Reserve your spot for events and programs at Concierge.

November 2026

V!VA Barrhaven

V!VA Retirement Communities™ BARRHAVEN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **DAYLIGHT SAVINGS TIME (Fall Back)** 8:30 Outing: St. Patrick Parish Fallowfield* (L) 9:30 V!VAfit Sit & Stand (VS) 9:30 Outing: Barrhaven United Church* (L) 10:30 V!VAfit Fun (FD) 10:30 Piano with Allan Ryan (L) 1:30 Fit Minds with Winston: Stay Sharp! (HR) 3:00 Social Hour (MB) 3:00 Magazine Hunt with Winston (FD) 7:00 Evening Movie: (VP)	**2** 9:00 V!VAfit Strength (VS) 9:00 Mindful Moments: Brain Games (FD) 10:30 V!VAfit Fun (SR2) 11:00 Crochet Poppies for Sale - All Proceeds for the Legion Poppy Fund (L) 1:00 V!VAfit Studio Assistance (VS) 1:00 Mixed Media Poppy Art with Lifestyles (Drop-In Between 1:00-3:30 pm) (CK) 3:00 Sing-A-Long with Lavinia (FD) 7:00 Monday Night Documentary (VP)	**3** 9:00 V!VAfit Balance (VS) 9:30 V!VAfit Swim (P) 10:00 Seamstress Visit* (S) 10:30 V!VAfit Fun (FD) 11:00 Lifestyles Meeting with Rebecca (MB) 1:15 DrumFit (VS) 1:30 Fresh Flower Arranging (SR2) 2:30 Boxing 4 Health Class (NEW!) (VS) 3:00 Social Hour (MB) 3:00 Tuesday Tea Time (FD) 6:45 BINGO Night! $1 per card (MB)	**4** 9:00 V!VAfit Strength (VS) 10:00 Outing: Leonard Cohen: Ten Years Gone & Lunch ($)* (L) 10:15 Liturgy of the Word & Communion (VP) 10:30 Table Talk & Games with Vicki (FD) 1:00 V!VAfit Studio Assistance (VS) 1:30 Giant Crossword (BG) 2:00 Seated Tai Chi Class with Ayumi (VS) 3:30 V!VAfit Fun (FD) 7:00 Bible Study with Karen Parks (CK) 7:00 Evening Movie (VP)	**5** 9:00 V!VAfit Balance (VS) 10:00 Painting Diya's with Educara Daycare (FD) 1:15 DrumFit (VS) 2:00 The Dark Shadow in Canadian History: Japanese Internment Camps (VP) 2:30 V!VAfit Fun (FD) 3:00 Social Hour (MB) 3:00 Cribbage Club (BG) 5:30 Mindful Moments: Brain Games (FD) 7:00 Pass The Ace (HR) 7:00 Evening Movie (VP)	**6** 9:00 V!VAfit Sit & Stand (VS) 10:30 Music with Arlene Quinn (FD) 10:30 Catholic Mass with Father Penney (CC) 1:15 Creative Corner with Nour & Sofiya: River Rock Painting (CK) 2:30 V!VAfit Fun (FD) 3:00 Cross-Stitch Circle (CK) 3:30 Live Music with Three's Company Jazz Trio (MB) 7:00 Evening Movie (VP)	**7** 9:00 V!VAfit Sit (VS) 10:30 St. John Ambulance Therapy Dog Visit (FD) 1:15 Friendly Euchre (Sign-up in Lifestyles binder)* (MB) 2:00 Movie Matinee (VP) 2:30 V!VAfit Fun (FD) 3:00 Social Hour (MB) 3:30 Crafting Corner with Lifestyles (FD) 7:00 Evening Movie (VP) 7:00 Saturday Night Ottawa Senators Game (Mel's Barr Open!) (MB)
8 8:30 Outing: St. Patrick Parish Fallowfield* (L) 9:30 V!VAfit Sit & Stand (VS) 9:30 Outing: Barrhaven United Church* (L) 10:30 V!VAfit Fun (FD) 1:00 Fit Minds with Winston: Stay Sharp! (time change) (HR) 2:30 Cantiamo Youth Choir Remembrance Day Special (L) 3:00 Social Hour (MB) 3:30 LEGO Brick Builders Challenge (FD) 7:00 Evening Movie (VP)	**9** 9:00 V!VAfit Strength (VS) 9:00 Mindful Moments: Brain Games (FD) 10:30 Getting to Know You (CK) 10:30 V!VAfit Fun (SR2) 1:00 V!VAfit Studio Assistance (VS) 1:30 Diamond Painting (CK) 2:00 Knitting & Crocheting Group (BG) 2:00 Canadian Hearing Services Drop-In (HR) 2:00 Latin Chair Dancing (FD) 3:00 Hymn Sing with Lavinia (FD) 7:00 Monday Night Documentary (VP)	**10** 9:00 V!VAfit Balance (VS) 9:30 V!VAfit Swim (P) 10:00 V!VA's Golden Voices Choir Practice* (MB) 10:30 V!VAfit Fun (FD) 11:00 CM Town Hall with Karen Timmons (MB) 1:15 DrumFit (VS) 1:30 Fresh Flower Arranging (SR2) 2:30 Paint Diya's & Learn About Diwali (CK) 3:00 Social Hour (MB) 3:00 Tuesday Tea Time (FD) 6:45 BINGO Night! $1 per card (MB)	**11** **REMEMBRANCE DAY** 9:00 V!VAfit Strength (VS) 10:00 Remembrance Day Ceremony with Music from The Singing Seniors Choir (L) 1:00 V!VAfit Studio Assistance (VS) 1:30 Giant Crossword (BG) 1:30 Mindful Moments: Brain Games (FD) 2:00 Seated Tai Chi Class with Ayumi (VS) 3:00 V!VAfit Fun (FD) 7:00 Evening Movie (VP)	**12** 9:00 V!VAfit Balance (VS) 9:15 V!VAfit Fun (FD) 10:30 Music with Arlene Quinn (FD) 11:00 Vendor: Roz Designs (L) 1:15 DrumFit (VS) 2:00 DIY Crafting: Christmas Tree Ornament with Vicki (CK) 3:00 Social Hour (MB) 5:30 Mindful Moments: Brain Games (FD) 7:00 Pass The Ace (HR) 7:00 Evening Movie (VP)	**13** 9:00 V!VAfit Sit & Stand (VS) 10:00 Reading Buddies with Educara Daycare (LIB) 10:30 V!VAfit Fun (FD) 11:00 Vendor: Kiwanis Club of Manotick Christmas Treat Sale (L) 12:00 Parkinsons Canada Lunch & Learn* (VP) 2:00 Cross-Stitch Circle (CK) 3:00 Live Music with Lady Blond (MB) 7:00 Evening Movie (VP)	**14** 9:00 V!VAfit Sit (VS) 10:30 V!VAfit Fun (FD) 1:15 Friendly Euchre (Sign-up in Lifestyles binder)* (MB) 2:00 Movie Matinee (VP) 3:00 Social Hour (MB) 3:00 Crafting Corner with Lifestyles (FD) 7:00 Evening Movie (VP) 7:00 Saturday Night Ottawa Senators Game (Mel's Barr Open!) (MB)

