The Word at Waterside
March 2024

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Around Waterside

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General Manager’s Message:

‘Leaping’ from February into March … those 29 days flew by!

It’s that time of year, Resident Satisfaction Survey. You will have seen our new electronic survey around Waterside, please take a minute to answer the questions. It will be in different locations with new questions so keep an eye out for our OMBEA tablet and let us know how we are doing at Waterside. Your feedback is essential into how we can improve as well as what we need to continue doing well!

As always, my door is always open, Nina
Wellness Manager’s Message:

March is Brain Health Awareness Month. It’s a month to remind us to take care of our brains because our brains control everything in our bodies.

Healthy habits like eating nutritious food, regular exercise to improve blood flow to the brain and learning new things are just a few ways to take care of our brains. Reading, writing, singing and creating arts and crafts are common ways to keep our brains active.

Protecting our brains is also very important for brain health. Falls are the leading cause of brain injury. Start the habit of being aware of your surroundings inside and outdoors to prevent falls from happening.
Culinary News:
Valentine’s Day Lunch
(a celebration of love and friendship)

Valentine's Day was a memorable occasion at Waterside! We decided to spread the love by distributing delightful goodies to our residents. The afternoon was filled with fantastic entertainment from Tom Zinn, accompanied by indulgent ice cream sundaes to sweeten the day even further. To cap off the festivities, our residents were treated to a special dinner prepared by our dietary staff, ensuring the day ended on a high note with more delectable treats. The atmosphere was brimming with love and warmth, providing a wonderful opportunity for our residents to celebrate with friends and family.
Social News for March
Krishna, Recreation Coordinator
February recap

In February, Waterside offered a variety of activities for residents to enjoy. Entertainment included performances by Brian Richard, Dan Skelcher, Eric Kid, and Tim Zinn. Art classes and Valentine's Day crafts provided creative outlets, while bus outings took residents to popular destinations. Resident-Run Coffee Socials fostered community connections, and baking classes with Krishna satisfied culinary interests. The Valentine's Day celebration featured treats and an Ice Cream Sundae Bar, adding a special touch to the month's festivities.
Upcoming Events
Krishna, Recreation Coordinator
Events and programs to look forward to in the month of March

- International women's Day celebration: Inspire Inclusiveness Social
- 50/50 Draw for Women & Children Shelter (From 1st March to 20th March)
- Tea Party & Coffee Social
- Chair Yoga and Fun Active Games with Krishna
- Manicure Session, Baking Irish Treats, Irish Knowledge Quiz & Puzzles and lots of March Themed Celebrations
- Math Madness Riddles for Einstein’s Birthday
- Art with Lisa
- Entertainment: Sound Reflection, The Piano Man, Tom Zinn, Opp Chorus, Library Concert

Celebrate St. Patrick's Day by immersing yourself in Irish culture and enjoying a variety of engaging activities throughout the month!

And much much more!
A Good News Story:

"Waterside Residents' Art Graces Stonebridge Gallery"

Waterside residents have proudly showcased their artistic talent at the esteemed Stonebridge Art Gallery with their beautiful creations now adorning its walls. During a recent visit to the gallery, residents and friends rejoiced in seeing their artwork displayed, marking a moment of celebration for their hard work and dedication. “We’re thrilled to witness our residents' artwork showcased in such a prestigious gallery" expressed at Waterside. "Their creativity and commitment are truly inspiring."

The outing brought smiles and camaraderie, as residents enjoyed the recognition of their artistic achievements among friends and supporters. Their artwork serves as a testament to the vibrant community spirit and the transformative power of creativity, illuminating the gallery with joy and pride.
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Art Display in Stonebridge Gallery

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A Good News Story:

Cheers to Krishna and Colleen on their Career Milestones!

Amidst the bustling corridors of Waterside, we want to take a moment to applaud the outstanding achievements of two exceptional individuals: Krishna and Colleen!

Krishna, our vibrant Recreation Coordinator, has recently conquered a significant professional milestone by successfully passing her physiotherapy license exam. Her dedication to improving the well-being of our residents has always been evident, and now, as she sets her sights on furthering her career in physiotherapy, we have no doubt that she will continue to excel and positively impact the lives of many.

Colleen, our hardworking Administrative Assistant, began her career journey as a housekeeper at Waterside. With incredible resilience and determination, she steadily climbed the ladder, showcasing her dedication every step of the way. Now, as she takes on the responsibility of overseeing payroll operations at our Home Office, Colleen truly epitomizes the values of hard work and perseverance.

Though their departure leaves a void in our community, we celebrate their accomplishments with pride and joy, as they embark on new adventures and embrace fresh challenges, we extend our heartfelt wishes for continued success and fulfillment in all their future endeavors. Waterside will forever cherish the contributions of Krishna and Colleen, and we eagerly anticipate the positive impact they will undoubtedly make in their future endeavors.
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Shopping Trips

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Fun Socials

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