Cliff unboxes one of the Dickens' Village buildings for Waterside's Christmas display.

The Lifestyles Team Members take their job as official Community Christmas Decorators very seriously.

**Don't miss out!**

## Popcorn Cheat Day!

**Wednesday, January 19th**
***Paddles!* Pub – 2:30 pm**
January is all about healthy food and fitness, so we're sneaking in a cheat day for National Popcorn Day!

## Robbie Burns Day

**Tuesday, January 25th**

**Lunch: Shores Dining Room**
**11:30 am & 1:00 pm**

**Music: *Paddles!* Pub**
**2:30 pm –**

Wear your Scottish attire and enjoy a traditional Scottish meal at lunch time followed by live musical entertainment.

## Scotland: A Musical Tour

**V!VA*plex* – 2:30 pm**
Jim Beetle returns to deliver with a tour of Scotland, accompanied by a musical performance

**Check with Lifestyles for details on these and other events, programs, and activities happening this month.**

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# V!VA*voice*

YOUR V!VA COMMUNITY NEWSLETTER January 2022

Waterside
A V!VA RETIREMENT COMMUNITY

Don and wife, Louise, ready for the Community Member Christmas Dinner Holiday Party.

Virginia is full of Christmas cheer as she poses for a photo by the fireplace.

Lillian and Santa share a "Ho ho ho!".

Table 8 is all about the Christmas laughs!

Waterside – A V!VA Retirement Community
105 McNeely Avenue, Carleton Place, ON
(613) 253-2010 | info@thewaterside.ca | vivalife.ca

values seniors' mental health

V!VA

# Upcoming Events

**A monthly series to help us feel better together!**

Please join us as we continue to increase awareness around mental health as an important issue for older adults, provide seniors and loved ones with relevant education and resources, and raise funds for local organizations supporting seniors' mental health.

**Amanda Li,
Registered Dietitian
& Educator**

## Protein & its Role in Healthy Aging and Longevity

**Two Part Series with Guest Speaker:
Amanda Li, Registered Dietitian & Educator**

**NOW AVAILABLE IN-PERSON OR ONLINE!**

**TUESDAY, JANUARY 18 | 2:00 PM**
We welcome back Registered Dietitian, educator, and owner of Wellness Simplified, Amanda Li, for a two-part virtual series that focuses on protein and its role in the body, daily targets, protein-rich foods, and meal planning.

**WEDNESDAY, JANUARY 19 | 2:00 PM**
Amanda prepares three protein-rich delicious meals and snacks you'll keep making on repeat! In-person guests will be treated to samples prepared by V!VA's own Red Seal Certified Chefs!

V!VA Retirement Communities™

**To register, go to
www.vivalife.ca/mentalhealth
or call Rik at (613) 253-2010 or
email info@thewaterside.ca**



# Start to Finish

## Brain Teasers

**Directions:** for each clue, find a corresponding word that starts and finishes with the same letter. There is one word for each of the alphabet except for i, j, q, u, v and z.

| | |
|---|---|
| **Spend time in front of the mirror.** | PRIMP |
| **Intuitive inkling,** | |
| **Pioneer in photocopying.** | |
| **Bitterly sarcastic.** | |
| **Gas in some signs.** | |
| **Inuit transportation.** | |
| **Chinese medicinal root.** | |
| **Where a rubber duckie lives.** | BATHTUB |
| **Roll in the mind.** | |
| **Please traveller.** | |
| **Temporary loss of memory.** | |
| **Deadly.** | |
| **Pizza herb.** | |
| **Vert knowledgeable.** | |
| **Forty-eight hours before tomorrow.** | |
| **The most.** | |
| **Excessive.** | |
| **Feudal land.** | |
| **Trepidation.** | |
| **Water storage area.** | |

*https://www.puzzles-to-print.com/printable-brain-teasers/word-brain-teaser.shtml*

