

WATERSIDE CELEBRATES  
10 YEARS OF

# Live, Love & Laugh

BY INVITE ONLY!

Community Members, keep an eye out for your invitations!

In addition to our 10th anniversary celebration, we are hosting an exclusive black-tie evening exclusively for our Community Members.

Starting with an hors d'oeuvres and refreshments hour in *Paddles Pub*, featuring Peter Brown on piano followed by an anniversary dining event in *The Shores* dining room.



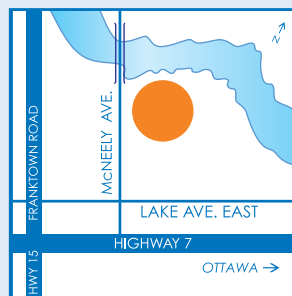
Community Member singing along with Arlene Quinn.

## Nashville Star Performs at Waterside

Last month, local sensation Arlene Quinn performed for a packed *Paddles Pub*. Arlene has been performing in the Ottawa Valley and surrounding area sharing her passion for music with people of all ages, and supporting many fundraisers. Arlene recently travelled to Nashville where she recorded her latest hit, *Jackpot!*, now airing on radio stations across the country. Thank you to Arlene for rushing back from Nashville to play for us.

## Please Note

There is now a \$5 surcharge for *guests only* to Lunch & Movie, and Lunch & Learn events starting this month and every month going forward.



## 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

May 2019

A VIVA RETIREMENT COMMUNITY

Your VIVA Community Newsletter

## Uplifting our Community

Volunteers gathered in the VIVAcraft Kitchen for an afternoon of relaxation and recognition in honour of Volunteer Recognition Week. Delicious sweets and fresh fruit were served along with refreshments for the volunteers in attendance. Waterside is fortunate to have fifty volunteers who have assisted with program planning, activities, bus trips, the Waterside library, administrative tasks, and so much more. We would not be able to provide our amazing services without each and everyone of you.



Volunteer appreciation celebration.



Team Member Carol (centre) celebrates 10 years being a part of the Waterside Team!



Waterside's Executive Chef Shane.



Lights, camera... action!

## Waterside on CTV

Community Members and Team Members were excited when a television crew arrived at Waterside to film our first ever television commercial! From activities in the pool, to playing cards in *Perks! Café*, the energy across Waterside

was so contagious, it could be felt for days as everyone waited for the commercial finally air on CTV. Watch CTV News at Noon or in the evening to catch our new commercials!



Hilda Docker  
Waterside Community Member

# Great People Make Great Communities.

## A profile of Waterside Community Member Hilda Docker

by Mary Cook, Waterside Community Member

No doubt Hilda Docker's childhood had a lot to do with her lifelong dedication to giving back to her community. Born into a close family in St. Catharines of proud Italian heritage, Hilda was the youngest of four children, all of whom were expected to achieve academically and contribute in a meaningful way to the world around them.

Attending a two-room rural school, and then high school in St. Catharines (taking a bicycle to get there) Hilda was well prepared for her first job, working as a junior clerk in a Dodge dealership, and eventually taking over the office to become manager and treasurer. Her love of bookkeeping fit right in with her responsibilities within the thriving dealership. Of course, this was before credit cards, so all transactions going through her hands had to be done through a credit bureau for approval.

All of this, as it turned out, was a stepping stone to her involvement with "Credit Women's International", which took her beyond her home office. When the organization needed a treasurer, she took on the challenge, and not surprisingly, ended up becoming its President.

Her life was to take a new journey when she met her future husband at a YMCA dance, which would lead to a long marriage, four children, an eventual move to Carleton Place, and a total commitment to her new surroundings, offering up decades of volunteering.

Sandy Docker was deep into education, a musician who also harboured the same principles as Hilda. After a whirlwind courtship of four months, the young couple married and settled into Port Colborne where Sandy taught school, and in his spare time played local gigs with his trumpet and bass violin.

