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General Manager's Message:

Spring is in the air!

We have just completed our parking lot clean up of the Winter salt and sand, and are looking forward to filling our outdoor planters with lots of Spring colours this month however I have always been told by our Green Thumbs to “never to plant until after May 24”.

Watch this space for our official Courtyard opening!!

Stay safe and keep well ... *Nina*



Culinary News :

Many congratulations to Beth, moving into the Administrative Assistant position !

We welcome Genna and Layne to our team.

We are excited to soon be sharing our Spring and Summer menu. It has many new dishes and as always, we appreciate your feedback

New



Menu

New



Menu

Wellness Manager's Message by Julie :

May is Mental Health Awareness month, an important time to focus on mental well being.

Did you know?

1 in 5 people will suffer from some form of mental illness in any given year - 38% of Canadians will experience a mental illness before the age of 15 - 50% of Canadians will have or have had a mental illness by the age of 40.

These simple little things can help to improve your mental health

sing and dance - drink enough water daily - eat healthy foods - go for a walk - talk to a friend - journal about your feelings

Be kind to your mind, your mental health matters!

Julie



Social News
Sarah, Recreation Coordinator

Thank you to the Waterside Retirement Lodge Residents for making a difference, they chose to donate the Christmas gift fund to charity. The charity of choice was the Salvation Army. The OPP Chorus gave us a fabulous performance and accepted the very generous donation



Upcoming Events

Sarah, Recreation Coordinator

Events and programs to look forward to in June

- Entertainment with Piano Man, Rick Groves, Eric Kidd
- Butterfly Kisses Program
- Art Therapy with Lisa
- The Green Thumbs Club
- Nuts for Knitting and Crochet Club

And much much more!





A Good News Story :

Did you know that Waterside Retirement Lodge sponsors a curling league in Elmvale ?

On April 5th, the Friday Senior Waterside Retirement Lodge Curling League finished their 2023-24 season with an exciting playoff followed by a celebration lunch



Another Good News Story :

The 1st Wasaga Beach Embers came to Waterside Retirement Lodge to earn their Foodie badge. Thanks to Midnight Owl (aka Nicole, PSW/Resident Attendant) and Connie, Culinary Manager.

"What a wonderful opportunity our Embers were given to earn their Foodie Discovery Badge. The requirements were to go on a field trip, connect with a female in the industry, to make something and share the experience with their unit. It was a rewarding and fun filled experience - Christine Forbes, Golden Owl"

May 2024

Celestial Celebrations

On April 8th, the residents at Waterside watched for the moon & the sun (wearing glasses of course), although Mother Nature didn't support our event by sending clouds, we sure had fun :

- Cosmic Bingo
- Photo Booth
- Moon rock painting
- Punch & cookies



Birthdays

Margaret P.	May 9
William S.	May 10
Eric T.	May 11
Penny D.	May 26

Team Members

Scott D.	May 2
Monique R.	May 13
Stephanie B	May 14
Alisa T.	May 16
Gertrude K.	May 18
Alyssa G.	May 19
Laura S.	May 23
Andrea K.	May 30