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15 8:30 Outing: St. Patrick Parish Fallowfield* (L) 9:30 V!VAfit Sit & Stand (VS) 9:30 Outing: Barrhaven United Church* (L) 10:30 V!VAfit Fun (FD) 10:30 Piano with Allan Ryan (L) 1:30 Fit Minds with Winston: Stay Sharp! (HR) 3:00 Social Hour (MB) 3:00 Pizza Making with Winston (FD) 7:00 Evening Movie (VP)	**16** 8:00 LIBRARY PICK-UP 9:00 V!VAfit Strength (VS) 9:00 Mindful Moments: Brain Games (FD) 10:30 V!VAfit Fun (SR2) 1:00 V!VAfit Studio Assistance (VS) 1:30 Diamond Painting (CK) 2:00 Knitting & Crocheting Group (BG) 3:00 Sing-A-Long with Lavinia (FD) 7:00 Monday Night Documentary (VP)	**17** **Christmas Decorating at V!VA!** 9:00 V!VAfit Balance (VS) 9:30 V!VAfit Swim (P) 10:30 V!VAfit Fun (FD) 10:30 You Be the Judge (BG) 1:15 DrumFit (VS) 1:30 Fresh Flower Arranging (SR2) 2:30 Boxing 4 Health Class (NEW!) (VS) 3:00 Social Hour (MB) 3:00 Tuesday Tea Time (FD) 6:45 BINGO Night! $1 per card (MB)	**18** **Christmas Decorating at V!VA!** 9:00 V!VAfit Strength (VS) 10:30 Table Talk & Games with Vicki (FD) 11:00 Current Events with Professor Cammy (VP) 1:00 V!VAfit Studio Assistance (VS) 1:30 Giant Crossword (BG) 2:00 Seated Tai Chi Class with Ayumi (VS) 3:00 V!VAfit Fun (FD) 7:00 Bible Study with Karen Parks (CK) 7:00 Evening Movie (VP)	**19** **Christmas Decorating at V!VA!** 9:00 V!VAfit Balance (VS) 10:00 Tree Decorating with Educara Daycare (CK) 10:45 V!VAfit Fun (FD) 11:00 Vendor: My Closet by Olivia (L) 1:15 DrumFit (VS) 2:00 Around the Campfire with Tony True (FD) 3:00 Social Hour (MB) 5:30 Mindful Moments: Brain Games (FD) 7:00 Pass The Ace (HR) 7:00 Evening Movie (VP)	**20** 9:00 V!VAfit Sit & Stand (VS) 10:30 Music with Arlene Quinn (FD) 2:00 Baking for a Cause: Biscotti for Barrhaven Food Cupboard (CK) 3:00 V!VAfit Fun (FD) 3:00 Cross-Stitch Circle (CK) 5:00 V!VA Barrhaven's Holiday Night Market (L) 7:00 Christmas Music with The Christelles (MB)	**21** 9:00 V!VAfit Sit (VS) 10:30 St. John Ambulance Therapy Dog Visit (FD) 1:15 Friendly Euchre (Sign-up in Lifestyles binder)* (MB) 2:00 Movie Matinee (VP) 2:30 V!VAfit Fun (FD) 3:00 Social Hour (MB) 3:30 Crafting Corner with Lifestyles (FD) 7:00 Evening Movie (VP) 7:00 Saturday Night Ottawa Senators Game (Mel's Barr Open!) (MB)
22 8:30 Outing: St. Patrick Parish Fallowfield* (L) 9:30 V!VAfit Sit & Stand (VS) 9:30 Outing: Barrhaven United Church* (L) 10:30 V!VAfit Fun (FD) 1:00 Fit Minds with Winston: Stay Sharp! (time change) (HR) 2:00 Live Music with Jumpin' Jimmy (MB) 3:00 Social Hour (MB) 3:30 LEGO Brick Builders Challenge (FD) 7:00 Evening Movie (VP)	**23** 9:00 V!VAfit Strength (VS) 9:00 Mindful Moments: Brain Games (FD) 10:30 Getting to Know You (CK) 10:30 V!VAfit Fun (SR2) 1:00 V!VAfit Studio Assistance (VS) 1:30 Diamond Painting (CK) 2:00 Knitting & Crocheting Group (BG) 2:00 Latin Chair Dancing (FD) 3:00 Hymn Sing with Lavinia (FD) 7:00 Monday Night Documentary (VP)	**24** 9:00 V!VAfit Balance (VS) 9:30 V!VAfit Swim (P) 10:00 V!VA's Golden Voices Choir Practice* (MB) 10:30 V!VAfit Fun (FD) 1:15 DrumFit (VS) 1:30 Fresh Flower Arranging (SR2) 2:30 Barrhaven Garden Club Presents: Planning a Victory Garden (VP) 3:00 Social Hour (MB) 3:00 Tuesday Tea Time (FD) 6:45 BINGO Night! $1 per card (MB)	**25** 9:00 V!VAfit Strength (VS) 10:30 V!VAfit Fun (FD) 11:15 Lunch Outing: Scaddabush in Kanata ($)* (L) 1:00 V!VAfit Studio Assistance (VS) 1:30 Giant Crossword (BG) 1:30 Mindful Moments: Brain Games (FD) 2:00 Seated Tai Chi Class with Ayumi (VS) 3:00 Men's Coffee Club (and Guess the Moustache Trivia!) (CK) 7:00 Evening Movie (VP)	**26** 9:00 V!VAfit Balance (VS) 10:00 Reading Buddies with Educara Daycare (FD) 10:45 V!VAfit Fun (FD) 1:15 DrumFit (VS) 2:00 Food Forum with Eric & Craig (MB) 2:00 Live Music with Greg Elliott (FD) 3:00 Social Hour (MB) 5:30 Mindful Moments: Brain Games (FD) 7:00 Pass The Ace (HR) 7:00 Evening Movie (VP)	**27** 9:00 V!VAfit Sit & Stand (VS) 10:30 Memory Lane Aromas with Anu (FD) 2:00 November Birthday Party with Derek Jones (MB) 3:00 Cross-Stitch Circle (CK) 3:00 Cribbage Club (BG) 3:30 V!VAfit Fun (FD) 7:00 Evening Movie (VP)	**28** 9:00 V!VAfit Sit (VS) 10:30 V!VAfit Fun (FD) 1:15 Friendly Euchre (Sign-up in Lifestyles binder)* (MB) 2:00 Movie Matinee (VP) 3:00 Social Hour (MB) 3:00 Crafting Corner with Lifestyles (FD) 7:00 Evening Movie (VP) 7:00 Saturday Night Ottawa Senators Game (Mel's Barr Open!) (MB)

