

Reserve your spot for events and programs at Concierge.

# November 2022

## Waterside Retirement Community



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		<b>Spirit Day: Picture Day 1</b> 9:45 Walking Club at the Beckwith Dome (OFF) 10:00 Tri-onimos (PP) 10:00 Photobooth: Come Get Your Picture Taken with Fun Props and Backgrounds (VP) 2:30 Musical Entertainment with Tom Valiquette (PP) 2:30 Bus Trip: In-and-Around Town (OFF) 7:30 Game Night (PP)	<b>Spirit Day: Sports Day-Represent Your Favourite Team! 2</b> 10:00 Armchair Travel: Rick Steves' Andalucia: The Best of Southern Spain (VP) 10:30 Communion (CK) 11:00 Bus Trip: Lunch at the Marlborough Pub (OFF) 2:00 Cards: Bridge (BG) 2:00 Craft: Tissue Paper and Paper Plate Poppies (CK) 7:00 Bingo \$0.25 per game (CK)	<b>Spirit Day: Random Acts of Kindness 3</b> 10:30 Bus Trip: In and Around Town (OFF) 11:00 St. Mary's Catholic Mass (VP) 2:30 Bus Lift Demo (L) 7:00 Cards: Player's Choice (CK) 7:30 Movie Night: Persuasion (VP)	<b>Spirit Day: Our Favourite Things 4</b> 9:00 Legion Remembrance Day Ceremony (VP) 10:00 Walker Clinic with Houle Healthcare (CK) 1:00 Friendly Visits with Kelsey (CC) 3:00 Happy Hour with Show & Tell Time (PP) 7:30 Movie Night: Ocean's Twelve (VP)	<b>5</b> 11:00 VIVAfit Exercise of the Month Pick Up (L) 2:30 Movie Matinee (VP) 3:30 Sing-a-long with Jenn (L) 7:30 Movie Night: Yellow Rose (VP)	
	<b>6</b> 10:30 Brain Games Pick Up (L) 2:30 Movie Matinee (VP) 3:30 Sing-a-long with Jenn (L) 7:30 Classic Movie Night: Funny Girl (VP)	<b>7</b> 9:00 Kelsey's Sit & Stand Exercise Class (VS) 10:30 Virtual Concert: Andre Rieu Live in Sydney (2016) (VP) 10:45 Active Games (VS) 2:15 Knitting with GG (BG) 7:30 Monday Night TV Show: Virgin River (VP)	<b>8</b> 9:45 Walking Club at the Beckwith Dome (OFF) 10:00 Tri-onimos (PP) 2:00 Kelsey's Seated Exercise Class (VS) 2:30 Cards: Euchre (PP) 2:30 Bus Trip: In-and-Around Town (OFF) 7:30 Game Night (PP)	<b>9</b> 9:00 Kelsey's Seated Exercise Class (VS) 10:00 Armchair Travel Rick Steves' Romania (VP) 10:30 Communion (CK) 2:00 Cards: Bridge (BG) 2:30 Musical Entertainment with Guy Lalonde (PP) 7:00 Bingo \$0.25 per game (CK)	<b>10</b> 10:30 Bus Trip: In and Around Town (OFF) 10:30 Activity Planning Meeting (CK) 1:30 Kelsey's Sit and Stand Exercise Class (VS) 2:30 Tea & Treats (PP) 7:00 Cards: Player's Choice (CK) 7:30 Movie Night: Country Strong (VP)	<b>11</b> <b>Remembrance Day</b> 10:30 Remembrance Day Ceremony (VP) 1:00 Friendly Visits with Kelsey (CC) 2:00 Book Club/Audiobook Club Meeting (PC) 7:30 Movie Night: 1917 (VP)	<b>12</b> 11:00 VIVAfit Exercise of the Month Pick Up (L) 2:30 Movie Matinee (VP) 3:30 Sing-a-long with Jenn (L) 7:30 Movie Night: Blonde (VP)
	<b>13</b> 10:30 Brain Games Pick Up (L) 2:30 Movie Matinee (VP) 3:30 Sing-a-long with Jenn (L) 7:30 Classic Movie Night: Remains of the Day (VP)	<b>14</b> 9:00 Kelsey's Sit & Stand Exercise Class (VS) 10:30 Virtual Concert: Daniel O'Donnell "The Rock and Roll Show" (VP) 10:45 Active Games (VS) 2:15 Knitting with GG (BG) 2:30 Care RX Presentation: Review of Diabetes (VP) 7:30 Monday Night TV Show: Virgin River (VP)	<b>15</b> 9:45 Walking Club at the Beckwith Dome (OFF) 10:00 Tri-onimos (PP) 2:00 Virtual Guest Speaker: "Wellness, Well-Played: The Power of A Playlist" (VP) 2:30 Cards: Euchre (PP) 2:30 Bus Trip: In-and-Around Town (OFF) 7:30 Game Night (PP)	<b>16</b> 9:00 Shopping at Carlingwood Mall & Lunch in the Food Court (OFF) 10:00 Armchair Travel: Expoza Travel: Alaska (VP) 10:30 Communion (CK) 2:00 Cards: Bridge (BG) 7:00 Bingo \$0.25 per game (CK)	<b>17</b> 10:30 Bus Trip: In and Around Town (OFF) 10:30 Trivia (CK) 1:30 Kelsey's Sit and Stand Exercise Class (VS) 7:00 Cards: Player's Choice (CK) 7:30 Movie Night: