



# The Village of ARBOUR TRAILS

A SCHLEGEL VILLAGE

**Our Mission is to provide holistic health care in a home environment located within an internal neighbourhood design that promotes a caring community, with emphasis on optimal health and life purpose.**



**MARCH 2023**

**226-251-3065**

32 Bayberry Drive,  
Guelph, ON, N1G 0C9

Ailsa Craig Neighbourhood:  
115 Cherry Blossom Circle,  
Guelph, ON, N1G 0A3

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**Photo:** a snowman made by a team member and resident of Arbour Trails along the back pond.



# Resident Birthdays *March*

March 1 — Mary Premak

March 1 — Eda Case

March 3 — Joan Wiffen

March 4 — Beatrice Howse

March 5 — Roeland Hartmans

March 7 — Marilyn Dollar

March 8 — Michael Stewart

March 9 — Diane Rohr

March 9 — Cathy Lemon

March 10 — Leona Newman

March 12 — Ruth Field

March 13 — Moyra Evans

March 13 — Joe Whiteley

March 18 — Maureen Woods

March 19 — Nell Haldane

March 21 — Les Chamberlain

March 21 — Gisele Fortin

March 22 — Randolph Scott

March 22 — Catherine Thurtell

March 23 — Pat Edwards

March 25 — Geoff Clark

March 26 — Joy Summerlee

March 26 — Nora Gaunt

March 28 — Aletha Seabrook

March 29 — Suzanne Longpre

March 30 — Kay Gluta

March 31 — Judy Hunter

## BIRTHDAY PARTY

**HAPPY**  
*hour*



**Saturday, March 18th**

at 3:00 p.m.

in the Main Floor Cafe

**If you would prefer not to have  
your birthday displayed in the  
newsletter or village, please let  
Katie know at:**

[katie.lammert@schlegelvillages.com](mailto:katie.lammert@schlegelvillages.com)

OR

extension 807



# *A Message From* Residents' Council

Hello Fellow Residents,

My name is Harold Quinn and I have had the good fortune to have been chosen by the newly-elected Council Executive to be your President for 2023. As you know, this means that I am expected to fill the large boots so capably filled by Joan Wiffen, your President for the past two years. I will try my best to do so. Joan will remain on the executive as Past-President, an ex-officio position. The other officers chosen by the executive are Marilyn Wax, Vice-President and Richard Gedye, Secretary. Four members of the executive have assumed reporting responsibility for areas of life at Arbour Trails as follows: food (Marilyn Wax), recreation (Elizabeth Taborek), health and wellness (Doug Kilpatrick) and building and facilities (John Parker). Should you have concerns about any of these areas, please speak to the person named above or to myself. If you cannot put a name to a face, our photos are on the bulletin board by the Council Chambers. We also welcome to our executive meetings, Diane Rohr, as the new representative from Ailsa Craig.

Well, "Where did winter go?" From November until now, the snow has come and gone several times and many days have had spring-like temperatures. It is reported that this may be the first year that the Rideau Canal in Ottawa has not frozen sufficiently to permit safe skating. However, the forecasters say that winter is not yet over. Let's hope that March both comes and goes like a lamb.

What a wonderful gourmet dinner that was served up by Shannon and the Hospitality team on Valentine's Day. Whether you chose chicken or lamb chop, you must have been delighted. Does this set a new challenge for them on future special occasions?

It was great to have Katie Lammert discuss the workings of the Recreation Team at our recent General Meeting. She also brightened the day with her music. At the March meeting, we will welcome a speaker from Hospice Wellington. Should you have suggestions regarding possible future speakers, please let me know.

Happy St Patrick's Day. Wear green!!

