



Our Centenarian Community Member Jim Thompson and Marion Miller celebrating their Birthdays.



We look forward to having Hiromi back for a Tai Chi class! Sunday November 17th at 300 p.m. in the VIVA Studio.



**Bus Trip Games and Lunch at The Gananoque Casino**  
 Thursday, November 7  
 10:00 am – Off site. Sign up at Concierge

**Remembrance Day Service**  
 Monday, November 11  
 10:30 am – Paddles! Pub

**In House Christmas Bazaar**  
 Saturday, November 16  
 10:00 am - 2:00 pm – In the Lobby

**Carleton Place Santa Clause Parade!**  
 Saturday, November 30  
 4:00 pm – Off site. Sign up at Concierge.

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™

# VIVAvoice

YOUR VIVA COMMUNITY NEWSLETTER November 2024



Congratulations to Father David Andrews for winning the 2024 Senior of the Year Award.



Join any of our VIVA Bus Excursions offered three days a week! Sign up at concierge to reserve your spot.



Thank you to all the Community Member who participated in Active Aging Week.



Our final VIVALicious picnic took place at the beginning of October with some Community Members from Barrhaven.

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# November 2024

## Waterside Retirement Community







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Remembrance Ceremonies</b></p> <p>A veteran is a person who has completed basic military training. We want to take the time to honor our veterans here at The Waterside. The Carleton Place Legion will join us on November 8th at 10:00 a.m. in the VIVA PLEX to conduct their ceremony. The Waterside will also host our own ceremony on Monday, November 11th, at 10:30 a.m. in the Pub. Followed by the televised service in Ottawa.</p> <p>If you would like to do a reading, please reach out to Christine, the Lifestyles Manager, or join us for the rehearsal on Friday, November 1st, at 10:15 a.m. in the Pub.</p> <p>We want to display photos of our veterans on our billiards table. If you have any photos you would like to contribute, please bring them to Erin or Christine in Lifestyles for copying.</p>					<p>9:15 V!VAfit Sit &amp; Stand 1 (VS)</p> <p>10:15 Remembrance Service Rehearsal (PP)</p> <p>10:45 Golf (PP)</p> <p>2:00 Jeopardy (VP)</p> <p>2:30 Social Hour (PP)</p> <p>3:00 V!VAfit Fun Swim with Erin (P)</p> <p>3:00 Fresh Air Walks! (O)</p> <p>7:30 Action Movie Night (VP)</p>	<p>Time Change! Put your clocks back one hour before going to bed. 2</p> <p>9:00 V!VAfit Strolls: Indoor Walking Group (L)</p> <p>10:00 Brain Games Pick Up (L)</p> <p>2:00 Colour &amp; Chat with Music! (CK)</p> <p>2:30 Musical Movie Matinee 1st Showing (VP)</p> <p>7:30 Musical Movie Night 2nd Showing (VP)</p>
<p>Time Change Begins at 2:00 a.m. Fall Back 3</p> <p>10:00 Brain Games Pick Up (L)</p> <p>10:30 Coffee and Crosswords (PC)</p> <p>2:00 V!VAfit Strolls: Community Member Led Walking Group (L)</p> <p>2:00 Community Member Led Board or Card Games (PP)</p> <p>7:30 Classic Movie Night (VP)</p>	<p>9:15 V!VAfit Sit &amp; Stand 4 (VS)</p> <p>10:00 Community Member Led Tri-onimos (PP)</p> <p>10:45 Bean Bag Toss (PP)</p> <p>2:00 Big Screen Brain Games (VP)</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) 5</p> <p>10:00 Bus: Shopping at Tanger Outlet Mall. Lunch at the Food Court (OFF)</p> <p>10:45 Axe Throwing (PP)</p> <p>2:00 Live Music with Guy Lalonde (PP)</p> <p>3:00 Drum Fit (VS)</p> <p>7:30 Documentary Movie Night (VP)</p> <p>8:00 Billiards (PP)</p>	<p>9:15 V!VAfit Sit &amp; Stand (VS) 6</p> <p>10:00 New Hope Seniors Ministry (PP)</p> <p>10:30 Bus Trip: Giant Tiger (OFF)</p> <p>10:45 Wii Bowling (VS)</p> <p>10:45 Catholic Communion (CC)</p> <p>2:00 Cards: Bridge (CK)</p> <p>2:15 V!VAlicious Food Forum (PP)</p> <p>3:00 Pet Visits (L)</p> <p>7:30 Bingo \$0.25 per game (CK)</p>

Reserve your spot for bus trips at Concierge.

