



Doreen and Rita laughing it up with Hug a Bear.



Eunice and Jim enjoying hotdogs over the fire after the sleigh ride.

**Don't miss out!**

**Lunch Out – Nakhon Thai – Kemptville**

Friday, March 1  
11:00 am – Lobby

**Excursion to West Park Bowling Lanes**

Tuesday, March 5  
1:00 pm – Lobby

**High Tea Celebrating International Women's Day**

Thursday, March 7  
2:00 pm – Mel's Barr

**Sundaes with a Hint of Ireland**

Monday, March 11  
2:30 pm – Perks! Café

**Sip and Paint with Navy**

Wednesday, March 13  
1:30 pm – VIVAcraft Kitchen

**Luck of the Irish Casino Night**

Thursday, March 14  
6:30 pm – Mel's Barr

**St. Patrick's Party with Jim Ryan and Band**

Sunday, March 17  
2:00 pm – Lobby

Receive a cheque\* for every friend you refer to VIVA 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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# VIVAvoice

YOUR VIVA COMMUNITY NEWSLETTER

March 2024

**VIVA** Retirement Communities™

**BARRHAVEN**

Happier Here™



Group Photo with cheque for The Heart and Stroke Foundation.



Eunice Lavinia and Lynn making bouquets for Valentines Day.



Jean with the Valentine Hug a Bear.

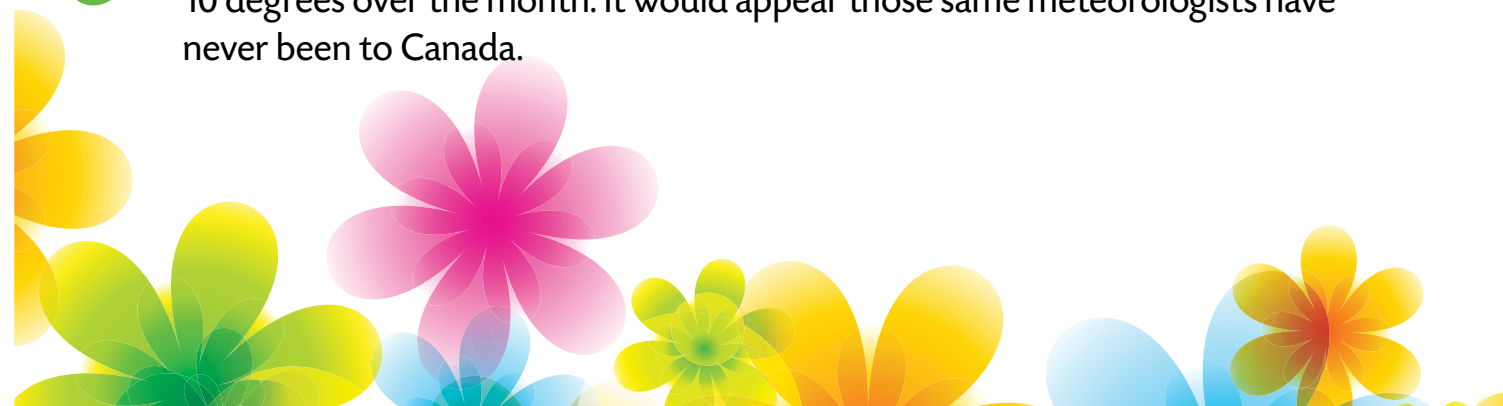


Gerri made a friend from the farm.