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# January 2022



## Waterside – A V!VA Retirement Community

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| **LEGEND**<br>Orange – Fitness Class<br>Purple – Special Event<br>Green – Excursion<br>✔ – Sign Up<br>Shuttle<br>$ – Cost required<br>Walking | (PC) Perks! Café<br>(PP) Paddles Pub<br>(VP) V!VAplex<br>(VG) Victory Garden<br>(VS) V!VAfit Studio<br>(L) Lobby<br>(BG) Brain Gym<br>(CK) V!VAcraft Kitchen<br>(SD) Shores Dining Room<br>(P) Pool | **Fitness**<br>January is YOUR month!<br>**Are you looking to improve your balance? Increase your energy level? Reduce risks of falls? Or just looking for more to do?**<br>**Come see Michaela and Julie in the gym to learn more! The Orange on the calendar is all fitness!**<br>**Join today!** | **National Popcorn Day!**<br>Wednesday, Jan 19th<br>**Lifestyles is making fresh popped popcorn for all to enjoy. Wear your comfy cloths or jeans and enjoy our "cheat day". January is all about being fit and eating healthy. So, we get one day to eat buttery popcorn!**<br>**Meet us in Paddles Pub @ 2:30p.m.** | | **1 New Year's Day**<br>9:30 V!VAfit 25 Everyday Exercise's (L)<br>10:30 Think Tank (PP)<br>2:30 Easy Listening (VP)<br>7:30 Saturday Night Movie (VP) |
| **2**<br>10:30 Crossword Challenge: Pick up at concierge (L)<br>2:30 Movie Matinee (VP)<br>7:30 Sunday Night Movie (VP) | **3**<br>9:30 V!VAfit Sit/Stand (VS)<br>10:00 V!VAfit Strength *pre-booked apts* (VS)<br>2:00 V!VAfit Strength *pre-booked apts* (VS)<br>2:15 Knitting Club (ML)<br>7:30 Monday Night TV Show (VP) | **4**<br>8:30 Online Shopping (PP) ✔<br>10:00 Tri-ominos (PP)<br>10:15 Banking Bus (L) ✔ $<br>10:30 V!VAfit Swim (P)<br>2:30 Heavenly Healthy Treats: Smoothies (PP)<br>3:00 Tipsy Tuesday (PP)<br>7:30 Tuesday Game Night (PP) | **5**<br>9:30 V!VAfit Strength *pre-booked apts* (VS)<br>10:15 Talks w/Michaela (CK)<br>10:30 Waterside Online Baptist Worship (VP)<br>2:15 Cards: Bridge (CK)<br>2:30 Cards: Euchre (PP)<br>6:15 Magic of Lights (L) ✔<br>7:30 BINGO $0.25 / per game (CK) | **6**<br>10:00 In & Around Town (L) ✔ $<br>10:30 Knit Wits (ML)<br>10:30 Drum FIT w/Michaela (VS)<br>2:00 V!VAfit Strength *pre-booked apts* (VS)<br>2:30 Musical Entertainment w/Roxy (PP)<br>7:00 Cards: Player's Choice (ML)<br>7:30 Movie Night (VP) | **7**<br>9:30 V!VAfit Sit/Stand (VS)<br>10:30 Hole in One (PP)<br>2:30 Jeopardy (VP)<br>3:00 Friendly Friday (PP)<br>7:30 Movie Night (VP) | **8**<br>9:30 V!VAfit 25 Everyday Exercise's (L)<br>2:30 Matinee (VP)<br>7:30 Saturday Night Movie (VP) |
| **9**<br>10:30 Crossword Challenge: Pick up at concierge (L)<br>2:30 Movie Matinee (VP)<br>7:30 Sunday Night Movie (VP) | **10**<br>9:30 V!VAfit Sit/Stand (VS)<br>10:00 V!VAfit Strength *pre-booked apts* (VS)<br>2:00 V!VAfit Strength *pre-booked apts* (VS)<br>2:15 Knitting Club (ML)<br>7:30 Monday Night TV Show (VP) | **11**<br>8:30 Online Shopping (PP) ✔<br>10:00 Tri-ominos (PP)<br>10:30 V!VAfit Swim (P)<br>2:30 Aromatherapy Workshop (CK) ✔<br>3:00 Tipsy Tuesday (PP)<br>7:30 Tuesday Game Night (PP) | **12**<br>9:30 V!VAfit Strength *pre-booked apts* (VS)<br>10:15 Talks w/Michaela (CK)<br>11:00 Community Presbyterian Worship (VP)<br>2:15 Cards: Bridge (CK)<br>2:30 Cards: Euchre (PP)<br>2:30 That's Entertainment! (VP)<br>7:30 BINGO $0.25 / per game (CK) | **13**<br>10:00 Brain Boosters (VP)<br>10:30 Knit Wits (ML)<br>10:30 Drum FIT w/Michaela (VS)<br>2:00 V!VAfit Strength *pre-booked apts* (VS)<br>2:30 Heavenly Healthy Treats: Dark Chocolate Bread (PP)<br>7:00 Cards: Player's Choice (ML)<br>7:30 Movie Night (VP) | **14**<br>9:30 V!VAfit Sit/Stand (VS)<br>10:30 Ladder Ball (VS)<br>2:30 Musical Entertainment w/Dai Basset (PP)<br>3:00 Friendly Friday (PP)<br>7:30 Movie Night (VP) | **15**<br>9:30 V!VAfit 25 Everyday Exercise's (L)<br>10:30 Think Tank w/Michaela (PP)<br>2:30 Matinee (VP)<br>7:30 Saturday Night Movie (VP) |

*Calendars are subject to change. All programs, activities & terminology are property of V!VA Retirement Communities™

