



July 2024

Neighbourhood of Ailsa Craig



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p><u>Recreation Contact Information:</u></p> <p>arbourtrails.recreation@schlegelvillages.com (226)-251-3065 Extension 836</p>		<p>Visit Food Trucks!</p> <p>Wednesday evenings 4:30 p.m.—6:30 p.m. (approximately) in the main parking lot</p> <p>See the Newsletter for more details.</p>		<p>Where Is The Program? * = Arbour Trails Main Building</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>C—Chapel* HS—Hobby Shop* L—Library* SC—Social Club* TS—Town Square* FE—Front Entrance * ML — Main Lobby</p> </td> <td style="width: 50%; vertical-align: top;"> <p>MF—Main Floor* TH—Town Hall* PC—Patio Courtyard BP—Back Pond* FC—Fitness Centre* JPL — Jack Purcell Lounge BP — Back Patio *</p> </td> </tr> </table> <p>NOTE: Programs, their times, and locations are subject to change.</p>			<p>C—Chapel* HS—Hobby Shop* L—Library* SC—Social Club* TS—Town Square* FE—Front Entrance * ML — Main Lobby</p>	<p>MF—Main Floor* TH—Town Hall* PC—Patio Courtyard BP—Back Pond* FC—Fitness Centre* JPL — Jack Purcell Lounge BP — Back Patio *</p>
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	<p>1 9:00 Taoist Practice JPL 10:30 Catholic Communion C 12:30-4:30 VBA Canada Day Celebration *RSVP on MF for Transportation 1:00 Tai Chi with Sue JPL 2:00 High Tea 2nd FL 4:00 Hand Therapy JPL 2:30 Movie: "Around the World In 80 Days" TH 7:30 Patio Party Live Music with: "Katie Lammert & John Yeremian" BP</p> <p style="text-align: center;">Canada Day—Wear Red & White!</p>	<p>2 Cameron Cards 10:30-2 TS 10:30 Meeting of Minds Discussion Group TH 10:30 Entertainment: "Karen Guitard on Piano" TS 11:00 VON Exercise JPL 2:00 Zentangle with Anne JPL *RSVP on MF 3:00 Praying the Rosary C 3:30 Stretch Class FC 6:00 Canada Day Lobster Dinner JPL *RSVP was required for this event. 7:30 Current Events Group L 7:30 Trivia Night HS</p>	<p>3 11-3 The Clothing Chick HS 9:00 Taoist Practice JPL 9:30 VON Exercise FC 10:30 Coffee & Baileys 3rd FL 11:00 VON Exercise JPL 2:30 Tech Help *call ext 836 3:00 Get Active JPL 3:00 Bookmobile FE 3:30 Jeopardy & Wine JPL 7:30 Classical Music on Wednesday TH</p>	<p>4 9-1 Barb's Produce FE 10:00 Fitness with Mahik FC 10:30 Bible Study C 11:00 VON Exercise JPL 2:30 Food Committee Meeting L 2:30 Movie Crew Meeting HS 3:00 Gentle Exercises FC 3:45 DrumFIT FC 7:00 No Stress Bridge JPL 2:30 & 7:30 Movie: "Spotlight" TH 7:45 Bingo! HS</p>	<p>5 11-2 Suzanne M. Jewelry TS 9:00 Taoist Practice JPL 9:30 VON Exercise FC 10:30 Morning Stretches JPL 2:30 Corn Hole 4th FL 2:30 Hand Therapy HS Happy Hour: 4:00 Happy Hour 3rd FL 4:20 Happy Hour 4th FL 2:30 & 7:30 Movie: "I Am Celine Dion" TH</p>	<p>6 10:30 Morning Smoothies TS 10:30 Ring Toss 4th FL 2:00 Knitting Club 4th FL 2:30 Root Beer Floats in the Courtyard 2:30 Saturday Series: "Downton Abbey" TH 3:00 Happy Hour TS 4:00 Hymn Sing JPL</p>		
