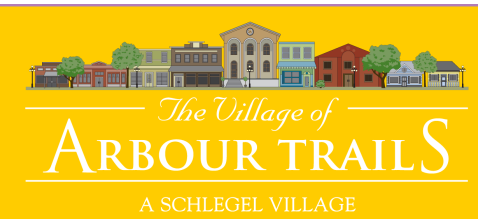





September 2023

Neighbourhood of Ailsa Craig



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Where Is The Program? * = Arbour Trails Main Building</p> <p>C—Chapel* MF—Main Floor* HS—Hobby Shop* TH—Town Hall* L—Library* PC—Patio Courtyard SC—Social Club* BP—Back Pond* TS—Town Square* FC—Fitness Centre* FE—Front Entrance * JPL — Jack Purcell Lounge ML — Main Lobby BP — Back Patio *</p> <p>NOTE: Programs, their times, and locations are subject to change.</p>		<p>Barb's Produce</p> <p>Every Thursday, get your fresh produce at the Arbour Trails Front Entrance from 9:00-1:00!</p> 		<p>Recreation Contact Information:</p> <p>arbourtrails.recreation@schlegelvillages.com (226)-251- 3065 Extension 836</p>		<p>1</p> <p>9:00 Tai Chi JPL 9:30 VON Exercise Class FC 10:30 Morning Stretches JPL 2:30 Entertainment: "Martin Wall" TH 2:30 Mini Golf 4th FL 4:00 Happy Hour 3rd FL 4:25 Happy Hour 4th FL 7:15 Popcorn Pickup TH 7:30 Movie: "An Affair to Remember" TH</p>	<p>2</p> <p>10:15 Morning Smoothies TS 10:30 Morning Stretches JPL 2:00 Knitting Club 4th FL 2:30 A Game of: The Price is Right JPL 2:30 Saturday Series: "Downton Abbey" TH 3:30 Happy Hour TS 4:00 "Los Angeles Angels and Oakland Athletics" Snack and Beverage Social JPL 7:30 Comedy Hour TH</p>
<p>3</p> <p>10:15 Specialty Coffee Café TS 11:15 DrumFIT FC 2:15 Brain Game Package Pick-up HS 3:00 Chapel Service C 3:45 Fellowship Social TS 4:00 Sunday Series: "Keeping up Appearances" TH</p>	<p>4</p> <p>9:00 Tai Chi JPL 10:30 Catholic Communion C 11:00 Current Events HS 1:00 Armchair Travels: 25 Greatest Natural Wonders of the World JPL 2:00 High Tea 2nd FL 3:00 Better Balance JPL 5:00 Happy Hour 3rd FL 2:30 & 7:30 Movie: "Out of Africa" TH</p>	<p>5 Cameron Cards 10:30-2 TS</p> <p>10:30 Meeting of Minds Discussion Group TH 11:00 VON Exercise JPL 1:30 Afternoon Music TH 2:00 Line Dancing JPL 2:15 Art Hour: Collage Making HS 7:30 Hand Therapy HS</p>	<p>6</p> <p>9:00 Tai Chi JPL 9:30 VON Exercise Class FC 10:15 Documentary: "Our Planet: One Planet" TH 10:30 Coffee & Baileys 3rd FL 2:30 Tech Help in your Suite 3:00 Bookmobile FE 3:00 Get Active JPL 3:30 Jeopardy & Wine JPL 7:30 Music on Wednesday TH</p>	<p>7 Mobile Senior Shop 10-2 HS</p> <p>10:30 Bible Study C 11:00 VON Exercise JPL 1:30 Afternoon Walks FE 2:30 Entertainment: "Paul Schalm" TS 7:00 No Stress Bridge JPL</p>	<p>8</p> <p>9:00 Tai Chi JPL 9:30 VON Exercise Class FC 10:30 Social Committee Coffee Hour: Meet and Greet JPL 2-3 Team Member Service Awards TS 3:30 Hand Therapy HS 4:00 Happy Hour 3rd FL 4:25 Happy Hour 4th FL 7:15 Popcorn Pickup TH 7:30 Movie: "The Dam Busters" TH</p>	<p>9</p> <p>10:15 Morning Smoothies TS 1-3 Arbour Trails 10th Anniversary Celebration TS 2:00 Knitting Club 4th FL 7:30 Comedy Hour TH</p>	
