



Community Members enjoying Mary Cooks stories that will start back up in June.



Dia Basset Entertaining in Paddles! Pub. He'll be back July 16th.

Don't miss out!

Mother's Day Tea – All Welcome!
Thursday, May 9
2:30 pm – VIVAcraft Kitchen

Bus Outing to Ottawa to see the Canadian Tulip Festival
Tuesday, May 14
9:30 am – Off site on the bus.
Sign up at Concierge.

Senior Fraud Prevention Seminar
Wednesday, May 15
2:00 pm – VIVAplox

Lemonade Social!
Monday, May 27
2:00 pm – Paddles! Pub

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

May 2024

Waterside
A VIVA RETIREMENT COMMUNITY
Happier Here™



Join us for Washer Toss in Paddles! Pub Thursdays mornings.



Join John's Early Ontario Talk Friday May 3rd at 200 p.m. in Paddles! Pub.



April 8th 2024 Community Members had the opportunity to see the Solar Eclipse.



Enjoying life's simple pleasure with friends. Our lunch outing at Miller's Oven in Manotick.

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Queen Victoria & Her Holiday

Victoria Day is a Canadian tradition and doesn't actually exist in most of England. But it is celebrated in parts of Scotland, especially Edinburgh, where it remains an official holiday.

When Victoria was just a little girl, she was known by her nickname, Drina.

Despite being born in England, Victoria only spoke German up until the age of three.

She married Prince Albert in 1840, although they'd known each other since she was 16. And it really was a family affair. Prince Albert of Saxe-Coburg and Gotha was her first cousin and his father was her mother's brother!

Because she was Queen, she had to propose to Albert, and not vice versa.

She took over the throne in 1837, after the death of William IV. She was just 18 years old.

She became a grandma at 39 and a great grandmother twenty years later.

She was the first Queen of Canada, sitting on the throne when this country was founded in 1867.

She liked to drink a concoction called Vin Mariani. One of its main ingredients? Cocaine.

It's said it was Victoria who started the tradition of a bride wearing white. Before her wedding a woman would simply wear her best dress, no matter what colour it was.

SUDOKU FUN!

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

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

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.

May 2024

Waterside Retirement Community



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>9:15 V!VAfit Sit & Stand (VS) 1</p> <p>10:00 New Hope Seniors Ministry (PP)</p> <p>10:45 Catholic Communion (CR)</p> <p>10:45 Wii Bowling (VS)</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>	<p>9:15 V!VAfit Sit (VS) 2</p> <p>10:00 Bus: Walmart (OFF)</p> <p>10:00 Flowers Fairs and Gifts (Vendor) (L)</p> <p>10:45 Washer Toss (PP)</p> <p>1:00 Cards: Euchre (PP)</p> <p>2:30 Manicures (CK)</p> <p>7:30 Comedy Movie Night (VP)</p>	<p>9:15 V!VAfit Sit & Stand (VS) 3</p> <p>10:45 Golf (PP)</p> <p>2:00 Stories from Early Ontario with John Hannigan . The 1812 War Aclose Call Part 2 (PP)</p> <p>2:30 Social Hour (PP)</p> <p>3:30 V!VAfit Fun Swim with Erin (P)</p> <p>7:30 An Evening at the Virtual Opera Night: L'Elisir d'Amore (VP)</p>	<p>Kentucky Derby 4</p> <p>9:00 V!VAfit Strolls: Indoor Walking Group (L)</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 Movie Matinee for Kentucky Derby (VP)</p> <p>7:30 Musical Movie Night 2nd Showing (VP)</p>
			<p>10:00 Brain Games Pick Up (L) 5</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>9:00 Nurses Week! Thank you to our Waterside Nurses as well as our Retired Community Members whom were Nurses! (HLC) 6</p> <p>9:15 V!VAfit Sit & Stand (VS)</p> <p>10:45 Bean Bag Toss (PP)</p> <p>2:00 Live Music with Guy Lalonde (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>12:00 Nurses Week! Thank you to our Waterside Nurses as well as our Retired Community Members whom were Nurses! (HLC) 7</p> <p>9:15 V!VAfit Sit and Stand (VS)</p> <p>10:00 Tri-onimos (PP)</p> <p>10:45 Axe Throwing (PP)</p> <p>11:00 Bus: Country Drive and Lunch at Fiddle Heads in Perth (OFF)</p> <p>2:00 Cards: Bridge (BG)</p> <p>7:30 Documentary Movie Night (VP)</p>	<p>12:00 Nurses Week! Thank you to our Waterside Nurses as well as our Retired Community Members whom were Nurses! (HLC) 8</p> <p>9:15 V!VAfit Sit & Stand (VS)</p> <p>10:45 Catholic Communion (CR)</p> <p>10:45 Wii Bowling (VS)</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>Mother's Day 12</p> <p>12:00 Nurses Week! Thank you to our Waterside Nurses as well as our Retired Community Members whom were Nurses! (HLC)</p> <p>9:00 Bring a Photo of your Mom to put on display in the pub! (PP)</p> <p>10:00 Brain Games Pick Up (L)</p> <p>11:30 Mother's Day Brunch Buffet. Please sign up Guests at Concierge (DR)</p> <p>2:00 V!VAfit Strolls: Community Member Led Walking Group (L)</p> <p>7:30 Classic Movie Night (VP)</p>	<p>9:00 Our Lady of Fatima (CR) 13</p> <p>9:15 V!VAfit Sit & Stand (VS)</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) 14</p> <p>9:30 Bus: Tour to Ottawa to see the Canadian Tulip Festival. Picnic Lunch Provided (OFF)</p> <p>10:00 Tri-onimos (PP)</p> <p>10:00 Dental Clinic (TR)</p> <p>10:45 Axe Throwing (PP)</p> <p>2:00 Live Music with Spencer Scharf (O)</p> <p>2:00 Cards: Bridge (BG)</p> <p>7:30 Documentary Movie Night (VP)</p>	<p>9:15 V!VAfit Sit & Stand (VS) 15</p> <p>10:30 St James Anglican Service (PP)</p> <p>10:45 Wii Bowling (VS)</p> <p>2:00 Senior Fraud Prevention Seminar (VP)</p> <p>3:00 Pet Visits (L)</p> <p>7:30 Bingo \$0.25 per game (CK)</p>	<p>9:15 V!VAfit Sit (VS) 16</p> <p>10:00 Bus: Walmart (OFF)</p> <p>10:45 Washer Toss (PP)</p> <p>11:00 St. Mary's Catholic Mass (VP)</p> <p>11:30 Chef Bruce's Cooking Demo (CK)</p> <p>1:00 Cards: Euchre (PP)</p> <p>2:30 Manicures (CK)</p> <p>7:30 Comedy Movie Night (VP)</p>	<p>9:15 V!VAfit Sit & Stand (VS) 17</p> <p>10:45 Golf (PP)</p> <p>2:30 Jeopardy (VP)</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) 18</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>

