



Michaela and her spouse.

## Team Member Profile | Michaela Pilote

My first time here at Waterside – A VIVA Retirement Community, I was doing co-op with Algonquin College studying Recreation & Leisure. It was December of 2015, and we had so many thoughtful donations from the Community Members for Christmas presents for the Angel Tree for Kids campaign. The Community needed someone to dress up as Santa for a photo, and I volunteered – little did I know I was featured in the following month’s Community newsletter, *The Waterside Wave*!

A few little quick facts about me: I ADORE maple syrup! My dad and grandpa tap over 13,000 maple trees each season. You may see me eating yogurt with maple syrup, white rice with maple syrup, and even spaghetti with maple syrup. With all that sugar-energy: I love to make my own outfits, rebuild car engines, and go for a ride on my ATV.

I’m so grateful for all I’ve learned over the years, and now, as the Lifestyles Manager I’m still learning every day. I’m so happy to be part of the Team at Waterside, and part of the VIVA family.

## National Vinyl Record Day

For the second year in a row, Community Members and Team Members got together around a record player listening to classic tunes on vinyl, in what has become a Waterside tradition in celebration of National Vinyl Day. This year, we complimented the warm sounds of vinyl records with scones and piping hot tea.



Team Members “all jazzed up”.



Holding up their favourite records.

## Jams and Jellies

On August 10th, Community Members enjoyed a wide variety of jams and jellies in the VIVAcraft Kitchen sampling a variety of local homemade jams and jellies. Little did they know the “Cherry Chardonnay Jam” wasn’t just a name but was actually made with chardonnay!



Gladys with Jam samples

### ACTIVE AGING WEEK

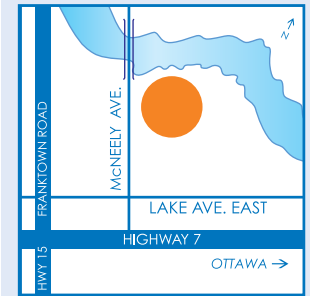
SEPTEMBER 13TH – 18TH

You don’t want to miss out this year! Be sure to sign up for the walk on Wednesday, September 16th at 10:30am (with custom shirts!)

We are focusing on the benefits of water, wine, healthy snacks, and meditation just to list a few.

## Hawaiian Day

Bursts of color, grass skirts and floral lays transformed Paddles Pub into “The Waterside Palms” to celebrate Hawaiian Day. Hawaiian pizza was served for lunch, and upside-down pineapple cake for a snack as we Community Members enjoyed festive games.



## Making Today Great!

Waterside – A VIVA Retirement Community

105 McNeely Ave. Carleton Place, Ontario  
 thewaterside.ca (613) 253-2010 Find us on





# AUTUMN WORD SEARCH

## FIVE FALL FOLIAGE FACTS

**1** Although we notice the leaves change color in the fall, the red, orange and yellow pigments are actually present in leaves all year round! The only difference is that during other seasons, the pigments are primarily underneath the leaves' surface.

**2** The reason these beautiful colors come out in the fall has to do with the change in sunlight. As the summer sun starts to die down, the chemical chlorophyll breaks down, which brings out the hidden colors.

**3** Some suspect that global warming may have a negative impact on fall foliage, since part of the reason leaves change has to do with the change in temperature.

**4** A leaf's color is typically a result of the species of tree it can be found on – for example, the leaves on aspen trees are generally a golden yellow during the fall months.

**5** Leaves that fall to the ground during this time of year are extremely important for the ecosystem, as they become a form of protection for tree seeds as they germinate during the winter.

G O S T D P M R E K L K V E A M R E D V M A S A Q  
 E Y B A B E G K Z O Q N P P P G S Z I R Z C P J B  
 N Z P E U F A N N J C K Q J P J X W Q N J O V S Z  
 C K S L O T B C K K I R X G L Q Z H P K Y R V J P  
 J I J H F W U D L M D C E T E Z M H K J X N C M J  
 L W F G Q O Y M B X E N O H S H T Y H D W S O E J  
 E O M I L D M D N N R B L B G I I E H Z C V L W G  
 Y F K G L E D W C B L Q E Z W M L B I A A K O G E  
 U Z P J A F A X R H X D G E O C F A R B Y P U H E  
 S J U B Q S D V M W L Y D B A H O R B O Q W R Q T  
 I R F O H B E O E B M O W Z F W H W Y O W Y S K R  
 H Z O W A A T H O S T F R O B K P A L M U N D T E  
 H I E B R F T E R L M Q O O F P D S Y I K R H M E  
 S C T B V A O X G A N Q W X P I I T M R D L D W S  
 O A I Z E N W R R I K E Y Z L H S G V O I F V A F  
 O Y M U S T Y C A R G E D I O D Y Z M K N D G R Y  
 N X G R T I E R H N O Y P J V I D L E E A L E J A  
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 K P D D F O O D Y G D L C W K P R A E Q R V X G Z  
 K S C P R L W Z I C Z U Y V N S K Z L I U Z F S B  
 G L X B L I R L C Y J M M O P E Z I I D V J N C E  
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 P B G Z B E C N F T P V T G C R U N C H W N H R C