# November 2024

## Waterside Retirement Community



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Brain Games Pick Up (L) <b>10</b></p> <p>10:30 Coffee and Crosswords (PC)</p> <p>2:00 V!VAfit Strolls: Community Member Led Walking Group (L)</p> <p>2:00 Community Member Led Board or Card Games (PP)</p> <p>7:30 Classic Movie Night (VP)</p>	<p>Remembrance Day <b>11</b></p> <p>9:15 V!VAfit Sit &amp; Stand (VS)</p> <p>10:00 Community Member Led Tri-onimos (PP)</p> <p>10:30 Remembrance Day Service (PP)</p> <p>2:00 Big Screen Brain Games (VP)</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) <b>12</b></p> <p>10:30 Bus Trip: In-and-Around Town (OFF)</p> <p>10:45 Axe Throwing (PP)</p> <p>11:30 Chef Bruce's Cooking Demo (CK)</p> <p>2:00 Live Music &amp; Multimedia Show "A Walk Down Memory Lane" with Jim Beattie (VP)</p> <p>3:00 Drum Fit (VS)</p> <p>7:30 Documentary Movie Night (VP)</p> <p>8:00 Billiards (PP)</p>	<p>9:15 V!VAfit Sit &amp; Stand (VS) <b>13</b></p> <p>10:00 Flower, Fairs and Gifts (Vendor) (L)</p> <p>10:45 Wii Bowling (VS)</p> <p>2:00 Cards: Bridge (CK)</p> <p>2:00 Bus Trip: Aquatopia Water Garden Conservatory (OFF)</p> <p>3:00 Pet Visits (L)</p> <p>3:00 V!VA Aqua Fit Class with Christine (P)</p> <p>7:30 Bingo \$0.25 per game (CK)</p>	<p>9:15 V!VAfit Sit &amp; Stand (VS) <b>14</b></p> <p>10:45 Washer Toss (PP)</p> <p>11:00 St. Mary's Catholic Mass (VP)</p> <p>1:00 Euchre Tournament (PP)</p> <p>2:00 V!VAfit Sit &amp; Stand with Christine (VS)</p> <p>2:00 Bus Trip: Walmart (OFF)</p> <p>3:00 Java Mentorship Program (Seniors Helping Seniors) (BG)</p> <p>7:30 Comedy Movie Night (VP)</p>	<p>9:15 V!VAfit Sit &amp; Stand (VS) <b>15</b></p> <p>10:45 Golf (PP)</p> <p>2:00 Jeopardy (VP)</p> <p>2:30 Social Hour (PP)</p> <p>3:00 V!VAfit Fun Swim with Erin (P)</p> <p>7:30 An Evening at the Virtual Opera Night (VP)</p>	<p>Christmas Bazaar <b>16</b></p> <p>9:00 V!VAfit Strolls: Indoor Walking Group (L)</p> <p>10:00 Brain Games Pick Up (L)</p> <p>10:00 Waterside Christmas Bazaar (L)</p> <p>2:00 Colour &amp; Chat with Music! (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) <b>17</b></p> <p>10:30 Coffee and Crosswords (PC)</p> <p>2:00 V!VAfit Strolls: Community Member Led Walking Group (L)</p> <p>2:00 Community Member Led Board or Card Games (PP)</p> <p>3:00 Tia Chi Class (VS)</p> <p>7:30 Classic Movie Night (VP)</p> 	<p>9:15 V!VAfit Sit &amp; Stand (VS) <b>18</b></p> <p>10:00 Community Member Led Tri-onimos (PP)</p> <p>10:45 Bean Bag Toss (PP)</p> <p>2:00 Big Screen Brain Games (VP)</p> <p>2:30 Live Music with Jim Ryan (PP)</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) <b>19</b></p> <p>9:30 Bus: Shopping and Lunch at Carlingwood Mall (OFF)</p> <p>10:45 Axe Throwing (PP)</p> <p>3:00 Drum Fit (VS)</p> <p>7:30 Documentary Movie Night (VP)</p> <p>8:00 Billiards (PP)</p>	<p>9:15 V!VAfit Sit &amp; Stand (VS) <b>20</b></p> <p>10:30 St James Anglican Service (PP)</p> <p>10:45 Wii Bowling (VS)</p> <p>10:45 Catholic Communion (CC)</p> <p>1:30 Presentation by Amanda Burcher, Nurse Practitioner on Palliative Care (VP)</p> <p>2:00 Cards: Bridge (CK)</p> <p>2:00 Bus: In and Around Town (OFF)</p> <p>3:00 Pet Visits (L)</p> <p>3:00 V!VA Aqua Fit Class with Christine (P)</p> <p>7:30 Bingo \$0.25 per game (CK)</p>	<p>10:15 Community Member Led Nordik Pole Walking (L) <b>21</b></p> <p>10:45 Washer Toss (PP)</p> <p>12:00 Bus Trip: Bingo at Tatlock Community Hall. \$10.00 cash to play. Light lunch included (OFF)</p> <p>2:00 V!VAfit Sit &amp; Stand with Christine (VS)</p> <p>2:00 Cards: Euchre (LIB)</p> <p>2:30 Manicures (CK)</p> <p>3:00 Java Mentorship Program (Seniors Helping Seniors) (BG)</p> <p>7:30 Comedy Movie Night (VP)</p>	<p>9:15 V!VAfit Sit &amp; Stand (VS) <b>22</b></p> <p>10:45 Golf (PP)</p> <p>2:00 Preparing Hot Chocolate for the Santa Clause Parade (PP)</p> <p>2:30 Social Hour (PP)</p> <p>3:00 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) <b>23</b></p> <p>10:00 Brain Games Pick Up (L)</p> <p>2:00 Colour &amp; Chat with Music! (CK)</p> <p>2:30 Musical Movie Matinee 1st Showing (VP)</p> <p>7:30 Musical Movie Night 2nd Showing (VP)</p>



