

Kind Hearts Give Back

Waterside rallies together to raise funds for the Heart & Stroke Foundation!

Nearly \$500 was raised for the Canadian Heart & Stroke Foundation thanks to the generosity of Community Members, Team Members, families, guests, and visitors during our Winter Warm Up week last month. The Kissing Booth, hosted by Community Members Joyce and Lee, along with Town Councillor Toby Randell, volunteer Dwayne, and his pooch, Rex, raised over one hundred dollars. Carnation O'Gram sales totalled \$350, with every Community Member receiving at least one carnation! Thank you to everyone who supported such an important organization.



Chocolate covered strawberries.



City Councillor Randell and Joyce at the kissing booth.

Make a Mad Hat, March 19th, 2:30pm

Lifestyles hosts a creative craft afternoon where you'll be making your own "mad" hat!

Mad Hatter Tea Party, March 20th, 2:30pm

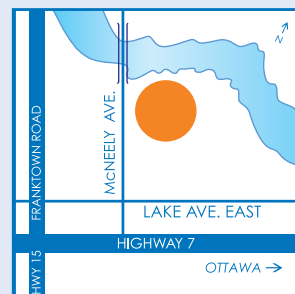
And what better way to celebrate the first day of Spring by wearing your "mad" hat to our Mad Hatter Tea Party? Come dressed in costume (or not), and enjoy an afternoon of music, treats, tea and FUN.



MARCH MADNESS

Monday, March 11th – Friday, March 22nd

Keep an eye out for our daily March Madness programming as we aim to heat things up inside and try to melt the snow away.



Making Today Great!

Waterside – A VIVA Retirement Community

105 McNeely Ave. Carleton Place, Ontario

thewaterside.ca (613) 253-2010 Find us on

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THE



WAVE

March 2019

Your VIVA Community Newsletter

WATERSIDE'S 1ST ANNUAL KING & QUEEN OF HEARTS



King George and Queen Elizabeth.

Congratulations to King George (Wood) and Queen Elizabeth (McKinnon) on being crowned the first King and Queen of Waterside at last month's Valentine's celebrations (and how perfect are their names?). Many Community Members voted over the first couple of weeks of February for the male and female Community Member at Waterside that they believed showed the most kindness throughout the year. In addition to the "coronation", the afternoon celebrations included music by Larry "The Wayback Machine", Valentine treats, and champagne.



From Left to Right: Councilor Randell, Lee, Joyce, Rex, and Dwayne at the Waterside Kissing Booth.



Making Cake Pops.



Hot Lunch.

A Hot Homemade Lunch

Community Members enjoyed a hearty lunch prepared by the Lifestyle Team in the VIVAcraft Kitchen during last month's Winter Warm Up activities. This was the first homemade lunch prepared by the Lifestyles Team. It was such a hit that our Community Members asked to have one hosted during our upcoming March Madness event! The menu will feature a creamy potato soup with bacon, corn, and cheese, plus homemade rolls and a maple cheesecake for dessert. Sign up at concierge as seating is limited and the spaces fill up fast!



ALL ABOUT

Mardi Gras

MARDI GRAS MARKS THE END OF CARNIVAL SEASON

Countries around the world celebrate Mardi Gras as the last day of Carnival season, which starts after Christmas, on January 6th, (known as 'Twelfth Night').

IT IS ALSO KNOWN AS "PANCAKE DAY"

In Ireland, England, Australia, New Zealand, and Canada, people celebrate Mardi Gras by eating pancakes, and participating in pancake themed activities.

THE COLOURS OF MARDI GRAS ARE PURPLE, GOLD, AND GREEN

Purple signifies justice, gold means power, and green stands for faith.

KING'S CAKE IS EATEN ALL THROUGHOUT CARNIVAL SEASON

King's Cake is eaten throughout the world during Carnival season. In the US, it is traditionally purple, green, and gold, with a trinket inside. Whoever gets a trinket receives good luck – and probably a chipped tooth, too!

NEW ORLEANS' FIRST MARDI GRAS PARADE WAS 177 YEARS AGO

New Orleans has been celebrating Fat Tuesday with parades since 1837. The first floats appeared in the parade in 1857.

MASKS ARE REQUIRED BY LAW FOR FLOAT RIDERS

Yep, it's illegal to ride on a float without a mask! The original purpose of the mask was to get rid of social constraints for the day, allowing people to mingle with whomever they chose.

