



Jake

Farewell Chef Jake

Our Executive Chef Jake Davies bid us farewell mid-December to join the Team at our sister Community, VIVA Barrhaven. Jake joined Waterside in 2014 and has been instrumental in creating delicious, healthy options in our Community, Chef's Table Exclusive Dining Program, the Carleton Place Senior of the Year Gala, and building a partnership with Meals on Wheels through Community Home Support. We wish Jake all the best in his new endeavors at VIVA Barrhaven!

7th Annual Family Christmas Brunch

Waterside welcomed family and friends for a day of festive food and cheer in late November. In addition to a buffet, and homemade desserts, Community Members had the opportunity to meet our incoming Executive Chef, Shane who happily served at one of the carving stations. Of course, the day was completed with a visit from Santa!

Beat the Winter Blues!

Keep a close eye on this month's calendar of events which offers new fun to your monthly schedule! From cognitive word twists to movie trivia challenges, a spirit week with daily dress up fun, annual fitness testing, and more!



Mitten Drive



Christmas baking



A Week of Festive Fun



Santa's Hot Chocolate Labeling Workshop



Holiday hugs

Community Members, Team Members and volunteers came out in record numbers this year to assist with the decorating of Waterside for the holiday season. Beginning mid-November, the 200+ piece Dickens Village was constructed on the fireplace mantle by Community Member Robert Wilson. It has been 5 years that he has dedicated his time and energy to construct this amazing village! Afterwards, eight trees arrived,


were placed throughout Waterside, and decorated. The biggest event of the week was Santa's Hot Chocolate Labeling Workshop. With students from Carleton Place High School, Community Members labelled over 6,000 hot chocolate packets to be handed out to onlookers during the Carleton Place Santa Clause Parade. Thanks to everyone who pitched in, and made this the BEST décor season yet!

2019 is Here
HAPPY NEW YEAR!

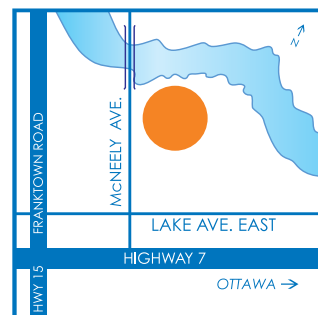
Join us in Paddles Pub on New Year's Day at 3:00 p.m. for as we ring in the New Year once again, with live entertainment and plenty of fun!

Robbie Burns
CELEBRATIONS
January 25th

Celebrate Scottish Poet Robbie Burns. A Scottish themed lunch will be served during both seatings, including Haggis!




Cookie in a Jar craft.



Making Today Great!

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



Waterside Team Members ready for Christmas.



Carleton Place Cyclones with Waterside at the Santa Claus Parade.

All About Fireworks

DID YOU KNOW...

- 1 The earliest documentation of fireworks dates back to 7th century China, having been invented there more than 2000 years ago.
- 2 In 1240, Arabs acquired knowledge of gunpowder. A Syrian named Hasan al-Rammah wrote of fireworks using terms that suggested he derived his knowledge from Chinese sources.
- 3 The first recorded fireworks in England were at the wedding of King Henry VII in 1486.
- 4 The largest firework rocket was 13kg and was produced and launched in Portugal in 2010.
- 5 The largest chocolate firework measured 3m high, 1.5m in diameter and contained 60kg of Swiss Cailler chocolates. The firework was released in Zurich on New Year's Eve 2002.



BRAIN



TEASER

New Year's Day has arrived! Five fireworks of varying colours were set off at different times.

Can you determine the colour of each rocket and at what time it was set off?

		Colour					Time				
		Blue	Green	Purple	Red	Red & Green	Midnight	12:30am	12:45am	1:00am	1:15am
Firework	Apollo Rock										
	Big Rocket										
	Exploder										
	Shooting Star										
	Whiz-Bang										
Time	Midnight										
	12:30am										
	12:45am										
	1:00am										
	1:15am										

























HINTS

1. The Big Rocket was set off before the Apollo Rock, but after the Whiz-Bang.
2. The Apollo Rock contained no red and was not set off last.
3. One of the rockets containing green was set off at 7:45pm, this was not the Big Rocket or the Shooting Star.
4. The red rocket was set off after the blue rocket, but before the purple rocket.
5. The Exploder was set off exactly 30 minutes after the blue rocket

Your Answers

Firework	Colour	Time
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Apollo Rock, Green, 12:45am / Exploder, Red, 1:00am / Shooting Star, Purple, 1:15am / Big Rocket, Blue, 12:30am / Whiz-Bang, Red & Green, midnight