<p>10 Grandparents Day</p> <p>9:30 BCTW Hiking Club: Arboretum South 10:15 Specialty Coffee Café TS 11:15 DrumFIT FC 2:00 Euchre JPL 2:15 Brain Game Package Pick-up HS 3:00 Chapel Service C 3:30 Ice Cream Social for Grandparents Day TS 4:00 Sunday Series: "Keeping up Appearances" TH</p>	<p>11 Residents' Council Week</p> <p>9:00 Tai Chi JPL 10:30 Catholic Communion C 11:00 Current Events HS 1:00 Armchair Travels: Croatia JPL 2:00 High Tea 2nd FL 3:00 Better Balance JPL 5:00 Happy Hour 3rd FL 2:30 & 7:30 Movie: "Mamma Mia, Here We Go Again" TH</p> <p style="text-align: center;">Visit the Executive Residents' Council display in Town Square</p>	<p>12</p> <p>10:30 Meeting of Minds Discussion Group TH 11:00 VON Exercise JPL 1:30 Afternoon Music TH 2:00 Line Dancing JPL 2:15 Art Hour: Tie Dye Creations HS 2:30 Film of Faith: "Indescribable" – feat. the vocals of Guy Penrod TH 3:30 Stretch Class FC 7:30 Hand Therapy HS</p> <p style="text-align: center;">10-4 Residents' Council Scavenger Hunt—info in the Hobby Shop</p>	<p>13</p> <p>9:00 Tai Chi JPL 9:30 VON Exercise Class FC 10:15 Documentary: "Our Planet: Frozen World" TH 10:30 Coffee & Baileys 3rd FL 2:30 Tech Help in your Suite 3:00 Get Active JPL 3:30 Executive Residents' Council Meet & Greet TS 7:30 Classical Music on Wednesday: "Schubert, Franz Video – Vienna Phil" TH</p>	<p>14</p> <p>10:30 Bible Study C 10:45 Chair Yoga FC 11:00 VON Exercise JPL 1:30 Classic TV Show "The Beverly Hillbillies" TH 2:15 Sing-Along Series TH 3:30 Mini Golf FC 7:00 No Stress Bridge JPL</p> <p style="text-align: center;">Residents' Council Booklet Available in Town Square</p>	<p>15</p> <p>9:00 Tai Chi JPL 9:30 VON Exercise Class FC 10:30 Morning Stretches JPL 2:30 Entertainment: "Grace Cowley" TH 2:30 Hand Therapy JPL 2:30-4:00 Karaoke Happy Hour JPL 7:15 Popcorn Pickup TH 7:30 Movie: "Julie & Julia" TH</p>	<p>16 Rosh Hashanah</p> <p>10:15 Morning Smoothies TS 10:30 Morning Stretches JPL 2:00 Knitting Club 4th FL 2:00 A Game of: The Price is Right JPL 2:30 Saturday Series: "Downton Abbey" TH 3:30 Happy Hour TS 3:00 "Toronto Blue Jays vs. Red Sox" Snack and Beverage Social JPL 7:30 Comedy Hour TH</p>	