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# November 2024

## Waterside Retirement Community



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Brain Games Pick Up (L) <b>24</b></p> <p>10:00 Community Voices in Hymn and Prayer (PP)</p> <p>10:30 Coffee and Crosswords (PC)</p> <p>2:00 V!VAfit Strolls: Community Member Led Walking Group (L)</p> <p>2:00 Community Member Led Board or Card Games (PP)</p> <p>7:30 Classic Movie Night (VP)</p>	<p>9:15 V!VAfit Sit &amp; Stand (VS) <b>25</b></p> <p>10:00 Community Member Led Tri-onimos (PP)</p> <p>10:45 Bean Bag Toss (PP)</p> <p>2:00 Big Screen Brain Games (VP)</p> <p>3:00 Zumba Gold (VS)</p> <p>3:00 Gentlemen's Social with Rick our Bus Driver and Maintenance Assistant (PP)</p> <p>7:30 Drama Movie Night (VP)</p>	<p>9:15 V!VAfit Sit and Stand (VS) <b>26</b></p> <p>10:30 Lifestyles Forum with Lifestyles Manager (VP)</p> <p>10:45 Axe Throwing (PP)</p> <p>1:30 Bus trip to North Lanark Regional Museum in Appleton (OFF)</p> <p>3:00 Drum Fit (VS)</p> <p>7:30 Documentary Movie Night (VP)</p> <p>8:00 Billiards (PP)</p>	<p>9:15 V!VAfit Sit &amp; Stand (VS) <b>27</b></p> <p>10:30 Bus: Walmart (OFF)</p> <p>10:45 Wii Bowling (VS)</p> <p>10:45 Catholic Communion (CC)</p> <p>2:00 Live Music with Pete Foret (PP)</p> <p>2:00 Cards: Bridge (CK)</p> <p>3:00 Pet Visits (L)</p> <p>3:00 V!VA Aqua Fit Class with Christine (P)</p> <p>7:30 Bingo \$0.25 per game (CK)</p>	<p>9:15 V!VAfit Sit &amp; Stand (VS) <b>28</b></p> <p>10:00 Intergenerational Program: Story Time with the Carleton Place Library (L)</p> <p>10:45 Washer Toss (PP)</p> <p>11:00 Bus Trip: Lunch at Brigadoon Restaurant in Oxford Mills (OFF)</p> <p>1:00 Euchre Tournament (PP)</p> <p>2:00 V!VAfit Sit &amp; Stand with Christine (VS)</p> <p>3:00 Java Mentorship Program (Seniors Helping Seniors) (BG)</p> <p>7:30 Comedy Movie Night (VP)</p>	<p>Decorating The Waterside Bus! (O) <b>29</b></p> <p>9:15 V!VAfit Sit &amp; Stand (VS)</p> <p>10:30 Community Member Forum with Rik (VP)</p> <p>10:45 Golf (PP)</p> <p>2:00 Monthly Birthday Party (CK)</p> <p>2:30 Social Hour (PP)</p> <p>3:00 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) <b>30</b></p> <p>10:00 Brain Games Pick Up (L)</p> <p>2:00 Colour &amp; Chat with Music! (CK)</p> <p>2:30 Musical Movie Matinee 1st Showing (VP)</p> <p>4:00 Carleton Place Santa Clause Parade! Join in the parade and stay on the bus to be a part of The Waterside float. Pizza Party in the Pub upon our return. (OFF)</p> <p>7:30 Musical Movie Night 2nd Showing (VP)</p>

### Locations Legend

- Paddles Pub (PP)
- V!VAplex (VP)
- V!VAfit Studio (VS)
- Lobby (L)
- Craft Kitchen (CK)
- Off Site (OFF)
- Pool (P)
- Perks! Cafe (PC)
- Brain Gym (BG)
- Community Commons (CC)
- Outside (O)
- Library (LIB)

**Happy Birthday To...**

**ANNA FACCHIN on November 14th!**



### **Christmas Bazaar!**

We look forward to hosting an in-house Bazaar on Saturday November 16th from 10:00 a.m. to 2:00 p.m. Please note some vendors may be cash only so be sure to sign up for an In and Around Town bank run prior to the bazaar. We are still in need of vendors so if you are interested please see a member of the Lifestyles team. Thank you!

### **Save The Date!**

Please save the date for our Community Member Christmas Party on Sunday, December 15th. More details to follow

