

January Blues? Not Here at Waterside

Last month, Team Members and Community Members kept the January blues away with a Spirit Week. We kicked off the week with a VIVA Blue and Orange Day, which brought a burst of color across the Community. Many participated in hat day, sporting their funniest or favorite hat. The WINNER for best hat went to George. Pirate Day could not be beat – Community Members walked the plank to a “pirate buffet” where they enjoyed

“Peg Leg Chicken” (chicken legs), “pirate eye popcorn” (roasted chick-peas), buccaneer fritters (battered cod and shrimp) and “No Scurvy Pie” (key lime pie). We wrapped up the week with towels and surf boards for Beach Day, despite the -18 temperature outdoors. Look out for more spirited FUN this month as we heat things up during Winter Warm Up Week, February 10th to 16th.



Hat Day Winner George.



Community Member Des Celebrates 95 years.



Shiver me timbers! We be tending the ale at the pub!

**We’re celebrating Valentine’s Day with a couple of NEW events**

**“What is Love?”**

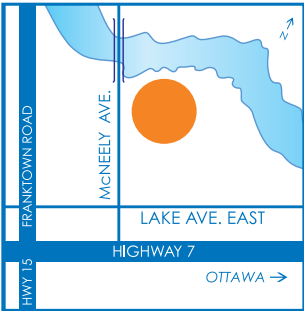
**February 11th at 3:00pm in Paddles Pub**

Enjoy live entertainment and tasty treats as we share your answers – as well as the answers from the grade 2/3 class at St. Gregory’s School – to this timeless question that has tested humankind for ages.

**Waterside King & Queen of Hearts**

**February 14th at 3:00pm**

Help us crown the Waterside King and Queen of Hearts by entering the name of a Community Member that shows kindness, caring, and goes above and beyond. Live musical entertainment and heart shaped cookies will be available.



Making Today Great!

**Waterside – A VIVA Retirement Community**  
105 McNeely Ave. Carleton Place, Ontario  
www.thewaterside.ca (613) 253-2010 Find us on f



THE

February 2019

Waterside

A VIVA RETIREMENT COMMUNITY

WAVE

Your VIVA Community Newsletter

2019 OPENED WITH A Bang

The New Year had an early start with Community Members celebrating as early as noon with the Community favourite NOON Year’s Eve Celebration in the dining room during lunch. To everyone’s delight, the room was decorated with sparkles and ribbons, along with hats and horns to be used once the party got started. Our musical guests, the Lanark County Revival, had everyone rockin’. The NOON Year’s Eve ended with a countdown, champagne toasts to 2019,

and everyone singing Auld Lang Syne. Celebrations continued on New Year’s Day with entertainment by Richard!



Team Member selfie.



Cheers to the New Year.

A Visit from the King

Community Members celebrated Elvis Presley’s birthday on January 8th with drinks while listening to a few of Elvis’ greatest hits. The King himself made a special appearance in Paddles Pub, and served drinks at the bar. Meanwhile, Team Member Craig was nowhere to be found (wink, wink). Keep an eye out for more guest appearances throughout the year HINT: February 26th is Johnny Cash’s birthday.



The “King” of serving drinks.

**Carnation O’Grams**

\$1 each, February 1st – 12th. Proceeds will go to the Heart and Stroke Foundation. Carnations will be delivered the morning of February 14th.



# FOUR FEBRUARY FACTS ABOUT Cupid

*1* **He's not simply a cherub. He's a GOD.** Cupid is the Roman god of beauty and love. He is also believed to be the son of goddess Venus.

*2* **A God of Many Names.** The Romans called him Cupido, which means 'desire'. He was also called "Amor", and "Eros".

*3* **A Tale as old As Time.** In 'Cupid and Psyche', an ancient Greek myth from the second century, Cupid lover's was named Psyche, and together they had a daughter named Voluptas. Venus was very jealous of Psyche because of her beauty and shot her with an arrow, cursing her to fall in love with the most horrifying being in the entire world. And you thought your mother-in-law was bad!

*4* **Lead is bad for the heart, too.** Cupid carries two kinds of arrows, one with a sharp point made of gold, and the other with a blunt tip of lead. A person wounded by the golden arrow is filled with uncontrollable desire, but the one struck by the lead feels aversion and desires only to flee.

