



Christine has the most beautiful flowers.



Joan and Margareta were hard at work making decorations for our upcoming Spring Fling party.

Don't miss out!

A Musical World Tour with Jim Beattie

Thursday, May 9
2:00 pm – V!VAplex

Rose's Facial Spa: Mother's Day Special

Friday, May 10
10:00 am – Mel's Barr

Excursion: Canadian Tulip Festival

Tuesday, May 14
1:30 pm – Lobby

Excursion: Canadian Tulip Festival

Thursday, May 16
9:45 am – Lobby

Excursion: The Royal Canadian Mint & Lunch

Thursday, May 23
10:00 am – Lobby

Charleston Time Party with the Polished Brass Quintet

Thursday, May 24
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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Dave and Thelma enjoying watching the Solar Eclipse.



Ollie came by to visit some of our Community Members in the Family Den. Ollie sure made himself comfortable on Carol's lap.



On April 8th some of our Community Members experienced a front row seat to the amazing Solar Eclipse event.



A big thank you to our Community Member Tom who took time to share his incredible collection of underwater photography with us.



Queen Victoria & Her Holiday

Victoria Day is a Canadian tradition and doesn't actually exist in most of England. But it is celebrated in parts of Scotland, especially Edinburgh, where it remains an official holiday.

When Victoria was just a little girl, she was known by her nickname, Drina.

Despite being born in England, Victoria only spoke German up until the age of three.

She married Prince Albert in 1840, although they'd known each other since she was 16. And it really was a family affair. Prince Albert of Saxe-Coburg and Gotha was her first cousin and his father was her mother's brother!

Because she was Queen, she had to propose to Albert, and not vice versa.

She took over the throne in 1837, after the death of William IV. She was just 18 years old.

She became a grandma at 39 and a great grandmother twenty years later.

She was the first Queen of Canada, sitting on the throne when this country was founded in 1867.

She liked to drink a concoction called Vin Mariani. One of its main ingredients? Cocaine.

It's said it was Victoria who started the tradition of a bride wearing white. Before her wedding a woman would simply wear her best dress, no matter what colour it was.

SUDOKU FUN!

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

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


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 events and programs at Concierge.