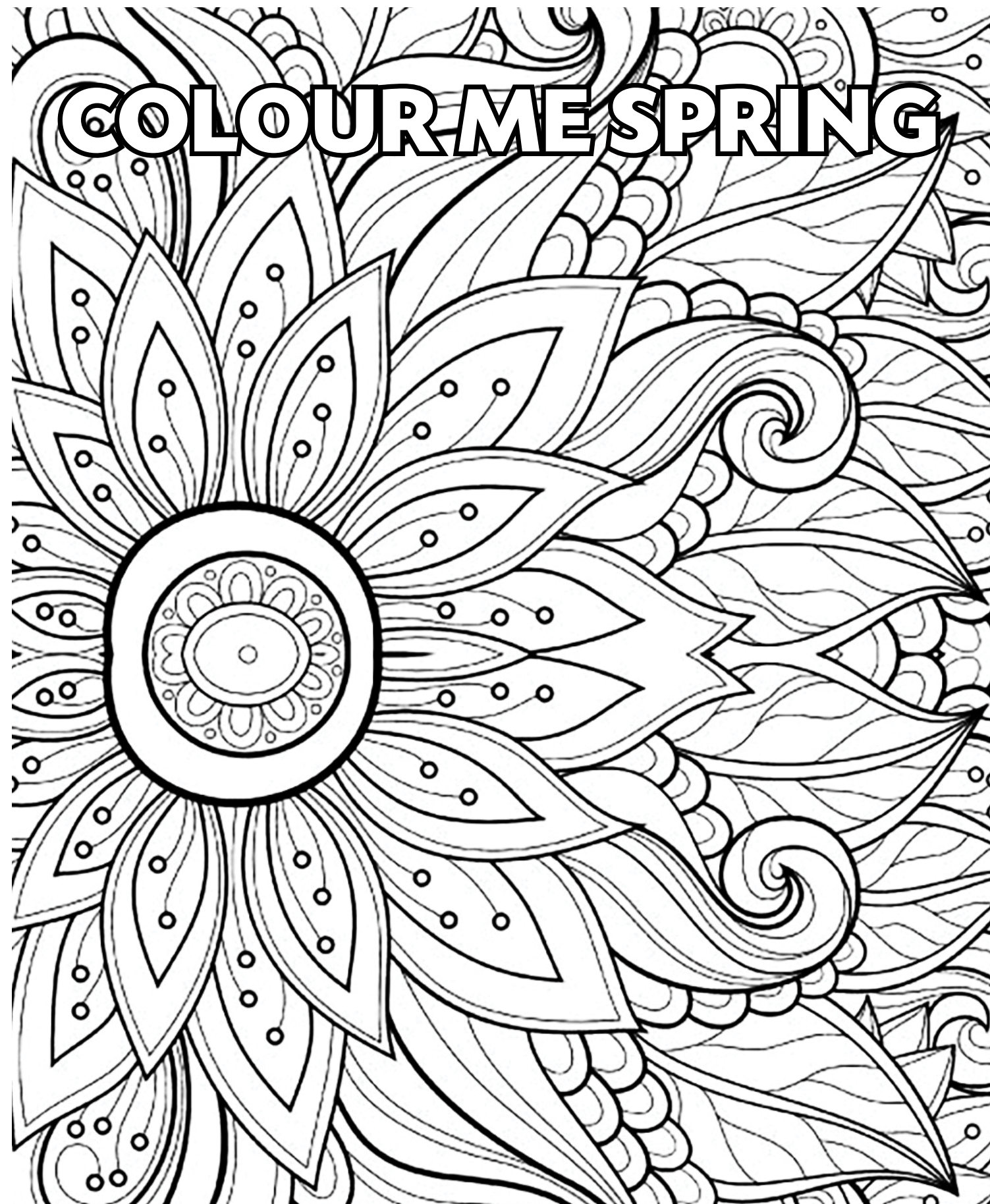
## FIVE FASCINATING FACTS ABOUT

# Spring

- 1** The first day of spring is called the vernal equinox. The term vernal is Latin for “spring” and equinox is Latin for “equal night.”
- 2** Couples are most likely to break up in the spring, so here’s hoping everyone had a great Valentine’s Day!
- 3** In the Southern Hemisphere, springtime lasts from August until November. Sounds like it’s time to move down south for the spring!
- 4** Honeybees are more likely to swarm during the spring. They swarm as a way to start new colonies and, surprisingly, swarming honeybees are very docile and the most friendly they will ever be all year. How sweet! (See what I did there?)
- 5** While the spring equinox typically occurs on March 20th or 21st, meteorological spring begins on March 1st, a month when average temperatures increase by 10 degrees over the month. It would appear those same meteorologists have never been to Canada.



# COLOUR ME SPRING




Reserve your spot for events and programs at Concierge.

