

Enjoying the musical talents of Spencer Scharf.



February is a great month to try an indoor excercise class.

# Don't miss out!

#### **Falls Prevention Seminar**

Thursday, February 1 2:30 pm - V!VA*plex* 

### Pizza Day Party

Friday, February 9 2:00 pm - *Paddles!* Pub

### Carleton Place High School Cookie Decorating

Tuesday, February 13 2:30 pm – V!VA*craft* Kitchen

#### Waffle Breakfast Fundraiser

Wednesday, February 14 8:00 am – V!VA*craft* Kitchen

#### **Lunch at My Place**

Wednesday, February 21 10:45 am – Meet in Lobby

## Receive a cheque\* for every friend you refer to V!VA Waterside who moves in.

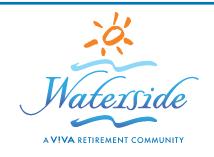
All they need to do is tell us who referred them. That's just our way of saying 'Thanks!' for helping someone else be Happier Here<sup>TM</sup>, too!

\*Conditions apply

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## VIVAvoice

YOUR VIVA COMMUNITY NEWSLETTER February 2024





Tea tasting was a warm treat on a chilly day.



Join in on weekly euchre! Check out the calendar for details.

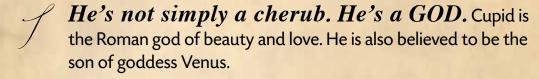


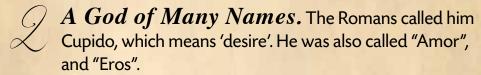
Sharon (left) enjoying live music in the Lobby with Rachelle, our Welcoming Ambassador.



The concert in *Paddles!* Pub had a great turnout







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!

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

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 O C

ove	romeo
omance	juliet
cupid	bonnie
goldarrows	clyde
oow	eros
chocolate	amor
cleopatra	flowers
anthony	lovenote

heartache
loveisblind
sweetheart
honey
roses
carnations
kiss
kissingbooth

boyfriend
girlfriend
husband
wife
partner
holdinghands
couple
heart

All activities are subject to change.

(VP)

(VP)

## February 2024

### Waterside Retirement Community



3:00 Colour & Chat (CK)

7:30 Hockey Night In

Canada (PP)

Erin (P)

(VP)

