



Enjoying the musical talents of Spencer Scharf.



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

Don't miss out!

Falls Prevention Seminar

Thursday, February 1
2:30 pm – V!VAplex

Pizza Day Party

Friday, February 9
2:00 pm – Paddles! Pub

Carleton Place High School

Cookie Decorating

Tuesday, February 13
2:30 pm – V!VAcraft Kitchen

Waffle Breakfast

Fundraiser

Wednesday, February 14
8:00 am – V!VAcraft 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™, too!

*Conditions apply

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V!VAvoice

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.

FOUR FEBRUARY
FACTS ABOUT

Cupid



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.

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

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

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

romance

cupid

goldarrows

bow

chocolate

cleopatra

anthony

romeo

juliet

bonnie

clyde

eros

amor

flowers

lovenotes

heartache

loveisblind

sweetheart

honey

roses

carnations

kiss

kissingbooth

boyfriend

girlfriend

husband

wife

partner

holdinghands

couple

heart


Please sign up at the Concierge Desk for any outings and activities!

All activities are subject to change.

February 2024

Waterside Retirement Community



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<u>Locations Legend</u> 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)	<u>Calendar Legend</u> All Day Outings V!VAfit Shopping Special Event <u>Sign Up Required</u>		9:00 V!VAfit Sit (VS) 1 10:00 Bus: In & Around Town (OFF) 10:30 Coffee & Chat with the Mayor (PC) 10:45 Washer Toss (PP) 1:00 Vivafit and Stand (VS) 2:30 Falls Prevention Presentation with Sandy (VP) 2:30 Bus Trip: In and Around Town (OFF) 7:30 Comedy Movie Night (VP)	Groundhog Day 2 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)	9:00 V!VAfit Strolls: Indoor Walking Group (L) 3 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) 4 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) 5 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 Roxy Swan (PP) 3:00 Zumba Gold (VS) 3:30 Knitting Group with Erin (LIB) 7:30 Drama Movie Night (VP)	9:00 V!VAfit Sit (VS) 6 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)	8:30 Bus Trip: St James Breakfast Table (OFF) 7 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)	9:00 V!VAfit Sit (VS) 8 10:00 Bus: Walmart (OFF) 10:45 Washer Toss (PP) 11:00 St. Mary's Catholic Mass (VP) 2:30 Manicures (CK) 7:30 Comedy Movie Night (VP)	National Pizza Day 9 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 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) 11 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) 12 9:35 V!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) 13 10:00 Tri-onimos (PP) 10:45 Axe Throwing (PP) 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 14 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) 3:00 Pet Visits (L) 7:30 Bingo \$0.25 per game (CK)	9:00 V!VAfit Sit (VS) 15 10:00 Bus: In & Around Town (OFF) 10:45 Washer Toss (PP) 2:00 Live Music with Guy Lalonde (PP) 2:30 Bus Trip: Coffee Outing (OFF) 7:30 Comedy Movie Night (VP)	9:00 V!VAfit Sit (VS) 16 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 Erin (P) 7:30 Action Movie Night (VP)	9:00 V!VAfit Strolls: Indoor Walking Group (L) 17 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)

Please sign up at the Concierge Desk for any outings and activities!

All activities are subject to change.