January 2019		WEEKS 1, 2 & 3					Waterside
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
LEGEND Orange Fitness Class Purple Special Event Green Excursion  Sign Up  Cost Required  Shuttle  Walking	(PC) Perks! Café (PP) Paddles Pub (S) Spa (VP) VIVAplex (VG) Victory Garden (VS) VIVAfit Studio (L) Lobby (ML) Members Library (BG) Brain Gym (CK) VIVAcraft Kitchen (CR) Charity Room (P) Pool	1 New Year's Day Welcome 2019 11:00 Tri-ominos (PP) 3:00 New Year's Day Celebration w/Richard Loney (PP) 4:00 Tippy Tuesday (PP)	2 9:15 VIVAfit Swim (P) 10:30 VIVAfit Strength pre-booked apt (VS) 11:00 Waterside Worship w/ Rev Brian (VP) 1:00 Bridge (CK) 2:30 Things I learned on the Web (VP) 7:30 BINGO \$.25 (CK)	3 9:30 Spot the Difference w/Michaela (CK) 11:00 Knit Wits (ML) 11:00 Vendor ~ Voxx Socks (L) 2:15 Voxx Socks Presentation ~ Treat your feet (VP) 3:00 Hole in One (PP) 7:30 New Release Movie Night (VP)	4 9:30 VIVAfit Sit & Stand (VS) 10:15 VIVAfit Strength pre-booked apt. (VS) 3:00 Intergenerational PenPal Reading & Writing (CK) 4:00 Friendly Friday (PP) 7:30 Movie Night (VP)	5 9:30 VIVAfit Exercise of the Month ~ Balance; Heel Toe Walking (L) 3:00 VIVA Movie Matinee (VP) 7:30 Saturday Night Movie (VP)	
6 10:30 Crossword Café: pick up this week's challenge at Concierge (L) 3:00 Musical Matinee ~ (VP) 7:30 Sunday Night Movie (VP)	7 9:30 VIVAfit Sit & Stand (VS) 10:00 Communion followed by Rosary Prayer (CR) 10:15 VIVAfit Strength pre-booked apt. (VS) 11:00 Tri-ominos (PP) 1:30 VIVAfit Senior Fitness Testing for 1^s Floor Booked Apt. (VS) 2:15 In and Around Town (L)    7:30 Cards: Player's Choice (ML)	8 Elvis's Birthday 9:15 VIVAfit Combo (VS) 10:30 Knit Wits (ML) 11:00 Walker Repair Clinic (L) 11:15 TED Talk Tuesday (VP) 2:00 VIVAfit Strength pre-booked apt. (VS) 2:30 Aromatherapy Workshop Mint Shower Balms (CK)  4:00 Tippy Tuesday w/Elvis (PP) 7:30 Elvis Movie on the BIG screen (VP)	9 9:15 VIVAfit Swim (P) 10:30 VIVAfit Strength pre-booked apt (VS) 11:00 Waterside Worship w/Barry (VP) 1:00 Bridge (CK) 2:00 Madden Hearing to Aid Clinic Screening & Cleaning (S)  2:30 Things I learned on the Web (VP) 7:30 BINGO (CK)	10 10:30 Lunch @ Frisco's Restaurant in Calabogie (L)    11:00 Knit Wits w/Alison (ML) 2:30 Banking Bus (L)   3:00 Ladder Ball Toss (VS) 7:15 Musical Entertainment w/Hermann (PP)	11 9:30 Hazeldean Mall (L)    9:30 VIVAfit Sit & Stand (VS) 10:15 VIVAfit Strength pre-booked apt. (VS) 11:00 Catchphrase w/Alison (PP) 3:00 Name That Tune w/Michaela (VP) 4:00 Friendly Friday (PP) 7:30 Movie Night (VP)	12 9:30 VIVAfit Exercise of the Month ~ Balance; Heel Toe Walking (L) 3:00 VIVA Movie Matinee (VP) 4:00 Sing Song w/Jenn (PP) 7:30 Saturday Night Movie (VP)	
13 Spirit Week Begins! Proud-to-be- a-Canadian Day Dress up in what being Canadian means to you! 10:30 Crossword Café: pick up this week's challenge at Concierge (L) 3:00 Musical Matinee ~ (VP) 7:30 Sunday Night Movie (VP)	14 VIVA Spirit Day Dress in Blue & Orange 9:30 VIVAfit Sit & Stand (VS) 10:00 Communion followed by Rosary Prayer (CR) 10:15 VIVAfit Strength pre-booked apt. (VS) 11:00 Tri-ominos (PP) 1:30 VIVAfit Senior Fitness Testing for 1st Floor Booked Apt. (VS) 2:30 Creative Crafts w/Michaela (CK) 7:30 Cards: Player's Choice (ML)	15 Hat Day Wear your favorite/funniest hat 9:15 VIVAfit Combo (VS) 10:30 Knit Wits (ML) 11:15 TED Talk Tuesday (VP) 2:00 VIVAfit Strength pre-booked apt. (VS) 3:00 Musical Ent. by Vintage Bootleg (PP) 4:00 Tippy Tuesday ~ BEST hat gets a complimentary drink (PP)	16 Pirate Day... Dress up like a pirate 9:15 VIVAfit Swim (P) 9:30 Rideau Carleton Race Track & Lunch (L)     10:30 VIVAfit Strength pre-booked apt (VS) 11:00 Communion w/St. James Church (VP) 1:00 Bridge (CK) 2:30 Things I learned on the Web (VP) 7:30 BINGO \$.25 (CK)	17 Jersey Day Wear your fav jersey 9:00 Carlingwood Mall (L)   11:00 Knit Wits w/Alison (ML) 1:00 Johanne's Mobile Shoe Shop (PP)  3:00 Carpet Bowling (VS) 7:30 New Release Movie Night (VP)	18 Beach Day Sandals, shorts and sun hats 9:30 VIVAfit Sit & Stand (VS) 10:15 VIVAfit Strength pre-booked apt. (VS) 11:00 Words in Words w/Alison (PP) 3:00 Musical Ent. w/ Vintage Fiddlers (PP) 4:00 Friendly Friday (PP) 7:30 Movie Night (VP)	19 National Popcorn Day 9:30 VIVAfit Exercise of the Month ~ Balance; Heel Toe Walking (L) 3:00 VIVA Movie Matinee w/popcorn (VP) 7:30 Saturday Night Movie (VP)	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 10:30 Crossword Café: pick up this week's challenge at Concierge (L) 3:00 Musical Matinee ~ (VP) 7:30 Sunday Night Movie (VP)	21 Martin Luther King Day 9:30 VIVAfit Sit & Stand (VS) 9:45 Chapters Book Store in Kanata (L) 10:00 Communion followed by Rosary Prayer (CR) 10:15 VIVAfit Strength pre-booked apt. (VS) 11:00 Tri-ominos (PP) 1:30 VIVAfit Senior Fitness Testing for 2nd Floor Booked Apt. (VS) 2:30 In & Around Town (L) 2:15 Health & Wellness Presentation by Rexall (VP) 3:00 Matinee ~ Biography Martin Luther King (VP) 7:30 Cards: Player's Choice (ML)	22 9:15 VIVAfit Combo (VS) 10:30 Knit Wits (ML) 11:15 TED Talk Tuesday (VP) 2:00 VIVAfit Strength pre-booked apt. (VS) 3:00 Finish the Saying w/Alison (PP) 4:00 Topsy Tuesday (PP)	23 9:15 VIVAfit Swim (P) 10:30 VIVAfit Strength pre-booked apt (VS) 11:00 Waterside Worship (VP) 1:00 Bridge (CK) 2:30 Things I learned on the Web (VP) 7:30 Bingo Prize Night. No \$\$\$ Needed (CK)	24 9:30 Workshop No Sew Lavender Scented Sachet (CK) 11:00 Knit Wits w/Alison (ML) 2:15 Banking Bus (L) 3:00 Hole in One (PP) 7:30 Musical Entertainment TBA (PP)	25 Robbie Burns Day 9:30 VIVAfit Sit & Stand (VS) 10:15 VIVAfit Strength pre-booked apt. (VS) 11:00 Robbie Burns Facts & Trivia w/Alison (PP) 12:00 Robbie Burns & Celebrations @ both seating's 1:15 January Birthday Celebrations (CK) 3:00 January Birthday Celebrations (CK) 4:00 Friendly Friday (PP) 7:30 Movie Night (VP)	26 9:30 VIVAfit Exercise of the Month ~ Balance; Heel Toe Walking (L) 3:00 VIVA Movie Matinee " 4:00 Sing Song w/Jenn (PP) 7:30 Saturday Night at the Movies (VP)
27 10:30 Crossword Café: pick up this week's challenge at Concierge (L) 3:00 Musical Matinee ~ (VP) 7:30 Sunday Night Movie (VP)	28 9:30 VIVAfit Sit & Stand (VS) 10:00 Communion followed by Rosary Prayer (CR) 10:15 VIVAfit Strength pre-booked apt. (VS) 11:00 Tri-ominos (PP) 1:30 VIVAfit Senior Fitness Testing for 2nd Floor Booked Apt. (VS) 2:15 Banking Bus (L) 3:00 The Price Is Right \$ (PP) 7:30 Cards: Player's Choice (ML)	29 9:15 VIVAfit Combo (VS) 10:30 Knit Wits (ML) 11:15 TED Talk Tuesday (VP) 11:30 Knit Wits Luncheon @ St. James Gate (L) 2:00 VIVAfit Strength pre-booked apt. (VS) 3:00 News & Views w/Alison (PP) 4:00 Topsy Tuesday (PP) 7:30 Billiards in the Pub (PP)	30 9:15 VIVAfit Swim (P) 10:30 VIVAfit Strength pre-booked apt (VS) 11:00 Hymn Sing w/Jim (VP) 1:00 Bridge (CK) 2:30 Things I learned on the Web (VP) 7:30 Pirate Bingo Prize Night. No \$\$\$ Needed (CK)	31 9:30 Pictionary (PP) 11:00 Knit Wits w/Alison (ML) 12:30 Lunch & Movie "Mama Mia, Here We Go Again" (VS) 3:00 Ladder Ball Toss (VS) 7:30 New Release Movie Night (VP)		

Did you hear about the cell phone and the firework that were arrested on New Year's Eve?

One was charged and the other was let off.

*Calendars are subject to change.