




# July 2023

## Neighbourhood of Ailsa Craig



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><b>Where Is The Program? * = Arbour Trails Main Building</b></p> <p><b>C</b>—Chapel*      <b>MF</b>—Main Floor*  <b>HS</b>—Hobby Shop*      <b>TH</b>—Town Hall*  <b>L</b>—Library*      <b>PC</b>—Patio Courtyard  <b>SC</b>—Social Club*      <b>BP</b>—Back Pond*  <b>TS</b>—Town Square*      <b>FC</b>—Fitness Centre*  <b>FE</b>—Front Entrance*      <b>JPL</b> — Jack Purcell Lounge  <b>ML</b> — Main Lobby      <b>BP</b> — Back Patio *</p> <p><b>NOTE:</b> Programs, their times, and locations are subject to change</p>			<p><b><u>Barb's Produce</u></b> <b>is back!</b></p> <p>Every Thursday, get your fresh produce at the Arbour Trails Front Entrance from 9:00-1:00!</p> 		<p><b>No Shopping Shuttle in July</b></p> <p><b>(See the newsletter for details)</b></p>		<p><b>1 Canada Day</b> 2:00 Knitting Club 4th FL  <b>2:30 Canada Day Party with Entertainment from: "MacTalla Road" East Coast Band TS</b>          6:00 Ailsa Craig Social Committee Lobster Dinner JPL          7:30 Comedy Hour TH</p>
<p><b>2</b> 9:30 BCTW Hiking Club: O.R Side Trail ML          2:00 Euchre JPL          3:00 Chapel Service C          4:00 Sunday Series: "The Vicar of Dibley" TH</p>	<p><b>3</b> 9:30 Tai Chi JPL          1:00 Armchair Travels to: <i>Switzerland</i> JPL          2:00 High Tea 2nd FL          3:00 Better Balance JPL  <b>7:30 Patio Party: "Kevin Coates" Entertains BP</b>           2:30 &amp; 7:30 Movie: "Death at a Funeral" TH</p>	<p><b>4 Cameron Cards 10:30-2 TS</b>          10:30 Meeting of the Minds TH          11:00 VON Exercise JPL          3:30 Drumfit FC          7:30 Current Events Café HS</p>	<p><b>5</b> 9:30 VON Class FC          9:30 Tai Chi JPL  <b>10:30 Coffee &amp; Bailey's: Entertainment with Bill Parker 3rd FL</b>          2:30 Tech Help <i>*please call extension 836</i>          3:00 Get Active JPL          3:30 Jeopardy &amp; Wine JPL</p>	<p><b>6</b> 10:30 Bible Study C          10:45 Chair Yoga FC          11:00 VON Exercise JPL          2:00 Movie: "Hustle" JPL          7:00 No Stress Bridge JPL</p>	<p><b>7 World Chocolate Day</b>          9:30 VON Class FC          9:30 Tai Chi JPL          10:30 Morning Stretches JPL          2:30 A Game of: The Price is Right! JPL  <b>Chocolate Cocktail:</b>          4:00 Happy Hour 3rd FL          4:25 Happy Hour 4th FL           2:30 &amp; 7:30 Movie: "Amadeus" TH</p>	<p><b>8</b> 10:30 Morning Stretches JPL  <b>1:30 Golf Tournament VBA</b>          Putting Green <i>*Please sign up on the resident board by July 5th.</i>          2:00 Knitting Club 4th FL          2:30 Series: "Downton Abbey" TH          3:00 Happy Hour TS          7:30 Comedy Hour TH</p>	
