



Celebrating a hole in one in the *Paddles! Pub*.



Life is better in the pool! Join us on Fridays in the pool.

Don't miss out!

Coffee and Chat with the Mayor

Thursday, April 4
10:30 am – *Perks! Café*

Bus Outing to Manotick with a stop at Millers Oven Café for Lunch

Tuesday, April 9
10:30 am – Off site on the bus

Volunteer Appreciation Event

Wednesday, April 24
2:00 pm – *Paddles! Pub*

Springtime in Paris

Thursday, April 25
2:30 pm – *Perks! Café*

Receive a cheque* for every friend you refer to VIVA 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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Waterside – Happier Here™



Isabelle and Dorothy celebrating their Birthdays at the February Birthday Party! Join us for the Birthday Party on the last Friday of the month in the Craft Kitchen.



Award Winning Mary Cook Story Telling. Sign up at Concierge if you are interested in this months stories Tales of the Valley.



Soaking up the sun on the Patio! Get outside while the Sunshine.



Chef Bruce Poke Bowl Demonstration on February 29th.

Waterside – Happier Here™

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Let's Say Hello to April!

DID YOU KNOW...

The zodiac signs for April are Aries (March 21-April 19) and Taurus (April 20-May 20)

April 6 is considered National Pillow Fight Day! Don't forget to have some fun with this one!

The daisy and the sweet pea are birth flowers for the month of April. The sweet pea signifies blissful pleasure, while daisies represent childhood innocence, loyalty, and purity.

April takes its name from the Latin word aperire, meaning 'to open', just like flowers do in spring.

The diamond is the traditional birthstone for April!

SUDOKU FUN!

			3	9	2		5	
4	9	2					6	
6	5	3		7			8	1
3	6		7	2	5			
			4		5			
		5	6					
2	4	1			6	7		3
			4	9			2	
8		3		2		5	4	

	5	7	3	1			9	6
6		1	4		5			
8	2	3	7	9		4		5
9	1				7		5	4
	4	6		5	9	1		
2		5	8		1	9	6	
3	2		7			5		
5		4		2	3	6		1
1	7		5		4	3		8

			7	2	6	8	4	
4	8		5			6	7	2
				3		5		9
			5		7			
	9	4	1	8	3	2		
			6		4	9		
	6	5	3	4	7		2	8
8			9	6		3	5	7
			8	1		4	9	

	4							
8	3	9				1		
			8	9		5		2
9	5	6		3		4		
4				6		3		
		3	5			6		9
5	9				3	7	6	1
	7	8		5		2	4	
	1		4	7			9	5

Each puzzle consists of a 9x9 grid containing given clues in various places. The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3x3 box.

Reserve your spot for events and programs at Concierge.