Harold Quinn, 477  
hwquinn30@gmail.com



# Dining News



## *Upcoming Events*

Event	Date	Time	Location
Food Committee Meeting	Wednesday, March 8th	2:30 p.m.	The Library
St. Patrick's Day-Themed Dinner	Friday, March 17th	Your usual dining seating	The Dining Room

### **March Menu Schedule**

#### **Week 4**

Monday, February 27th — Sunday, March 5th

#### **Week 1**

Monday, March 6th — Sunday, March 12th

#### **Week 2**

Monday, March 13th — Sunday, March 19th

#### **Week 3**

Monday, March 20th—Sunday, April 2nd

For those attending second seating meal services (1:15pm Lunch and 6:15 Dinner) we ask that you kindly wait until you are ushered in, as the team are actively working to make sure all tables are set and carts and trolleys are out of the way. We appreciate your patience and will welcome you into the dining room when it is safe to do so.

**If you would like a copy of the updated/finalized Winter menu you can pick one up at the front office from Marika.**

**For all resident and guest Dining Room Reservations please call our reservation line at 519-836-2464 or by calling extension 834.**





# Spiritual Care News March

## *In Memoriam*

Roy Nichol  
Mary Rogers  
Nancy Walcot

As a Village, we extend  
our heartfelt condolences  
to her loved ones.

## Chaplain Contact Information

### Alvin Carreon

Chaplain's Schedule

#### **Tuesdays:**

11:00 a.m.— 5:00 p.m.

#### **Thursdays:**

10:00 a.m. — 4:00 p.m.

Other days by appointment  
and/or program schedule  
needs.

(226) 251-3065 Ext. 845  
and/or  
Alvin.Carreon  
@schlegelvillages.com

**Chapel Services**—all Chapel Services are on Sunday at  
**3:00 p.m.** in the Chapel:

- March 5
- March 12
- March 19
- **March 26**—Salvation Sings Choir joins the village in Town Hall

**Catholic Communion**—Mondays at 10:30 a.m. (all led by Betty Roswell):

- March 6
- March 13
- March 20
- March 27

**Men's Conversation Connection**—Wednesdays, **March 8th**  
and **22nd** 10:30 a.m. in the Chapel

**Bible Study**—Thursdays at 10:30 a.m. in the Chapel

- March 2
- March 9
- March 16
- March 23

**For the Soul (Emma's)**—Every 1<sup>st</sup> Thursday at 3:00 pm

- March 2

**For the Soul (Egerton)**—Every 3<sup>rd</sup> Thursday at 3:00 pm

- March 16

**Conversation Connection Café (Alisa Craig)**—Every 4<sup>th</sup>  
Thursday at 2:30 p.m.

- March 23



Our "In Memoriam" is  
located outside of the  
Chapel and is updated  
on a regular basis.  
Please feel free to  
share a memory of  
your loved one on our  
"Butterfly Tree"



# A Message from the Chaplain

*"As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. When can I go and meet with God?"*

## - Psalm 42:1-2

Thirst is certainly an appropriate theme to ponder as we start the season of Lent. Lent is a season of igniting our longings for you; and there's no craving, yearning, or need more demanding than thirst. Thirst is neither patient nor polite, and we're usually quick to slake its unrelenting demand, one way or another. Thirst will not be denied. We'll do almost anything to satisfy its cry and ache.

Because this is true, we join the psalmist in crying out: *"Jesus, intensify our thirst for you. Keep us panting like the deer, which pants after streams of water—the unpolluted, un-distilled, never-ending brooks of your grace. Quickly drain the broken cisterns of our own making. Don't let us be even momentarily satisfied with any other beverage than the draft you draw, the potion you pour, the life-giving libation you alone give."*

If we take up King David's lament, *"When can I go and meet with God?"* you answer back without delay, ***"Right now, my beloved; do not wait. If you're thirsty, come to me and drink."*** ***"Whoever believes in me, streams of living water will flow from within them"*** (John 7:38).

If we should say, *"But Jesus, where can we find you?"* you answer back even quicker, ***"Not in the law; not in your strivings; not in your labors; not in your penance; not in your earnestness; not in your self-loathing; not in your re-dedications; not in your vain promises; but only in the gospel of my grace."***

As I read this passage, I am astounded at the God we serve! Lent is a beautiful time of re-focusing. A time to pay closer attention to the life that lives beyond busyness. To tune in to the melodies of the Spirit and invest in a more heaven-hued treasure. It is a time to be drawn further into the heart of God.