The Other Boleyn Girl (VP)	<b>18</b> 10:30 Friendly Visits with Kelsey (CC) 2:30 Live Entertainment with Lanark County Revival (PP) 7:30 Movie Night: RED (VP)	<b>19</b> 11:00 VIVAfit Exercise of the Month Pick Up (L) 2:30 Movie Matinee (VP) 3:30 Sing-a-long with Jenn (L) 7:30 Movie Night: Someone Borrowed (VP)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:30 Brain Games Pick Up (L) <b>20</b></p> <p>2:30 Movie Matinee (VP)</p> <p>3:30 Sing-a-long with Jenn (L)</p> <p>7:30 Classic Movie Night: Steel Magnolias (VP)</p>	<p>9:00 Kelsey's Sit &amp; Stand Exercise Class (VS) <b>21</b></p> <p>10:30 Virtual Concert: Willie Nelson Woodstock (1999) (VP)</p> <p>10:45 Active Games (VS)</p> <p>2:15 Knitting with GG (BG)</p> <p>7:30 Monday Night TV Show: Virgin River (VP)</p>	<p>9:45 Walking Club at the Beckwith Dome (OFF) <b>22</b></p> <p>10:00 Tri-onimos (PP)</p> <p>10:30 Blood Pressure &amp; Weight Clinic (HLC)</p> <p>2:00 Kelsey's Seated Exercise Class (VS)</p> <p>2:30 Cards: Euchre (PP)</p> <p>2:30 Bus Trip: In-and-Around Town (OFF)</p> <p>7:30 Game Night (PP)</p>	<p>9:00 Kelsey's Seated Exercise Class (VS) <b>23</b></p> <p>10:00 Help Decorate for Christmas! (L)</p> <p>10:00 Armchair Travel: National Geographic- Adventure Travel in Thailand (VP)</p> <p>10:30 Communion (CK)</p> <p>2:00 Cards: Bridge (BG)</p> <p>7:00 Bingo \$0.25 per game (CK)</p>	<p>10:30 Bus Trip: In and Around Town (OFF) <b>24</b></p> <p>2:30 Help Decorate the Bus for the Santa Claus Parade (L)</p> <p>7:00 Cards: Player's Choice (CK)</p> <p>7:30 Movie Night: Seeking A Friend for the End of the World (VP)</p>	<p>10:30 CM Forum with Rik (VP) <b>25</b></p> <p>2:30 Monthly Birthday Party (CK)</p> <p>7:30 Movie Night: Once Upon A Time In Hollywood (VP)</p>	<p>11:00 VIVAfit Exercise of the Month Pick Up (L) <b>26</b></p> <p>2:30 Movie Matinee (VP)</p> <p>3:30 Sing-a-long with Jenn (L)</p> <p>4:00 Be on the Bus for the Santa Claus Parade! (L)</p> <p>7:30 Movie Night: Deck the Halls (VP)</p>
<p>10:30 Brain Games Pick Up (L) <b>27</b></p> <p>2:30 Movie Matinee (VP)</p> <p>3:30 Sing-a-long with Jenn (L)</p> <p>7:30 Classic Movie Night: The Graduate (VP)</p>	<p>9:00 Kelsey's Sit &amp; Stand Exercise Class (VS) <b>28</b></p> <p>10:30 Virtual Concert: Phil Collins Live in Paris (1997) (VP)</p> <p>10:45 Active Games (VS)</p> <p>2:15 Knitting with GG (BG)</p> <p>2:30 Musical Entertainment With Jim Beattie (PP)</p> <p>7:30 Monday Night TV Show: Virgin River (VP)</p>	<p><b>Butter Tart Day 29</b></p> <p>9:45 Walking Club at the Beckwith Dome (OFF)</p> <p>10:00 Tri-onimos (PP)</p> <p>10:00 The History Of Butter Tarts (VP)</p> <p>2:00 Kelsey's Seated Exercise Class (VS)</p> <p>2:30 Bus Trip: In-and-Around Town (OFF)</p> <p>2:30 Cards: Euchre (CK)</p> <p>2:30 Butter Tart Bake-Off Judging (PP)</p> <p>7:30 Game Night (PP)</p>	<p>9:00 Kelsey's Seated Exercise Class (VS) <b>30</b></p> <p>10:00 Morning Praise with Dai Bassett (PP)</p> <p>10:00 Armchair Travel: The Maldives (VP)</p> <p>10:30 Communion (CK)</p> <p>2:00 Cards: Bridge (BG)</p> <p>7:00 Bingo \$0.25 per game (CK)</p>	<p><b>Upcoming Bus Outings</b></p> <p>Tuesdays &amp; Thursdays- In &amp; Around Town</p> <p>Tuesdays- Walking Club at the Beckwith Dome</p> <p>Wednesday, November 2nd- Lunch at the Marlborough in North Gower</p> <p>Wednesday, November 16th- Shopping &amp; Lunch at Carlingwood Mall</p> <p>Saturday, November 26th- Carleton Place Santa Claus Parade</p>		

- Locations Legend
- V!VAplex (VP)
  - Paddles Pub (PP)
  - Craft Kitchen (CK)
  - Lobby (L)
  - V!VAfit Studio (VS)
  - Off Site (OFF)
  - Brain Gym (BG)
  - Community Commons (CC)
  - Perks! Cafe (PC)
  - Healthy Living Centre (HLC)



- Calendar Legend
- Purple** Special Event
  - Green** Excursion
  - Orange** Fitness Class