



The Nurse Appreciation Wall Busy Bees (Waterside's nurses!) on display for Nurses Appreciation Week.



Celebrating Mother's Day with mimosas in Paddles! Pub..

Don't miss out!

Picnics!

Join us for a picnic at our Community Members' most popular picnicking spots! Be sure to sign-up as seating is limited!

**Riverside Park
in Carleton Place
June 22nd, 11:30 am
Meet in Lobby**

**5 Span Bridge in Pakenham
June 29th, 11:30 am
Meet in Lobby**

Canadian Crosswords and Coffee

**Wednesdays, 2:30 pm
Paddles! Pub**

Grab a cup of joe and put your brain to the test with some Canadian crosswords!

Musical Entertainment Throughout June

Keep an eye – and ear –out for the music in the Victory Garden as we hold outdoor concerts with the warmer weather!

VIVAvoice

YOUR VIVA COMMUNITY NEWSLETTER

June 2022



Mary enjoying a cold beer during an outing at Thruway.



Reta enjoying scones.



Delectable treats awaited our Community Members in VIVAcraft Kitchen for our Spring High Tea.

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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.



Patricia Morgan,
Author, Speaker & Therapist

How to be a People Booster

with Guest Speaker: Patricia Morgan
NOW AVAILABLE IN-PERSON* OR ONLINE!

TUESDAY, JUNE 21ST | 2:00 PM
Empower yourself and ignite the best in those around you by learning about these resiliency-enhancing concepts and tools. Prepare to amplify your self-awareness and to improve your presence with others. Join us for a joyful and uplifting session with author, speaker & therapist Patricia Morgan.

*Conditions apply including public health protocols.

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



Word Search!

Take a break with this challenging puzzle! Good luck!