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May 2024

Waterside Retirement Community



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Brain Games Pick Up (L) 19</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>9:00 Victoria Day 20</p> <p>9:15 V!VAfit Sit & Stand (VS)</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) 21</p> <p>9:30 Bus: In and Around Town and Carleton Place Nursery (OFF)</p> <p>10:00 Tri-onimos (PP)</p> <p>10:45 Axe Throwing (PP)</p> <p>2:00 Cards: Bridge (BG)</p> <p>2:30 Live Music with Roxy Swan (PP)</p> <p>7:30 Documentary Movie Night (VP)</p>	<p>9:15 V!VAfit Sit & Stand (VS) 22</p> <p>10:45 Catholic Communion (CR)</p> <p>10:45 Wii Bowling (VS)</p> <p>2:00 Dental Plan Information Session (VP)</p> <p>3:00 Pet Visits (L)</p> <p>7:30 Bingo \$0.25 per game (CK)</p>	<p>9:15 V!VAfit Sit (VS) 23</p> <p>10:30 Lifestyles Forum with Lifestyles Manager (VP)</p> <p>10:45 Washer Toss (VS)</p> <p>2:00 Euchre Tournament (PP)</p> <p>2:00 DrumFit (VS)</p> <p>3:00 Gardening Planting (O)</p> <p>7:30 Comedy Movie Night (VP)</p>	<p>9:15 V!VAfit Sit & Stand (VS) 24</p> <p>10:45 Golf (PP)</p> <p>2:30 Jeopardy (VP)</p> <p>2:30 Social Hour (PP)</p> <p>3:30 V!VAfit Fun Swim with Erin (P)</p> <p>7:30 An Evening at the Virtual Opera Night: Cabelle (VP)</p>	<p>9:00 V!VAfit Strolls: Indoor Walking Group (L) 25</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) 26</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) 27</p> <p>10:45 Bean Bag Toss (PP)</p> <p>2:00 Big Screen Brain Games (VP)</p> <p>2:00 Easy Peasy Lemon Squeezy Social! Enjoy a glass of Lemonade! (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) 28</p> <p>10:00 Tri-onimos (PP)</p> <p>10:45 Axe Throwing (PP)</p> <p>11:00 Bus Trip: Picnic at Arnprior Beach (OFF)</p> <p>2:00 Cards: Bridge (BG)</p> <p>7:30 Documentary Movie Night (VP)</p>	<p>9:15 V!VAfit Sit & Stand (VS) 29</p> <p>10:45 Catholic Communion (CR)</p> <p>10:45 Wii Bowling (VS)</p> <p>1:00 Walker and Wheelchair Washing 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>9:15 V!VAfit Sit (VS) 30</p> <p>10:00 Bus: Walmart (OFF)</p> <p>10:45 Washer Toss (PP)</p> <p>2:00 Live Music with Arlene Quinn (PP)</p> <p>7:30 Comedy Movie Night (VP)</p>	<p>9:15 V!VAfit Sit & Stand (VS) 31</p> <p>10:00 Story Time with Carleton Place Public 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><u>Locations Legend</u></p> <p>V!VAplex (VP)</p> <p>Paddles Pub (PP)</p> <p>V!VAfit Studio (VS)</p> <p>Lobby (L)</p> <p>Craft Kitchen (CK)</p> <p>Off Site (OFF)</p> <p>Perks! Cafe (PC)</p> <p>Healthy Living Centre (HLC)</p> <p>Charity Room (CR)</p> <p>Pool (P)</p> <p>Brain Gym (BG)</p> <p>Outside (O)</p> <p>Dining Room (DR)</p> <p>Treatment Room (TR)</p>



Happy Birthday Too....

Helen Binks May 5th
 Gerry Cybulski May 8th
 Richard Van Tassel May 13th
 Louise Mitchell May 14th
 Chuck Choquette May 15th
 Pat Deschamps May 15th
 Donna Potvin May 19th
 Larry Dowdall May 21st
 David Fair May 25th

