



Wearing jersey's.

## Humboldt Strong

Community Members and Team Members paid their respects to those who lost their lives in the tragic accident in Humboldt, Saskatchewan by wearing their favourite NHL team's hockey jersey, while those who didn't have a jersey wore green and yellow – the Broncos' team colours. Team Members handed out green and yellow ribbons to Community Members and guests in support and sharing of the grief for the Humboldt team, their families and friends.

## The Chef's Table

Waterside's Executive Chef Jake hosted the Chef's Table Exclusive Dining Experience in Paddles Pub, featuring a four course maple themed meal including a selection of wines paired to each course! Along with Community Members, Deputy Mayor Jerry Flynn and his wife were among the guests. Look for your next opportunity to attend in July!



Pork Tenderloin with Maple Bacon, Griddle Cakes, & Green Peppercorn Sauce.

## Picnic Preparations

Waterside is preparing for another picnic season. The first picnic will be hosted late May to ensure we can comfortably sit outdoors. Our annual Tulip Festival trip will not include a picnic this year. Instead, we will visit a local restaurant to ensure that the weather will not get in the way. Book your seat on the bus early to attend the Franktown Lilac Festival on Saturday, May 26th.



Enjoying cake at the Volunteer Appreciation Tea Party.

## Calling All Gardeners

Waterside is looking for Community Members to join the Garden Club. A plot in our Victory Garden planters will be assigned to Garden Club Members. In addition to planting and growing, Garden Club Members will be responsible for assisting with watering the planters on a rotational basis. Please see Alison or come to our meeting Friday, May 4th at 3:00pm.

THE



Waterside  
A VIVA RETIREMENT COMMUNITY

WAVE

May 2018
Your VIVA Community Newsletter

## International Day of Pink

April 11th was the International Day of Pink around the world, in support of anti-bullying. Community Members and Team Members pulled out their pink clothing to

show their support in the movement to stop bullying across all ages and places.



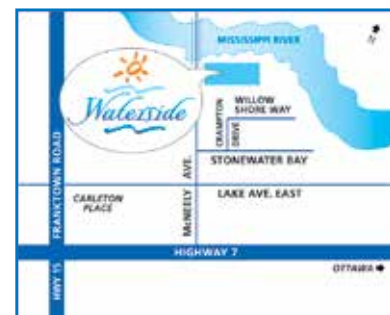
Pretty in pink



Happy Easter!



Pink people in Perks! Bistro Café.



**Making Today Great!**

**Waterside Retirement Community**  
105 McNeely Ave. Carleton Place, Ontario  
[www.thewaterside.ca](http://www.thewaterside.ca) 613.253.2010





5 INTERESTING FACTS ABOUT

# Mothers Day



# Sudoku!

The objective is to fill a the grid with digits in such a way that each column, each row, and each of the nine 3x3 grids that make up the larger 9x9 grid contains all of the digits from 1 to 9.

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

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

In what was formerly Yugoslavia, children would tie up their mother on Mother's Day. The only way she could get free was by giving her children treats.

Approximately \$14 billion dollars is spent on Mother's Day each year. Common gifts include: cards, flowers (of course), meals in restaurants, jewelry, gift cards, clothing, trips to a spa, books, CDs, housewares and gardening tools.

One of the oldest woman to deliver a baby is a 65-year-old retired schoolteacher in India. On April 9th, 2003, Satyabhama Mahapatra gave birth to a baby boy, which was her first child after 50 years of marriage. (However, the eggs were donated by her 26 year-old niece.)

The shortest span between two babies is by Jayne Bleackley. She gave birth to her son on September 3rd, 1999. Then, only 208 days later, gave birth to her daughter on March 30th, 2000!

Elizabeth Ann Buttle gives a whole new meaning to second family. She gave birth to her first child on May 19th, 1956. Then, when she was 60 years-old, gave birth to her second child on November 20, 1997, making the babies 41 years 185 days apart.

Mother's Day sees around one quarter of all flowers purchased throughout the year falling on this holiday.

