

On the Road Again

Community Members took a trip to the Carleton Place Farmers Market followed by a countryside tour to Beckwith Township, where, at the ball park, they saw the windmill that Community Member Gibb Drummond and his family donated to the Beckwith Heritage Days organization. The bus made a stop at the historic Village of Ashton (known for one of the BEST pubs around), and finally ended by travelling through the Lilac Capital of Ontario – Franktown – before heading home.



Stopping for lunch during the countryside tour.

Eye Specialist to Visit Waterside

The Carleton Place Heritage Optometric is interested in hosting an eye-exam clinic for Community Members. Appointments would be held in the Patio-level Spa, with the necessary equipment and expertise needed to complete the full examination. If you are interested please see Concierge to have your name added to an inquiry list.

National Ice Cream Day with Nancy

We're giving a great big thank you to Team Member Nancy for her fantastic presentation on National Ice Cream Day last month. For those of you that missed it, Nancy will be back Tuesday, July 31st, 3:00pm in the VIVAcraft Kitchen.

Musical Surprise



Carleton Place High School's ABBA Band stopped by for a surprise performance for our Community Members.

PROUD TO BE
Canadian

JULY 1ST - 7TH

Check your calendar to take part in the week long fun, especially on Wednesday, July 4th to dress up in your BEST Proud-To-Be-Canadian outfit/costume for our spirit parade!

Outdoor Washer Toss Fun

Community Members are enjoying the warm weather with outdoor games of Washer Toss!

Come and join in on the FUN this month, we would love to see you there!



THE



WAVE

July 2018

A VIVA RETIREMENT COMMUNITY

Your VIVA Community Newsletter

Waterside's Annual Ribfest and Baked-Bean Cook-off

With fantastic music and delicious food, Community Members and guests filled the lower patio for a great time! There were seven entries for the ribs and beans, and our top winners were Cheryl for best beans and Executive Chef Jake Davies for his tasty ribs. Honorary mention goes out to one of our cooks, George, for entering both contests and placing top 3 in each.

The party continued with live musical entertainment which had everyone singing, dancing and laughing along! Special thanks to the Culinary Team and the Guimond family for the tasty lunch enjoyed by all.



Community Members enjoying the mouth-watering ribs at Ribfest.



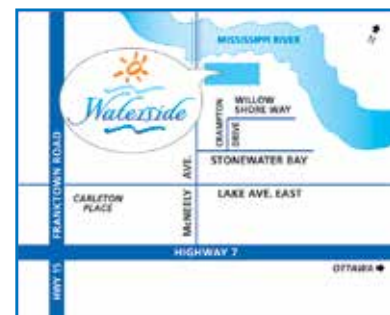
Irma and Hop Along Cassidy sharing a laugh during Ribfest.



Thank you to our Culinary Team who worked tirelessly behind the scenes.



Musical entertainment.



Making Today Great!

Waterside Retirement Community
105 McNeely Ave. Carleton Place, Ontario
www.thewaterside.ca 613.253.2010



A VIVA RETIREMENT COMMUNITY

15 COOL FACTS ABOUT



THE CALGARY STAMPEDE

The very first show took place in September of 1912, and lasted six days. Over 100,000 people attended the first Stampede.

The first rodeo awarded \$20,000 to competitors. According to Dave Manuel's inflation calculator, that's worth \$487,804.88 in 2014.

Guy Weadick, the main driving force behind the show in its early years, led the Stampede's operations for 20 years. He couldn't have done it without A.E. Cross, A.J. MacLean, Pat Burns and George Lane, the "Big Four" businessmen who contributed \$100,000 to the first show. Without it, the Stampede may not have continued in the following years.

In 1923, the first free Stampede breakfast was held at a campsite just outside the Canadian Pacific Railway station close to downtown Calgary. Jack Morton, a chuck wagon driver, invited his loved ones and visitors to enjoy free pancakes at the camp, creating a tradition that still exists today!