September 2023

Neighbourhood of Ailsa Craig



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>17 9:30 BCTW Hiking Club: Ignatius Jesuit Centre— Old Growth Forest 10:15 Specialty Coffee Café TS 11:15 DrumFIT FC 2:00 Euchre JPL 2:15 Terry Fox Walk FE 3:00 Chapel Service C 3:45 Fellowship Social TS 4:00 Sunday Series: “Keeping up Appearances” TH</p>	<p>18 9:00 Tai Chi JPL 10:30 Catholic Communion C 11:00 Current Events HS 1:00 Armchair Travels: Japan JPL 2:00 Book Club 2nd FL 2:30 Entertainment: “Robert McKinnon” TH 3:00 Better Balance JPL 5:00 Happy Hour 3rd FL 2:30 & 7:30 Movie: “The Graduate” TH</p>	<p>19 Suzanne M Jewelry 10:30-2 TS 10:30 Meeting of Minds Discussion Group TH 11:00 VON Exercise JPL 1:30 Afternoon Music TH 2:00 Line Dancing JPL 2:15 Art Hour: Collage Making HS 3:30 Stretch Class FC 7:30 Hand Therapy HS</p>	<p>20 9:00 Tai Chi JPL 9:30 VON Exercise Class FC 10:15 Documentary: “For Love” TH 10:30 Coffee & Baileys 3rd FL 2:30 Tech Help in your Suite 3:00 Bookmobile FE 3:00 Get Active JPL 3:30 Jeopardy & Wine JPL 7:30 Music on Wednesday TH</p>	<p>21 KMW Clothing 10-3 HS 10:15 Documentary: “Alive Inside” TH 10:30 Bible Study C 10:45 Chair Yoga FC 11:00 VON Exercise JPL 1:30 Classic TV Show “The Beverly Hillbillies” TH 2:15 Sing-Along Series TH 7:00 No Stress Bridge JPL World Alzheimer’s Day</p>	<p>22 9:00 Tai Chi JPL 9:30 VON Exercise Class FC 10:15 Pur & Simple Breakfast *Sign up MF 2:15 Tie Dye Class HS 2:30 Mini Golf 4th FL 2:30 Hand Therapy JPL Apple Cider Aperol Spritz: 4:00 Happy Hour 3rd FL 4:25 Happy Hour 4th FL 7:15 Popcorn Pickup TH 2:30 & 7:30 Movie: “The Pirates of Penzance” TH</p>	<p>23 First Day of Fall 10:15 Morning Smoothies TS 2:00 Knitting Club 4th FL 2:30 Saturday Series: “Downton Abbey” TH 3:30 ‘Welcoming Autumn’ Social TS 7:30 Comedy Hour TH</p>
<p>24 Arts and Aging Day 9:30 BCTW Hiking Club: Starkey Hill 10:15 Specialty Coffee Café TS 11:15 DrumFIT FC 2:00 Euchre JPL 2-4 Resident Art Show in the HS 2:15 Brain Game Package Pick-up HS 3:00 Chapel Service C 3:45 Fellowship Social TS 4:00 Sunday Series: “Keeping up Appearances” TH</p>	<p>25 Yom Kippur 9:00 Tai Chi JPL 10:30 Catholic Communion C 11:00 Current Events HS 1:00 Armchair Travels: South Africa JPL 2:00 High Tea 2nd FL 3:00 Better Balance JPL 5:00 Happy Hour 3rd FL 2:30 & 7:30 Movie: “On Golden Pond” TH</p>	<p>26 10:30 Meeting of Minds Discussion Group TH 11:00 VON Exercise JPL 1:30 Afternoon Music TH 2:00 Line Dancing JPL 2:15 Art Hour: Painting of Silks HS 3:30 Stretch Class FC 7:30 Hand Therapy HS</p>	<p>27 World Tourism Day 9:00 Tai Chi JPL 10:15 Documentary: “Expedition Amelia” TH 10:30 Coffee & Baileys 3rd FL 2:15-3:00 Therapeutic Paws with Raven the Dog 3rd FL 2:30 Residents Council Meeting TH 2:30 Tech Help in your Suite 3:00 Get Active JPL 3:30 Tourism Edition: Jeopardy & Wine JPL 7:30 Classical Music on Wednesday: “Handel Concertos” TH</p>	<p>28 10:30 Bible Study C 10:45 Chair Yoga FC 11:00 VON Exercise JPL 1:30 Classic TV Show “The Beverly Hillbillies” TH 2:15 Sing-Along Series TH 2:30 Conversation Café with Alvin the Chaplain JPL 7:00 No Stress Bridge JPL</p>	<p>29 9:00 Tai Chi JPL 9:30 VON Exercise Class FC 10:30 Morning Stretches 2nd FL <i>*please note location change</i> 2:30 Mini Golf 4th FL 2:30 Hand Therapy JPL Birthday Hour: 4:00 Happy Hour 3rd FL 4:25 Happy Hour 4th FL 7:15 Popcorn Pickup TH 2:30 & 7:30 Movie: “On the Waterfront” TH</p>	<p>30 National Day for Truth and Reconciliation — Wear Orange 10:30 Morning Stretches JPL 9:35 Trip to Conestoga Mall *Sign up on main floor 2:00 Knitting Club 4th FL 1:00 Documentary: “We Were Children” JPL 3:30 Happy Hour TS 3:00 “Toronto Blue Jays vs. Tampa Bay” Snack and Beverage Social JPL 4:15 Virtual Concert: Celebrating Canadian Indigenous Music TH 7:30 Comedy Hour TH</p>

Where Is The Program? * = Arbour Trails Main Building

C—Chapel* **MF**—Main Floor*
HS—Hobby Shop* **TH**—Town Hall*
L—Library* **PC**—Patio Courtyard
SC—Social Club* **BP**—Back Pond*
TS—Town Square* **FC**—Fitness Centre*
FE—Front Entrance * **JPL** — Jack Purcell Lounge
ML — Main Lobby **BP** — Back Patio *

NOTE: Programs, their times, and locations are subject to change.

Barb’s Produce

Every Thursday, get your fresh produce at the Arbour Trails Front Entrance from 9:00-1:00!

Recreation Contact Information:
 Arbourtrails.recreation@schlegelvillages.com
 (226)-251- 3065 Extension 836