7:30 Action Movie Night

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Locations Legend  V!VAfit Studio (VS)  Paddles Pub (PP)  V!VAplex (VP)  Lobby (L)  Craft Kitchen (CK)  Off Site (OFF)  Perks! Cafe (PC)  Pool (P)  Library (LIB)  Charity Room (CR)  Brain Gym (BG)	Calendar Legend  All Day Outings V!VAfit Shopping Special Event Sign Up Required		9:00V!VAfit Sit (VS) 10:00Bus: In & Around Town (OFF) 10:30Coffee & Chat with the Mayor (PC) 10:45Washer Toss (PP) 1:00Vivafit and Stand (VS) 2:30Falls Prevention Presentation with Sandy (VP) 2:30Bus Trip: In and Around Town (OFF) 7:30Comedy Movie Night (VP)	Groundhog Day 9:00 V! VAfit Sit (VS) 10:45 Golf (PP) 2:00 Stories from Early Ontario with John Hannigan (PP) 2:30 Jeopardy (VP) 2:30 Social Hour (PP) 3:30 V! VAfit Fun Swim with Erin (P) 7:30 Action Movie Night (VP)	9:00V!VAfit Strolls: Indoor Walking Group (L) 10:00Brain Games Pick Up (L) 10:30Community Member Led Coffee & Chat (PC) 2:30Musical Movie Matinee (VP) 3:00Colour & Chat (CK) 7:30Hockey Night In Canada (PP)
2:00 Brain Games Pick Up (L) 2:00 Coffee & Chat with the Manager On Duty (PC) 2:00 V! VAfit Strolls:     Community Member Led Walking Group (L) 7:30 Classic Movie Night (VP)	9:00V!VAfit Sit (VS) 9:35V!VAfit Sit & Stand (VS) 10:45 Bean Bag Toss (PP) 2:00 Big Screen Brain Games (VP) 2:30 Live Music with Roxy Swan (PP) 3:00 Zumba Gold (VS) 3:30 Knitting Group with Erin (LIB) 7:30 Drama Movie Night (VP)	9:00V!VAfit Sit (VS) 10:00Tri-onimos (PP) 10:45Axe Throwing (PP) 2:00Bus Trip: In-and- Around Town (OFF) 2:00Euchre (CK) 7:00Games Night (PP) 7:30Documentary Movie Night (VP)	8:30 Bus Trip: St James Breakfast Table (OFF)  9:00 V!VAfit Sit (VS) 9:35 V!VAfit Sit & Stand (VS)  10:00 New Hope Seniors Ministry (PP)  10:45 Catholic Communion (CR) 10:45 Wii Bowling (VS) 2:00 Documentary (VP) 2:00 Cards: Bridge (BG) 2:15 V!VAlicious Food Forum (VP) 2:30 DrumFit (VS) 3:00 Pet Visits (L) 7:30 Bingo \$0.25 per game (CK)	9:00V!VAfit Sit (VS) 10:00Bus: Walmart (OFF) 10:45Washer Toss (PP) 11:00St. Mary's Catholic Mass (VP) 2:30Manicures (CK) 7:30Comedy Movie Night (VP)	9:00 V!VAfit Sit (VS) 9:35 V!VAfit Sit & Stand (VS) 10:45 Golf (PP) 2:00 National Pizza Day Pizza Party with Live Music by Arlene Quinn (PP) 2:30 Social Hour (PP) 3:30 V!VAfit Fun Swim with Erin (P) 7:30 Action Movie Night (VP) 7:30 An Evening at the Virtual Opera Night (VP)	9:00 V! VAfit Strolls: Indoor Walking Group (L)  10:00 Brain Games Pick Up (L)  10:30 Community Member Led Coffee & Chat (PC)  2:30 Musical Movie Matinee (VP)  3:00 Colour & Chat (CK)  7:30 Hockey Night In Canada (PP)
2:00 Brain Games Pick Up 11 (L) 2:00 Coffee & Chat with the Manager On Duty (PC) 2:00 V!VAfit Strolls: Community Member Led Walking Group (L) 7:30 Classic Movie Night (VP)	9:00V!VAfit Sit (VS) 9:35V!VAfit Sit & Stand (VS) 10:45 Bean Bag Toss (PP) 2:00 Big Screen Brain Games (VP) 3:00 Zumba Gold (VS) 3:30 Knitting Group with Erin (LIB) 7:30 Drama Movie Night (VP)	9:00 V! VAfit Sit (VS) 10:00 Tri-onimos (PP) 10:45 Axe Throwing (PP) 2:00 Bus: Walmart (OFF) 2:00 Euchre (CK) 2:30 Carleton Place High School Cookie Decorating (CK) 7:00 Games Night (PP) 7:30 Documentary Movie Night (VP)	Valentines Day 8:00 Heart Institute Fundraiser: Waffle Breakfast (Please Sign Up) (CK) 10:45 Catholic Communion (CR) 10:45 Wii Bowling (VS) 2:00 Documentary (VP) 2:00 Cards: Bridge (BG) 2:30 DrumFit (VS)	9:00V!VAfit Sit (VS) 10:00Bus: In & Around Town (OFF) 10:45Washer Toss (PP) 2:00Live Music with Guy Lalonde (PP) 2:30Bus Trip: Coffee Outing (OFF) 7:30Comedy Movie Night (VP)	9:00 V! VAfit Sit (VS) 9:35 V! VAfit Sit & Stand (VS) 10:30 Walker Clinic with Houle Healthcare (CK) 10:45 Golf (PP) 1:45 Bus Trip: Parrot Partners Aviary (OFF) 2:30 Jeopardy (VP) 2:30 Social Hour (PP) 3:30 V! VAfit Fun Swim with	9:00 V!VAfit Strolls: Indoor Walking Group (L)  10:00 Brain Games Pick Up (L)  10:30 Community Member Led Coffee & Chat (PC) 2:30 Musical Movie Matinee (VP) 3:00 Colour & Chat (CK)

2:30 DrumFit (VS)

3:00 Pet Visits (L)

7:30 Bingo \$0.25 per

game (CK)

Night (VP)

## February 2024

All activities are subject to change.