The "Greatest Outdoor Show On Earth" didn't become an annual event until 1923.

The Stampede has its own Queen and princesses. In 1946, Patsy Rodgers became the first Calgary Stampede Princess. In modern times one queen, two princesses and one indigenous princess are appointed to represent the show at various events around the city.

By 1950, seven movie productions had filmed scenes at the Calgary Stampede.

The daily Grandstand Show began in 1964 that included the Calgary Kidettes, a group of young performers who would evolve into well-known and talented Young Canadians of the Calgary Stampede. The group still performs till this day at the Grandstand Show.

https://www.huffingtonpost.ca/cody-battershill/calgary-stampede-2014_b_5565981.html





MIND WORD SEARCH WORKOUT

T L N E U H C G O L Q T Z R P D G W K A O B B V T
 A N Z O S Z H X Y L H C S N N T X N K S T H S A O
 Z M E P T O S G L K F B E N F B B Z J D T M B P I
 N N X M C N O T P Q Q J C B E A V E R N A N X X D
 L L T K A A O M W N O N N W U B K J H X W L C G Z
 Q A E Q D I R R X Q O F I R E W O R K S A Y A G A
 F Y C A O O L B O F E N V L V I G V A U X L P L X
 C R N R C O I R A T N O O Z O V Y Z G D F Z U J J
 L A E K O L O X A D B D R J H X R N K I E Z R S U
 C O I N N S I N C P G N P Z T F I B N B N I Y Z Y
 Q E P X C X S S P E F O B E Q L K O Y T G R S B Y
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|---------------|-----------|----------|------------|
| BEAVER | FIREWORKS | LACROSSE | PARLIAMENT |
| BILINGUAL | FLAG | MAPLE | PROVINCES |
| CANADA | FRENCH | MOOSE | ROCKIES |
| CONFEDERATION | GRIZZLY | ONTARIO | SYRUP |
| ENGLISH | HOCKEY | OTTAWA | TORONTO |

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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LEGEND

- Orange Fitness Class
- Purple Special Event
- Green 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
- (CC) Members Library
- (BG) Brain Gym
- (CK) V!VAcraft Kitchen
- (S) Spa
- (SD) Shores Dining Room
- (P) Pool

PROUD TO BE
Canadian

JULY 1ST - 7TH

We'll have activities, musical entertainment and lots more fun throughout the week, as we showcase what it means to be Canadian!