He would eventually accept the position of Supervising Principal of Carleton Place Public Schools in an Ottawa Valley town about which both of them knew very little. They built a home across from the Carleton Place High School, saw the birth of four children, and would remain in that house for more than fifty years, until Hilda, after Sandy's death in 2001, would move into Waterside Retirement Community.

It is no surprise that the Docker's four children have all achieved success. Nothing less was expected of them. "We were lucky that our children had a love for learning, and Sandy and I expected them to produce to the best of their abilities" Hilda said.

Elizabeth has taught at the Carleton Place High School for many years, Susan is a web designer, Margaret with a PHD is a Professor at the University of Manitoba and considered a world expert on Lampreys (if you don't know what these are, you will need to ask Hilda!). Ian, who sometimes has to rescue his mother from a computer glitch, sets up computer systems for large corporations, and knows just about everything there is to know about the world of technology.

Running a busy household, looking after four children, and being Sandy's right hand 'man' when needed, would be enough to keep anyone busy and up nights. But for Hilda, she was determined to find time to live up to those expectations imbedded in her by her parents when she was a youngster.

She became involved with the Brownies, was treasurer of the local soccer team, treasurer of the Captain Hooper Chapter IODE, was a commissioner of the Police Services Board, became its secretary, and remained at that post for fifteen years until the local police force was replaced with the OPP.

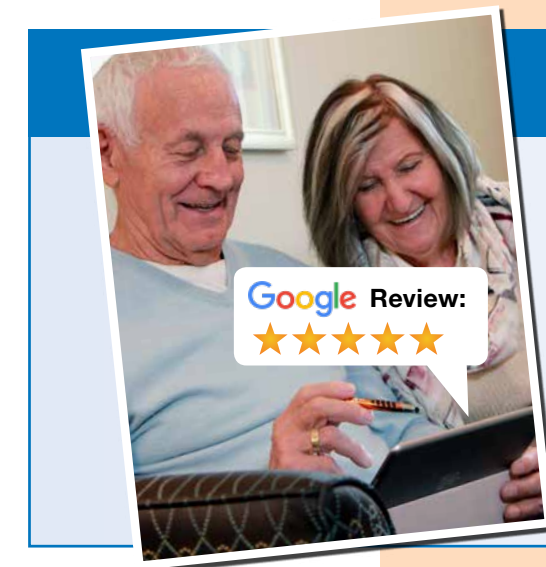
Hilda was also Secretary of Stewards for Zion Memorial Church, and Finance Chair. It was no surprise when the town named Hilda Docker Citizen of the Year in 1998, and celebrated as Senior of the

Year by Waterside Retirement Community in 2014. When Hilda isn't organizing trips for the "Roadsters" she enjoys bridge, and before she decided to take life a little easier, she was an avid golfer and bowler.

Hilda never ever considered any place other than Waterside when she decided she wanted to gear down before her children had to do it for her. For her, it was a wise choice citing the many advantages that came with her move here in 2018. "I've never had a cleaning woman, I have always had to wash my own sheets, cook my own meals, and clean up after. The staff is wonderful, and I cherish the feeling of security I have".

Life at Waterside is a very real change for Hilda Docker, but in some ways, much has stayed the same for someone who has dedicated much of her life to helping others. She has a busy life outside of Waterside, is still very involved in the lives of her children and her seven grandchildren, and is grateful for the good health she enjoys.

If one looks back on Hilda Docker's upbringing, it isn't difficult to see why she has dedicated so much of her life to helping others. Simply put, it's what was expected of her.



## Loving Waterside?

Tell the world by posting a review on Google! Each month, one new review will **WIN a complimentary dinner for 4 at Waterside**. Post your review here:

[vivalife.ca/viva-waterside-review/](https://vivalife.ca/viva-waterside-review/)

Please note: You must have a Gmail or Google account to post a Google review. **Thank you, and good luck!**