## Waterside Retirement Community

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	A VIVA SETIREMENT COMMUNITY

Cundov	Mondov	Tuesday	Wadnesday.	Thursday	Cuidov	Cotumdov
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Brain Games Pick Up (L) 2:00 Live Music with Maureen & Ken (PP) 2:00 Coffee & Chat with the Manager On Duty (PC) 2:00 V!VAfit Strolls: Community Member Led Walking Group (L) 7:30 Classic Movie Night (VP)	Family Day 9:00 Brain Games Pick Up: Family Day Edition 3:00 Zumba Gold (VS) 3:30 Knitting Group (LIB) 7:30 Drama Movie Night (VP)	9:00 V!VAfit Sit (VS) 10:00 Tri-onimos (PP) 10:45 Axe Throwing (PP) 2:00 Bus Trip: In-and- Around Town (OFF) 2:00 Euchre (CK) 7:00 Games Night (PP) 7:30 Documentary Movie Night (VP)	9:00 V!VAfit Sit (VS) 9:35 V!VAfit Sit & Stand (VS) 10:30 St James Anglican Service (PP) 10:45 Catholic Communion (CR) 10:45 Wii Bowling (VS) 10:45 Bus Trip: Lunch at My Place Restaurant (OFF) 2:00 Documentary (VP) 2:00 Cards: Bridge (BG) 2:30 DrumFit (VS) 3:00 Pet Visits (L) 7:30 Bingo \$0.25 per game (CK)	9:00 V!VAfit Sit (VS) 10:00 Bus: Walmart (OFF) 10:45 Washer Toss (PP) 2:30 Manicures (CK) 7:30 Comedy Movie Night (VP)	9:00 V!VAfit Sit (VS) 9:35 V!VAfit Sit & Stand (VS) 10:00 Story Time with Carleton Place Public Library (L) 10:30 Community Member Forum with Rik (VP) 10:45 Golf (PP) 2:30 Monthly Birthday Party (CK) 2:30 Jeopardy (VP) 2:30 Social Hour (PP) 3:30 V!VAfit Fun Swim with Erin (P) 7:30 Action Movie Night (VP)	9:00 V! VAfit Strolls: Indoor Walking Group (L) 10:00 Brain Games Pick Up (L) 10:30 Community Member Led Coffee & Chat (PC) 2:30 Musical Movie Matinee (VP) 3:00 Colour & Chat (CK) 7:30 Hockey Night In Canada (PP)
10:00 Brain Games Pick Up (L) 2:00 Coffee & Chat with the Manager On Duty (PC) 2:00 V!VAfit Strolls: Community Member Led Walking Group (L) 7:30 Classic Movie Night (VP)	9:00 V!VAfit Sit (VS) 9:35 V!VAfit Sit & Stand (VS)  10:45 Bean Bag Toss (PP) 2:00 Big Screen Brain Games (VP) 2:30 Live Music with Jim Ryan (PP) 3:00 Zumba Gold (VS) 3:30 Knitting Group with Erin (LIB) 7:30 Drama Movie Night (VP)	9:00V!VAfit Sit (VS) 10:00Tri-onimos (PP) 10:45 Axe Throwing (PP) 2:00 Bus: Walmart (OFF) 2:00 Euchre (CK) 7:00 Games Night (PP) 7:30 Documentary Movie Night (VP)	9:00V!VAfit Sit (VS) 9:35V!VAfit Sit & Stand (VS) 10:45 Catholic Communion (CR) 10:45 Wii Bowling (VS) 2:00 Documentary (VP) 2:00 Cards: Bridge (BG) 2:30 DrumFit (VS) 3:00 Pet Visits (L) 7:30 Bingo \$0.25 per game (CK)	Leap Day 9:00V!VAfit Sit (VS) 10:00Bus: In & Around Town (OFF) 10:45 Washer Toss (PP) 2:30 Bus Trip: Coffee Outing (OFF) 7:30 Comedy Movie Night (VP)	Locations Legend  V!VAfit Studio (VS)  Paddles Pub (PP)  V!VAplex (VP)  Lobby (L)  Craft Kitchen (CK)  Off Site (OFF)  Perks! Cafe (PC)  Pool (P)  Library (LIB)  Charity Room (CR)  Brain Gym (BG)	Calendar Legend  All Day Outings V!VAfit Shopping Special Event Sign Up Required
		Ha We will be celebrating everyone	ppy February Birthda 's birthday at our monthly birthd month in the Craft Kitchen.	•		TOWN KORST



Happy Birthday to: Suzanne C ~ February 17th Irene B ~ February 18th Dorothy C ~ February 20th Isabelle S ~ February 26th

If we have missed your name, and you wish for it to be included, please see Erin on the Lifestyles

Team!