<p>1 Canada Day Wear your RED & White</p> <p>10:30 Crossword Café: pick up @ Concierge (L)</p> <p>12:00 Canada Day to Celebration (SD)</p> <p>2:15</p> <p>2:30 Canadian Trivia (PP)</p> <p>3:00 Matinee ~ "When the Heart Calls" Season #3 Ep.1&2 (VP)</p> <p>4:00 Canada Day Specialty Drinks "Cranberry Ginger Fuzz" \$4/drink (PP)</p> <p>7:30 Sunday Night Movie (VP)</p>	<p>2</p> <p>9:30 V!VAfit Sit & Stand (VS)</p> <p>10:00 Communion followed by Rosary Prayer (CR)</p> <p>10:15 V!VAfit Strength pre-booked apt. (VS)</p> <p>11:00 Proud to be Canadian Facts & Myths (VP)</p> <p>2:30 <i>Ice Cream Trip to Balderson's in Perth</i></p> <p>7:30 Cards: Player's Choice (ML)</p>	<p>3</p> <p>9:15 V!VAfit Combo (VS)</p> <p>10:15 Garden Club (VG)</p> <p>11:00 Walker Repair Clinic (L)</p> <p>11:15 TED Talk Tuesday (VP)</p> <p>2:30 V!VAfit Strength (VS)</p> <p>3:00 Proud to be Canadian Trivia w/Sydney (PP)</p> <p>4:00 Topsy Tuesday (PP)</p>	<p>4</p> <p>9:15 V!VAfit Swim (P)</p> <p>10:00 V!VAfit Strength pre-booked apt. (VS)</p> <p>10:30 Proud to be Canadian Dress Up Spirit Parade (PP)</p> <p>11:00 Waterside Worship w/Pastor Brian (VP)</p> <p>12:00 All Canadian Buffet; to wear RED & White (SD)</p> <p>2:00 Bridge (CK)</p> <p>2:30 Proud to be Canadian Musical Entertainment w/Richard (PP)</p> <p>7:30 BINGO \$.25/game (CK)</p>	<p>5</p> <p>9:30 <i>Carlingwood</i></p> <p>10:30 Knit Wits (ML)</p> <p>12:30 Proud to be Canadian Lunch & Movie "Canada Over the Edge" (VP)</p> <p>1:00 Fund. Euchre Tourn. \$5/per person (PP)</p> <p>2:00 <i>Smiths Falls Indoor Walking Track V!VAfit Walk & Stroll</i> (L)</p> <p>3:00 Washer Toss (VG)</p> <p>7:15 Musical Ent. w/Rick & Don (PP)</p>	<p>6</p> <p>9:30 V!VAfit Sit & Stand (VS)</p> <p>10:15 V!VAfit Strength pre-booked apt. (VS)</p> <p>10:30 <i>Banking CP & Almonte</i> (L)</p> <p>2:30 Proud to be Canadian Musical Artists Name that Tune w/Michaela (VP)</p> <p>4:00 Friendly Friday (PP)</p> <p>7:30 Movie Night (VP)</p>	<p>7</p> <p>9:30 <i>CP Farmers Market & Countryside Drive</i> (L)</p> <p>10:00 V!VAfit – Exercise of the Month - pick up at concierge "Chest Extension" (L)</p> <p>3:00 V!VAmatinee (VP)</p> <p>7:30 Movie Night "Downton Abbey ~ Season 2, Ep 3&4 (VP)</p>
<p>8</p> <p>10:30 Crossword Café: pick up @ Concierge (L)</p> <p>3:00 Matinee ~ "When the Heart Calls" Season #3 Ep.3 & 4 (VP)</p> <p>7:30 Sunday Night Movie (VP)</p>	<p>9</p> <p>9:30 V!VAfit Sit & Stand (VS)</p> <p>10:00 Communion followed by Rosary Prayer (CR)</p> <p>10:15 V!VAfit Strength pre-booked apt. (VS)</p> <p>11:00 Scrabble (VP)</p> <p>2:15 <i>In & Around Town</i> (L)</p> <p>7:30 Cards: Player's Choice (ML)</p>	<p>10</p> <p>9:15 V!VAfit Combo (VS)</p> <p>10:15 Garden Club (VG)</p> <p>11:15 TED Talk Tuesday (VP)</p> <p>2:30 V!VAfit Strength (VS)</p> <p>3:00 