May 2019		WEEKS 1, 2 and 3					Waterside
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>LEGEND</b> <b>Orange Fitness Class</b> <b>Purple Special Event</b> <b>Green Excursion</b> Sign Up Cost Required Shuttle Walking	(PC) Perks! Café (PP) Paddles Pub (CR) Charity Room (VP) VIVAplex (VG) Victory Garden (VS) VIVAfit Studio (L) Lobby (ML) Members Library (BG) Brain Gym (CK) VIVAcraft Kitchen (P) Pool		<b>1</b> <b>9:15 VIVAfit Swim (P)</b> <b>10:30 VIVAfit Strength pre-booked(VS)</b> 11:00 Waterside Worship w/ Rev Brian (VP) 1:00 Bridge (CK) <b>2:15 Banking Bus (L)</b>  2:30 Things I learned on the Web (VP) 7:30 BINGO \$.25 (CK)	<b>2</b> <b>10:30 Lunch: Whitewater Brewery &amp;Tour (L)</b>  11:00 Knit Wits (ML) <b>2:30 Cooking w/Shane (CK)</b> 3:00 Hole in One (PP) <b>7:30 Musical Entertainment w/ Hermann (PP)</b>	<b>3</b> <b>9:30 VIVAfit Sit and Stand (VS)</b> <b>10:15 VIVAfit Strength pre-booked apt. (VS)</b> 11:00 Think Tank Word Scramble (PP) 2:15 Hazeldean Mall (L)  4:00 Friendly Friday (PP) 7:30 Movie Night (VP)	<b>4</b> <b>9:30 VIVAfit Exercise of the Month ~ (L)</b> 3:00 VIVAvoyage Matinee ~ Alaska and Yukon's Most Incredible Railroads" (VP) <b>4:00 Sing Song w/Jenn (PP)</b> 7:30 Saturday Night Movie (VP)	
<b>5 Cinco de Mayo</b> Wear your sombreros to lunch! 10:30 Crossword Café: Pick up this week's challenge at Concierge (L) <b>2:30 Musical Entertainment (PP)</b> 3:00 Musical Matinee ~"Roberta" (VP) 7:30 Sunday Night Movie (VP)	<b>6</b> <b>9:30 VIVAfit Sit and Stand (VS)</b> 10:00 Communion followed by Rosary Prayer (CR) <b>10:15 VIVAfit Strength pre-booked apt. (VS)</b> 11:00 Tri-ominos (PP) <b>2:30 Creative Craft ~ (CK)</b> 7:30 Cards: Player's Choice (ML)	<b>7</b> <b>9:15 VIVAfit Combo (VS)</b> 10:30 Knit Wits (ML) <b>11:00 Walker Repair Clinic (L)</b> 11:15 TED Talk Tuesday (VP) <b>2:00 VIVAfit Strength pre-booked (VS)</b> 3:00 Mindful Meditation w/ Alison (ML) 4:00 Topsy Tuesday (PP)	<b>8</b> <b>9:15 VIVAfit Swim (P)</b> <b>9:30 Carlingwood (L)</b>  <b>10:30 VIVAfit Strength pre-booked (VS)</b> 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)	<b>9</b> <b>9:30 In and Around Town (L)</b> <b>10:00 VENDOR: Jewelry by Roz (L)</b> 11:00 Knit Wits (ML) 11:00 Mass w/St. Mary's <b>11:30 Picnic and Tulip Tour (L)</b> <b>1:00 Fundraising Euchre \$5/pp (PP)</b> 3:00 Ladder Ball (VS) 7:30 New Release Movie Night (VP)	<b>10</b> <b>9:30 VIVAfit Sit and Stand (VS)</b> <b>10:15 VIVAfit Strength pre-booked apt (VS)</b> 11:00 Think Tank Twister (PP) <b>2:30 Pet Therapy w/ Rosie (L)</b> <b>3:00 Minute to WIN It FUN (PP)</b> 4:00 Friendly Friday (PP) 7:30 Movie Night (VP)	<b>11</b> <b>9:30 VIVAfit Exercise of the Month ~ (L)</b> 3:00 VIVAvoyage Matinee ~ "Canadian Pacific Heart of the Rockies" (VP) 7:30 Saturday Night Movie (VP)	