# March 2024

## V!VA Barrhaven



| Sunday   | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  |
|--|---|--|--|--|--|---|
|    | <p>ORANGE - V!VAfit/EXERCISE</p> <p>PURPLE - SPECIAL EVENTS</p> <p>GREEN - EXCURSIONS</p> <p>CML - Community Member Led Programs</p>  | <p><u>PROGRAM LEGEND FIRST FLOOR</u></p> <p>V!VAfit Studio (VS)<br/>Mel's Barr (MB)<br/>Lobby (L)<br/>Brain Gym (BG)<br/>Perks! Cafe (PC)<br/>Craft Kitchen (CK)<br/>Pool (P)<br/>Horticulture Room (HR)</p>   | <p><u>SECOND FLOOR</u></p> <p>Family Den (FD)</p> <p><u>LOWER LEVEL</u></p> <p>V!VAplex (VP)<br/>Community Commons (CC)</p>  |  | <p>9:00 V!VAfit Sit (VS) <b>1</b></p> <p>9:15 Sippin' Social (FD)</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:15 Music with Arlene (FD)</p> <p>11:00 Excursion- Lunch at Nakhon Thai - Kemptville (L)</p> <p>1:00 Giant Crossword (BG)</p> <p>3:00 V!VAfit Fun (FD)</p> <p>7:00 Music with Larry and the Wayback Machine (MB)</p>     | <p>9:00 V!VAfit Sit (VS) <b>2</b></p> <p>10:00 Brain Boosters Package (PC)</p> <p>10:30 Pet Therapy with Rosie (FD)</p> <p>1:30 Friendly Euchre - CML (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>8:30 Excursion - Church Service by Bus (L) <b>3</b></p> <p>9:30 V!VAfit Sit (VS)</p> <p>10:00 Brain Boosters 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 Group Art Colouring (FD)</p> <p>7:00 Evening Movie (VP)</p> | <p>9:00 V!VAfit Flow (VS) <b>4</b></p> <p>9:45 V!VAfit Swim (P)</p> <p>10:00 Crafts with Daycare (CK)</p> <p>10:00 Excursion - Independent &amp; Dollarama (L)</p> <p>11:00 Vendor - Avon (L)</p> <p>2:00 Name That Tune (FD)</p> <p>3:00 V!VAfit Fun (FD)</p> <p>3:30 Sing-A-Long with Lavinia (VP)</p> <p>7:00 Evening Movie (VP)</p>   | <p>9:00 V!VAfit Balance (VS) <b>5</b></p> <p>9:15 Walker/ Wheelchair Repair Clinic (MB)</p> <p>10:00 Music with Shauna (FD)</p> <p>10:00 Baking - Scones (CK)</p> <p>11:00 Walking Club Meeting (HR)</p> <p>1:00 Excursion - West Park Bowling Lanes (L)</p> <p>1:30 DrumFit (VS)</p> <p>2:30 Afternoon Tea (FD)</p> <p>6:45 BINGO! (MB)</p> <p>7:00 Evening Movie (VP)</p>  | <p>9:00 V!VAfit Sit &amp; Stand (VS) <b>6</b></p> <p>9:45 V!VAfit Swim (P)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>1:45 Bridge Club CML (CC)</p> <p>2:00 Music with Denim and Lace (MB)</p> <p>3:30 Bingo with Lifestyles (FD)</p> <p>6:00 The Writer's Group - Community Members Invited (CK)</p> <p>7:00 Evening Movie (VP)</p>           | <p>9:00 V!VAfit Balance (VS) <b>7</b></p> <p>9:15 Mary Cook Stories (FD)</p> <p>10:30 Catholic Mass with Father Penney (CC)</p> <p>11:00 Let's Read Shakespeare (BG)</p> <p>1:30 DrumFit (VS)</p> <p>1:30 Excursion - Shoppers Drug Mart (L)</p> <p>2:00 High Tea Celebrating International Women's Day (MB)</p> <p>3:00 V!VAfit Fun (FD)</p> <p>7:00 Pass The ACE - CML (HR)</p> <p>7:00 Evening Movie (VP)</p> | <p>9:00 V!VAfit Sit (VS) <b>8</b></p> <p>9:45 