- |             |         |        |        |       |
|-------------|---------|--------|--------|-------|
| Chlorophyll | Hayride | Orange | Chilly | Red   |
| Labour      | Foliage | Autumn | Brown  | Trees |
| Day         | Pumpkin | Leaves | Crunch | Hay   |
| Pigment     | Colours | Acorns | Cider  |       |
| Harvest     | Yellow  | Apples | Rake   |       |

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>LEGEND</b></p> <p><b>Orange</b> Fitness Class</p> <p><b>Purple</b> Special Event</p> <p><b>Green</b> Excursion</p> <p> Sign Up</p> <p> Cost Required</p> <p> Shuttle</p> <p> Walking</p>	<p>(PC) Perks! Café</p> <p>(PP) Paddles Pub</p> <p>(S) Spa</p> <p>(VP) V!VAplex</p> <p>(VG) Victory Garden</p> <p>(VS) V!VAfit Studio</p> <p>(L) Lobby</p> <p>(ML) Members Library</p> <p>(BG) Brain Gym</p> <p>(CK) V!VAcraft Kitchen</p> <p>(CR) Charity Room</p> <p>(P) Pool</p>	<p><b>1</b></p> <p>9:30 Online Shopping (PP)</p> <p>10:00 Tri-ominos (PP)</p> <p>10:15 Mindful Meditation (VP)</p> <p>11:15 TED Talk Tuesday (VP)</p> <p><b>2:30 Easy Listening: Vinyl Records (VP)</b></p> <p>3:00 Topsy Tuesday (PP)</p>	<p><b>2</b></p> <p>9:30 Jokes w/Julie (PP)</p> <p><b>10:00 V!VAfit Strength *pre-booked apt w/Michaela*(VS)</b></p> <p>10:30 Think Tank (PP)</p> <p>10:30 Waterside Online Worship (VP)</p> <p><b>2:00 V!VAfit Walk &amp; Stroll w/Sue (L)</b></p> <p>2:30 Things I learned on the Web (VP)</p> <p><b>7:30 BINGO (VP)</b> </p>	<p><b>3</b></p> <p>10:00 Guess Who! (PP)</p> <p>10:30 Knit Wits (ML)</p> <p><b>2:00 V!VAfit Strength *pre-booked apt w/Michaela*(VS)</b></p> <p><b>2:30 Apple-licious Cider Brew (PP)</b></p> <p>7:30 Movie Night (VP)</p>	<p><b>4 Tie-Dye Day</b></p> <p><b>9:30 V!VAfit Sit &amp; Stand (VS)</b></p> <p>10:15 Mindful Meditation (VP)</p> <p>10:30 Brain Boosters (VP)</p> <p><b>2:30 Hydro Dipping &amp; Tie Dye (VG)</b> </p> <p>3:00 Friendly Friday (PP)</p> <p>7:30 Movie Night (VP)</p>	<p><b>5</b></p> <p><b>9:30 V!VAfit Exercise of the Month ~ (L)</b></p> <p><b>2:00 BINGO (VP)</b> </p> <p>7:30 Saturday Night Movie (VP)</p>
<p><b>6</b></p> <p>10:30 Crossword Café: Pick up this week's challenge at Concierge (L)</p> <p><b>2:00 National Read a Book Day (ML) Grab a new book and start reading!</b></p> <p>2:30 Movie Matinee (VP)</p> <p>7:30 Sunday Night Movie (VP)</p>	<p><b>7 Labor Day</b></p> <p>10:00 Tri-ominos (PP)</p> <p><b>10:30 V!VAfit Sit &amp; Stand w/Michaela (VS)</b></p> <p><b>2:00 V!VAfit Strength Cancelled //</b></p> <p>2:30 Knit Wits (ML)</p> <p>7:30 Monday Movie Night (VP)</p>	<p><b>8</b></p> <p>9:30 Online Shopping (PP)</p> <p>10:00 Tri-ominos (PP)</p> <p>10:15 Mindful Meditation (VP)</p> <p>11:15 TED Talk Tuesday (VP)</p> <p><b>12:30 Harvest