

RIDEAU REVIEW



**Owned and Operated by
Chalmers Foundation**

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Message From CEO



To Our Residents, Families, and Friends

As we welcome the month of May and the warmer weather it brings, I'd like to take a moment to connect with you all and share a few important updates and reflections. First, a gentle reminder to all residents and their families to ensure that insurance coverage for your suites is up to date. This is an important part of ensuring everyone's peace of mind and safety.

Our Recreation Department has a wonderful lineup of summer events in store, which we'll be announcing over the coming months. One exciting new initiative is the introduction of therapy dog visits, which will begin this year and continue over the next 11 months. These visits will be held regularly in our activity room and are sure to bring joy and comfort to our residents.

Over the past month, as I've spent time in our dining room, I've been reminded once again of the richness and diversity of our community. The conversations I overhear and engage in reflect a wealth of life experience—from former judges and nurses to everyday heroes who've shaped their communities in countless ways. What a privilege it is to be part of such a vibrant and thoughtful group of individuals.

I would also like to highlight that The Chalmers Foundation, which supports our residence, is a not-for-profit charitable foundation that receives no provincial and federal government subsidies. We are deeply grateful to residents and families who have contributed through donations. These funds go directly toward resident programs and events at Rideau Retirement Residence, or as designated by the donor. Your continued generosity truly makes a difference, and I thank each of you who has supported our mission.

Finally, on behalf of the Chalmers Foundation and all the staff at Rideau, we wish everyone a very Happy Mother's Day on Sunday May 11th, 2025. Please remember to reserve your family lunch or dinner as soon as possible, as space is limited. From myself and the entire Rideau team, we wish you all the very best this spring season.

Jag Sangha,
CEO





A Friendly Reminder: Being a Good Neighbour at Rideau

Being a Good Neighbour at Rideau : Being a good neighbor means following the rules and guidelines that help keep Rideau a safe, comfortable, and respectful place to live—for you and everyone around you.

Shared Spaces, Shared Responsibility : Please tidy up after yourself in all common areas like the dining room, lounge, garden, and washrooms. That includes using garbage bins provided and not leaving behind packaging, cups, or personal belongings. Keeping shared spaces clean helps everyone enjoy a welcoming, clutter-free environment.

Respect Your Neighbor : We all value our routines and personal space. It's also important to use words to express care or appreciation rather than physical gestures like hugs or touches—these may feel uncomfortable or intrusive to others. Respect extends to property as well. Whether it's someone's door decorations or garden displays, please admire without touching or removing them. These personal touches are meaningful and should always be left in place.

A Smoke-Free Environment : Rideau has a strict no smoking policy in accordance with provincial regulations. Smoking is not permitted anywhere inside the building or in the residence except in the designated smoking area. This area must be used at least 3 meters away from any public doorway, window, or air intake as per the provincial regulations.

Take Pride in Your Personal Space : Keeping your suite clean isn't just about tidiness—it's also about your wellbeing and the overall health of our community. Our housekeeping team provides light cleaning, but they cannot work efficiently around clutter, garbage, or leftover food. Please ensure your space is maintained in a way that allows them to do their job. Regular cleaning helps keep our building rodent-free and supports your mental and emotional wellness. A clean space can ease stress and promote a sense of calm and control.

Kindness Is Catching : A warm hello, a helping hand, or simply listening with patience—these small acts of kindness often mean the most. At Rideau, every smile and thoughtful gesture contributes to the caring community we're proud to be part of.



Daily Dining Time Updates

Breakfast	7:30 -10am
Lunch	11:30 - 12:15 12:30 - 1:15
Breakfast	4:30 - 5:15 5:30 - 6:15

Community Relations Message

This month we are excited to be involved in planning events in our community to celebrate seniors. Watch for exciting updates on events both internally and externally that will be available to you as residents and families/friends of residents as we work towards truly honouring our seniors moving towards Seniors week in June. Seniors week is June 2nd to 8th and we want to make sure that you all get access to programs and celebrations that are happening not just here at Rideau but out in the community of Burnaby. Internally, of course, we have many new residents this month and will welcome a few more in May. Krit has been very busy enhancing our online presence and posting regular updates of our activities and events and we will be doing some fun stuff coming up. If you would like to be involved, we would love to have you participate. We will be looking for volunteers to participate in our upcoming social media campaign. Ask for Krit or talk to Tony/Jaily in recreation to get involved.

