



Marjorie and Jane..Sundaes with a Hint of Ireland.



Lois enjoying music with Denim and Lace.

Don't miss out!

Excursion: "Brighton Beach Memoirs" at the Kanata Theatre
 Wednesday, April 3
 6:30 pm – Lobby

Presentation with Tom: Under Water Photography
 Wednesday, April 10
 10:00 am – V!VAplex

Music with Chris Sandes
 Friday, April 12
 2:00 pm – Mel's Barr

Current Events with Professor Cammy
 Wednesday, April 17
 11:00 am – V!VAplex

Spring Fling Fun with Arlene Quinn
 Friday, April 19
 10:30 am – Mel's Barr

Art History Seminar with Mary Major
 Wednesday, April 24
 11:00 am – V!VAplex

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

April 2024

V!VA Retirement Communities™

BARRHAVEN

Happier Here™



Some of our Community Members participated in a Paint & Sip event with instructor Navy. Look at their beautiful work.



Rebecca Vicki and Della at our High Tea Celebration for International Women's Day.



Murielle enjoying wine and cheese while painting a masterpiece.



Irene, Wally, Jim and Hendrik having fun at the bowling alley.

Let's Say Hello to April!

DID YOU KNOW...

The zodiac signs for April are Aries (March 21-April 19) and Taurus (April 20-May 20)

April 6 is considered National Pillow Fight Day! Don't forget to have some fun with this one!

The daisy and the sweet pea are birth flowers for the month of April. The sweet pea signifies blissful pleasure, while daisies represent childhood innocence, loyalty, and purity.

April takes its name from the Latin word aperire, meaning 'to open', just like flowers do in spring.

The diamond is the traditional birthstone for April!

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
			4	9			2	
8		3		2		5	4	

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

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

Reserve your spot for Excursions in the Lifestyles binder at Concierge.