<p>7 10:15 Elder Wisdom Café TS 11:00 DrumFit FC 2:00 Euchre JPL 2:15 Brain Game Puzzle Pick-up HS 3:00 Chapel Service C 3:45 Fellowship Café TS 4:00 Sunday Series: "One Foot in the Grave" TH</p> <p style="text-align: center;">Muharrum</p>	<p>8 9:00 Taoist Practice JPL 10:30 Catholic Communion C 11:00 VON Exercise JPL 11:00 Guided Meditation TH 1:00 Tai Chi with Sue JPL 2:00 High Tea 2nd FL 3:00 Better Balance JPL 4:00 Hand Therapy JPL 2:30 Movie: "A Street Car Named Desire" TH 7:30 Patio Party Live Music with: "Kevin Coates" BP</p>	<p>9 10:30 Meeting of Minds Discussion Group TH 10:30 Entertainment: "Karen Guitard on Piano" TS 11:00 VON Exercise JPL 2:00 Zentangle with Anne JPL *RSVP on MF 2:30 Film of Faith: "A Beautiful Day in the Neighbourhood" TH 3:30 Stretch Class FC 7:30 Current Events Group L 7:30 Trivia Night HS</p>	<p>10 9:00 Taoist Practice JPL 9:30 VON Exercise FC 10:00 Excursion: Spring Ridge Farm *RSVP on MF 10:30 Men's Conversation Connection JPL 11:00 VON Exercise JPL 3:00 Get Active JPL 7:30 Popular Music on Wednesday TH</p>	<p>11 9-1 Barb's Produce FE 10:30 Fitness with Mahik FC 10:30 Bible Study C 11:00 VON Exercise JPL 3:00 Gentle Exercises FC 3:45 DrumFIT FC 7:00 No Stress Bridge JPL 2:30 & 7:30 Movie: "In the Heat of the Night" TH 7:45 Bingo! HS</p>	<p>12 9:00 Taoist Practice JPL 9:30 VON Exercise FC 10:30 Morning Stretches JPL 2:00 Musical Hour with Bardia on the Violin JPL 2:30 Hand Therapy HS 2:30 Entertainment: "Grace Cowley" TH Happy Hour: 4:00 Happy Hour 3rd FL 4:20 Happy Hour 4th FL 7:30 Movie: "A Walk in the Woods" TH</p>	<p>13 10:30 Morning Smoothies TS 2:00 Knitting Club 4th FL 2:30 Saturday Series: "Downton Abbey" TH 3:00 Happy Hour TS</p>		



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<p>14 10:15 Elder Wisdom Café L 11:00 DrumFit FC 1:30 Afternoon Sports SC 2:00 Euchre JPL 2:15 Brain Game Puzzle Pick-up HS 3:00 Chapel Service C 3:45 Fellowship Café TS 4:00 Sunday Series: "One Foot in the Grave" TH</p>	<p>15 9:00 Taoist Practice JPL 10:30 Catholic Communion C 11:00 VON Exercise JPL 11:00 Guided Meditation TH 1:00 Tai Chi with Sue JPL 2:00 High Tea 2nd FL 2:30 Schlegel Olympics Preliminary: Balance Event FC 4:00 Hand Therapy JPL 2:30 Movie: "The Bad and the Beautiful" TH 7:30 Patio Party Live Music with: "Les Picard" BP</p> <p>No Better Balance Today</p>	<p>16 10:30 Meeting of Minds Discussion Group TH 11:00 VON Exercise JPL 2:30 Schlegel Olympics Preliminary: Nustep Sprint Event FC 2:00 Zentangle with Anne JPL *RSVP on MF 3:30 Stretch Class FC 7:30 Current Events Group L 7:30 Trivia Night HS</p>	<p>17 9:00 Taoist Practice JPL 9:30 VON Exercise FC 10:30 Coffee & Baileys 3rd FL 10:30 Outing: Belgian Nursery *RSVP on MF 11:00 VON Exercise JPL 2:15 Therapeutic Paw Visits with Raven HS 2:30 Tech Help *call ext 836 2:30 Schlegel Olympics Preliminary: Soccer Event FC 3:00 Bookmobile FE 3:30 Jeopardy & Wine JPL 7:30 Classical Music on Wednesday TH</p> <p>No Get Active Today</p>	<p>18 9-1 Barb's Produce FE 10:30 Bible Study C 11:00 VON Exercise JPL 2:30 Schlegel Olympics Preliminary: Nerf Gun Shooting Event FC 3:45 DrumFIT FC 7:00 No Stress Bridge JPL 2:30 & 7:30 Movie: "Kramer Vs. Kramer" TH 7:45 Bingo! HS</p>	<p>19 10-2 Creations Boutique HS 9:00 Taoist Practice JPL 9:30 VON Exercise FC 10:00 Morning Stretches JPL <i>*Please note time change</i> 11:00 Lunch: Crowsfoot Restaurant *RSVP on MF 2:30 Schlegel Olympics Preliminaries: Canoe Slalom TS Happy Hour: 4:00 Happy Hour 3rd FL 4:20 Happy Hour 4th FL 2:30 & 7:30 Movie: "Moving On" TH</p>	<p>20 9:30 BCTW Hiking Group Destination Hike & Lunch *RSVP on MF 2:00 Knitting Club 4th FL 2:30 Saturday Series: "Downton Abbey" TH 3:00 Happy Hour TS 4:00 Hymn Sing JPL</p> <p>No Morning Smoothies Today</p>														