<b>12 Happy Mother's Day</b> 10:30 Crossword Café: Pick up this week's challenge at Concierge (L) <b>2:30 Mother's Day Musical Entertainment (PP)</b> 3:00 Musical Matinee ~ "Gigi" (VP) 7:30 Sunday Night Movie (VP)	<b>13</b> <b>9:30 VIVAfit Sit and Stand (VS)</b> 10:00 Communion and Rosary Prayer (CR) <b>10:15 VIVAfit Strength pre-booked apt. (VS)</b> <b>10:30 Banking Bus (L)</b>  11:00 Tri-ominos (PP) <b>2:30 In and Around Town (L)</b> 7:30 Cards: Player's Choice (ML)	<b>14</b> <b>9:15 VIVAfit Combo (VS)</b> <b>10:15 Tour Local Garden Centres (L)</b>  10:30 Knit Wits (ML) 11:15 TED Talk Tuesday (VP) <b>2:00 VIVAfit Strength pre-booked (VS)</b> 3:00 Garden Club ~ Bed Prepping (VG) 4:00 Topsy Tuesday (PP)	<b>15</b> <b>9:15 VIVAfit Swim (P)</b> <b>10:30 VIVAfit Strength pre-booked (VS)</b> 11:00 Waterside Communion w/St. James Church (VP) <b>11:30 Picnic and Tulip Tour (L)</b> 1:00 Bridge (CK) 2:30 Things I learned on the Web (VP) 7:30 BINGO \$.25 (CK)	<b>16</b> <b>9:30 My Own Brew Featuring a Variety of David's Tea (P)</b> 11:00 Knit Wits (ML) 3:00 Carpet Bowling (VS) <b>5:30 Chef's Table Blind Tasting \$55/pp limited seating (PP)</b> <b>7:30 Musical Entertainment (VP)</b>	<b>17</b> <b>9:30 VIVAfit Sit and Stand (VS)</b> <b>10:15 VIVAfit Strength pre-booked apt. (VS)</b> 11:00 Think Tank Urban Legend OR Fact (PP) <b>1:30 Canal Cruise \$27.50/pp (L)</b>  4:00 Friendly Friday (PP)	<b>18</b> <b>9:30 VIVAfit Exercise of the Month ~ (L)</b> 3:00 VIVAvoyage Matinee ~ "A Yellowhead Winter" (VP) <b>4:00 Sing Song w/Jenn (PP)</b> 7:30 Saturday Night Movie (VP)	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>19</b></p> <p>10:30 Crossword Café: Pick up this week's challenge at Concierge (L)</p> <p><b>1:00 Paint w/Janet \$35/pp (PP)</b> 🖌️💰</p> <p>3:00 Musical Matinee ~ "Meet Me in St. Louis" (VP)</p> <p>7:30 Sunday Night Movie (VP)</p>	<p><b>20 Victoria Day</b></p> <p><b>9:30 Independent Exercise VIVAfit Sit and Stand Pick-up @ concierge (L)</b></p> <p>10:00 Communion followed by Rosary Prayer (CR)</p> <p><b>10:15 VIVAfit Strength (Canc) (VS)</b></p> <p>11:00 Tri-ominos (PP)</p> <p>3:00 Queen Victoria Movie Matinee (VP)</p> <p>7:30 Cards: Player's Choice (ML)</p>	<p><b>21</b></p> <p><b>9:15 VIVAfit Combo (VS)</b></p> <p>10:30 Knit Wits (ML)</p> <p><b>10:30 Town Hall Mtg w/ Denise (VS)</b></p> <p>11:15 TED Talk Tuesday (VP)</p> <p><b>2:00 VIVAfit Strength pre-booked (VS)</b></p> <p><b>2:30 In and Around Town (L)</b> 🚗👜💰🖌️</p> <p><b>3:00 Rexall Pharmacy Presents "Healthy Skin Care" (CK)</b></p> <p>4:00 Topsy Tuesday (PP)</p>	<p><b>22 