<p><b>9</b> 9:30 BCTW Hiking Club: O.R Side Trail, Twin Lakes ML          2:00 Euchre JPL          3:00 Chapel Service C          4:00 Sunday Series: "The Vicar of Dibley" TH</p>	<p><b>10 Exquisite Fashion Boutique 10-2 HS</b>          9:30 Tai Chi JPL          1:00 Armchair Travels to: <i>Madagascar</i> JPL          2:00 High Tea 2nd FL          3:00 Better Balance JPL  <b>7:30 Patio Party: "Remedy Band" Entertains BP</b>          3:30 Root Beer Floats in the Courtyard          2:30 &amp; 7:30 Movie: "A Shot in the Dark" TH</p>	<p><b>11</b> 10:30 Meeting of the Minds TH          11:00 VON Exercise JPL          2:30 Film of Faith: "Gifted Hands: The Ben Carson Story" TH          2:30 Art Hour with Kathy: Plasticine Illustrations HS          3:30 Drumfit FC          7:30 Current Events Café HS</p>	<p><b>12 Tim Hortons Camp Day</b>          9:30 VON Class FC          9:30 Tai Chi JPL          10:30 Coffee, Bailey's and Donuts 3rd FL          2-3 TPOC Visits with Raven the Dog 3rd FL  <b>2:30 Entertainment: "Debbie Bechamp" TH</b>          2:30 Tech Help <i>*please call extension 836</i>          3:00 Bookmobile FE          3:30 Jeopardy &amp; Wine JPL   <b>No Get Active Today</b></p>	<p><b>13</b> 10:30 Bible Study C          10:45 Chair Yoga FC          11:00 VON Exercise JPL          2:00 Movie: "In the Heights" JPL          7:00 No Stress Bridge JPL</p>	<p><b>14</b> 9:30 VON Class FC          9:30 Tai Chi JPL          10:30 Morning Stretches JPL          11:00 Movie: "The Guernsey Literary and Potato Peel Pie Society" JPL          2:30 A Game of: The Price is Right! JPL          4:00 Happy Hour 3rd FL          4:25 Happy Hour 4th FL           2:30 &amp; 7:30 Movie: "Breakfast at Tiffany's" TH</p>	<p><b>15 Canada Parks Day</b>          10:30 Documentary: "Canada's National Parks" TH          2:00 Knitting Club 4th FL          2:30 Series: "Downton Abbey" TH          3:00 Happy Hour TS          7:30 Comedy Hour TH</p>	



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
<p><b>16 Ice Cream Day</b> 9:30 BCTW Hiking Club: Erin Hike &amp; Busholme Restaurant ML 2:00 Euchre JPL 3:00 Chapel Service C <b>3:30-4:15 Ice Cream Treats in Town Square</b> 4:00 Sunday Series: "The Vicar of Dibley" TH</p>	<p><b>17</b> 9:30 Tai Chi JPL 1:00 Armchair Travels to: <i>Romania</i> JPL 3:00 Better Balance JPL <b>7:30 Patio Party: "Paul Schalm" Entertains BP</b>  2:30 &amp; 7:30 Movie: "The Best Exotic Marigold Hotel" TH  <b>Golf Tournament Rain Date</b></p>	<p><b>18 Suzanne M Jewelry 11-2 TS</b> 10:30 Meeting of the Minds TH 11:00 VON Exercise JPL 3:30 Drumfit FC 7:30 Current Events Café HS</p>	<p><b>19 Muharram EZ Fit Shoes 11-3 TS</b> 9:30 VON Class FC 9:30 Tai Chi JPL 10:30 Coffee &amp; Bailey's 3rd FL 2:00 Jeopardy &amp; Wine JPL <i>*please note time change</i> 3:00 Get Active JPL <b>3:30 Tropical Paradise Party! TS</b></p>	<p><b>20</b> 10:30 Bible Study C 10:45 Chair Yoga FC 11:00 VON Exercise JPL 7:00 No Stress Bridge JPL</p>	<p><b>21</b> 9:30 VON Class FC 9:30 Tai Chi JPL 2:30 &amp; 7:30 Movie: "As Good as it Gets" TH</p>	<p><b>22</b> 2:00 Knitting Club 4th FL 2:30 Series: "Downton Abbey" TH 3:00 Happy Hour TS 7:30 Comedy Hour TH</p>			