<https://osr.org/blog/tips-gifts/20-fun-facts-about-mothers-day/>

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

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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**LEGEND**

- Fitness Class
- Special Event
- Excursion
- Sign Up
- Cost Required
- Shuttle
- Walking

- (PC) Perks! Café
- (PP) Paddles Pub
- (CR) Charity Room
- (VP) V!VAplex
- (VG) Victory Garden
- (VS) V!VAfit Studio
- (L) Lobby
- (ML) Members Library
- (BG) Brain Gym
- (CK) V!VAcraft Kitchen
- (S) Spa
- (P) Pool

What month always asks questions and permission?

May!

		<p><b>1</b></p> <p>9:15 V!VAfit Combo (VS)</p> <p>10:30 Knit Wits w/ Alison (ML)</p> <p>11:00 Walker Repair Clinic (L)</p> <p>11:15 TED Talk Tuesday (VP)</p> <p>2:00 Excursion Beckwith Indoor Dome V!VAfit Walk &amp; Stroll (L)</p> <p>2:30 V!VAfit Strength <b>CANC.</b>(VS)</p> <p>3:00 Hole in One (PP)</p> <p>4:00 Topsy Tuesday (PP)</p>	<p><b>2</b></p> <p>9:15 V!VAfit Swim (P)</p> <p>10:00 V!VAfit Strength pre-booked apt. (VS)</p> <p>11:00 Waterside Worship w/ Brian (VP)</p> <p>1:00 Bridge (CK)</p> <p>2:30 Entertainment w/ Men of the Clyde (PP)</p> <p>6:15 Excursion St. James Church Fashion Show \$12/pp</p> <p>7:30 BINGO \$.25/game (CK)</p>	<p><b>3</b></p> <p>9:00 Excursion Carlingwood (L)</p> <p>11:00 Knit Wits (ML)</p> <p>12:30 Lunch &amp; Learn "Common Mistakes Made with Wills"</p> <p>3:00 Carpet Bowling (VS)</p> <p>7:30 New Release Movie Night (VP)</p>	<p><b>4</b></p> <p>9:30 V!VAfit Sit &amp; Stand (VS)</p> <p>10:15 V!VAfit Strength pre-booked apt. (VS)</p> <p>3:00 Garden Club Mtg (CK)</p> <p>4:00 Friendly Friday (PP)</p> <p>7:30 Movie Night (VP)</p>	<p><b>5</b></p> <p>10:00 V!VAfit – Exercise of the Month - pick up at concierge "External Leg Raises" (L)</p> <p>3:00 Matinée (VP)</p> <p>7:30 Movie Night (VP)</p>
<p><b>6</b></p> <p>10:30 Crossword Café: pick up @ Concierge (L)</p> <p>2:30 Cooking w/ Jake Homemade pizza (CK)</p> <p>3:00 Matinée ~ (VP)</p> <p>7:30 Sunday Night Movie (VP)</p>	<p><b>7</b></p> <p>9:30 V!VAfit Sit &amp; Stand (VS)</p> <p>10:00 Communion followed by Rosary Prayer (CR)</p> <p>10:15 Excursion In &amp; Around Town (L)</p> <p>10:15 V!VAfit Strength pre-booked apt. (VS)</p> <p>2:30 Creative Crafts w/ Alison (CK)</p> <p>7:30 Cards: Player's Choice (ML)</p>	<p><b>8</b></p> <p>9:15 V!VAfit Combo (VS)</p> <p>10:30 Knit Wits w/ Alison (ML)</p> <p>11:15 TED Talk Tuesday (VP)</p> <p>2:00 Excursion Beckwith Indoor Dome V!VAfit Walk &amp; Stroll (L)</p> <p>2:30 V!VAfit Strength pre-booked apt.