FATHER'S DAY

Word Search

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

ADORE
CHILD
COMFORT
FATHER
FUNNY
GAMES
GENEROUS
GUIDE
HANDSOME
HARDWORKING

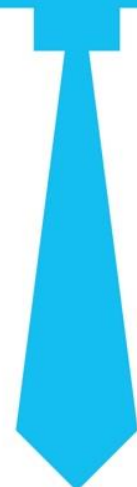
LEARN
LIFE
LOVE
MEMORIES
MENTOR
PLAY
PROTECT
SILLY
SPECIAL
STRONG



www.saynotsweetanne.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>LEGEND</p> <p>Orange Fitness Class</p> <p>Purple Special Event</p> <p>Green Excursion</p> <p>✓ Sign Up</p> <p>🚐 Shuttle</p> <p>💰 Cost required</p> <p>➡ Walking</p>	<p>(PC) Perks! Café</p> <p>(VP) V!VAplex</p> <p>(VG) Victory Garden</p> <p>(VS) V!VAfit Studio</p> <p>(L) Lobby</p> <p>(BG) Brain Gym</p> <p>(ML) Members Library</p> <p>(CK) V!VAcraft Kitchen</p> <p>(PP) Paddles! Pub</p> <p>(DR) Shores! Dining Room</p>	<p>Picnics! June 22nd & 29th</p> <p>Join us for a picnic at two of Waterside's most popular spots!</p> <p>June 22 @ 11:30 at Riverside Park in Carleton Place</p> <p>June 29 @ 11:30 at the 5 Span Bridge in Pakenham</p> <p>*Make sure to sign up as seats are limited*</p>	<p>1</p> <p>10:30 Banking Bus (L) ✓</p> <p>10:30 Baptist Online Worship (VP)</p> <p>2:00 Cards: Bridge (CK)</p> <p>2:30 Scenic Drive to see the Lilacs in Franktown (L) ✓</p> <p>2:30 Canadian Crosswords & Coffee! (PP)</p> <p>7:30 BINGO \$0.25 / per game (CK)</p>	<p>2 Provincial Election Day!</p> <p>9:00 Provincial Election Day- All day long; bring ID w/ you (CK)</p> <p>10:30 In & Around Town (L) ✓</p> <p>10:30 Knit Wits (ML)</p> <p>2:30 June's Fruity Desserts (PP)</p> <p>7:00 Cards: Player's Choice (ML)</p> <p>7:30 Movie Night (VP)</p>	<p>3 National Donut Day!</p> <p>10:30 Independent Walking Outside- Find a partner & go for a walk on the property (L)</p> <p>11:30 Enjoy a Donut for Dessert! & 1:00 (SD)</p> <p>2:30 Word Searches & Tea! (PP)</p> <p>3:00 Friendly Friday (PP)</p> <p>7:30 Movie Night (VP)</p>	<p>4</p> <p>9:30 V!VAfit 25 Everyday Exercise's (L)</p> <p>2:30 Matinee (VP)</p> <p>7:30 Saturday Night Movie (VP)</p>
<p>5 Heart & Stroke Walk Day!</p> <p>9:30 Go out for a walk in support of Heart & Stroke (L)</p> <p>10:30 Crossword Challenge: Pick up at concierge (L)</p> <p>2:30 Movie Matinee (VP)</p> <p>7:30 Sunday Night Movie (VP)</p>	<p>6</p> <p>10:00 Sudoku & Punch! (PP)</p> <p>2:15 Knitting Club (ML)</p> <p>2:30 Matinee- Sleepless in Seattle (VP)</p> <p>7:30 Monday Night TV Show (VP)</p>	<p>7</p> <p>8:30 Online Shopping (PP) ✓</p> <p>9:30 Bird Watching w/ CM Cliff (L)</p> <p>10:00 Tri-ominos (PP)</p> <p>2:30 Musical Entertainment w/ Jim B- Walk Down Memory Lane (VP)</p> <p>3:00 Topsy Tuesday (PP)</p> <p>7:30 Tuesday Game Night (PP)</p>	<p>8</p> <p>10:00 Talks w/ Rick (CK)</p> <p>10:30 Community Presbyterian Worship (VP)</p> <p>2:00 Cards: Bridge (CK)</p> <p>2:30 Culinary Forum w/ Craig & Chef Bruce (VP)</p> <p>2:30 In & Around Town (L) ✓</p> <p>2:30 Canadian Crosswords & Coffee! (PP)</p> <p>7:30 BINGO \$0.25 / per game (CK)</p>	<p>9</p> <p>10:30 Banking Bus (L) ✓</p> <p>10:30 Knit Wits (ML)</p> <p>2:30 June's Fruity Desserts (PP)</p> <p>7:00 Cards: Player's Choice (ML)</p> <p>7:30 Movie Night (VP)</p>	<p>10 National Iced Tea Day!</p> <p>10:30 Independent Walking Outside- Find a partner & go for a walk on the property (L)</p> <p>11:30 Enjoy a Cold Glass of Iced & 1:00 Tea for lunch! (SD)</p> <p>1:00 - Houle Healthcare- Come with all your questions (CK)</p> <p>3:00 Friendly Friday (PP)</p> <p>7:30 Movie Night (VP)</p>	<p>11</p> <p>9:30 V!VAfit 25 Everyday Exercise's (L)</p> <p>2:30 Matinee (VP)</p> <p>7:30 Saturday Night Movie (VP)</p>