V!VAfit Swim (P)</p> <p>10:00 Baking with Daycare (CK)</p> <p>11:00 Gardening Club Meeting (HR)</p> <p>1:00 Giant Crossword (BG)</p> <p>2:00 Music with Noel (MB)</p> <p>3:00 Lifestyles Meeting with Candace (MB)</p> <p>3:30 V!VAfit Fun (FD)</p> <p>7:00 Evening Movie (VP)</p> | <p>9:00 V!VAfit Sit (VS) <b>9</b></p> <p>10:00 Brain Boosters Package (PC)</p> <p>10:30 Tai Chi with Master Phillip (VS)</p> <p>10:30 Balloon Tennis (FD)</p> <p>1:30 Friendly Euchre - CML (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>8:30 Church Service by Taxi (L) <b>10</b></p> <p>9:30 V!VAfit Sit (VS)</p> <p>10:00 Brain Boosters Package (PC)</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 Balloon Basketball (FD)</p> <p>7:00 Evening Movie (VP)</p>       | <p>Theme Week - Ireland <b>11</b></p> <p>9:00 V!VAfit Flow (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:00 Getting To Know You- CML (CK)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>10:30 Legion of Mary-Rosary with Patricia (CC)</p> <p>1:00 Excursion - Walmart (L)</p> <p>2:00 Latin Chair Dancing (VS)</p> <p>2:30 Sundaes with a Hint of Ireland (PC)</p> <p>7:00 Evening Movie (VP)</p> | <p>9:00 V!VAfit Balance (VS) <b>12</b></p> <p>10:00 Morning Meditation (VP)</p> <p>10:00 Music with Paddy and the Daycare (FD)</p> <p>10:00 Viva's Golden Voices Choir - CML (MB)</p> <p>11:00 Community Member Town Hall Meeting (MB)</p> <p>1:30 DrumFit (VS)</p> <p>2:00 Billiards (MB)</p> <p>2:30 Afternoon Tea (FD)</p> <p>3:00 Falls Prevention Presentation (VS)</p> <p>3:30 V!VAfit Fun (FD)</p> <p>6:45 BINGO! (MB)</p> <p>7:00 Evening Movie (VP)</p> | <p>9:00 V!VAfit Sit &amp; Stand (VS) <b>13</b></p> <p>9:45 V!VAfit Swim (P)</p> <p>10:00 Excursion - LCBO &amp; Banking (L)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>1:30 Sip and Paint with Navy (CK)</p> <p>1:45 Bridge Club - CML (CC)</p> <p>3:00 Irish Themed Trivia (BG)</p> <p>3:30 Corn Hole (FD)</p> <p>7:00 Evening Movie (VP)</p> | <p>9:00 V!VAfit Balance (VS) <b>14</b></p> <p>9:15 Mary Cook Stories (FD)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>10:30 Reading Buddies with Daycare (BG)</p> <p>11:00 Let's Read Shakespeare (BG)</p> <p>1:30 DrumFit (VS)</p> <p>6:30 Luck of the Irish Casino Night (MB)</p> <p>7:00 Pass The Ace - CML (HR)</p>   | <p>9:00 V!VAfit Sit (VS) <b>15</b></p> <p>9:45 V!VAfit Swim - CML (P)</p> <p>10:15 Music with Arlene (FD)</p> <p>1:00 Giant Crossword (BG)</p> <p>2:00 Social Hour with Refreshments (MB)</p> <p>3:30 V!VAfit Fun (FD)</p> <p>7:00 Music with James Trio (MB)</p>  | <p>9:00 V!VAfit Sit (VS) <b>16</b></p> <p>10:00 Brain Boosters Package (PC)</p> <p>10:30 Balloon Tennis (FD)</p> <p>11:00 Vendor - Yavar Mongolian Concept Store (L)</p> <p>1:30 Friendly Euchre - CML (MB)</p> <p>2:30 Afternoon Concert- Irish Rovers in Ireland (VP)</p> <p>3:00 V!VAfit Fun (FD)</p> <p>7:00 Evening Movie (VP)</p> |