Lianne McGarrity

Community Relations Manager



HAPPY BIRTHDAY



Eva | May 1



Mary | May 26



Fredrick | May 11



Donnah | May 27



Horst | May 17



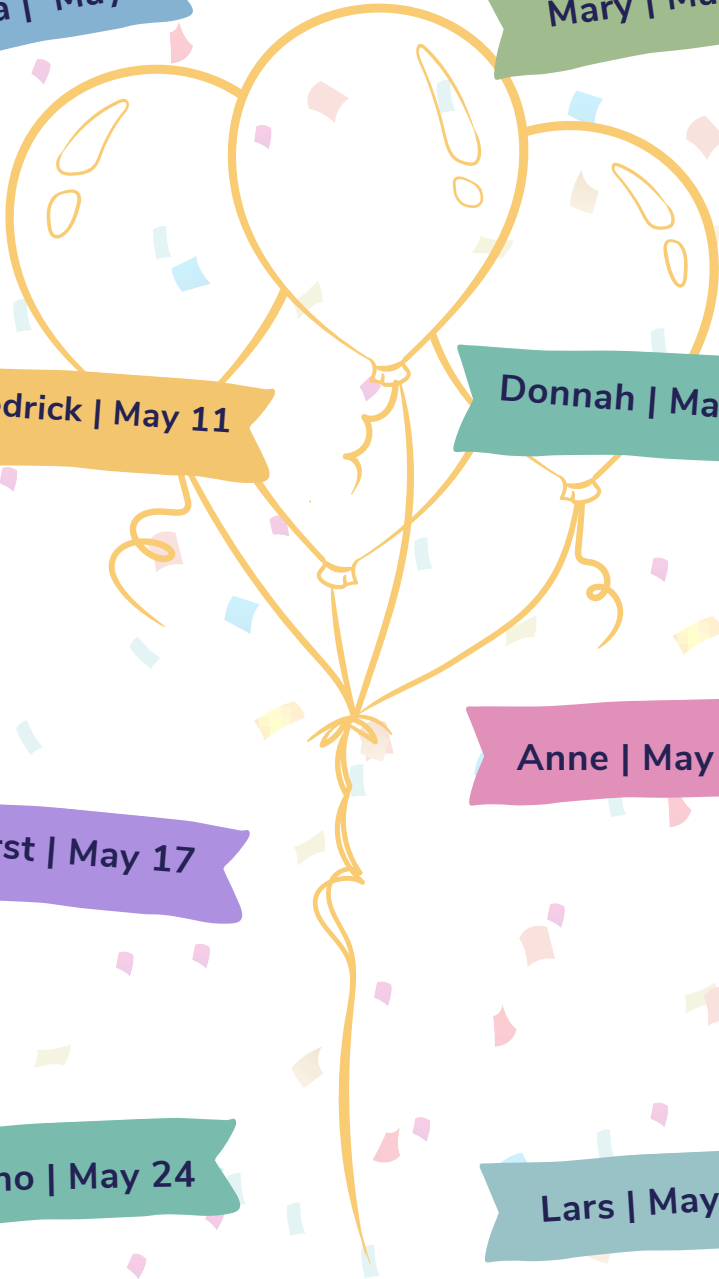
Anne | May 28



Eleno | May 24



Lars | May 31



ACTIVITIES & EVENTS

MAY 2025

May Event Highlights:

- May 2nd – Afternoon Social with Mike Kinal
- May 5th – Cinco De Mayo Social
- May 7th – Bus Tour – Coffee and Shopping at Mandeville Gardens
- May 11- Mother's Day Celebration with Cristina Barbosa
- May 14th - Covid Vaccination
- May 14th – Vancouver EcoVillage Dog Visit
- May 16th – Birthday Celebration with Luigi Tallanico
- May 17th – Dementia Co-Creation Academy Workshop
- May 20th – Food Tasting and Trivia With Chef David
- May 21st – Bus Tour- Lunch Picnic at Confederation Park
- May 22nd – Resident General Meeting
- May 26th – Fraud and Scam Workshop with GAL Senior Care Foundation
- May 27th – Garden Games and Picnic
- May 30th – Afternoon Social with Gabriel Hasselbach

REMINDER

Residents General Meeting will take place on Thursday, May 22nd 2025.

