

May 2024



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In This Month's Issue...

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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







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!









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!





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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



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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"

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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

WATERSIDE

Retirement Lodge Inc.

Punch & cookies



WATERSIDE Retirement Lodge Inc.

The Word at Waterside

May 2024





Margaret P. May 9

William S. May 10

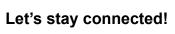
Eric T. **May 11**

May 26 Penny D.

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**









May 23

May 30

Laura S.

Andrea K.