April 2024

V!VA Barrhaven



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Easter Monday! 1 9:00 V!VAfit Flow (VS) 9:45 V!VAfit Swim (P) 2:30 V!VAfit Fun (FD) 3:30 Sing-A-Long with Lavinia (VP) 7:00 Evening Movie (VP)	2 9:00 V!VAfit Balance (VS) 10:30 V!VAfit Fun (FD) 12:30 Excursion: Day at the Movies: Bob Marley: One Love (L) 1:30 DrumFit (VS) 2:00 Jeopardy (BG) 2:30 Afternoon Tea (FD) 6:45 BINGO! (MB)	3 9:00 V!VAfit Sit & Stand (VS) 9:45 V!VAfit Swim (P) 10:30 V!VAfit Fun (FD) 1:30 Stroll Around the Neighbourhood with Lifestyles (L) 1:45 Bridge Club - CML (CC) 3:30 Bingo with Lifestyles (FD) 6:00 The Writer's Group - Community Members Invited (CK) 6:30 Excursion: "Brighton Beach Memoirs" at the Kanata Theatre (L) 7:00 Evening Movie (VP)	4 9:00 V!VAfit Balance (VS) 9:15 Mary Cook Stories (FD) 9:45 Mix & Mingle (CK) 10:30 V!VAfit Fun (FD) 10:30 Catholic Mass with Father Penney (CC) 11:00 Let's Read Shakespeare (BG) 1:30 DrumFit (VS) 1:30 Excursion: Shoppers Drug Mart (L) 7:00 Pass The Ace - CML (HR)	5 9:00 V!VAfit Sit (VS) 9:45 V!VAfit Swim - CML (P) 10:15 Music with Arlene (FD) 1:00 Giant Crossword (BG) 2:00 Music with Andre and Marie (MB) 3:30 V!VAfit Fun (FD) 7:00 Evening Movie (VP)	6 9:00 V!VAfit Sit (VS) 10:00 Brain Boosters Package (PC) 10:30 V!VAfit Fun (FD) 1:30 Friendly Euchre - CML (MB) 2:00 Mini Manicures with Lauren (FD) 2:30 Afternoon Movie (VP) 3:00 Giant Crossword (BG) 7:00 Evening Movie (VP)
7 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 Coffee Cake Social with Winston (FD) 2:30 Afternoon Movie (VP) 7:00 Evening Movie (VP)	8 9:00 V!VAfit Flow (VS) 9:45 V!VAfit Swim - CML (P) 10:00 Getting To Know You- CML (CK) 10:30 V!VAfit Fun (FD) 2:00 Latin Chair Dancing (VS) 3:30 Hymn Sing with Lifestyles (VP) 7:00 Evening Movie (VP)	9 9:00 V!VAfit Balance (VS) 10:00 Morning Meditation (VP) 10:00 Music with Paddy and the Daycare (FD) 10:00 Viva's Golden Voices Choir Practice- CML (MB) 11:00 Community Member Town Hall Meeting (MB) 1:30 DrumFit (VS) 2:00 Walking Club Meeting (HR) 2:30 Afternoon Tea (FD) 3:30 V!VAfit Fun (FD) 6:45 BINGO! (MB)	10 9:00 V!VAfit Sit & Stand (VS) 9:45 V!VAfit Swim (P) 10:00 Presentation with Tom: Under Water Photography (VP) 10:30 V!VAfit Fun (FD) 1:30 Excursion: Canadian Tire (L) 1:45 Bridge Club - CML (CC) 2:30 Chair Yoga with Lavinia (VS) 3:30 Bingo with Lifestyles (FD) 7:00 Evening Movie (VP)	11 9:00 V!VAfit Balance (VS) 9:15 Mary Cook Stories (FD) 9:30 Excursion: Farm Boy & Food Basics (L) 10:30 V!VAfit Fun (FD) 11:00 Let's Read Shakespeare (BG) 1:30 DrumFit (VS) 1:30 Excursion: Diefenbunker Museum (L) 3:00 Art Therapy with Rebecca (FD) 7:00 Pass The Ace - CML (HR)	12 9:00 V!VAfit Sit (VS) 9:45 V!VAfit Swim (P) 10:00 Music with Kevin Agnew (FD) 11:00 Gardening Meeting (HR) 1:00 Giant Crossword (BG) 2:00 Music with Chris Sandes (MB) 3:30 V!VAfit Fun (FD) 7:00 Evening Movie (VP)	13 9:00 V!VAfit Sit (VS) 10:00 Brain Boosters Package (PC) 10:30 V!VAfit Fun (FD) 1:30 Friendly Euchre - CML (MB) 2:00 Name That Tune (FD) 2:30 Afternoon Movie (VP) 3:00 Giant Crossword (BG) 7:00 Evening Movie (VP)
14 8:30 Church Service by Bus (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 Bean Bag Toss (FD) 2:30 Afternoon Movie (VP) 7:00 Evening Movie (VP)	15 9:00 V!VAfit Flow (VS) 9:45 V!VAfit Swim (P) 10:30 V!VAfit Fun (FD) 11:00 National Geographic Documentary: Investigating the Titanic (VP) 2:00 DIY Crafts: Soap Making (CK) 3:30 Sing-A-Long with Lavinia (VP) 7:00 Evening Movie (VP)	16 9:00 V!VAfit Balance (VS) 10:00 Music with Dai Bassett (FD) 10:00 Excursion: Country Drive (L) 1:30 DrumFit (VS) 2:00 Blackjack (MB) 2:30 Afternoon Tea (FD) 3:30 V!VAfit Fun (FD) 6:45 BINGO! (MB)	17 9:00 V!VAfit Sit & Stand (VS) 9:45 V!VAfit Swim (P) 10:30 V!VAfit Fun (FD) 11:00 Current Events with Professor Cammy (VP) 11:00 Vendor: My Closet (L) 1:30 Excursion: Carlingwood Mall (L) 1:45 Bridge Club - CML (CC) 2:00 Cook and Eat with Chef Eric (CK) 3:00 Scrapbooking with Rebecca (FD) 7:00 Evening Movie (VP)	18 9:00 V!VAfit Balance (VS) 9:15 Mary Cook Stories (FD) 9:45 Mix & Mingle (CK) 10:30 V!VAfit Fun (FD) 11:00 Let's Read Shakespeare (BG) 1:30 DrumFit (VS) 2:00 Music with Larry Wright and The Way Back Machine (MB) 7:00 Pass The Ace - CML (HR)	19 9:00 V!VAfit Sit (VS) 9:45 V!VAfit Swim (P) 10:30 Spring Fling Fun with Arlene Quinn (MB) 1:00 Giant Crossword (BG) 1:30 Excursion: Walmart (L) 3:30 V!VAfit Fun (FD) 7:00 Evening Music with Lawrence Marks (MB)	20 9:00 V!VAfit Sit (VS) 10:00 Brain Boosters Package (PC) 10:30 V!VAfit Fun (FD) 1:30 Friendly Euchre - CML (MB) 2:00 Therapeutic Colouring (FD) 2:30 Afternoon Movie (VP) 3:00 Giant Crossword (BG) 7:00 Evening Movie (VP)