22

May, 2025

Covid
Vaccination
May 14th



CROSSWORD

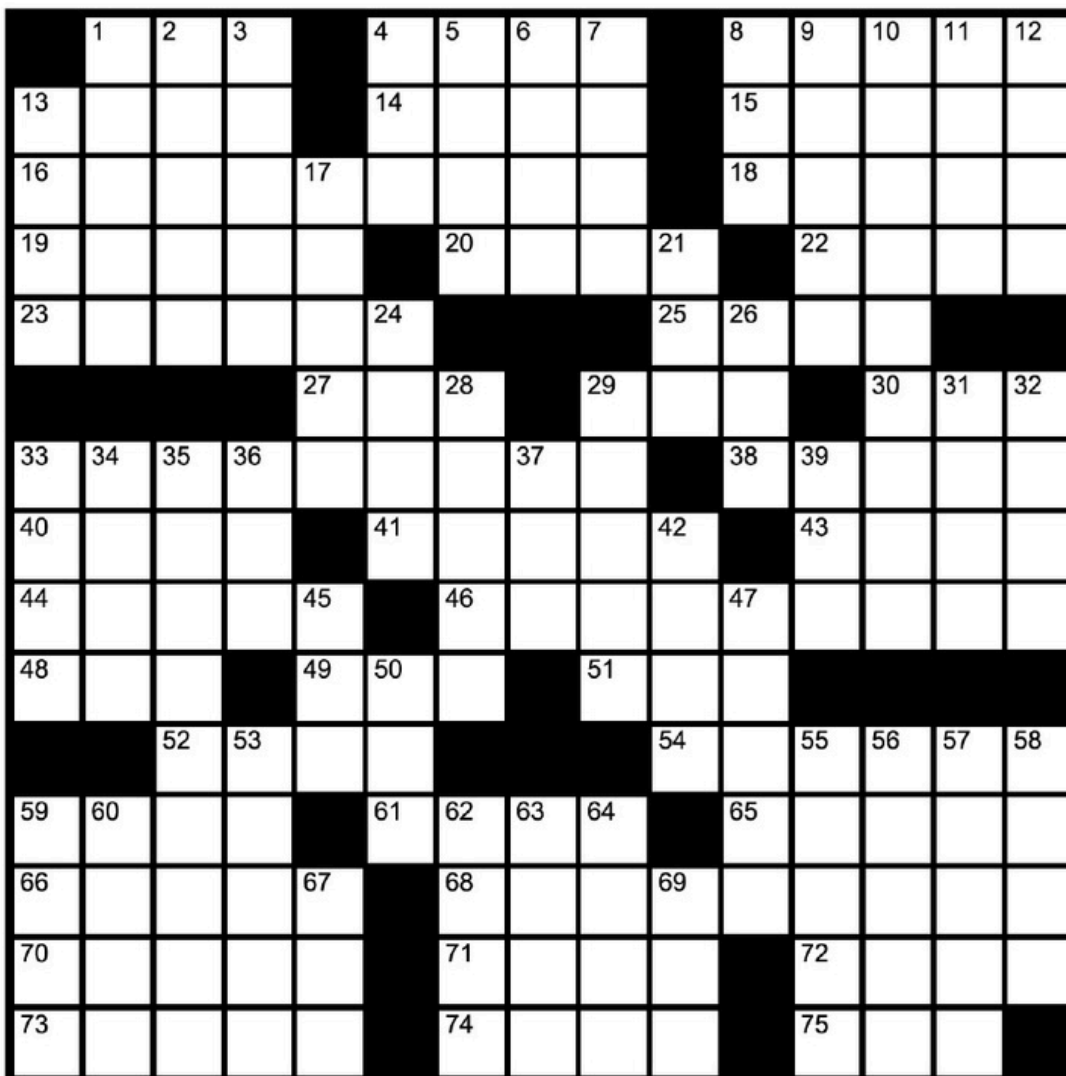
Across

- 1 Roscoe
- 4 After stock or laundry
- 8 Did yard work
- 13 Folk singer Guthrie
- 14 Ballerina Pavlova
- 15 Master, in Swahili
- 16 Baseball handout due to bad weather
- 18 Susan of "Goldengirl"
- 19 Sleeping disorder
- 20 Classic Olds
- 22 Fish caught in pots
- 23 Fortified wine
- 25 Engine sound
- 27 Zodiac animal
- 29 Breathalyzer attachment
- 30 Halloween decoration
- 33 Cheater's forte
- 38 Alpha's opposite
- 40 Mitch Miller's instrument
- 41 Tender spots
- 43 Shangri-la
- 44 Big cats
- 46 Aquarium creatures
- 48 W.W. II vessel
- 49 Beehive State native
- 51 Children's game
- 52 Largest island in the West Indies
- 54 Gives the evil eye

- 59 Like the Sabin vaccine
- 61 London favorites
- 65 Jagged, as a leaf's edge
- 66 Hotel pillow candies
- 68 Most dams have one
- 70 Mites
- 71 Home to Mount Konahuanui
- 72 Played for a sap
- 73 Chill, so to speak
- 74 Exhausted
- 75 French connections

Down

- 1 Profit and loss depiction
- 2 Dress with a flare
- 3 Laser printer powder
- 4 Encouraging word
- 5 Lollapalooza
- 6 ___ in a blue moon
- 7 Ocean menace
- 8 Wharton degree
- 9 Title holder
- 10 Some are heated
- 11 Hydroxyl compound
- 12 Daily and Blocker, e.g.
- 13 Macaws
- 17 Transport
- 21 Watering hole
- 24 ShriII barks
- 26 Actor Tognazzi
- 28 Yellowstone creature
- 29 Sound from the fold
- 31 "The Morning Watch" author
- 32 Beach shades
- 33 Sweetie pie
- 34 Wood stork
- 35 Dentist's suggestion
- 36 Sawbuck
- 37 Smeltery input
- 39 French sea
- 42 Lively old dance
- 45 Grinder
- 47 Like some bodies on a beach
- 50 Listening device
- 53 The "U" in UHF
- 55 Lock horns
- 56 Traditional Sunday fare
- 57 ___ Park, Colo.
- 58 Spring purchase
- 59 Poet Khayyám
- 60 It may be polished
- 62 Roswell sightings
- 63 Hardly thrilling
- 64 London district
- 67 Half a dozen
- 69 Fully anesthetized



SUDOKU

2		5				8		
			6	5	3			
9							6	
			4		6			1
3								4
7			2		9			
	2							9
			5	7	4			
		4				6		5