<p>21 10:15 Elder Wisdom Café L 11:00 DrumFit FC 1:30 Afternoon Sports SC 2:00 Euchre JPL 2:15 Brain Game Puzzle Pick-up HS 3:00 Chapel Service C 3:45 Sundae Funday TS 4:00 Sunday Series: "One Foot in the Grave" TH</p> <p>Ice Cream Day</p>	<p>22 9:00 Taoist Practice JPL 10:30 Catholic Communion C 11:00 VON Exercise JPL 11:00 Guided Meditation TH 1:00 Tai Chi with Sue JPL 1:30 5th Annual Putting Tournament ML/VBA Putting Course 3:00 Better Balance JPL 2:30 Movie: "The Good the Bad and the Ugly" TH 7:30 Patio Party Live Music with : "The Piano Tuners" BP</p>	<p>23 10:30 Meeting of Minds Discussion Group TH 11:00 VON Exercise JPL 2:00 Zentangle with Anne JPL *RSVP on MF 3:30 Stretch Class FC 7:30 Current Events Group L 7:30 Trivia Night HS</p>	<p>24 9:00 Taoist Practice JPL 9:30 VON Exercise FC 9:30 Excursion: Royal Botanical Gardens *RSVP on MF 10:30 Men's Conversation Connection JPL 11:00 VON Exercise JPL 3:00 Get Active JPL 7:30 Popular Music on Wednesday TH</p> <p>International Self Care Day</p>	<p>25 9-1 Barb's Produce FE 10:30 Fitness with Mahik FC 10:30 Bible Study C 11:00 VON Exercise JPL 2:30 Conversation Connection JPL 3:00 Gentle Exercises FC 3:45 DrumFIT FC 7:00 No Stress Bridge JPL 2:30 & 7:30 Movie: "War of the Roses" TH 7:45 Bingo! HS</p>	<p>26 9:00 Taoist Practice JPL 9:30 VON Exercise FC 10:30 Morning Stretches JPL 2:30 Corn Hole 4th FL 2:30 Hand Therapy HS Happy Birthday Hour: 4:00 Happy Hour 3rd FL 4:20 Happy Hour 4th FL 2:30 & 7:30 Movie: "Wild Oats" TH</p> <p>Summer Olympic Games Begin</p>	<p>27 10:30 Morning Smoothies TS 2:00 Knitting Club 4th FL 2:30 Saturday Series: "Downton Abbey" TH 3:00 Happy Hour TS</p>														
<p>28 10:15 Elder Wisdom Café L 11:00 DrumFit FC 1:30 Afternoon Sports SC 2:00 Euchre JPL 2:15 Brain Game Puzzle Pick-up HS 3:00 Chapel Service C 3:45 Fellowship Café TS 4:00 Sunday Series: "One Foot in the Grave" TH</p>	<p>29 9:00 Taoist Practice JPL 10:30 Catholic Communion C 11:00 VON Exercise JPL 11:00 Guided Meditation TH 1:00 Tai Chi with Sue JPL 2:00 Book Club 2nd FL 3:00 Better Balance JPL 4:00 Hand Therapy JPL 2:30 Movie: "Saving Mr. Banks" TH 7:30 Patio Party Live Music with: "Aidan Purnell" BP</p>	<p>30 10:30 Meeting of Minds Discussion Group TH 7:30 Current Events Group L 7:30 Trivia Night HS</p> <p>Schlegel Olympic Finals at the Village of Glendale Crossing— No Exercise Classes Today</p>	<p>31 12:30-2:30 Earnest Floral Arrangements TS</p> <p>9:00 Taoist Practice JPL 9:30 VON Exercise FC 10:30 Coffee & Baileys 3rd FL 11:00 VON Exercise JPL 2:30 Tech Help *call ext 836 3:00 Bookmobile FE 3:00 Get Active JPL 3:30 Jeopardy & Wine JPL 7:30 Classical Music on Wednesday TH</p> <p>Putting Tournament Rain Date</p>	<p>Where Is The Program? * = Arbour Trails Main Building</p> <table> <tr> <td>C—Chapel*</td> <td>MF—Main Floor*</td> </tr> <tr> <td>HS—Hobby Shop*</td> <td>TH—Town Hall*</td> </tr> <tr> <td>L—Library*</td> <td>PC—Patio Courtyard</td> </tr> <tr> <td>SC—Social Club*</td> <td>BP—Back Pond*</td> </tr> <tr> <td>TS—Town Square*</td> <td>FC—Fitness Centre*</td> </tr> <tr> <td>FE—Front Entrance *</td> <td>JPL — Jack Purcell Lounge</td> </tr> <tr> <td>ML — Main Lobby</td> <td>BP — Back Patio *</td> </tr> </table> <p>NOTE: Programs, their times, and locations are subject to change.</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 *
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