(VS)</p> <p>3:00 Hole in One (PP)</p> <p>4:00 Topsy Tuesday (PP)</p>	<p><b>9</b></p> <p>9:15 V!VAfit Swim (P)</p> <p>9:30 Excursion Banking Bus (L)</p> <p>10:00 V!VAfit Strength pre-booked apt. (VS)</p> <p>11:00 Waterside Worship w/ Barry (VP)</p> <p>1:00 Bridge (CK)</p> <p>2:30 Things I learned on the Web (VP)</p> <p>7:00 Paint w/ Janet \$40/pp (PP)</p> <p>7:30 BINGO \$.25/game (CK)</p>	<p><b>10</b></p> <p>9:00 Excursion Bayshore Mall (L)</p> <p>11:00 Morning Mass (VP)</p> <p>11:00 Knit Wits w/ Alison (ML)</p> <p>1:00 Fundraising Euchre Tournament \$5/per person (PP)</p> <p>3:00 V!VAfit Flow (VS)</p> <p>7:30 New Release Movie Night (VP)</p>	<p><b>11</b></p> <p>9:30 V!VAfit Sit &amp; Stand (VS)</p> <p>10:15 V!VAfit Strength pre-booked apt. (VS)</p> <p>3:00 Minute to WIN It (PP)</p> <p>4:00 Friendly Friday (PP)</p> <p>7:30 Movie Night (VP)</p>	<p><b>12</b></p> <p>10:00 V!VAfit – Exercise of the Month - pick up at concierge "External Leg Raises" (L)</p> <p>2:30 Excursion Mystery Trip Bus Tour (L)</p> <p>3:00 Matinée (VP)</p> <p>7:30 Movie Night (VP)</p>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>13</b> 10:30 Crossword Café: pick up @ Concierge (L) 3:00 <b>Mother's Day Tea &amp; Treats w/ Musical Entertainment (VS)</b> 🗡️ 7:30 Sunday Night Movie (VP)	<b>14</b> 9:30 <b>V!VAfit Sit &amp; Stand (VS)</b> 10:00 Communion followed by Rosary Prayer (CR) 10:15 <b>V!VAfit Strength pre-booked apt. (VS)</b> 2:30 <b>Excursion Hazeldean Mall (L)</b> 🗡️🚗 7:30 Cards: Player's Choice (ML)	<b>15</b> 9:15 <b>V!VAfit Combo (VS)</b> 10:30 Knit Wits w/ Alison (ML) 11:15 TED Talk Tuesday (VP) 2:00 <b>Excursion Beckwith Indoor Dome V!VAfit Walk &amp; Stroll (L)</b> 🗡️🚗 2:30 <b>V!VAfit Strength pre-booked apt. (VS)</b> 3:00 Hole in One (PP) 4:00 Topsy Tuesday (PP)	<b>16</b> 9:15 <b>V!VAfit Swim (P)</b> 10:00 <b>V!VAfit Strength pre-booked apt. (VS)</b> 11:00 Waterside Communion w/ St. James Church (VP) 11:15 <b>Excursion Tulip Festival Tour &amp; Lunch (L)</b> 🗡️🚗 1:00 Bridge (CK) 2:30 Things I learned on the Web (VP) 7:30 BINGO \$.25/game (CK)	<b>17</b> 9:30 <b>Excursion In &amp; Around Town &amp; Garden Club Trip (L)</b> 🗡️🚗 12:30 <b>Lunch &amp; Movie "Rambling Rose" (VP)</b> 🗡️ 1:00 <b>Excursion Notre Dame High School Theatre Performance "And Then There Were None" (L)</b> 🗡️🚗 3:00 Carpet Bowling (VS) 4:00 Friendly Friday (PP) 7:30 Movie Night (VP)	<b>18</b> 9:30 <b>V!VAfit Sit &amp; Stand (VS)</b> 9:00 <b>Excursion Rideau Carleton Race Slots &amp; Lunch (L)</b> 🗡️🚗 10:15 <b>V!VAfit Strength pre-booked apt. (VS)</b> 3:00 Flamingo Ring Toss (VP) 4:00 Friendly Friday (PP) 7:30 Movie Night (VP)	<b>19</b> 10:00 <b>V!VAfit – Exercise of the Month - pick up at concierge "External Leg Raises" (L)</b> 3:00 Matinée (VP) 7:30 Movie Night (VP)