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29 8:30 Outing: St. Patrick Parish Fallowfield* (L) 9:30 V!VAfit Sit & Stand (VS) 9:30 Outing: Barrhaven United Church* (L) 10:30 V!VAfit Fun (FD) 1:30 Fit Minds with Winston: Stay Sharp! (HR) 3:00 Social Hour (MB) 3:00 Scattergories (FD) 7:00 Evening Movie (VP)	**30** 9:00 V!VAfit Strength (VS) 9:00 Mindful Moments: Brain Games (FD) 10:30 V!VAfit Fun (SR2) 1:00 V!VAfit Studio Assistance (VS) 1:30 Diamond Painting (CK) 2:00 Knitting & Crocheting Group (BG) 2:00 Wine & Cheese Social (FD) 3:00 Sing-A-Long with Lavinia (FD) 7:00 Monday Night Documentary (VP)		 **V!VA's Movember Moustache Challenge** Movember is an annual campaign that raises awareness and funds for men's health, including prostate cancer, testicular cancer, and mental health and suicide prevention. This November, V!VA Barrhaven is joining the movement! We're looking for Community Members and Team Members to participate by growing a moustache and inviting others to sponsor their efforts. Sponsors can choose a participant to support, with all proceeds going toward a local men's health organization (to be announced). Let's have some fun, and make a difference together! Interested in participating? Let the Lifestyles Team know!		Calendar Legend **All Day** Outings V!VAfit Physical Activity Shopping Special Event Meetings/Clubs Sign Up Required *