<p><b>23</b> 9:30 BCTW Hiking Club: Crane Park Loop ML 2:00 Euchre JPL 3:00 Chapel Service C 4:00 Sunday Series: "The Vicar of Dibley" TH</p>	<p><b>24 International Self Care Day</b> 9:30 Tai Chi JPL 1:00 Armchair Travels to: <i>Alaska</i> JPL 2:00 Book Club 2nd FL 3:00 Better Balance JPL <b>7:30 Patio Party: "Michael Kelly" Entertains BP</b>  2:30 &amp; 7:30 Movie: "The Shawshank Redemption" TH  <b>Grab a self-care resource booklet in the main lobby!</b></p>	<p><b>25</b> 10:30 Meeting of the Minds TH 11:00 VON Exercise JPL 2:30 Art Hour with Kathy: Watercolour Stencils HS 3:30 Drumfit FC</p>	<p><b>26</b> 9:30 VON Class FC 9:30 Tai Chi JPL 10:30 Coffee &amp; Bailey's 3rd FL <b>2:00 DeBar Café Guelph</b> *van shuttle, <i>please sign up on the main floor</i> <b>2:30 Residents Council Meeting TH</b> 3:00 Get Active JPL 3:00 Bookmobile FE</p>	<p><b>27</b> 10:30 Bible Study C 10:45 Chair Yoga FC 11:00 VON Exercise JPL 2:30 Conversation Café JPL 2:30 Walker and Wheelchair Wash FE 7:00 No Stress Bridge JPL</p>	<p><b>28</b> 9:30 VON Class FC 9:30 Tai Chi JPL 10:30 Morning Stretches JPL 2:30 A Game of: The Price is Right! JPL <b>Birthday Social:</b> 4:00 Happy Hour 3rd FL 4:25 Happy Hour 4th FL  2:30 &amp; 7:30 Movie: "Girl with a Pearl Earring" TH</p>	<p><b>29</b> 2:00 Knitting Club 4th FL 2:30 Series: "Downton Abbey" TH 3:00 Happy Hour TS 7:30 Comedy Hour TH</p>			
<p><b>30</b> 9:30 BCTW Hiking Club: Arkell Springs ML 2:00 Euchre JPL 3:00 Chapel Service C 4:00 Sunday Series: "The Vicar of Dibley" TH</p>	<p><b>31</b> 9:30 Tai Chi JPL 1:00 Armchair Travels to: <i>Argentina</i> JPL 2:00 Garden Party —Tea, Lemonade &amp; Treats in the Courtyard 3:00 Better Balance JPL <b>7:30 Patio Party: "Unheard of" Acoustic Duo Entertain BP</b>  2:30 &amp; 7:30 Movie: "Seven Brides for Seven Brothers" TH</p>	<div style="border: 2px solid black; padding: 10px;"> <p><b>Recreation Contact Information:</b></p> <p><b>Sara — Recreation Team Member</b> Arbourtrails.recreation@schlegelvillages.com (226)-251- 3065 Extension 836</p> <p><b>Katie Lammert — Director of Recreation and Volunteer Services</b> katie.lammert@schlegelvillages.com (226)-251- 3065 Extension 807</p> </div>		<div style="border: 2px solid black; padding: 10px;"> <p><b>Where Is The Program? * = Arbour Trails Main Building</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"> <b>C</b>—Chapel*  <b>HS</b>—Hobby Shop*  <b>L</b>—Library*  <b>SC</b>—Social Club*  <b>TS</b>—Town Square*  <b>FE</b>—Front Entrance *  <b>ML</b> — Main Lobby             </td> <td style="width: 50%; border: none;"> <b>MF</b>—Main Floor*  <b>TH</b>—Town Hall*  <b>PC</b>—Patio Courtyard  <b>BP</b>—Back Pond*  <b>FC</b>—Fitness Centre*  <b>JPL</b> — Jack Purcell Lounge  <b>BP</b> — Back Patio *             </td> </tr> </table> <p><b>NOTE:</b> Programs, their times, and locations are subject to change</p> </div>				<b>C</b> —Chapel* <b>HS</b> —Hobby Shop* <b>L</b> —Library* <b>SC</b> —Social Club* <b>TS</b> —Town Square* <b>FE</b> —Front Entrance * <b>ML</b> — Main Lobby	<b>MF</b> —Main Floor* <b>TH</b> —Town Hall* <b>PC</b> —Patio Courtyard <b>BP</b> —Back Pond* <b>FC</b> —Fitness Centre* <b>JPL</b> — Jack Purcell Lounge <b>BP</b> — Back Patio *
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