Trivia Time w/Sydney (PP)</p> <p>4:00 Topsy Tuesday (PP)</p>	<p>11</p> <p>9:15 V!VAfit Swim (P)</p> <p>10:00 V!VAfit Strength pre-booked apt. (VS)</p> <p>10:00 <i>Banking CP & Almonte</i> (L)</p> <p>11:00 Waterside Worship w/Rev Barry (VP)</p> <p>1:00 Bridge (CK)</p> <p>2:30 Things I Learned on the Web (VP)</p> <p>7:30 BINGO \$.25/game (CK)</p>	<p>12</p> <p>10:30 <i>Mystery Trip w/Picnic Lunch</i></p> <p>10:30 Knit Wits (ML)</p> <p>11:00 Morning Mass w/St. Mary's (VP)</p> <p>2:00 <i>Smiths Falls Indoor Walking Track V!VAfit Walk & Stroll</i> (L)</p> <p>3:00 Carpet Bowling (VS)</p> <p>5:00 Dinner & Euchre \$10/per person (PP)</p> <p>7:30 New Release Movie Night (VP)</p>	<p>13</p> <p>9:30 <i>Rideau Carleton race track and lunch</i></p> <p>9:30 V!VAfit Sit & Stand (VS)</p> <p>10:15 V!VAfit Strength pre-booked apt. (VS)</p> <p>2:30 Minute to WIN It Fun w/Michaela (PP)</p> <p>4:00 Friendly Friday (PP)</p> <p>7:30 Movie Night (VP)</p>	<p>14</p> <p>10:00 V!VAfit – Exercise of the Month - pick up at concierge "Chest Extension" (L)</p> <p>3:00 V!VAmatinee (VP)</p> <p>7:30 Movie Night "Downton Abbey ~ Season 2, Ep 5&6" (VP)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p>15 Waterside Stampede Week</p> <p>8:00 Stampede Pancake Breakfast \$5/guest (PP) 💰🍷</p> <p>10:30 Crossword Café: pick up @ Concierge (L)</p> <p>3:00 Matinee ~ "When the Heart Calls" Season #3 Ep.5 & 6 (VP)</p> <p>7:30 Sunday Night Movie (VP)</p>	<p>16</p> <p>9:30 V!VAfit Sit & Stand (VS)</p> <p>10:00 Communion followed by Rosary Prayer (CR)</p> <p>11:00 Tri-ominos (PP)</p> <p>10:15 V!VAfit Strength pre-booked apt. (VS)</p> <p>2:30 Stampede Craft w/Michaela (CK)</p> <p>7:30 Cards: Player's Choice (ML)</p>	<p>17</p> <p>9:15 V!VAfit Combo (VS)</p> <p>10:15 Garden Club (VG)</p> <p>11:15 TED Talk Tuesday (VP)</p> <p>2:30 V!VAfit Strength (VS)</p> <p>3:00 Stampede Trivia Fun w/Sydney (PP)</p> <p>4:00 Topsy Tuesday (PP)</p> <p>7:00 Golden Heir Southern Gospel (PP)</p>	<p>18</p> <p>9:15 V!VAfit Swim (P)</p> <p>10:00 V!VAfit Strength pre-booked apt. (VS)</p> <p>11:00 Waterside Communion w/St. James Anglican Church (VP)</p> <p>12:00 Stampede Buffet to Dress up in your Cowboy/girl attire (SD)</p> <p>2:00 Bridge (CK)</p> <p>1:00 Things I learned on the Web (VP)</p> <p>5:00 Drive-in BINGO & picnic dinner (L) \$5-10/pp 💰🍷🍷</p> <p>7:30 BINGO \$.25/game (CK)</p>	<p>19</p> <p>9:30 Tanger Outdoor Mall 🛍️🛍️🛍️</p> <p>10:30 Knit Wits (ML)</p> <p>11:00 Rexall Pharmacy Pres. "Pain Management; How Can We Help?" (VP)</p> <p>2:00 Smiths Falls Indoor Walking Track V!VAfit Walk & Stroll (L) 🍷🛍️🛍️</p> <p>2:30 Stampede FUN; water gun shoot out, milk the cow, & MORE! (VG)</p> <p>7:30 New Release Movie Night (VP)</p>	<p>20</p> <p>9:30 V!VAfit Sit & Stand (VS)</p> <p>10:15 V!VAfit Strength pre-booked apt. (VS)</p> <p>2:30 Stampede Berry Social w/musical entertainment by Greg (VG) 🍷</p> <p>4:00 Friendly Friday (PP)</p> <p>7:30 Movie Night (VP)</p>	<p>21</p> <p>10:00 V!VAfit – Exercise of the Month - pick up at concierge "Chest Extension" (L)</p> <p>3:00 V!VAmatinee (VP)</p> <p>7:30 Movie Night "Downton Abbey ~ Season 2, Ep 7&8" (VP)</p>		