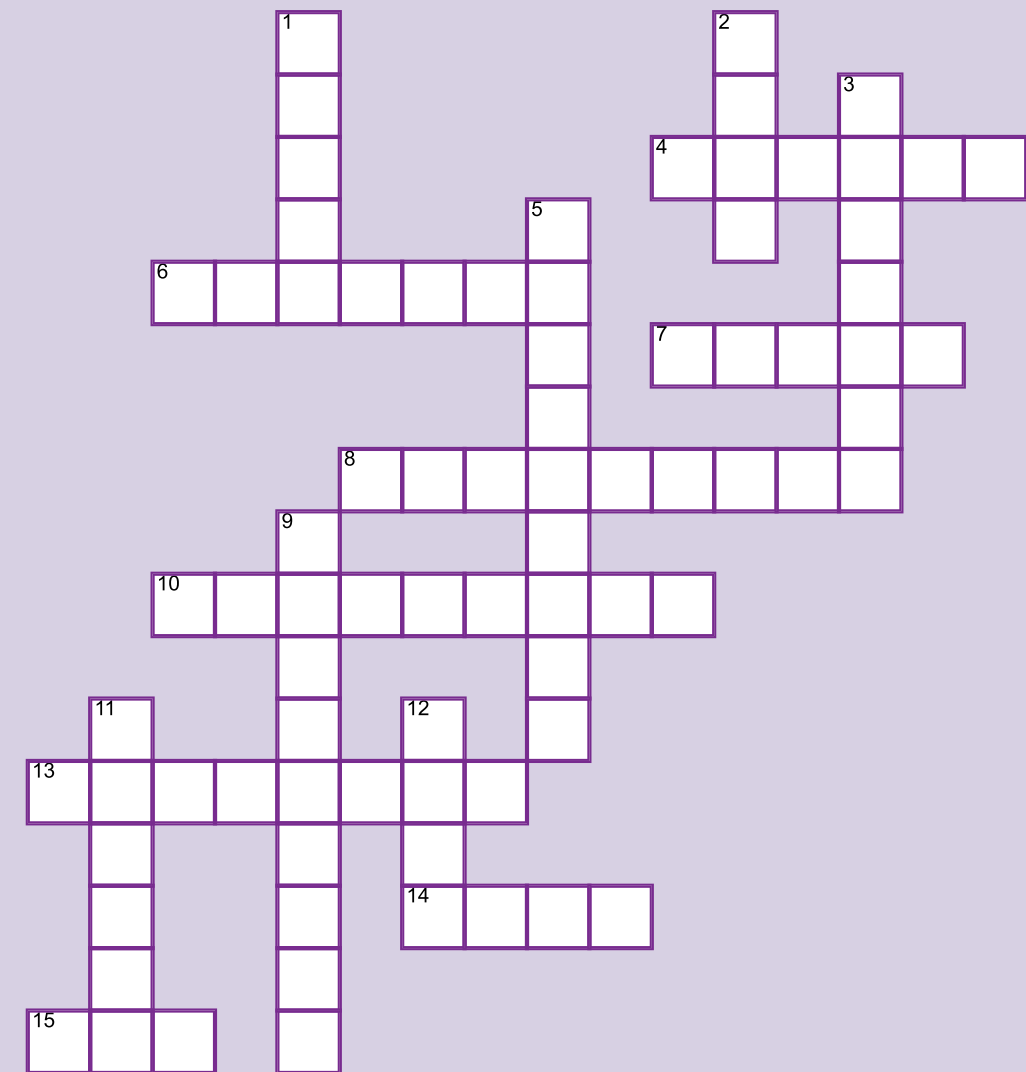
BEADS HAVE BEEN A TRADITION SINCE THE EARLY 1900s

Beads were first thrown by Santa during a parade. It wasn't until a few decades ago that they became synonymous with today's less than savoury means of acquiring them. Participants also throw stuffed animals, toys and more.

MARDI GRAS IS A STATE HOLIDAY IN SOME PLACES

Fat Tuesday is an official state holiday in Alabama, (the home of the first Mardi Gras parade and 2nd biggest current celebration), Florida, and parts of Louisiana. Although it's not a state holiday in Texas, Galveston is home to one of the biggest celebrations in the country!

Use the clues below to complete this crossword! It's harder than it looks – not all the answers are on the previous page! Good luck!



Across

- 4 Decorated platforms pulled by a tractor in a parade
- 6 Fashion of dress for a particular occasion
- 7 A female sovereign or monarch
- 8 Plastic or metal coins thrown from parade floats
- 10 Torches to light the night parade routes
- 13 The season immediately preceding Lent
- 14 A male sovereign or Monarch
- 15 King of Mardi Gras

Down

- 1 Small round pieces of material, for stringing or beading
- 2 Mr. Big Stuff of Mardi Gras
- 3 "Krewe" members who ride on a float
- 5 To have or participate in a party
- 9 Fat Tuesday
- 11 A large public procession
- 12 A covering for all or part of the face