February 2024

Waterside Retirement Community



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>10:00Brain Games Pick Up (L)</div> <div>2:00Live Music with Maureen & Ken (PP)</div> <div>2:00Coffee & Chat with the Manager On Duty (PC)</div> <div>2:00V!VAfit Strolls: Community Member Led Walking Group (L)</div> <div>7:30Classic Movie Night (VP)</div> <div>18</div>	<div>Family Day</div> <div>9:00Brain Games Pick Up: Family Day Edition</div> <div>3:00Zumba Gold (VS)</div> <div>3:30Knitting Group (LIB)</div> <div>7:30Drama Movie Night (VP)</div> <div>19</div>	<div>9:00V!VAfit Sit (VS)</div> <div>10:00Tri-onimos (PP)</div> <div>10:45Axe Throwing (PP)</div> <div>2:00Bus Trip: In-and-Around Town (OFF)</div> <div>2:00Euchre (CK)</div> <div>7:00Games Night (PP)</div> <div>7:30Documentary Movie Night (VP)</div> <div>20</div>	<div>9:00V!VAfit Sit (VS)</div> <div>9:35V!VAfit Sit & Stand (VS)</div> <div>10:30St James Anglican Service (PP)</div> <div>10:45Catholic Communion (CR)</div> <div>10:45Wii Bowling (VS)</div> <div>10:45Bus Trip: Lunch at My Place Restaurant (OFF)</div> <div>2:00Documentary (VP)</div> <div>2:00Cards: Bridge (BG)</div> <div>2:30DrumFit (VS)</div> <div>3:00Pet Visits (L)</div> <div>7:30Bingo \$0.25 per game (CK)</div> <div>21</div>	<div>9:00V!VAfit Sit (VS)</div> <div>10:00Bus: Walmart (OFF)</div> <div>10:45Washer Toss (PP)</div> <div>2:30Manicures (CK)</div> <div>7:30Comedy Movie Night (VP)</div> <div>22</div>	<div>9:00V!VAfit Sit (VS)</div> <div>9:35V!VAfit Sit & Stand (VS)</div> <div>10:00Story Time with Carleton Place Public Library (L)</div> <div>10:30Community Member Forum with Rik (VP)</div> <div>10:45Golf (PP)</div> <div>2:30Monthly Birthday Party (CK)</div> <div>2:30Jeopardy (VP)</div> <div>2:30Social Hour (PP)</div> <div>3:30V!VAfit Fun Swim with Erin (P)</div> <div>7:30Action Movie Night (VP)</div> <div>23</div>	<div>9:00V!VAfit Strolls: Indoor Walking Group (L)</div> <div>10:00Brain Games Pick Up (L)</div> <div>10:30Community Member Led Coffee & Chat (PC)</div> <div>2:30Musical Movie Matinee (VP)</div> <div>3:00Colour & Chat (CK)</div> <div>7:30Hockey Night In Canada (PP)</div> <div>24</div>
<div>10:00Brain Games Pick Up (L)</div> <div>2:00Coffee & Chat with the Manager On Duty (PC)</div> <div>2:00V!VAfit Strolls: Community Member Led Walking Group (L)</div> <div>7:30Classic Movie Night (VP)</div> <div>25</div>	<div>9:00V!VAfit Sit (VS)</div> <div>9:35V!VAfit Sit & Stand (VS)</div> <div>10:45Bean Bag Toss (PP)</div> <div>2:00Big Screen Brain Games (VP)</div> <div>2:30Live Music with Jim Ryan (PP)</div> <div>3:00Zumba Gold (VS)</div> <div>3:30Knitting Group with Erin (LIB)</div> <div>7:30Drama Movie Night (VP)</div> <div>26</div>	<div>9:00V!VAfit Sit (VS)</div> <div>10:00Tri-onimos (PP)</div> <div>10:45Axe Throwing (PP)</div> <div>2:00Euchre (CK)</div> <div>7:00Games Night (PP)</div> <div>7:30Documentary Movie Night (VP)</div> <div>27</div>	<div>9:00V!VAfit Sit (VS)</div> <div>9:35V!VAfit Sit & Stand (VS)</div> <div>10:45Catholic Communion (CR)</div> <div>10:45Wii Bowling (VS)</div> <div>2:00Documentary (VP)</div> <div>2:00Cards: Bridge (BG)</div> <div>2:30DrumFit (VS)</div> <div>3:00Pet Visits (L)</div> <div>7:30Bingo \$0.25 per game (CK)</div> <div>28</div>	<div>Leap Day</div> <div>9:00V!VAfit Sit (VS)</div> <div>10:00Bus: In & Around Town (OFF)</div> <div>10:45Washer Toss (PP)</div> <div>2:30Bus Trip: Coffee Outing (OFF)</div> <div>7:30Comedy Movie Night (VP)</div> <div>29</div>	<div>Locations Legend</div> <div>V!VAfit Studio (VS)</div> <div>Paddles Pub (PP)</div> <div>V!VAplex (VP)</div> <div>Lobby (L)</div> <div>Craft Kitchen (CK)</div> <div>Off Site (OFF)</div> <div>Perks! Cafe (PC)</div> <div>Pool (P)</div> <div>Library (LIB)</div> <div>Charity Room (CR)</div> <div>Brain Gym (BG)</div>	<div>Calendar Legend</div> <div>All Day</div> <div>Outings</div> <div>V!VAfit</div> <div>Shopping</div> <div>Special Event</div> <div>Sign Up Required</div>



Happy February Birthdays!

We will be celebrating everyone's birthday at our monthly birthday party on the last Friday of the month in the Craft Kitchen.

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!