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# March 2024

## V!VA Barrhaven



| Sunday  | Monday   | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday  |
|---|--|--|---|---|---|---|
| <div>8:30 Excursion - Church Service by Bus (L) 17</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>2:00 St. Patrick's Day Party with Jim Ryan and Band (L)</div> <div>3:00 St.Patrick's Day Card Games (FD)</div> <div>7:00 Evening Movie (VP)</div>                                     | <div>9:00 V!VAfit Flow (VS) 18</div> <div>9:45 V!VAfit Swim (P)</div> <div>10:00 Crafts with Lifestyles (CK)</div> <div>2:00 Giant Jenga (FD)</div> <div>3:30 Sing-A-Long 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) 19</div> <div>10:00 Live Music with Shauna (FD)</div> <div>11:00 You Be the Judge (BG)</div> <div>1:30 DrumFit (VS)</div> <div>2:00 Billiards (MB)</div> <div>2:30 Afternoon Tea (FD)</div> <div>6:45 BINGO! (MB)</div> <div>7:00 Evening Movie (VP)</div>  | <div>9:00 V!VAfit Sit &amp; Stand (VS) 20</div> <div>9:45 V!VAfit Swim (P)</div> <div>10:30 V!VAfit Fun (FD)</div> <div>11:00 Current Events with Professor Cammy (VP)</div> <div>1:45 Bridge Club - CML (CC)</div> <div>2:00 Trivia - General Knowledge (BG)</div> <div>3:00 Working with clay (FD)</div> <div>7:00 Evening Movie (VP)</div>                             | <div>9:00 V!VAfit Balance (VS) 21</div> <div>9:15 Mary Cook Stories (FD)</div> <div>10:30 V!VAfit Fun (FD)</div> <div>11:00 Let's Read Shakespeare (BG)</div> <div>1:30 DrumFit (VS)</div> <div>1:30 Excursion - Shoppers Drug Mart (L)</div> <div>2:00 Social Hour (MB)</div> <div>7:00 Evening Movie (VP)</div> <div>7:00 Pass The Ace - CML (HR)</div>                         | <div>9:00 V!VAfit Sit (VS) 22</div> <div>9:15 Sippin' Social (FD)</div> <div>9:45 V!VAfit Swim (P)</div> <div>10:15 Music with Arlene (FD)</div> <div>10:30 V!VAfit Information Session (VS)</div> <div>11:00 Vendor - Maggie's Designs (L)</div> <div>1:00 Giant Crossword (BG)</div> <div>3:00 V!VAfit Fun (FD)</div> <div>7:00 Music with Dai Bassett (MB)</div> | <div>9:00 V!VAfit Sit (VS) 23</div> <div>10:00 Brain Boosters Package (PC)</div> <div>10:30 Tai Chi with Master Phillip (VS)</div> <div>10:30 Balloon Tennis (FD)</div> <div>1:30 Friendly Euchre - CML (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) 24</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 Music with Jumpin' Jimmy (FD)</div> <div>2:30 Afternoon Movie (VP)</div> <div>3:00 Bean Bag Toss (FD)</div> <div>7:00 Evening Movie (VP)</div> | <div>9:00 V!VAfit Flow (VS) 25</div> <div>9:45 V!VAfit Swim (P)</div> <div>10:00 Getting To Know You- CML (CK)</div> <div>10:30 Helping Hands (FD)</div> <div>2:00 Latin Chair Dancing (VS)</div> <div>3:00 Exercise with Strength Balls (FD)</div> <div>3:30 Hymn Sing with Lavinia (VP)</div> <div>7:00 Evening Movie (VP)</div> | <div>9:00 V!VAfit Balance (VS) 26</div> <div>10:00 Morning Meditation (VP)</div> <div>10:00 Viva's Golden Voices Choir Practice- CML (MB)</div> <div>10:30 V!VAfit Fun (FD)</div> <div>1:00 Excursion - Indigo &amp; Winners (L)</div> <div>1:30 DrumFit (VS)</div> <div>2:00 Billiards (MB)</div> <div>2:30 Afternoon Tea (FD)</div> <div>6:45 BINGO! (MB)</div> <div>7:00 Evening Movie (VP)</div> | <div>9:00 V!VAfit Sit &amp; Stand (VS) 27</div> <div>9:45 V!VAfit Swim (P)</div> <div>10:00 Music with Dai (FD)</div> <div>10:00 Food Forum with Craig and Eric (MB)</div> <div>11:00 You Be the Judge (BG)</div> <div>1:45 Bridge Club - CML (CC)</div> <div>2:00 Chair Yoga with Lavinia (VS)</div> <div>3:00 V!VAfit Fun (FD)</div> <div>7:00 Evening Movie (VP)</div> | <div>9:00 V!VAfit Balance (VS) 28</div> <div>9:15 Mary Cook Stories (FD)</div> <div>10:30 V!VAfit Fun (FD)</div> <div>11:00 Let's Read Shakespeare (BG)</div> <div>1:30 DrumFit (VS)</div> <div>2:00 February Birthday Party with Peter Foret (MB)</div> <div>3:00 Art Therapy with Rebecca (FD)</div> <div>7:00 Evening Movie (VP)</div> <div>7:00 Pass The Ace - CML (HR)</div> | <div>9:00 V!VAfit Sit (VS) 29</div> <div>9:15 Sippin' Social (FD)</div> <div>9:45 V!VAfit Swim (P)</div> <div>10:15 Music with Arlene (FD)</div> <div>1:00 Giant Crossword (BG)</div> <div>2:00 Social Hour with Refreshments (MB)</div> <div>3:30 V!VAfit Fun (FD)</div> <div>7:00 Evening Movie (VP)</div>  | <div>9:00 V!VAfit Sit (VS) 30</div> <div>10:00 Brain Boosters Package (PC)</div> <div>10:00 Excursion - Stanley's Olde Maple Lane Farm (L)</div> <div>10:30 Balloon Tennis (FD)</div> <div>1:30 Friendly Euchre - CML (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 Bus (L) 31</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 Easter Egg Pattern Craft (FD)</div> <div>7:00 Evening Movie (VP)</div>                                     |  |  |   | <div>Did You Know?</div> <div>Rogers customers can tune in to Channel 988 for information on daily and upcoming events!</div>   |   |   |