May 2024

V!VA Barrhaven



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><u>Locations Legend</u></p> <p>Family Den (FD) V!VAfit Studio (VS) V!VAplex (VP) Lobby (L) Mel's Barr (MB) Brain Gym (BG) Pool (P) Perks! Cafe (PC) Horticulture Room (HR) Victory Garden- Main Floor (VGM) Community Commons (CC) Craft Kitchen (CK)</p>	<p><i>Any program noted as CML is a Community Member Led program.</i></p>	<p>9:00 V!VAfit Sit & Stand (VS) 1</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>11:00 Gardening Club Meeting (HR)</p> <p>2:00 Music with Denim and Lace (MB)</p> <p>3:00 Bingo! (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) 2</p> <p>9:15 Mary Cook Stories (FD)</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>1:30 Excursion: Shoppers Drug Mart (L)</p> <p>2:00 Karaoke (VP)</p> <p>3:00 V!VAfit Fun Swim (P)</p> <p>7:00 Pass The Ace (CML) (HR)</p>	<p>9:00 V!VAfit Sit (VS) 3</p> <p>9:45 Garden Meet-Up (VGM)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>1:00 Giant Crossword (BG)</p> <p>1:30 Excursion: Bayshore Shopping Centre (L)</p> <p>2:00 Music with Side by Side (MB)</p> <p>3:30 Miniature Golf (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>9:00 V!VAfit Sit (VS) 4</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 Pictionary (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 Taxi (L) 5</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>2:00 Cinco de Mayo Pictionary (BG)</p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 Jenga with Winston (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>9:00 V!VAfit Flow (VS) 6</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 Decorating Plant Pots (FD)</p> <p>2:00 Afternoon Walk Around the Neighbourhood (L)</p> <p>3:00 Hymn Sing with Lavinia (VP)</p> <p>7:00 Evening Movie (VP)</p>	<p>9:00 V!VAfit Balance (VS) 7</p> <p>10:00 Viva's Golden Voices Choir Practice (CML) (MB)</p> <p>10:00 Gardening with Our Daycare Friends (VGM)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>1:30 DrumFit (VS)</p> <p>1:30 Bridge with Bill (CML) (CC)</p> <p>2:30 Afternoon Tea (FD)</p> <p>6:45 BINGO! (CML) (MB)</p>	<p>9:00 V!VAfit Sit & Stand (VS) 8</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>11:00 Vendor: Flower Fair & Gifts (L)</p> <p>1:30 Excursion: Walmart (L)</p> <p>2:00 Let's Play Jeopardy! (BG)</p> <p>2:30 Chair Yoga with Lavinia (VS)</p> <p>3:00 Name That Tune (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>9:00 V!VAfit Balance (VS) 9</p> <p>9:15 Mary Cook Stories (FD)</p> <p>10:00 Reading Buddies with Our Daycare Friends (FD)</p> <p>1:30 DrumFit (VS)</p> <p>2:00 A Musical World Tour with Jim Beattie (VP)</p> <p>3:00 Art Therapy with Rebecca (FD)</p> <p>7:00 Pass The Ace (CML) (HR)</p>	<p>9:00 V!VAfit Sit (VS) 10</p> <p>9:45 Garden Meet-Up (VGM)</p> <p>10:00 Rose's Facial Spa (MB)</p> <p>10:30 Music with Arlene (FD)</p> <p>1:00 Giant Crossword (BG)</p> <p>2:00 Mother's Day Social with Roxy Swan (MB)</p> <p>3:30 V!VAfit Fun (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>9:00 V!VAfit Sit (VS) 11</p> <p>10:00 Brain Boosters Package (PC)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>11:00 Tai Chi with Hiromi (VS)</p> <p>1:30 Friendly Euchre (CML) (MB)</p> <p>2:00 Mini Manicures (FD)</p> <p>2:00 Excursion: Cantiamo Women's Choir (L)</p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 Giant Crossword (BG)</p> <p>7:00 Evening Movie (VP)</p>
<p>Happy Mother's Day! 12</p> <p>8:30 Church Service by Bus (L)</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 Name 10 (BG)</p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 Mother's Day Stories (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>9:00 V!VAfit Flow (VS) 13</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>1:30 Excursion: Make It Green Garden Centre (L)</p> <p>2:00 Latin Chair Dancing with Michael (VS)</p> <p>2:30 Pictionary (FD)</p> <p>3:00 Sing-A-Long with Lavinia (VP)</p> <p>7:00 Evening Movie (VP)</p>	<p>9:00 V!VAfit Balance (VS) 14</p> <p>10:00 Fun and Music with Paddy and the Daycare (FD)</p> <p>11:00 Community Member Townhall Meeting (MB)</p> <p>1:30 DrumFit (VS)</p> <p>1:30 Excursion: Canadian Tulip Festival (L)</p> <p>1:30 Bridge with Bill (CML) (CC)</p> <p>2:00 Walking Club Meeting (HR)</p> <p>2:30 Afternoon Tea (FD)</p> <p>6:45 BINGO! (CML) (MB)</p>	<p>9:00 V!VAfit Sit & Stand (VS) 15</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>11:00 Current Events with Professor Cammy (VP)</p> <p>11:00 Vendor: Sunshine Gifts (L)</p> <p>2:00 You Be the Judge (BG)</p> <p>2:30 Chair Yoga with Lavinia (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>9:00 V!VAfit Balance (VS) 16</p> <p>9:15 Mary Cook Stories (FD)</p> <p>9:45 Excursion: Canadian Tulip Festival (L)</p> <p>1:30 DrumFit (VS)</p> <p>2:00 Trivial Pursuit (BG)</p> <p>3:00 V!VAfit Fun (FD)</p> <p>3:00 V!VAfit Fun Swim (P)</p> <p>7:00 Pass The Ace (CML) (HR)</p>	<p>9:00 V!VAfit Sit (VS) 17</p> <p>9:45 Garden Meet-Up (VGM)</p> <p>10:30 Music with Arlene (FD)</p> <p>1:00 Giant Crossword (BG)</p> <p>1:30 Excursion: Banking & LCBO (L)</p> <p>2:00 Victoria Day Party with Larry Garnett (MB)</p> <p>3:30 V!VAfit Fun (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>9:00 V!VAfit Sit (VS) 18</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 DrumFit (FD)</p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 Giant Crossword (BG)</p> <p>7:00 Evening Movie (VP)</p>