10th Anniversary</b> Black-Tie Celebrations</p> <p><b>9:15 VIVAfit Swim (P)</b></p> <p><b>10:30 VIVAfit Strength pre-booked apt. (VS)</b></p> <p>11:00 Waterside Worship (VP)</p> <p>1:00 Bridge (CK)</p> <p>2:30 Things I learned on the Web (VP)</p> <p><b>4:00 10th Anniversary to Hors d'oeuvre and bar (PP)</b></p> <p><b>7:30 Entertainment (L)</b></p> <p>7:30 BINGO \$.25 (CK)</p>	<p><b>23 Planting Day</b></p> <p>10:00 Garden Club Waterside Veggie and Flower Garden Planting (VG)</p> <p>11:00 Knit Wits (ML)</p> <p><b>2:30 Washer Toss w/ Michaela (VG)</b></p> <p>7:30 New Release Movie Night (VP)</p>	<p><b>24</b></p> <p><b>9:30 VIVAfit Sit and Stand (VS)</b></p> <p><b>10:15 VIVAfit Strength pre-booked apt. (VS)</b></p> <p><b>2:30 Pet Therapy w/ Rosie (L)</b></p> <p><b>3:00 Musical Entertainment w/ Vintage Fiddlers (PP)</b></p> <p>4:00 Friendly Friday (PP)</p> <p>7:30 Movie Night (VP)</p>	<p><b>25</b></p> <p><b>9:30 VIVAfit Exercise of the Month ~ (L)</b></p> <p>3:00 VIVAvoyage Matinée~ "Winter Steam Spectacular" (VP)</p> <p>7:30 Saturday Night Movie (VP)</p>
<p><b>26</b></p> <p>10:30 Crossword Café: pick up this week's challenge at Concierge (L)</p> <p>3:00 Musical Matinee ~ "Mary Poppins" (VP)</p> <p>7:30 Sunday Night Movie (VP)</p>	<p><b>27</b></p> <p><b>9:30 VIVAfit Sit and Stand (VS)</b></p> <p>10:00 Communion followed by Rosary Prayer (CR)</p> <p><b>10:15 VIVAfit Strength pre-booked apt. (VS)</b></p> <p>11:00 Tri-ominos (PP)</p> <p><b>3:00 Let's Chat with Alison</b></p> <p>7:30 Cards: Player's Choice (ML)</p>	<p><b>28</b></p> <p><b>9:15 VIVAfit Combo (VS)</b></p> <p>10:30 Knit Wits (ML)</p> <p>11:15 TED Talk Tuesday (VP)</p> <p><b>2:00 VIVAfit Strength pre-booked (VS)</b></p> <p><b>2:30 In and Around Town (L)</b> 🚗👜💰🖌️</p> <p>4:00 Topsy Tuesday (PP)</p>	<p><b>29</b></p> <p><b>9:15 VIVAfit Swim (P)</b></p> <p><b>10:30 VIVAfit Strength pre-booked apt (VS)</b></p> <p>11:00 Waterside Worship (VP)</p> <p>1:00 Bridge (CK)</p> <p>2:30 Things I learned on the Web (VP)</p> <p><b>7:00 Paint w/Janet \$35/pp (PP)</b> 🖌️💰</p> <p>7:30 BINGO \$.25 (CK)</p>	<p><b>30</b></p> <p><b>10:30 Mystery Tour and Picnic (L)</b> 🚗👜🖌️</p> <p>11:00 Knit Wits w/Alison (ML)</p> <p><b>12:30 Lunch and Movie "Vice" \$5/guest</b> 🖌️💰 (VP)</p> <p>3:00 Carpet Bowling (VS)</p> <p>7:30 New Release Movie Night (VP)</p>	<p><b>31</b></p> <p><b>9:30 VIVAfit Sit and Stand (VS)</b></p> <p>10:00 <b>In and Around Town (L)</b> 🚗👜💰🖌️</p> <p><b>10:15 VIVAfit Strength pre-booked apt. (VS)</b></p> <p><b>2:30 Pet Therapy w/ Rosie (PP)</b></p> <p><b>3:00 May Birthday Party (CK)</b></p> <p>4:00 Friendly Friday (PP)</p> <p>7:30 Movie Night (VP)</p>	



\*Calendars are subject to change.