Across 4. Floats, 6. Costume, 7. Queen, 8. Doubloons, 10. Flambeaux, 13. Carnival, 14. King, 15. Rex
Down 1. Beads, 2. Zulu, 3. Maskers, 5. Celebrate, 9. Mardi Gras, 11. Parade, 12. Mask

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LEGEND Orange Fitness Class Purple Special Event Green Excursion Sign Up Cost Required Shuttle Walking		<h2>Mardi Gras Celebrations</h2> <p>Tuesday, March 5th at 3:00PM</p> <p>Join us in Paddles Pub for New Orleans-inspired apps, a cash bar, and a PRIZE for the best Mardi Gras mask!</p>		1 9:15 Carlingwood (L) 9:30 V!VAfit Sit & Stand (VS) 10:15 V!VAfit Strength pre-booked apt. (VS) 2:30 In & Around Town (L) 4:00 Friendly Friday (PP) 7:30 Movie Night (VP)		2 9:30 V!VAfit Exercise of the Month ~ (L) 3:00 V!VAvoyage Matinee (VP) 7:30 Saturday Night Movie (VP)
3 10:30 Crossword Café: Pick up this week's challenge at Concierge (L) 3:00 Musical Matinee ~ (VP) 7:30 Sunday Night Movie (VP)	4 9:30 V!VAfit Sit & Stand (VS) 10:00 Communion followed by Rosary Prayer (CR) 10:15 V!VAfit Strength pre-booked apt. (VS) 11:00 Tri-ominos (PP) 1:30 V!VAfit Senior Fitness pre-booked apt. (VS) 2:30 Banking Bus (L) 7:30 Pet Therapy w/Rosie (PP) 7:30 Cards: Player's Choice (ML)	5 Shrove Tuesday & Mardi Gras 9:15 V!VAfit Combo (VS) 10:30 Knit Wits (ML) 11:00 Walker Repair Clinic (L) 11:15 TED Talk Tuesday (VP) 2:00 V!VAfit Strength pre-booked (VS) 3:00 Mardi Gras Celebrations music, apps & cash bar (PP) 4:00 Topsy Tuesday (PP)	6 9:15 V!VAfit Swim (P) 10:30 V!VAfit Strength pre-booked (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)	7 9:30 Lac Lemay Casino (L) 11:00 Knit Wits (ML) 1:00 Fundraising Euchre \$5/pp (PP) 3:00 Carpet Bowling (VS) 7:30 Musical Entertainment (PP)	8 9:30 V!VAfit Sit & Stand (VS) 10:15 V!VAfit Strength pre-booked apt. (VS) 11:00 Letter Scramble w/ Alison (PP) 2:30 Jeopardy w/ Michaela (CK) 4:00 Friendly Friday (PP) 7:30 Movie Night (VP)	9 9:30 V!VAfit Exercise of the Month ~ (L) 3:00 V!VAvoyage Matinee (VP) 4:00 Sing Song w/Jenn (PP) 7:30 Saturday Night Movie (VP)
10 Spring Forward Daylight savings time begins 10:30 Crossword Café: pick up this week's challenge at Concierge (L) 3:00 Musical Matinee ~ (VP) 7:30 Sunday Night Movie (VP)	11 9:30 V!VAfit Sit & Stand (VS) 10:00 Communion & Rosary Prayer (CR) 10:15 V!VAfit Strength pre-booked apt. (VS) 11:00 Tri-ominos (PP) 3:00 Daylight Savings Time: Fact OR Fiction? (PP) 7:00 Pet Therapy w/Rosie (PP) 7:30 Cards: Player's Choice (ML)	12 9:15 V!VAfit Combo (VS) 10:30 Knit Wits (ML) 11:15 TED Talk Tuesday (VP) 12:15 March Madness Luncheon w/ Lifestyles (CK) 2:00 V!VAfit Strength pre-booked (VS) 4:00 Topsy Tuesday ~ (PP)	13 Denim Day 9:15 V!VAfit Swim (P) 9:30 In & Around Town (L) 10:30 V!VAfit Strength pre-booked (VS) 11:00 Waterside Worship w/Rev Barry (VP) 1:00 Bridge (CK) 2:30 Things I learned on the Web (VP) 7:30 BINGO \$.25 (CK)	14 9:15 Merivale Mall (L) 11:00 Mass w/St.Mary's 11:00 Knit Wits w/Alison (ML) 3:00 March Madness Musical Entertainment (PP) 7:30 New Release Movie Night (VP)	15 9:30 V!VAfit Sit & Stand (VS) 10:15 V!VAfit Strength pre-booked apt. (VS) 11:00 Letter Scramble w/ Alison (PP) 3:00 POP-UP Program w/ Michaela (PP) 4:00 Friendly Friday (PP) 7:30 March Madness Musical Entertainment "A Musical Journey Around Ireland" (VP)	16 9:30 V!VAfit Exercise of the Month ~ (L) 10:00 March Madness Pot of Gold Scavenger Hunt (L, P, PP) 3:00 V!VAvoyage Matinee (VP) 7:30 Saturday Night Movie (VP)