Picnic w/Lifestyles (VP)</b> </p> <p><b>2:30 Harvest Crafts (CK)</b> </p> <p>3:00 Topsy Tuesday (PP)</p>	<p><b>9</b></p> <p><b>10:00 V!VAfit Strength *pre-booked apt w/Michaela*(VS)</b></p> <p><b>10:30 Fall Scavenger Hunt – Prizes at the end (L &amp; P Level)</b></p> <p>10:30 Waterside Online Worship (VP)</p> <p><b>2:00 V!VAfit Walk &amp; Stroll w/Sue (L)</b></p> <p><b>2:30 Name That Tune (VP)</b> </p> <p><b>7:30 BINGO (VP)</b> </p>	<p><b>10 National School Picture Day</b></p> <p>10:00 Truthful Trivia (PP)</p> <p>10:30 Knit Wits (ML)</p> <p><b>11:00 Who's Who? School Pictures (L)</b></p> <p><b>2:00 V!VAfit Strength *pre-booked apt w/Michaela*(VS)</b></p> <p><b>2:30 Apple-licious Pie (PP)</b></p> <p>7:30 Movie Night (VP)</p>	<p><b>11</b></p> <p><b>9:30 V!VAfit Walk &amp; Stroll w/Julie (L)</b></p> <p>10:15 Mindful Meditation (VP)</p> <p>11:00 Think Tank (PP)</p> <p><b>2:30 Name That Tune (VP)</b> </p> <p>3:00 Friendly Friday (PP)</p> <p>7:30 Movie Night (VP)</p>	<p><b>12</b></p> <p><b>9:30 V!VAfit Exercise of the Month ~ (L)</b></p> <p><b>2:00 BINGO (VP)</b> </p> <p><b>3:00 Musical Entertainment (VG)</b></p> <p>7:30 Saturday Night Movie (VP)</p>
<p><b>13 Grandparents Day</b></p> <p>10:30 Crossword Café: Pick up this week's challenge at Concierge (L)</p> <p><b>11:00 Celebrating the Grandparents! Get your polaroid photo by Julie (L)</b></p> <p>2:00 Afternoon Waterside Online Worship (VP)</p> <p>7:30 Sunday Night Movie (VP)</p>	<p><b>14</b></p> <p><b>9:30 V!VAfit Sit &amp; Stand (VS)</b></p> <p><b>10:15 Active Aging Presentation w/Michaela (VP)</b></p> <p>11:15 TED Talk Monday (VP)</p> <p><b>2:00 V!VAfit Strength *pre-booked apt w/Michaela*(VS)</b></p> <p><b>2:15 Active Aging Mindful Meditation (VP)</b></p> <p>2:30 Knit Wits (ML)</p> <p>7:30 Monday Movie Night (VP)</p>	<p><b>15 Floral Day</b></p> <p>9:00 Online Shopping (PP)</p> <p>9:30 Zen Coloring (CK)</p> <p>10:00 Tri-ominos (PP)</p> <p><b>10:30 Healthy Morning Snacks w/Julie (PP)</b></p> <p><b>2:30 Wine &amp; Cheese Afternoon (PP) *must sign up*</b> </p> <p>3:00 Topsy Tuesday (PP)</p>	<p><b>16</b></p> <p>9:15 Think Tank (PP)</p> <p><b>9:30 Smoothies w/Julie (PP)</b></p> <p><b>10:30 Active Aging Walk of Aegis (L) 1km, 2km &amp; 5km \$10/t-shirt</b> </p> <p><b>2:30 The Silent Challenge (L)</b></p> <p><b>7:30 BINGO (VP)</b> </p>	<p><b>17</b></p> <p>10:00 Pictionary (PP)</p> <p>10:30 Knit Wits (ML)</p> <p><b>2:00 V!VAfit Strength *pre-booked apt w/Michaela*(VS)</b></p> <p><b>2:30 Apple-licious Crumble &amp; Ice Cream (PP)</b></p> <p><b>6:45 Radio BINGO (PC) \$3 for 3 cards \$6 for 6 cards MUST pay by Sept 13th</b> </p> <p>7:30 Movie Night (VP)</p>	<p><b>18</b></p> <p><b>9:30 V!VAfit Sit &amp; Stand (VS)</b></p> <p><b>10:15 Active Aging Mindful Meditation (VP)</b></p> <p>11:00 Brain Boosters (VP)</p> <p><b>2:30 Musical Entertainment (VP)</b></p> <p>3:00 Friendly Friday (PP)</p> <p>7:30 Movie Night (VP)</p>	<p><b>19</b></p> <p><b>9:30 V!VAfit Exercise of the Month ~ (L)</b></p> <p><b>2:00 BINGO (VP)</b> </p> <p>7:30 Saturday Night Movie (VP)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>20</b> 10:30 Crossword Café: Pick up this week's challenge at Concierge (L) 2:30 Movie Matinee (VP) 7:30 Sunday Night Movie (VP)	<b>21</b> 9:30 <b>V!VAfit Sit &amp; Stand (VS)</b> 10:15 Mindful Meditation (VP) 2:00 <b>V!VAfit Strength *pre-booked apt w/ Michaela*(VS)</b> 2:30 Knit Wits (ML) 3:00 <b>Easy Listening: Vinyl Records (VP)</b> 7:30 Monday Movie Night (VP)	<b>22 First Day of Autumn</b> 9:00 Online Shopping (PP) 10:00 Tri-ominos (PP) 10:30 <b>Garden Club Meeting (VG)</b> 11:15 TED Talk Tuesday (VP) 2:30 <b>Musical Entertainment w/ Tea &amp; Treats (VG)</b> 3:00 Topsy Tuesday (PP)	<b>23</b> 10:00 <b>V!VAfit Strength Cancelled //</b> 10:00 <b>Smoothies w/Julie (PP)</b> 10:30 Waterside Online Worship (VP) 2:00 <b>V!VAfit Walk &amp; Stroll w/Sue (L)</b> 2:30 Things I learned on the Web (VP) 7:30 <b>BINGO (VP)</b>	<b>24</b> 10:00 Heads Up! (PP) 10:30 Knit Wits (ML) 11:00 <b>V!VAfit Walk &amp; Stroll w/Julie (L)</b> 2:00 <b>V!VAfit Strength Cancelled //</b> 2:30 <b>Apple-licious Apple Sauce (PP)</b> 7:30 Movie Night (VP)	<b>25</b> 9:30 <b>V!VAfit Sit &amp; Stand w/Alison</b> 10:15 Mindful Meditation (VP) 11:00 Think Tank (PP) 3:00 <b>Birthday Party Friday (VP)</b> 3:00 Friendly Friday (PP) 7:30 Movie Night (VP)	<b>26</b> 9:30 <b>V!VAfit Exercise of the Month ~ (L)</b> 2:00 <b>BINGO (VP)</b> 7:30 Saturday Night Movie (VP)
<b>27</b> 10:30 Crossword Café: Pick up this week's challenge at Concierge (L) 2:30 Movie Matinee (VP) 7:30 Sunday Night Movie (VP)	<b>28</b> 9:30 <b>V!VAfit Sit &amp; Stand (VS)</b> 10:15 Mindful Meditation (VP) 11:00 <b>Community Member Forum w/Alison (VP)</b> 2:00 <b>V!VAfit Strength *pre-booked apt w/ Michaela*(VS)</b> 2:30 Knit Wits (ML) 3:00 <b>Afternoon Tea &amp; Treats w/Julie &amp; Sue (CK)</b> 7:30 Monday Movie Night (VP)	<b>29 National Coffee Day</b> 9:00 Online Shopping (PP) 9:30 <b>Around the World Coffee (L, PC)</b> 10:00 Tri-ominos (PP) 11:15 TED Talk Tuesday (VP) 2:30 <b>Jeopardy (PP)</b> 3:00 Topsy Tuesday (PP)	<b>30</b> 9:15 Zen Coloring (CK) 10:00 <b>V!VAfit Strength *pre-booked apt w/Michaela*(VS)</b> 11:00 Hymn Sing w/Jim Ryan (VP) 2:00 <b>V!VAfit Walk &amp; Stroll w/Sue (L)</b> 2:30 Things I learned on the Web (VP) 7:30 <b>BINGO (VP)</b>			

What do you call a car being driven by a lamb in a swimsuit?

A "lamb-bikini".