Source: <https://greekgodsandgoddesses.net/gods/cupid/> and <https://easyscienceforkids.com/cupid-facts/>

## LOOKING FOR LOVE

H H F G L P X A I E F H M K E J P Z K E D P H V H S F J D T U Y Y X C  
R N S J I N N H C L B B J B U Z L I C L N Y O Y R W S Q U O D L G L Z  
U E Y S S R F V O P W B A K Q F S N C R E H N Q Y O A S Z Q F V E T Z  
C O H N Y I L Z K U F X C W R S A G F J I U E B V R L R Z S J O R S W  
E L F C N Z D F B O K K D O I M P W T D R S Y A Q R P D M Z P A Q D M  
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R Z U R Q W Y A U T O N K A U O L O E Y B D K P M O A E W L O K M F Q  
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B S F M X T A W S S E T O N E V O L S P T X F U L I N Z T T E S E F O  
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F R P E T P I L S T Q S R L V F L T F M O T M E G C G Y Z R K F N F N  
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D H J U X G F K Y Q O C E N Q D J A F H G K V D X I B B Z B D E T L Z  
W B R H F K O V W S C G C Y W T E D J M X R V R K X C N K R X X F Q C

love	romeo	heartache	boyfriend
romance	juliet	loveisblind	girlfriend
cupid	bonnie	sweetheart	husband
goldarrows	clyde	honey	wife
bow	eros	roses	partner
chocolate	amor	carnations	holdinghands
cleopatra	flowers	kiss	couple
anthony	lovenotes	kissingbooth	heart