March 2019		WEEKS 4 & 5						Waterside
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
17 St. Patrick's Day Wear your Green 10:30 Crossword Café: pick up this week's challenge at Concierge (L) 3:00 March Madness Musical Entertainment St. Patty's Day Party (PP) 7:30 Sunday Night Movie (VP)	18 9:30 V!VAfit Sit & Stand (VS) 10:00 Communion & Rosary Prayer (CR) 10:15 V!VAfit Strength pre-booked apt. (VS) 11:00 Tri-ominos (PP) 11:30 March Madness Fulton's Pancake House (L) 2:30 Banking Bus (L) 7:00 Pet Therapy w/Rosie (PP) 7:30 Cards: Player's Choice (ML)	19 9:15 V!VAfit Combo (VS) 10:30 Knit Wits (ML) 11:15 TED Talk Tuesday (VP) 12:30 March Madness Lunch & Movie "The Wife" (VP) 2:00 V!VAfit Strength pre-booked (VS) 2:30 March Madness Mad Hatter Craft (CK) 4:00 Tippy Tuesday ~ (PP)	20 First Day of Spring 9:15 V!VAfit Swim (P) 10:30 V!VAfit Strength pre-booked (VS) 11:00 Waterside Communion w/St. James Church (VP) 2:30 March Madness Spring Mad Hatter Tea Party (CK) 1:00 Bridge (CK) 2:30 Things I learned on the Web (VP) 7:30 BINGO \$.25 (CK)	21 9:30 Aromatherapy "Calming Roller Balls" (CK) 11:00 Knit Wits w/Alison (ML) 10:00 In & Around Town (L) 2:30 March Madness Music w/Valley Harmonizers (VP) 5:00 Dinner & Euchre \$10/pp (PP) 7:30 New Release Movie Night (VP)	22 9:30 V!VAfit Sit & Stand (VS) 10:15 V!VAfit Strength pre-booked apt. (VS) 2:30 March Madness Everything Maple Presentation w/ Michaela (VP) 4:00 Friendly Friday (PP) 7:30 Movie Night (VP)	23 9:30 V!VAfit Exercise of the Month ~ (L) 3:00 V!VAvoyage Matinee (VP) 4:00 Sing Song w/Jenn (PP) 7:30 Saturday Night Movie (VP)		
24 10:30 Crossword Café: pick up this week's challenge at Concierge (L) 3:00 Musical Matinee ~ (VP) 7:30 Sunday Night Movie (VP)	25 9:30 V!VAfit Sit & Stand (VS) 10:00 Communion followed by Rosary Prayer (CR) 10:15 V!VAfit Strength pre-booked apt. (VS) 11:00 Tri-ominos (PP) 3:00 Let's Chat w/ Michaela "Fun Facts" (ML) 7:00 Pet Therapy w/Rosie (PP) 7:30 Cards: Player's Choice (ML)	26 9:15 V!VAfit Combo (VS) 10:30 Knit Wits (ML) 11:00 March Mystery Tour (L) 11:00 Smart Care Clothing Display & Sale" (CK) 11:15 TED Talk Tuesday (VP) 2:00 V!VAfit Strength pre-booked (VS) 2:30 Cooking w/Shane (CK) 4:00 Tippy Tuesday (PP)	27 9:15 V!VAfit Swim (P) 10:30 V!VAfit 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 \$.25 (CK)	28 9:30 Baking Cake Pops w/Michaela (CK) 11:00 Knit Wits w/Alison (ML) 2:30 Carpet Bowling (VS) 7:30 New Release Movie Night (VP)	29 9:30 V!VAfit Sit & Stand (VS) 10:00 In & Around Town (L) 10:15 V!VAfit Strength pre-booked apt. (VS) 3:00 March Birthday Party (CK) 4:00 Friendly Friday (PP) 7:30 Movie Night (VP)	30 9:30 V!VAfit Exercise of the Month ~ (L) 3:00 V!VAvoyage Matinee (VP) 7:30 Saturday Night Movie (VP)		
31 10:30 Crossword Café: pick up this week's challenge at Concierge (L) 3:00 Musical Matinee ~ (VP) 7:30 Sunday Night Movie (VP)	<div style="display: flex; justify-content: space-around; align-items: center; padding: 20px;"> <div style="background-color: #f4a460; padding: 20px; border-radius: 15px; text-align: center; width: 40%;"> <p>What did the tree say to spring?</p> </div> <div style="background-color: #f4a460; padding: 20px; border-radius: 15px; text-align: center; width: 40%;"> <p>What a re-leaf!</p> </div> </div>							