) 7:00 Evening Movie: Elvis (VP)	9:00 V!VAfit Balance (VS) 10:00 Music with Paddy and the Children (FD) 10:00 V!VAfit Combo (VS) 11:00 Community Member Town Hall Meeting (MB) 1:00 Carlingwood Mall (L) 1:30 DrumFit (VS) 2:30 Afternoon Tea (FD) 3:00 Falls Prevention Presentation (VP) 3:30 V!VAfit Fun (FD) 6:45 BINGO! (MB) 7:00 Evening Movie (VP)	9:00 V!VAfit Sit & Stand (VS) 9:15 Aquatic Sensory Group (FD) 9:45 V!VAfit Swim (P) 10:30 V!VAfit Fun (FD) 1:45 Bridge Club - Community Member Led (CC) 2:00 Chair Yoga with Lavinia (VS) 3:00 Independent & Dollarama (L) 3:30 Bingo with Lifestyles (FD) 7:00 Evening Movie (VP)	9:00 V!VAfit Balance (VS) 9:15 Mary Cook Stories (FD) 10:15 What is V!VAFit? (VP) 10:30 V!VAfit Fun (FD) 1:30 DrumFit (VS) 1:30 Excursion: Walmart (L) 2:00 Walking Club Meeting (HR) 3:00 Social Hour (MB) 7:00 Evening Movie (VP) 7:00 Pass The ACE (HR)	9:00 V!VAfit Sit (VS) 9:15 V!VAfit Fun (FD) 9:45 V!VAfit Swim (P) 10:30 Music with Arlene (FD) 2:00 Entertainment Larry and The Wayback Machine (MB) 3:15 Giant Crossword (BG) 7:00 Evening Movie (VP)	9:00 V!VAfit Sit (VS) 10:00 Brain Boosters Package (PC) 10:00 Corn Hole (FD) 10:30 Tai Chi with Master Phillip (VS) 1:30 Community Member Led Friendly Euchre (MB) 2:30 Afternoon Movie (VP) 3:00 V!VAfit Fun (FD) 7:00 Evening Movie (VP)
8:30 Church Service by Taxi (L) 9:30 V!VAfit Sit (VS) 10:00 Brain Boosters Package (PC) 10:30 V!VAfit Fun (FD) 11:00 Allan Ryan on the Piano (L) 2:00 Group Art Colouring (FD) 2:30 Afternoon Movie-Blue Hawaii (VP) 3:00 Giant Crossword (BG) 7:00 Evening Movie (VP)	9:00 V!VAfit Flow (VS) 9:45 V!VAfit Swim (P) 10:30 V!VAfit Fun (FD) 1:30 Walmart (L) 2:00 Hawaiian Craft with Lifestyles (CK) 3:30 Hymn Sing with Lavinia (VP) 7:00 Evening Movie (VP)	9:00 V!VAfit Balance (VS) 10:00 Aviation Museum (L) 10:30 Dai Bassett Hymn Sing (FD) 1:30 DrumFit to Hawaiian Music (VS) 2:00 Billiards (MB) 2:30 Afternoon Tea with a Hawaiian Dessert (FD) 3:00 Strange But True Trivia (BG) 3:30 V!VAfit Fun (FD) 6:45 BINGO! (MB) 7:00 Evening Movie (VP)	9:00 V!VAfit Sit & Stand (VS) 9:15 Aquatic Sensory Group (FD) 9:45 V!VAfit Swim (P) 10:30 V!VAfit Fun (FD) 11:00 Current Events with Professor Cammy (VP) 1:45 Bridge Club - Community Member Led (CC) 2:00 Hawaiian Flavoured Sundaes (PC) 3:30 Mini Manicures (FD) 7:00 Evening Movie (VP)	9:00 V!VAfit Balance (VS) 9:15 Mary Cook Stories (FD) 10:30 V!VAfit Fun (FD) 1:30 DrumFit (VS) 2:00 Social Hour-Hawaiian Drinks (MB) 3:00 Art Therapy with Rebecca (FD) 7:00 Evening Movie (VP) 7:00 Pass The ACE (HR)	9:00 V!VAfit Sit (VS) 9:45 V!VAfit Swim (P) 10:30 Music with Arlene (FD) 11:00 Gardening Club Meeting (HR) 2:00 Hawaiian Party with Don MacDougall (MB) 3:15 Hawaiian Giant Crossword (BG) 7:00 Evening Movie (VP)	9:00 V!VAfit Sit (VS) 10:00 Hawaiian Brain Boosters Package (PC) 10:00 Hawaiian Scavenger Hunt (BG) 10:00 Corn Hole (FD) 1:30 Community Member Led Friendly Euchre (MB) 2:30 Afternoon Movie (VP) 3:00 V!VAfit Fun (FD) 7:00 Evening Movie (VP)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>8:30 Church Service by Bus (L) 21</div> <div>9:30 V!VAfit Sit (VS)</div> <div>10:00 Brain Boosters Package (PC)</div> <div>10:30 V!VAfit Fun (FD)</div> <div>11:00 Allan Ryan on the Piano (L)</div> <div>2:00 Giant Crossword (FD)</div> <div>2:30 Afternoon Movie (VP)</div> <div>3:00 Jenga & Dominoes with Winston (FD)</div> <div>7:00 Evening Movie (VP)</div>	<div>9:00 V!VAfit Flow (VS) 22</div> <div>9:45 V!VAfit Swim (P)</div> <div>10:00 Crafts with Lifestyles (CK)</div> <div>10:00 Getting To Know You-Community Member Led (CK)</div> <div>10:30 V!VAfit Fun (FD)</div> <div>2:00 Latin Chair Dancing (VS)</div> <div>3:30 Sing-A-Long with Lavinia (VP)</div> <div>7:00 Evening Movie (VP)</div> <div>7:15 Ottawa Woodwind Proiect (MB)</div>	<div>9:00 V!VAfit Balance (VS) 23</div> <div>10:00 V!VAfit Combo (VS)</div> <div>10:30 Bank & LCBO (L)</div> <div>10:30 V!VAfit Fun (FD)</div> <div>1:30 DrumFit (VS)</div> <div>2:00 Billiards (MB)</div> <div>2:30 Afternoon Tea (FD)</div> <div>3:00 You Be the Judge (BG)</div> <div>6:45 BINGO! (MB)</div> <div>7:00 Evening Movie (VP)</div>	<div>9:00 V!VAfit Sit & Stand (VS) 24</div> <div>9:15 Aquatic Sensory Group (FD)</div> <div>9:45 V!VAfit Swim (P)</div> <div>10:30 V!VAfit Fun (FD)</div> <div>1:45 Bridge Club -Community Member Led (CC)</div> <div>2:00 Art History Seminar with Mary Major (VP)</div> <div>3:30 Bingo with Lifestyles (FD)</div> <div>7:00 Evening Movie (VP)</div>	<div>9:00 V!VAfit Balance (VS) 25</div> <div>9:15 Mary Cook Stories (FD)</div> <div>10:00 Baking with our Daycare Friends (CK)</div> <div>10:30 Shoppers Drug Mart (L)</div> <div>1:30 DrumFit (VS)</div> <div>2:00 Robbie Burns Day with Chris Sandes and the Trio Band (MB)</div> <div>3:30 V!VAfit Fun (FD)</div> <div>7:00 Evening Movie (VP)</div> <div>7:00 Pass The ACE (HR)</div>	<div>9:00 V!VAfit Sit (VS) 26</div> <div>9:15 Sippin' Social (FD)</div> <div>9:45 V!VAfit Swim (P)</div> <div>10:30 V!VAfit Fun (FD)</div> <div>1:00 Carlingwood Mall (L)</div> <div>2:00 January Birthday Party with Peter Foret (MB)</div> <div>2:30 Name That Tune (FD)</div> <div>3:15 Giant Crossword (BG)</div> <div>3:30 Bean Bag Number Toss (FD)</div> <div>7:00 Evening Movie (VP)</div>	<div>9:00 V!VAfit Sit (VS) 27</div> <div>10:00 Brain Boosters Package (PC)</div> <div>10:00 Corn Hole (FD)</div> <div>10:30 Tai Chi with Master Phillip (VS)</div> <div>1:30 Community Member Led Friendly Euchre (MB)</div> <div>2:30 Afternoon Movie (VP)</div> <div>3:00 V!VAfit Fun (FD)</div> <div>7:00 Evening Movie (VP)</div>
<div>8:30 Church Service by Taxi (L) 28</div> <div>9:30 V!VAfit Sit (VS)</div> <div>10:00 Brain Boosters Package (PC)</div> <div>10:30 V!VAfit Fun (FD)</div> <div>11:00 Allan Ryan on the Piano (L)</div> <div>2:30 Afternoon Movie (VP)</div> <div>3:00 Bean Bag Toss with Winston (FD)</div> <div>7:00 Evening Movie (VP)</div>	<div>9:00 V!VAfit Flow (VS) 29</div> <div>9:15 Therapeutic Colouring (FD)</div> <div>9:45 V!VAfit Swim (P)</div> <div>10:00 Crafts with Lifestyles (CK)</div> <div>2:00 Word Unscramble (BG)</div> <div>3:30 Hymn Sing with Lavinia (VP)</div> <div>3:30 V!VAfit Fun (FD)</div> <div>7:00 Evening Movie (VP)</div>	<div>9:00 V!VAfit Balance (VS) 30</div> <div>10:00 Morning Meditation (VP)</div> <div>10:00 Crafts with our Daycare Friends (CK)</div> <div>1:30 DrumFit (VS)</div> <div>2:00 Billiards (MB)</div> <div>2:30 Afternoon Tea (FD)</div> <div>3:00 Canadian Trivia (BG)</div> <div>3:30 V!VAfit Fun (FD)</div> <div>6:45 BINGO! (MB)</div> <div>7:00 Evening Movie (VP)</div>	<div>9:00 V!VAfit Sit & Stand (VS) 31</div> <div>9:15 Aquatic Sensory Group (FD)</div> <div>9:45 V!VAfit Swim (P)</div> <div>10:30 V!VAfit Fun (FD)</div> <div>1:45 Bridge Club -Community Member Led (CC)</div> <div>2:30 Food Forum: With Chef Eric and Craig (MB)</div> <div>3:00 Bean Bag Number Toss (FD)</div> <div>7:00 Evening Movie (VP)</div>		<div>Locations Legend</div> <div>Family Den (FD)</div> <div>V!VAfit Studio (VS)</div> <div>V!VAplex (VP)</div> <div>Mel's Barr (MB)</div> <div>Lobby (L)</div> <div>Brain Gym (BG)</div> <div>Pool (P)</div> <div>Perks! Cafe (PC)</div> <div>Craft Kitchen (CK)</div> <div>Horticulture Room (HR)</div> <div>Community Commons (CC)</div>	