February 2019		WEEKS 1, 2 & 3				Waterside
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>LEGEND</b> <b>Orange Fitness Class</b> <b>Purple Special Event</b> <b>Green Excursion</b> Sign Up Cost Required Shuttle Walking	(PC) Perks! Café (PP) Paddles Pub (CR) Charity Room (VP) V!VAplex (VG) Victory Garden (VS) V!VAfit Studio (L) Lobby (ML) Members Library (BG) Brain Gym (CK) V!VAcraft Kitchen (S) Spa (SD) The Shores Dining (P) Pool	<b>Winter Warm Up Week</b>  <b>Feb. 10<sup>th</sup> Go RED Day:</b> Wear you RED in support of Heart & Stroke <b>Feb. 11<sup>th</sup> “What is Love?”:</b> Share your thoughts on love & join us for a fun afternoon in the Pub with LIVE entertainment <b>Feb. 12<sup>th</sup> Winter Warm Up Luncheon w/Lifestyles:</b> Join the Team as they cook up a hearty wintery soup & desserts. <b>Feb. 13<sup>th</sup> Kissing Booth:</b> Support the Heart & Stroke Foundation & buy a kiss for a dollar! <b>Feb 14<sup>th</sup> King &amp; Queen of Hearts:</b> Vote between the 1st to 13th on the kindest male and female Community Member. <b>Feb. 15<sup>th</sup> Appreciation Day:</b> Share words of appreciation on the bulletin located outside <i>Perks!</i> Café			<b>1 Carnation O’Grams Sales START</b> <b>9:30 V!VAfit Sit &amp; Stand (VS)</b> <b>10:00 In and Around Town (L)</b> <b>10:15 V!VAfit Strength pre-booked apt. (VS)</b> <b>10:30 Pet Therapy w/ Rosie (PP)</b> 3:00 Jeopardy (VS) 4:00 Friendly Friday (PP) 7:30 Movie Night (VP)	<b>2 Groundhog Day</b> 9:30 V!VAfit Exercise of the Month ~ (L) 3:00 V!VA Movie Matinee “Groundhog Day” (VP) 7:30 Saturday Night Movie (VP)
<b>3</b> 10:30 Crossword Café: pick up this week’s challenge at Concierge (L) 3:00 Musical Matinee (VP) 7:30 Sunday Night Movie (VP)	<b>4</b> <b>9:30 V!VAfit Sit &amp; Stand (VS)</b> 10:00 Communion followed by Rosary Prayer (CR) <b>10:15 V!VAfit Strength pre-booked apt. (VS)</b> 11:00 Tri-ominos (PP) <b>1:30 V!VAfit Senior Fitness pre-booked apt. (VS)</b> <b>2:30 Banking Bus (L)</b> <b>7:30 Pet Therapy w/Rosie (PP)</b> 7:30 Cards: Player’s Choice (ML)	<b>5 Chinese New Year Year of the Pig</b> <b>9:15 V!VAfit Combo (VS)</b> 10:30 Knit Wits (ML) <b>11:00 Walker Repair Clinic (L)</b> 11:15 TED Talk Tuesday (VP) <b>2:00 V!VAfit Strength pre-booked (VS)</b> <b>3:00 Chinese New Year Trivia &amp; Fun (PP)</b> 4:00 Topsy Tuesday (PP)	<b>6</b> <b>9:15 V!VAfit Swim (P)</b> <b>10:30 V!VAfit Strength pre-booked(VS)</b> 11:00 Waterside Worship w/ Rev Brian (VP) 1:00 Bridge (CK) 2:30 Things I learned on the Web (VP) 7:30 BINGO \$.25 (CK)	<b>7</b> <b>9:30 Lac Lemay Casino (L)</b> 11:00 Knit Wits (ML) <b>10:00 Sweets and Treats to with Sarah (L)</b> <b>2:00 Fundraising Euchre \$5/pp (PP)</b> 3:00 Carpet Bowling (VS) <b>7:30 Musical Entertainment TBA (PP)</b>	<b>8</b> <b>9:30 V!VAfit Sit &amp; Stand (VS)</b> <b>10:15 V!VAfit Strength pre-booked apt. (VS)</b> 11:00 Letter Scramble w/ Alison (PP) <b>2:30 Baking w/Michaela (CK)</b> 4:00 Friendly Friday (PP) 7:30 Movie Night (VP)	<b>9</b> 9:30 V!VAfit Exercise of the Month ~ (L) 3:00 V!VA Movie Matinee (VP) <b>4:00 Sing Song w/Jenn (PP)</b> 7:30 Saturday Night Movie (VP)
<b>10 Winter Warm Up Week</b> <b>Go RED Day for Heart &amp; Stroke</b> 10:30 Crossword Café: pick up this week’s challenge at Concierge (L) 3:00 Musical Matinee (VP) 7:30 Sunday Night Movie (VP)	<b>11</b> <b>9:30 V!VAfit Sit &amp; Stand (VS)</b> 10:00 Communion & Rosary (CR) <b>10:15 V!VAfit Strength pre-booked apt. (VS)</b> 11:00 Tri-ominos (PP) <b>2:30 What is Love? Celebration Stories, music &amp; treats (PP)</b> <b>7:30 Pet Therapy w/Rosie (PP)</b> 7:30 Cards: Player’s Choice (ML)	<b>12 Carnation Sales END</b> <b>9:15 V!VAfit Combo (VS)</b> 10:30 Knit Wits (ML) 11:15 TED Talk Tuesday (VP) <b>12:15 Warm Winter Luncheon w/ Lifestyles (CK)</b> <b>2:00 V!VAfit Strength pre-booked (VS)</b> 4:00 Topsy Tuesday ~ (PP)	<b>13</b> <b>9:15 V!VAfit Swim (P)</b> <b>9:30 Kissing Booth to \$1 each)</b> <b>11:00 All proceeds to Heart &amp; Stroke (L)</b> <b>10:30 V!VAfit Strength pre-booked (VS)</b> 11:00 Waterside Worship w/Rev Barry (VP) 1:00 Bridge (CK) 2:30 Things I learned on the Web (VP) 7:30 BINGO \$.25 (CK)	<b>14 Valentine’s Day</b> <b>King &amp; Queen of Hearts Valentine’s Celebration</b> 10:00 <b>In &amp; Around Town (L)</b> 11:00 Knit Wits w/Alison (ML) <b>3:00 King &amp; Queen of Hearts Valentine Celebrations (PP)</b> 7:30 New Release Movie Night (VP)	<b>15 Appreciation Day</b> <b>9:30 V!VAfit Sit &amp; Stand (VS)</b> <b>10:15 V!VAfit Strength pre-booked apt. (VS)</b> <b>3:00 POP-UP Program w/Michaela (PP)</b> 4:00 Friendly Friday (PP) 7:30 Movie Night (VP)	<b>16 Bowling for Big Brothers &amp; Big Sisters</b> 9:30 V!VAfit Exercise of the Month ~ (L) <b>2:30 Bowl-a-thon Fund-raiser \$2/pp (PP)</b> 3:00 V!VA Movie Matinee (VP) 7:30 Saturday Night Movie (VP)