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May 2024

V!VA Barrhaven



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:30 Church Service by Taxi (L) 19</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 Word Unscramble (BG)</p> <p>2:30 Afternoon Movie (VP)</p> <p>3:00 Colouring May Flowers (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>Victoria Day! 20</p> <p>9:00 V!VAfit Flow (VS)</p> <p>9:45 V!VAfit Swim (CML) (P)</p> <p>10:00 Getting To Know You (CML) (CK)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>2:00 Music with Guy (MB)</p> <p>3:00 Hymn Sing with Lifestyles (VP)</p> <p>7:00 Evening Movie (VP)</p>	<p>9:00 V!VAfit Balance (VS) 21</p> <p>10:00 Viva's Golden Voices Choir Practice (Final Rehearsal) - CML (BG)</p> <p>10:15 Hymn Sing with Dai Bassett (FD)</p> <p>1:30 DrumFit (VS)</p> <p>1:30 Excursion: Independent Grocer & Dollarstore (L)</p> <p>1:30 Bridge with Bill (CML) (CC)</p> <p>2:30 Afternoon Tea (FD)</p> <p>6:45 BINGO! (CML) (MB)</p>	<p>9:00 V!VAfit Sit & Stand (VS) 22</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>2:00 Music with Tony True (MB)</p> <p>3:15 Afternoon Walk Around the Neighbourhood (L)</p> <p>7:00 Special Performance by The Ottawa Police Chorus (MB)</p> <p>7:00 Evening Movie (VP)</p>	<p>9:00 V!VAfit Balance (VS) 23</p> <p>9:15 Mary Cook Stories (FD)</p> <p>10:00 Excursion: The Royal Canadian Mint & Lunch (L)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>10:30 Catholic Mass with Father Penney (CC)</p> <p>1:30 DrumFit (VS)</p> <p>3:00 Art Therapy with Rebecca (FD)</p> <p>7:00 Pass The Ace (CML) (HR)</p>	<p>9:00 V!VAfit Sit (VS) 24</p> <p>9:45 Garden Meet-Up (VGM)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>1:00 Giant Crossword (BG)</p> <p>1:30 Excursion: Carlingwood Mall (L)</p> <p>3:00 Sing-A-Long with Lavinia (FD)</p> <p>7:00 An Evening of Music with Malcolm Wade (MB)</p>	<p>9:00 V!VAfit Sit (VS) 25</p> <p>10:00 Brain Boosters Package (PC)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>11:00 Tai Chi with Hiromi (VS)</p> <p>12:45 Excursion: "The Lightning Thief" at Meridian Theatre (L)</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) 26</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>3:00 Bean Bag Toss with Winston (FD)</p> <p>7:00 Evening Movie (VP)</p>	<p>8:00 Library Pickup (L) 27</p> <p>9:00 V!VAfit Flow (VS)</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>2:00 Latin Chair Dancing with Michael (VS)</p> <p>2:00 DrumFit (FD)</p> <p>3:00 Sing-A-Long with Lavinia (VP)</p> <p>7:00 Evening Movie (VP)</p>	<p>9:00 V!VAfit Balance (VS) 28</p> <p>10:00 Garden Social with Our Daycare Friends (VGM)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>1:30 DrumFit (VS)</p> <p>1:30 Bridge with Bill (CML) (CC)</p> <p>2:00 Excursion: Carmelito Cafe (L)</p> <p>2:30 Afternoon Tea (FD)</p> <p>6:45 BINGO! (CML) (MB)</p>	<p>9:00 V!VAfit Sit & Stand (VS) 29</p> <p>9:45 V!VAfit Swim (P)</p> <p>10:30 V!VAfit Fun (FD)</p> <p>10:30 Excursion: Value Village (L)</p> <p>2:00 Crooning in the 60's: Music with Jeff Stoddard (MB)</p> <p>3:00 Bingo! (FD)</p> <p>3:30 Food Forum with Chef Eric & Craig (MB)</p> <p>7:00 Evening Movie (VP)</p>	<p>9:00 V!VAfit Balance (VS) 30</p> <p>9:15 Mary Cook Stories (FD)</p> <p>10:30 Baking Cupcakes (CK)</p> <p>1:30 DrumFit (VS)</p> <p>1:30 Excursion: Shoppers Drug Mart (L)</p> <p>2:00 Charleston Time Party with the Polished Brass Quintet (MB)</p> <p>3:00 V!VAfit Fun Swim (P)</p> <p>3:30 V!VAfit Fun (FD)</p> <p>7:00 Pass The Ace (CML) (HR)</p>	<p>9:00 V!VAfit Sit (VS) 31</p> <p>9:45 Garden Meet-Up (VGM)</p> <p>10:30 Music with Arlene (FD)</p> <p>1:00 Giant Crossword (BG)</p> <p>2:00 May Birthday Party with Noel (MB)</p> <p>3:30 V!VAfit Fun (FD)</p> <p>7:00 Evening Movie (VP)</p>	



Clothing Drive

From May 1st to May 15th, the Lifestyles Team will be accepting your gently used clothing donations. Please find additional information in the Lifestyles binder at Concierge or ask any member of the Lifestyles Team for details!

Excursion: Canadian Tulip Festival

Tuesday, May 14th at 1:30 pm & Thursday, May 16th at 9:45 am

The Tulip Festival at Commissioners Park is on again! Please sign up in the Lifestyles binder at Concierge if you would like to join us. At this time, please only sign up for your preferred date.

Excursion: The Royal Canadian Mint & Lunch

Thursday, May 23rd departing at 10:00 am
 Are you interested in learning about the facility that produces world-renowned collector coins, gold and silver bullion, and medals and medallions? Join us on a trip to the Mint for a 45-minute guided tour! Tickets are \$10 per person. A restaurant stop for lunch will follow, and cost will be covered by the Community Member.
 Please sign up in the Lifestyles binder at Concierge by Friday, May 10th if you would like to join us!