See reverse for additional weeks

# January 2022 

## Waterside – A V!VA Retirement Community

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| **16**<br>10:30 Board Games w/Michaela (PP)<br>2:30 Movie Matinee (VP)<br>7:30 Sunday Night Movie (VP) | **17**<br>9:30 V!VAfit Sit/Stand (VS)<br>10:00 V!VAfit Strength *pre-booked apts* (VS)<br>2:00 V!VAfit Strength *pre-booked apts* (VS)<br>2:15 Knitting Club (ML)<br>7:30 Monday Night TV Show (VP) | **18**<br>8:30 Online Shopping (PP) ✔<br>10:30 Banking Bus (L) 🚌 ✔ $<br>10:00 Tri-ominos (PP)<br>10:30 V!VAfit Swim (P)<br>2:00 Zoom Presentation- Nutrition, the Right Nutrition (VP)<br>2:30 In & Around Town (L) 🚌 ✔ $<br>3:00 Tipsy Tuesday (PP)<br>7:30 Tuesday Game Night (PP) | **19 Cheat Day**<br>9:30 V!VAfit Strength *pre-booked apts* (VS)<br>10:15 Talks w/Michaela (CK)<br>10:30 St. James Church Service (PP)<br>2:15 Cards: Bridge (CK)<br>2:30 Cards: Euchre (PP)<br>2:30 National Popcorn Day! Come get your freshly popped popcorn! (PP)<br>7:30 BINGO $0.25 / per game (CK) | **20**<br>10:00 Think Tank (PP)<br>10:30 Knit Wits (ML)<br>10:30 Drum FIT w/Michaela (VS)<br>2:00 V!VAfit Strength *pre-booked apts* (VS)<br>2:30 Heavenly Healthy Treats: Blueberry Muffins (PP)<br>7:00 Cards: Player's Choice (ML)<br>7:30 Movie Night (VP) | **21**<br>9:30 V!VAfit Sit/Stand (VS)<br>10:30 Heads Up! (PP)<br>2:30 Easy Listening: Requests Needed (VP)<br>3:00 Friendly Friday (PP)<br>7:30 Movie Night (VP) | **22**<br>9:30 V!VAfit 25 Everyday Exercise's (L)<br>2:30 Matinee (VP)<br>7:30 Saturday Night Movie (VP) |
| **23**<br>10:30 Crossword Challenge: Pick up at concierge (L)<br>2:30 Movie Matinee (VP)<br>7:30 Sunday Night Movie (VP) | **24**<br>9:30 V!VAfit Sit/Stand (VS)<br>10:00 V!VAfit Strength *pre-booked apts* (VS)<br>2:00 V!VAfit Strength *pre-booked apts* (VS)<br>2:15 Knitting Club (ML)<br>2:30 Musical Entertainment w/Pete F (PP)<br>7:30 Monday Night TV Show (VP) | **25 Robbie Burns Day**<br>8:30 Online Shopping (PP) ✔<br>10:00 Tri-ominos (PP)<br>10:30 V!VAfit Swim (P)<br>11:30 & 1:00 Robbie Burns Traditional Scottish Lunch (SD)<br>2:30 Robbie Burns Day Music (PP)<br>3:00 Tipsy Tuesday (PP)<br>7:30 Tuesday Game Night (PP) | **26**<br>9:30 V!VAfit Strength *pre-booked apts* (VS)<br>10:15 Talks w/Michaela (CK)<br>2:30 In & Around Town (L) 🚌 ✔ $<br>2:15 Cards: Bridge (CK)<br>2:30 Cards: Euchre (PP)<br>7:30 BINGO $0.25 / per game (CK) | **27**<br>10:00 Think Tank (PP)<br>10:30 Knit Wits (ML)<br>10:30 Drum FIT w/Michaela (VS)<br>2:00 V!VAfit Strength *pre-booked apts* (VS)<br>2:30 Musical Entertainment w/Jim B – A Tour of Scotland (VP) ✔<br>7:00 Cards: Player's Choice (ML)<br>7:30 Movie Night (VP) | **28**<br>9:30 V!VAfit Sit/Stand (VS)<br>10:30 Washer Toss (VS)<br>3:00 Birthday Party Friday (CK)<br>3:00 Friendly Friday (PP)<br>7:30 Movie Night (VP) | **29**<br>9:30 V!VAfit 25 Everyday Exercise's (L)<br>2:30 Matinee (VP)<br>7:30 Saturday Night Movie (VP) |
| **30**<br>10:30 Crossword Challenge: Pick up at concierge (L)<br>2:30 Movie Matinee (VP)<br>7:30 Sunday Night Movie (VP) | **31**<br>9:30 V!VAfit Sit/Stand (VS)<br>10:00 V!VAfit Strength *pre-booked apts* (VS)<br>2:00 V!VAfit Strength *pre-booked apts* (VS)<br>2:15 Knitting Club (ML)<br>7:30 Monday Night TV Show (VP) | What is corn's favourite holiday? | | New Ear's Day! | | |

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