<p>12</p> <p>10:30 Crossword Challenge: Pick up at concierge (L)</p> <p>2:30 Movie Matinee (VP)</p> <p>7:30 Sunday Night Movie (VP)</p>	<p>13</p> <p>10:00 Sudoku & Punch! (PP)</p> <p>2:15 Knitting Club (ML)</p> <p>2:30 CareRX Presentation- All About Sun Safety (VP)</p> <p>7:30 Monday Night TV Show (VP)</p>	<p>14</p> <p>8:30 Online Shopping (PP) ✓</p> <p>9:30 Bird Watching w/ CM Cliff (L)</p> <p>10:00 Tri-ominos (PP)</p> <p>10:00 Trip to the Rideau Carleton Casino ✓ (L)</p> <p>3:00 Topsy Tuesday (PP)</p> <p>7:30 Tuesday Game Night (PP)</p>	<p>15</p> <p>10:00 Talks w/ Rick (CK)</p> <p>10:30 St. James Worhsip (PP)</p> <p>2:00 Cards: Bridge (CK)</p> <p>2:30 Banking Bus (L) ✓</p> <p>2:30 Canadian Crosswords & Coffee! (PP)</p> <p>7:30 BINGO \$0.25 / per game (CK)</p>	<p>16 Wear Your Tie Dye</p> <p>10:00 Enjoy a Morning Walk @ the Purdon Conservation Area ✓ ✓ (L)</p> <p>10:30 Knit Wits (ML)</p> <p>2:30 June's Fruity Desserts (PP)</p> <p>7:00 Cards: Player's Choice (ML)</p> <p>7:30 Movie Night (VP)</p>	<p>17 National Wear BLUE Day!</p> <p>10:30 Independent Walking Outside- Find a partner & go for a walk on the property (L)</p> <p>2:30 Word Searches & Tea! (PP)</p> <p>3:00 Friendly Friday (PP)</p> <p>7:30 Movie Night (VP)</p>	<p>18</p> <p>9:30 V!VAfit 25 Everyday Exercise's (L)</p> <p>2:30 Musical Entertainment w/Kevin A (VG)</p> <p>7:30 Saturday Night Movie (VP)</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19 Father's Day 10:30 Crossword Challenge: Pick up at concierge (L) 11:30- Musical Entertainment w/ Allan Ryan (SD) 2:30 Movie Matinee (VP) 7:30 Sunday Night Movie (VP)	20 11:30 Lunch @ Lockmasters Taphouse in Smith Falls (L) ✓ 2:15 Knitting Club (ML) 2:30 Matinee- Dirty Dancing (VP) 7:30 Monday Night TV Show (VP)	21 8:30 Online Shopping (PP) ✓ 9:30 Bird Watching w/ CM Cliff (L) 10:00 Tri-ominos (PP) 2:00 How to be a People Booster- Online Webinar (VP) 3:00 Tippy Tuesday (PP) 7:30 Tuesday Game Night (PP)	22 11:30 Picnic Lunch @ Riverside Park (L) ✓ 2:00 Cards: Bridge (CK) 2:30 Canadian Crosswords & Coffee! (PP) 2:30 Banking Bus (L) ✓ 7:30 BINGO \$0.25 / per game (CK)	23 10:30 In & Around Town (L) ✓ 11:00 Catholic Worship Service (VP) 10:30 Knit Wits (ML) 2:30 June's Fruity Desserts (PP) 7:00 Cards: Player's Choice (ML) 7:30 Movie Night (VP)	24 10:30 Independent Walking Outside- Find a partner & go for a walk on the property (L) 10:30 Community Member Forum w/ CD Rik (VP) 2:30 Birthday Party Friday w/ Musical Entertainment (PP) 3:00 Friendly Friday (PP) 7:30 Movie Night (VP)	25 9:30 VIVAFit 25 Everyday Exercise's (L) 2:30 Matinee (VP) 7:30 Saturday Night Movie (VP)
26 10:30 Crossword Challenge: Pick up at concierge (L) 2:30 Movie Matinee (VP) 7:30 Sunday Night Movie (VP)	27 National BINGO Day! 10:30 Lunch @ The Cove Inn in Westport (L) ✓ 2:15 Knitting Club (ML) 2:30 Summer BINGO Game (VG) 7:30 Monday Night TV Show (VP)	28 8:30 Online Shopping (PP) ✓ 9:30 Bird Watching w/ CM Cliff (L) 10:00 Tri-ominos (PP) 2:30 Musical Entertainment w/ Guy (VG) 3:00 Tippy Tuesday (PP) 7:30 Tuesday Game Night (PP)	29 11:30 Picnic Lunch @ The 5 Span Bridge (L) ✓ 2:00 Cards: Bridge (CK) 2:30 Canadian Crosswords & Coffee! (PP) 2:30 In & Around Town (L) ✓ 7:30 BINGO \$0.25 / per game (CK)	30 10:30 Banking Bus (L) ✓ 10:30 Knit Wits (ML) 2:30 June's Fruity Desserts (PP) 7:00 Cards: Player's Choice (ML) 7:30 Movie Night (VP)	Musical Entertainment Coming this June! With the nicer weather, we will be having more Musical Entertainers in the Victory Garden. Make sure to keep an eye & ear out for the music!	Canadian Crosswords & Coffee Every Wednesday @ 2:30 pm in the Pub Come down & enjoy a cup of coffee and put your brain to the test with some Canadian crosswords!



happy
Father's Day

What does a baby computer call his father?

Data.