April 2024

Waterside Retirement Community



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Locations Legend</u></p> <p>VIVAplex (VP) Paddles Pub (PP) VIVAfit Studio (VS) Lobby (L) Craft Kitchen (CK) Perks! Cafe (PC) Off Site (OFF) Brain Gym (BG) Charity Room (CR) Pool (P)</p>	<p>9:15 V!VAfit Sit & Stand (VS) 1</p> <p>10:45 Bean Bag Toss (PP) 2:00 Big Screen Brain Games (VP) 2:00 Cards: Euchre (CK) 3:00 Zumba Gold (VS) 7:30 Drama Movie Night (VP)</p>	<p>9:15 V!VAfit Sit and Stand (VS) 2</p> <p>10:00 Mary Cook's Story and Discussion: Tales of the Valley. Please sign up for this event. (BG) 10:45 Axe Throwing (PP) 2:00 Bus Trip: In-and-Around Town (OFF) 2:00 Cards: Bridge (BG) 7:30 Documentary Movie Night (VP)</p>	<p>9:15 V!VAfit Sit & Stand (VS) 3</p> <p>10:00 New Hope Seniors Ministry (PP) 10:45 Catholic Communion (CR) 10:45 Wii Bowling (VS) 2:00 Live Music with Peter Brown (PP) 3:00 Pet Visits (L) 7:30 Bingo \$0.25 per game (CK)</p>	<p>9:15 V!VAfit Sit (VS) 4</p> <p>10:00 Bus: Walmart (OFF) 10:30 Coffee & Chat with the Mayor (PC) 10:45 Washer Toss (PP) 11:00 St. Mary's Catholic Mass (VP) 2:30 Manicures (CK) 7:30 Comedy Movie Night (VP)</p>	<p>9:15 V!VAfit Sit & Stand (VS) 5</p> <p>10:45 Golf (PP) 2:00 Stories from Early Ontario with John Hannigan (PP) 2:30 Social Hour (PP) 3:30 V!VAfit Fun Swim with Erin (P) 7:30 Action Movie Night (VP)</p>	<p>9:00 V!VAfit Strolls: Indoor Walking Group (L) 6</p> <p>10:00 Brain Games Pick Up (L) 10:30 Community Member Led Coffee & Chat (PC) 2:00 Colour & Chat (CK) 2:30 Musical Movie Matinee 1st Showing (VP) 7:30 Musical Movie Night 2nd Showing (VP)</p>
<p>10:00 Brain Games Pick Up (L) 7</p> <p>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)</p>	<p>9:15 V!VAfit Sit & Stand (VS) 8</p> <p>10:45 Bean Bag Toss (PP) 2:00 Big Screen Brain Games (VP) 2:00 Cards: Euchre (CK) 3:00 Zumba Gold (VS) 7:30 Drama Movie Night (VP)</p>	<p>9:15 V!VAfit Sit and Stand (VS) 9</p> <p>10:00 Tri-onimos (PP) 10:30 Bus: Country Drive to Manotick and a stop for lunch at Millers Oven Tea Room and Cafe (OFF) 10:45 Axe Throwing (PP) 2:00 Live Music with Dai Bassett (PP) 2:00 Cards: Bridge (BG) 7:30 Documentary Movie Night (VP)</p>	<p>9:15 V!VAfit Sit & Stand (VS) 10</p> <p>10:45 Catholic Communion (CR) 10:45 Wii Bowling (VS) 2:15 V!VALicious Food Forum (PP) 2:30 DrumFit (VS) 3:00 Pet Visits (L) 7:30 Bingo \$0.25 per game (CK)</p>	<p>9:15 V!VAfit Sit (VS) 11</p> <p>10:00 Bus: In & Around Town (OFF) 10:45 Washer Toss (PP) 3:00 Memorial Service For Passed Community Members (PP) 7:30 Comedy Movie Night (VP)</p>	<p>9:15 V!VAfit Sit & Stand (VS) 12</p> <p>10:45 Golf (PP) 2:30 Jeopardy (VP) 2:30 Social Hour (PP) 3:30 V!VAfit Fun Swim with Erin (P) 7:30 An Evening at the Virtual Opera Night (VP)</p>	<p>9:00 V!VAfit Strolls: Indoor Walking Group (L) 13</p> <p>10:00 Brain Games Pick Up (L) 10:30 Community Member Led Coffee & Chat (PC) 2:00 Colour & Chat (CK) 2:30 Musical Movie Matinee 1st Showing (VP) 7:30 Musical Movie Night 2nd Showing (VP)</p>
<p>10:00 Brain Games Pick Up (L) 14</p> <p>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)</p>	<p>9:00 Spirit Week Begins! Jersey Day - Wear your favorite team colors or Jersey (L) 15</p> <p>9:15 V!VAfit Sit & Stand (VS) 10:45 Bean Bag Toss (PP) 2:00 Big Screen Brain Games (VP) 2:00 Cards: Euchre (CK) 3:00 Zumba Gold (VS) 3:30 Crafting Cherry Blossom Décor For Springtime In Paris (CK) 7:30 Drama Movie Night (VP)</p>	<p>9:00 Spirit Week National PJ Day! Wear your Pyjama's (L) 16</p> <p>9:15 V!VAfit Sit and Stand (VS) 10:00 Tri-onimos (PP) 10:45 Axe Throwing (PP) 2:00 Bus Trip: Walmart (OFF) 2:00 Pyjama Day Movie Matinee and Popcorn (VP) 2:00 Cards: Bridge (BG) 7:30 Documentary Movie Night (VP)</p>	<p>9:00 Spirit Week Beach Day! Wear your Beach Attire! (L) 17</p> <p>9:15 V!VAfit Sit & Stand (VS) 10:30 St James Anglican Service (PP) 10:45 Catholic Communion (CR) 10:45 Wii Bowling (VS) 2:00 Live Music with Dave Huaraney (PP) 2:30 DrumFit (VS) 3:00 Pet Visits (L) 7:30 Bingo \$0.25 per game (CK)</p>	<p>9:00 Spirit Week - Crazy Hair Day! (L) 18</p> <p>9:15 V!VAfit Sit (VS) 10:45 Washer Toss (PP) 11:00 Bus: Lunch outing to Temples Sugar Bush (OFF) 2:30 Manicures (CK) 7:30 Comedy Movie Night (VP)</p>	<p>9:00 Spirit Week - Disney Day! Dress as a Disney Character (L) 19</p> <p>9:15 V!VAfit Sit & Stand (VS) 10:30 Walker Clinic with Houle Healthcare (BG) 10:45 Golf (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)</p>	<p>9:00 V!VAfit Strolls: Indoor Walking Group (L) 20</p> <p>10:00 Brain Games Pick Up (L) 10:30 Community Member Led Coffee & Chat (PC) 2:00 Colour & Chat (CK) 2:30 Musical Movie Matinee 1st Showing (VP) 7:30 Musical Movie Night 2nd Showing (VP)</p>