This Lenten season, let us be open to that gorgeous possibility. Let us open the door of our hearts and dine with our beautiful Savior Jesus Christ:

***"Come and fall into the rivers of my love. Come, you who are thirsty, come and bring your poverty of heart and I will make you rich in my love. Stand under the cascading waterfalls of my compassion. Open your heart wide to my affection, and I will fill you to overflowing with everything you need, and more than you want."***

*May our prayer be like this: Even so and evermore, Lord Jesus, school us well in panting after you. Fill us afresh that we might be a people to the praise of your glory and grace. So very Amen we pray in your all-glorious and all-generous name*

Blessings,

Chaplain Alvin

### Let's get Marchin' this March Arbour Trails!

#### What are the benefits of walking?

- Helps keep your weight steady.
- Lowers your risk of heart disease, stroke, colon cancer and diabetes.
- Strengthens your bones, and prevents osteoporosis and osteoarthritis.
- Helps reduce blood pressure in some people with hypertension.
- Improves your balance and coordination, and decreases your likelihood of falling.
- Keeps your joints flexible.
- Increases your confidence and mood, and helps you feel better all around.
- Improves your energy levels and increases your stamina.
- Reduces anxiety and depression.
- Improves your social life – walking is a great way to get out and meet people or socialize with your friends.

Did you know walking is one of the best forms of exercise!

#### Below are some tips that can help you stay safe while walking!

- Choose a familiar route that is flat and free of obstacles.
- Consider the surface you'll be walking on. A smooth, soft surface that's free of debris will put less strain on your joints and feet.
- Wear supportive footwear – wear low-heeled footwear with non-skid soles.
- Avoid rushing – rushing increases your risk of falling. Take your time.
- If using a walking aid (e.g. cane or walker) ensure that it is fitted for your height.

### Fitness Opportunities at a Glance...

#### Mondays:

**Better Balance (Fitness Centre)**  
10:00 Becker West  
3:00 Ailsa Craig (JPL Lounge)  
**Get Active (Fitness Centre)**  
2:00 Williamsburg

#### Tuesdays:

**Better Balance (Fitness Centre)**  
10:00 Becker East  
**Fun & Fitness (Egerton Lounge)**  
11:00 Egerton  
**VON Exercise**  
2:30 Ailsa Craig (JPL Lounge)

#### Wednesdays:

**Get Active (Fitness Centre)**  
10:00 Becker West  
2:00 Williamsburg  
3:00 Ailsa Craig (JPL Lounge)  
**VON Exercise (Fitness Centre)**  
9:15 Open to All

#### Thursdays:

**Better Balance (Fitness Centre)**  
9:30 Becker East  
10:45 Chair Yoga with Mary (12<sup>th</sup>, 19<sup>th</sup>, & 26<sup>th</sup> only) (Fitness Centre)  
**Fun & Fitness (Egerton Lounge)**  
11:00 Egerton  
**VON Exercise**  
2:30 Ailsa Craig (JPL Lounge)

#### Fridays:

**Fun & Fitness (Emma's Lounge)**  
11:30 Emma's  
**VON Exercise (Fitness Centre)**  
9:15 Open to All

### Join us Fridays for Hand Therapy!

1:30 p.m.  
2:30 p.m.

In the Hobby Shop





# Village Outings



## Shopping Shuttle

Please sign-up outside the Hobby Shop or  
Ailsa Craig Main Lobby

**PLEASE NOTE: the schedule is updated on a weekly basis due to the availability of drivers**

### Drop off/Pick-up locations

- Arbour Trails Front Entrance
- Ailsa Craig Front Entrance
- Walmart
- Metro
- Indigo: Stone Road Mall
- Farm Boy
- Shoppers Drug Mart & LCBO: Scottsdale Road
- Hartland Zehrs
- No Frills
- Farm Boy

You will be picked up 1 hour after your drop off time at the same location, unless otherwise discussed with the driver.