<b>20</b> 10:30 Crossword Café: pick up @ Concierge (L) 3:00 Matinée (VP) 7:30 Sunday Night Movie (VP)	<b>21 Victoria Day</b> 9:30 <b>V!VAfit p/u your Independent exercise @ concierge (VS)</b> 10:00 Communion followed by Rosary Prayer (CR) 10:15 <b>V!VAfit Strength (VS) CANC</b> 3:00 <b>Musical Entertainment w/ Allan on piano (PP)</b> 7:30 Cards: Player's Choice (ML)	<b>22</b> 9:15 <b>V!VAfit Combo (VS)</b> 10:30 Knit Wits w/ Alison (ML) 11:15 TED Talk Tuesday (VP) 2:00 <b>Excursion Beckwith Indoor Dome V!VAfit Walk &amp; Stroll (L)</b> 🗡️🚗 2:30 <b>V!VAfit Strength pre-booked apt. (VS)</b> 3:00 Hole in One (PP) 4:00 Topsy Tuesday (PP)	<b>23</b> 9:15 <b>V!VAfit Swim (P)</b> 9:30 <b>Excursion Banking Bus (L)</b> 🗡️🚗 10:00 <b>V!VAfit Strength pre-booked apt. (VS)</b> 11:00 Waterside Worship w/ Brian (CR) 1:00 Bridge (CK) 2:30 <b>Garden Club Planting (VG)</b> 7:30 BINGO \$.25/game (CK)	<b>24</b> 10:30 <b>Excursion Mystery Trip w/ picnic lunch (L)</b> 🗡️🚗 11:00 Knit Wits w/ Alison (ML) 3:00 <b>V!VAfit Flow (VS)</b> 5:00 <b>Dinner &amp; Euchre Tournament \$10/pp (PP)</b> 🗡️💰 7:30 New Release Movie Night (VP)	<b>25</b> 9:30 <b>V!VAfit Sit &amp; Stand (VS)</b> 10:15 <b>V!VAfit Strength pre-booked apt. (VS)</b> 3:00 May Birthday Celebrations (VP) 4:00 Friendly Friday (PP) 7:30 Movie Night (VP)	<b>26</b> 10:00 <b>V!VAfit – Exercise of the Month - pick up at concierge "External Leg Raises" (L)</b> 10:15 <b>Excursion Lilac Festival in Franktown (L)</b> 🗡️🚗 3:00 Matinée (VP) 7:30 Movie Night (VP)
<b>27</b> 10:30 Crossword Café: pick up @ at Concierge (L) 3:00 Matinée (VP) 7:30 Sunday Night Movie (VP)	<b>28 National Hamburger Day</b> 9:30 <b>V!VAfit Sit &amp; Stand (VS)</b> 10:00 Communion followed by Rosary Prayer (CR) 10:15 <b>V!VAfit Strength pre-booked apt. (VS)</b> 2:30 <b>Excursion Ice Cream Trip to Dairy Queen (L)</b> 🗡️🚗 7:30 Cards: Player's Choice (ML)	<b>29</b> 9:15 <b>V!VAfit Combo (VS)</b> 10:30 Knit Wits w/ Alison (ML) 11:15 TED Talk Tuesday (VP) 2:00 <b>Excursion Beckwith Indoor Dome V!VAfit Walk &amp; Stroll (L)</b> 🗡️🚗 2:30 <b>V!VAfit Strength pre-booked apt. (VS)</b> 3:00 Hole in One (PP) 4:00 Topsy Tuesday (PP)	<b>30</b> 9:15 <b>V!VAfit Swim (P)</b> 9:30 <b>V!VAfun Intergenerational Fun (VS)</b> 10:00 <b>V!VAfit Strength pre-booked apt. (VS)</b> 11:00 Hymn Sing w/ Jim (PP) 1:00 Bridge (CK) 2:30 Things I learned on the Web (VP) 7:30 BINGO \$.25/game (CK)	<b>31</b> 9:30 <b>Excursion In &amp; Around Town (L)</b> 🗡️🚗 10:30 <b>Travel Pres. "Rocky Mountaineer" by Carlson Wagonlit Travel Agency (VP)</b> 🗡️ 3:00 Carpet Bowling (VS) 4:00 Friendly Friday (PP) 7:30 Movie Night (VP)	 <p><b>MOTHERS DAY TEA</b>                      Sunday, May 13th, 3:00pm</p> <p>Join us for tea, treats and music.                      Please RSVP with Concierge as seating is limited.</p>	

\*Calendars are subject to change.