<p>22</p> <p>10:30 Crossword Café: pick up @ Concierge (L)</p> <p>3:00 Matinee ~ "When the Heart Calls" Season #3 Ep.7 & 8 (VP)</p> <p>7:30 Sunday Night Movie (VP)</p>	<p>23</p> <p>9:30 V!VAfit Sit & Stand (VS)</p> <p>10:00 Communion followed by Rosary Prayer (CR)</p> <p>10:15 Banking CP & Almonte (L) 🍷🍷🍷</p> <p>10:15 V!VAfit Strength pre-booked apt. (VS)</p> <p>2:30 Excursion 🍷🍷🍷 Hazeldean Mall (L)</p> <p>7:30 Cards: Player's Choice (ML)</p>	<p>24</p> <p>9:15 V!VAfit Combo (VS)</p> <p>10:15 Garden Club (VG)</p> <p>11:15 TED Talk Tuesday (VP)</p> <p>2:30 V!VAfit Strength (VS)</p> <p>3:00 Trivia Time w/Sydney (PP)</p> <p>4:00 Topsy Tuesday (PP)</p>	<p>25</p> <p>9:15 V!VAfit Swim (P)</p> <p>9:30 Intergenerational Playgroup V!VAfit Fun (VP)</p> <p>10:30 V!VAfit Strength pre-booked apt. (VS)</p> <p>11:00 Waterside Worship w/Pastor Fourney (VP)</p> <p>1:00 Bridge (CK)</p> <p>2:30 Things I learned on the Web (VP)</p> <p>7:30 BINGO \$.25/game (CK)</p>	<p>26</p> <p>11:00 Guided Tour w/picnic lunch @ Andrew Hayden Park 🍷🍷🍷</p> <p>10:30 Knit Wits w/Alison (ML)</p> <p>3:00 Washer Toss (VS)</p> <p>7:30 New Release Movie Night (VP)</p>	<p>27</p> <p>9:30 V!VAfit Sit & Stand (VS)</p> <p>10:15 V!VAfit Strength pre-booked apt. (VS)</p> <p>10:30 In & Around Town (L) 🍷🍷🍷</p> <p>3:00 July Birthday Celebration (CK)</p> <p>4:00 Friendly Friday (PP)</p> <p>7:30 Movie Night (VP)</p>	<p>28</p> <p>10:00 V!VAfit – Exercise of the Month - pick up at concierge "Chest Extension" (L)</p> <p>3:00 V!VAmatinee (VP)</p> <p>7:30 Movie Night "Downton Abbey ~ Season 2, Ep 9&10" (VP)</p>		
<p>29</p> <p>10:30 Crossword Café: pick up @ Concierge (L)</p> <p>3:00 Matinee ~ "When the Heart Calls" Season #3 Ep.9 & 10 (VP)</p> <p>7:30 Sunday Night Movie (VP)</p>	<p>30</p> <p>9:30 V!VAfit Sit & Stand (VS)</p> <p>10:00 Communion followed by Rosary Prayer (CR)</p> <p>10:15 V!VAfit Strength pre-booked apt. (VS)</p> <p>2:30 Creative Crafts w/Michaela (CK)</p> <p>7:30 Cards: Player's Choice (ML)</p>	<p>31</p> <p>9:15 V!VAfit Combo (VS)</p> <p>10:15 Garden Club (VG)</p> <p>11:15 TED Talk Tuesday (VP)</p> <p>2:30 V!VAfit Strength (VS)</p> <p>3:00 Ice Cream Treats w/Nancy (CK)</p> <p>4:00 Topsy Tuesday (PP)</p>					<p>We're havin' AN ENTIRE WEEK of stampede food, fun and entertainment!</p> <p>Check out the calendar to join in on the fun, and you might even win yerself some fantastic PRIZES!</p>	

*Calendars are subject to change.