

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.



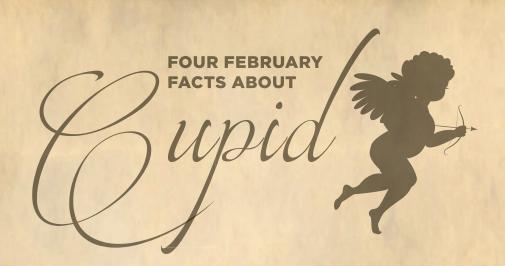
Join us on Tuesdays at 2pm for drop in Euchre.

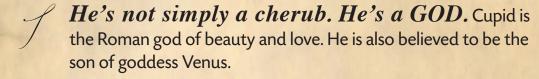


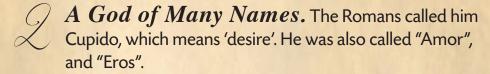
Rachelle our Welcoming Ambassador & Sharon enjoying some music in the lobby.



Live music last month with a great turn out enjoying the tunes.







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
eupid	bonnie
joldarrows	clyde
oow	eros
hocolate	amor
eleopatra	flowers
inthony	lovenote

heartache
loveisblind
sweetheart
honey
roses
carnations
kiss
kissingbooth

boyfriend
girlfriend
husband
wife
partner
holdinghands
couple
heart

## February 2024

## Waterside Retirement Community



All activities are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sulluay	Ivioliday	Tuesuay	vveunesuay	Tilursuay	riluay	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		9:00 V! VAfit Sit (VS)  10:00 Bus: In & Around	Groundhog Day 9:00V!VAfit Sit (VS) 10:45Golf (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)  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 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) 10:45 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) 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)	9:00V!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)
10:00 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) 10:45Bean Bag Toss (PP) 2:00Big Screen Brain Games (VP) 3:00Zumba Gold (VS) 3:30Knitting Group with Erin (LIB) 7:30Drama Movie Night (VP)	9:00V!VAfit Sit (VS) 10:00Tri-onimos (PP) 10:45Axe Throwing (PP) 2:00Bus: Walmart (OFF) 2:00Euchre (CK) 2:30Carleton Place High School Cookie Decorating (CK) 7:00Games Night (PP) 7:30Documentary 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) 3:00 Pet Visits (L) 7:30 Bingo \$0.25 per game (CK)	9:00V!VAfit Sit (VS) 10:00Bus: 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) 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)  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)

# February 2024

Waterside

AVIVA RETIREMENT COMMUNITY

All activities are subject to change.

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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)	9:00V!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 Jim Ryan (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) 10:00 Tri-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)	9:00 V! VAfit Sit (VS) 9:35 V! 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 9:00 V! VA fit Sit (VS) 10:00 Bus: 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
			ppy February Birthda 's birthday at our monthly birthd month in the Craft Kitchen.  Happy Birthday to:	<b>ys!</b> lay party on the last Friday of the		



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!