February 2019		WEEKS 4 & 5					Waterside
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>17</b> 10:30 Crossword Café: pick up this week's challenge at Concierge (L) 3:00 Musical Matinee (VP) 7:30 Sunday Night Movie (VP)	<b>18 Family Day Holiday</b> 9:30 <b>V!VAfit Ind. Program p/u @ concierge (VS)</b> 10:00 Communion followed by Rosary Prayer (CR) 10:15 <b>V!VAfit Strength (Canceled) (VS)</b> 11:00 Tri-ominos (PP) 3:00 <b>Family Day Movie "Christopher Robins" (VP)</b> 7:30 <b>Pet Therapy w/Rosie (PP)</b> 7:30 Cards: Player's Choice (ML)	<b>19</b> 9:00 <b>Carlingwood Mall (L)</b> 🚗👜🖋️ 9:15 <b>V!VAfit Combo (VS)</b> 10:30 Knit Wits (ML) 11:15 TED Talk Tuesday (VP) 2:00 <b>V!VAfit Strength pre-booked(VS)</b> 2:30 <b>Banking Bus (L)</b> 🚗👜🖋️ 4:00 Topsy Tuesday ~ (PP)	<b>20</b> 9:15 <b>V!VAfit Swim (P)</b> 10:30 <b>V!VAfit Strength pre-booked (VS)</b> 11:00 Waterside Communion w/St. James Church (VP) 12:30 <b>Lunch &amp; Learn w/CP Hospital Director of the Foundation (VS)</b> 1:00 Bridge (CK) 2:30 Things I learned on the Web (VP) 7:30 BINGO \$.25 (CK)	<b>21</b> 9:30 <b>Aromatherapy "Lemongrass lip balm" (CK)</b> 🖋️ 11:00 Knit Wits w/Alison (ML) 10:00 <b>In &amp; Around Town (L)</b> 🚗👜💰🖋️ 3:00 Carpet Bowling (VS) 7:30 <b>Musical Entertainment w/Jim Ryan (PP)</b>	<b>22</b> 9:30 <b>V!VAfit Sit &amp; Stand (VS)</b> 10:15 <b>V!VAfit Strength pre-booked apt. (VS)</b> 3:00 <b>Name that Tune "Oscar Winning Songs" (VP)</b> 4:00 Friendly Friday (PP) 7:30 Movie Night (VP)	<b>23</b> 9:30 V!VAfit Exercise of the Month ~ (L) 3:00 V!VA Movie Matinee (VP) 4:00 <b>Sing Song w/Jenn (PP)</b> 7:30 Saturday Night Movie (VP)	
<b>24 Celebrating the Oscars</b> 10:30 Crossword Café: pick up this week's challenge at Concierge (L) 3:00 Musical Matinee (VP) 5:00 <b>Black Tie Oscar and Dinner; enjoy an award-winning Oscar Dinner Guest MUST reserve in advance (SD)</b> 7:30 <b>Oscar Movie Night (VP)</b>	<b>25</b> 9:30 <b>V!VAfit Sit &amp; Stand (VS)</b> 10:00 Communion followed by Rosary Prayer (CR) 10:15 <b>V!VAfit Strength pre-booked apt. (VS)</b> 10:30 <b>Tour of Tweed Factory in Smiths Falls &amp; lunch (L)</b> 🚗🖋️👜💰 11:00 Tri-ominos (PP) 3:00 <b>Let's Talk w/ Mary "Artifacts from the 30's &amp; 40's" (PP)</b> 7:30 <b>Pet Therapy w/Rosie (PP)</b> 7:30 Cards: Player's Choice (ML)	<b>26</b> 9:00 <b>Billings Bridge Mall (L)</b> 🚗👜🖋️ 9:15 <b>V!VAfit Combo (VS)</b> 10:30 Knit Wits (ML) 11:15 TED Talk Tuesday (VP) 2:00 <b>V!VAfit Strength pre-booked (VS)</b> 3:00 <b>Cooking w/Shane "Perogies" (CK)</b> 4:00 Topsy Tuesday ~ Special appearance by Johnny Cash(PP)	<b>27</b> 9:15 <b>V!VAfit Swim (P)</b> 10:30 <b>V!VAfit Strength pre-booked apt (VS)</b> 11:00 Waterside Worship (VP) 1:00 Bridge (CK) 2:30 Things I learned on the Web (VP) 7:30 BINGO \$.25 (CK)	<b>28</b> 11:00 Knit Wits w/Alison (ML) 2:30 <b>Musical Entertainment Russell Male Choir (VP)</b> 5:00 <b>Dinner &amp; Euchre \$10/pp (PP)</b> 🖋️💰 7:30 New Release Movie Night (VP)			



\*Calendars are subject to change.