**We unfortunately do not have a consistent bus driver and are working to find a suitable replacement. We will continue the weekly shopping shuttle and will confirm the date on a weekly basis. We appreciate your patience and understanding.**

**We encourage you to visit our General Store to find all of your essentials and more!**

## ATTENTION RESIDENTS

Just a friendly reminder to please let your neighbourhood coordinator or the nurse know if you are planning to stay outside of the village overnight. Notifying us of your plans helps us ensure your safety.



## Outing Covid Precautions

- Masks are strongly encouraged
- No eating or drinking on the bus

## General Store Hours:



Monday—Friday  
1:30 p.m. to 3:30 p.m.

**Please speak with the General Store clerks to order special requests.**

**CASH ONLY**



## Are you wanting to get more involved??

Ways to find out what is happening in the village:

### The Arbour Express Newsletter



Delivered the 1st of every month.

### Your Monthly Neighbourhood Calendar

March 2023 Neighbourhoods of Williamsburg & Becker						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Where is The Program?</b> C=Chapel HS=Hobby Shop L=Lobby SS=Social Club TS=Town Square FC=Front Entrance *NOTE: Programs, times, and locations are subject to change!	10:00-11:00 a.m. — VON Exercise Class in the Fitness Centre 11:00 a.m. — Becker West 1:00 p.m. — Williamsburg 2:30 p.m. — Word Games in Town Hall 3:30 p.m. — Bookmobile Pre-Orders in the Hobby Shop 4:00 p.m. — Happy Hour in the Café 7:30 p.m. — Classical Music on Wednesday: "The World of Opera—Part 2" in Town Hall	10:00-11:00 a.m. — VON Exercise Class in the Fitness Centre 11:00 a.m. — Becker West 1:00 p.m. — Williamsburg 2:30 p.m. — Word Games in Town Hall 3:30 p.m. — Bookmobile Pre-Orders in the Hobby Shop 4:00 p.m. — Happy Hour in the Café 7:30 p.m. — Classical Music on Wednesday: "The World of Opera—Part 2" in Town Hall	10:00-11:00 a.m. — VON Exercise Class in the Fitness Centre 11:00 a.m. — Becker West 1:00 p.m. — Williamsburg 2:30 p.m. — Word Games in Town Hall 3:30 p.m. — Bookmobile Pre-Orders in the Hobby Shop 4:00 p.m. — Happy Hour in the Café 7:30 p.m. — Classical Music on Wednesday: "The World of Opera—Part 2" in Town Hall	10:00-11:00 a.m. — VON Exercise Class in the Fitness Centre 11:00 a.m. — Becker West 1:00 p.m. — Williamsburg 2:30 p.m. — Word Games in Town Hall 3:30 p.m. — Bookmobile Pre-Orders in the Hobby Shop 4:00 p.m. — Happy Hour in the Café 7:30 p.m. — Classical Music on Wednesday: "The World of Opera—Part 2" in Town Hall	10:00-11:00 a.m. — VON Exercise Class in the Fitness Centre 11:00 a.m. — Becker West 1:00 p.m. — Williamsburg 2:30 p.m. — Word Games in Town Hall 3:30 p.m. — Bookmobile Pre-Orders in the Hobby Shop 4:00 p.m. — Happy Hour in the Café 7:30 p.m. — Classical Music on Wednesday: "The World of Opera—Part 2" in Town Hall	10:00-11:00 a.m. — VON Exercise Class in the Fitness Centre 11:00 a.m. — Becker West 1:00 p.m. — Williamsburg 2:30 p.m. — Word Games in Town Hall 3:30 p.m. — Bookmobile Pre-Orders in the Hobby Shop 4:00 p.m. — Happy Hour in the Café 7:30 p.m. — Classical Music on Wednesday: "The World of Opera—Part 2" in Town Hall

Delivered on the 1st of every month.