Locations Legend

Family Den (FD)
V!VAfit Studio (VS)
Mel's Barr (MB)
V!VAplex (VP)
Lobby (L)
Craft Kitchen (CK)
Brain Gym (BG)
Horticulture Room (HR)
Second Floor Sunroom (SR2)
Pool (P)
In-Suite (S)
Community Commons (CC)
Library (LIB)

Please note that additional outings will be added to the calendar as soon as a new driver is available. We appreciate your patience and understanding as we work to resume our regular outing schedule.

In the meantime, if you need assistance placing an online order, please speak with any member of the Lifestyles team. We are always happy to help!

We sincerely apologize for the inconvenience and thank you for your understanding.

Boxing 4 Health Classes
November 3rd & 17th at 2:30 PM

Thanks to the wonderful feedback from our Community Members following our demonstration class, we're excited to welcome Boxing 4 Health back to V!VA for two classes each month!

Boxing 4 Health offers boxing-based fitness programs designed for older adults, combining movement, coordination, and exercise in a fun and supportive environment. Whether you joined us for the demo or are trying it for the first time, everyone is welcome!

No boxing experience is necessary—come ready to move, try something new, and have fun!

Thursday, November 5th
2:00 PM - V!VAplex

Join us for a special theatrical presentation exploring the experiences of Japanese Canadians during the Second World War. Through storytelling and performance, this production offers an opportunity to reflect on an important chapter in Canadian history.

GO SENS GO!

Grab your friends and family and join us in Mel's Barr to cheer on the Ottawa Senators every Saturday in November. Beer and wine will be available for purchase during the first two periods! Wear your red, bring your team spirit, and enjoy some hockey night fun!