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April 2024

Waterside Retirement Community



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Brain Games Pick Up (L) 21</p> <p>2:00 Coffee & Chat with the Manager On Duty (PC)</p> <p>2:00 V!VAfit Strolls: Community Member Led Walking Group (L)</p> <p>7:30 Classic Movie Night (VP)</p>	<p>9:15 V!VAfit Sit & Stand (VS) 22</p> <p>10:45 Bean Bag Toss (PP)</p> <p>2:00 Big Screen Brain Games (VP)</p> <p>2:00 Cards: Euchre (CK)</p> <p>2:30 Live Music with Jim Ryan (PP)</p> <p>3:00 Zumba Gold (VS)</p> <p>3:30 Gardening Meeting (CK)</p> <p>7:30 Drama Movie Night (VP)</p>	<p>9:15 V!VAfit Sit and Stand (VS) 23</p> <p>10:00 Tri-onimos (PP)</p> <p>10:00 Bus: Outing To Shorelines Casino in Gananoque Lunch available at Wind Ward Restaurant and Lounge (OFF)</p> <p>10:45 Axe Throwing (PP)</p> <p>2:00 Cards: Bridge (BG)</p> <p>7:30 Documentary Movie Night (VP)</p>	<p>9:15 V!VAfit Sit & Stand (VS) 24</p> <p>10:45 Catholic Communion (CR)</p> <p>10:45 Wii Bowling (VS)</p> <p>2:00 Waterside Volunteer Appreciation Event (PP)</p> <p>2:30 DrumFit (VS)</p> <p>3:00 Pet Visits (L)</p> <p>7:30 Bingo \$0.25 per game (CK)</p>	<p>9:00 COVID Booster Clinic (VS) 25</p> <p>10:00 Bus: In & Around Town (OFF)</p> <p>10:45 Washer Toss (PP)</p> <p>1:30 Arm Chair Travels To Paris! (VP)</p> <p>2:30 Springtime in Paris High Tea (PC)</p> <p>7:30 Comedy Movie Night (VP)</p>	<p>9:15 V!VAfit Sit & Stand (VS) 26</p> <p>10:00 Intergenerational Program: Story Time with the Carleton Place Library (L)</p> <p>10:30 Community Member Forum with Rik (VP)</p> <p>10:45 Golf (PP)</p> <p>2:30 Monthly Birthday Party (CK)</p> <p>2:30 Social Hour (PP)</p> <p>3:30 V!VAfit Fun Swim with Erin (P)</p> <p>7:30 Action Movie Night (VP)</p>	<p>9:00 V!VAfit Strolls: Indoor Walking Group (L) 27</p> <p>10:00 Brain Games Pick Up (L)</p> <p>10:30 Community Member Led Coffee & Chat (PC)</p> <p>2:00 Colour & Chat (CK)</p> <p>2:30 Musical Movie Matinee 1st Showing (VP)</p> <p>7:30 Musical Movie Night 2nd Showing (VP)</p>
<p>10:00 Brain Games Pick Up (L) 28</p> <p>2:00 Live Music with Maureen & Ken (PP)</p> <p>2:00 Coffee & Chat with the Manager On Duty (PC)</p> <p>2:00 V!VAfit Strolls: Community Member Led Walking Group (L)</p> <p>7:30 Classic Movie Night (VP)</p>	<p>9:15 V!VAfit Sit & Stand (VS) 29</p> <p>10:45 Bean Bag Toss (PP)</p> <p>2:00 Big Screen Brain Games (VP)</p> <p>2:00 Cards: Euchre (CK)</p> <p>3:00 Zumba Gold (VS)</p> <p>7:30 Drama Movie Night (VP)</p>	<p>9:15 V!VAfit Sit and Stand (VS) 30</p> <p>10:00 Tri-onimos (PP)</p> <p>10:45 Axe Throwing (PP)</p> <p>2:00 Bus Trip: In-and-Around Town (OFF)</p> <p>2:00 Cards: Bridge (BG)</p> <p>2:30 Live Music with Allan Ryan (PP)</p> <p>7:30 Documentary Movie Night (VP)</p>	<p><u>Locations Legend</u></p> <p>V!VAplex (VP) Perks! Cafe (PC)</p> <p>Paddles Pub (PP) Off Site (OFF)</p> <p>V!VAfit Studio (VS) Brain Gym (BG)</p> <p>Lobby (L) Charity Room (CR)</p> <p>Craft Kitchen (CK) Pool (P)</p>			

National Volunteer Appreciation Week

National Volunteer Appreciation Week takes place April 21st to 27th. Please join us Wednesday, April 24th at 2:00 p.m. in the Paddles Pub to recognize our Community Member Volunteers as well our outside Volunteers.



Happy Birthday To You....

- Don Tunwell-April 2nd
- Margaret O'Shea-April 2nd
- Don Mitchell -April 3rd
- Kathy Boyce- April 6th
- Lillian Higham - April 12th
- Janice Kostash- April 14th
- Hilary Lee - April 15th
- Mary-ellen Boon - April 20th
- Bev Mitchell-April 29th