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April 2024

V!VA Barrhaven



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:30 Church Service by Taxi (L) 21</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>2:30 Afternoon Movie (VP)</p> <p>7:00 Evening Movie (VP)</p>	<p>Happy Earth Day! 22</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>2:00 Latin Chair Dancing (VS)</p> <p>2:30 Planting Seeds with our Daycare Friends (HR)</p> <p>3:30 Hymn Sing with Lavinia (VP)</p> <p>7:00 Evening Movie (VP)</p>	<p>9:00 V!VAfit Balance (VS) 23</p> <p>10:00 Morning Meditation (VP)</p> <p>10:00 Viva's Golden Voices Choir Practice-CML (MB)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>11:00 Vendor: Anna's Travelling Shop (L)</p> <p>1:30 DrumFit (VS)</p> <p>2:00 Baking with Zucchini (CK)</p> <p>2:30 Afternoon Tea (FD)</p> <p>6:45 BINGO! (MB)</p>	<p>9:00 V!VAfit Sit & Stand (VS) 24</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>11:00 Art History Seminar with Mary Major (VP)</p> <p>1:45 Bridge Club - CML (CC)</p> <p>2:30 Food Forum: Speak with Chef Eric and Craig (MB)</p> <p>2:30 Chair Yoga with Lavinia (VS)</p> <p>3:30 Bingo with Lifestyles (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>9:00 V!VAfit Balance (VS) 25</p> <p>9:15 Mary Cook Stories (FD)</p> <p>10:00 Reading Buddies with Daycare (BG)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>11:00 Let's Read Shakespeare (BG)</p> <p>1:30 DrumFit (VS)</p> <p>2:30 Spring Fling Milkshake Bar (PC)</p> <p>3:30 Art Therapy with Rebecca (FD)</p> <p>7:00 Pass The Ace - CML (HR)</p>	<p>9:00 V!VAfit Sit (VS) 26</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:00 Excursion: Banking & LCBO (L)</p> <p>10:15 Music with Arlene (FD)</p> <p>1:00 Giant Crossword (BG)</p> <p>2:00 April Birthday Party with Lady Blond (MB)</p> <p>3:30 V!VAfit Fun (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>9:00 V!VAfit Sit (VS) 27</p> <p>10:00 Brain Boosters Package (PC)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>1:30 Friendly Euchre - CML (MB)</p> <p>2:00 Helping Hands (FD)</p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 Giant Crossword (BG)</p> <p>7:00 Evening Movie (VP)</p>
<p>8:30 Church Service by Bus (L) 28</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>2:30 Afternoon Movie (VP)</p> <p>7:00 Evening Movie (VP)</p>	<p>9:00 V!VAfit Flow (VS) 29</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>2:00 DIY Crafts: Pin Making for Red Dress Day (CK)</p> <p>3:30 Sing-A-Long with Lavinia (VP)</p> <p>3:30 Name 5 (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>9:00 V!VAfit Balance (VS) 30</p> <p>10:30 Excursion: Loblaws & Home Sense (L)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>1:30 DrumFit (VS)</p> <p>2:00 Euchre Tournament (MB)</p> <p>2:30 Afternoon Tea (FD)</p> <p>6:45 BINGO! (MB)</p>		<p><u>Locations Legend</u></p> <p>Family Den (FD)</p> <p>V!VAfit Studio (VS)</p> <p>V!VAplex (VP)</p> <p>Lobby (L)</p> <p>Mel's Barr (MB)</p> <p>Brain Gym (BG)</p> <p>Pool (P)</p> <p>Craft Kitchen (CK)</p> <p>Perks! Cafe (PC)</p> <p>Horticulture Room (HR)</p> <p>Community Commons (CC)</p>		