### The Daily Neighbourhood Activity Boards

Wednesday, March 1, 2023

1:15 a.m. — VON Exercise Class in the Fitness Centre

Set Active in the Fitness Centre:

0:00 a.m. — Becker West

1:00 p.m. — Williamsburg

2:30 p.m. — Word Games in Town Hall

3:30 p.m. — Bookmobile Pre-Orders in the Hobby Shop

4:00 p.m. — Happy Hour in the Café

7:30 p.m. — Classical Music on Wednesday: "The World of Opera—Part 2" in Town Hall

These display the activities scheduled for the day and are located throughout each neighbourhood.

**Please refer to these for changes or updates to the calendar!**

### The Neighbourhood Bulletin Boards



These display any upcoming special events, vendors, entertainment, and village communications.

# Monthly Music

Please see your monthly recreation calendar and daily activity boards for dates, times, and locations.



## *Entertainment*

### **Katie Lammert Sings at Happy Hour**

Wednesday, March 8th  
at 3:00 p.m. in the Café

### **MacTalla Road**

Thursday, March 9th  
at 2:30 p.m. in Town Hall

### **Professional Harpist "Sharlene Wallace"**

Thursday, March 23rd  
at 2:30 p.m. in Town Hall

### **Michael Kelly**

Thursday, March 30th  
at 2:30 p.m. in Town Hall

## Music on Wednesday

**7:30 p.m. on Wednesday  
evenings in Town Hall**

**One week will be  
classical music, the next  
will be varied  
music chosen by  
residents.**



## Java Music Club

**Fridays at 4:00 p.m.  
in the Library**



**Connect with other Arbour Trails  
residents through music,  
discussion, and reminiscing!**



# Village Life *Last Month in Photos*



**Top:** Valentine's Day

**Middle:** Kevin Coates entertains!

**Bottom:** Pink Shirt Day and Pancake Tuesday pancake flipping contest!





# Village Life



## Audiology & Hearing Health Services for You and Your Loved Ones

- ✓ Hearing assessments
- ✓ Wax removal
- ✓ Communication strategies
- ✓ Hearing aid dispensing, cleaning and adjustments
- ✓ Batteries
- ✓ Repairs, molds, tubing, receivers

For more information or to book an appointment at The Village of Arbour Trail, please call

**1-888-745-5550**

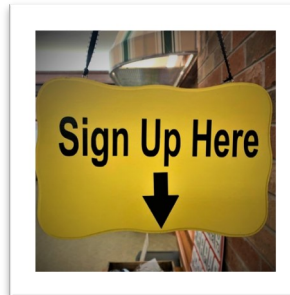
[retirement@earandhearingclinic.com](mailto:retirement@earandhearingclinic.com)

**Ear & Hearing Clinic**  
JULIANE SHANTZ - DOCTOR OF AUDIOLOGY  
[www.earandhearingclinic.com](http://www.earandhearingclinic.com)

## Hearing Clinic 2023 Dates

- March 6th and 20th
- April 3rd and 24th
- May 8th and 29th
- June 12th and 26th

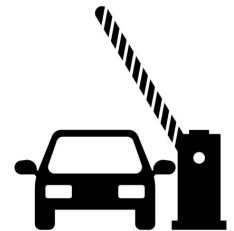
## **Attention Williamsburg and Becker residents:**



Sign-up for outings and various other programs **outside** of the Hobby Shop on the main floor!

## **After Hours Instructions for the Gatehouse:**

Please contact the Ailsa Craig Concierge at 226-251-3065 ext. #895 or the nurse at ext. #505 and they will authorize access.



## **AN IMPORTANT MESSAGE REGARDING SNOW REMOVAL:**

With the winter season here, we would appreciate all vehicle owners parking on the property to kindly be aware of how far over the sidewalk you are parking. In slippery or heavy wet snow conditions our snow removal equipment can unexpectedly shift, potentially hitting an overhanging car.



Thank you.




# Village Life *March Happenings*



## *International* WOMEN'S DAY

**Wednesday, March 8th**

See our display of notable  
women throughout history  
outside Town Hall!



## RESIDENTS' COUNCIL MEETING

Wednesday, February 29

at 2:30 p.m.  
in Town Hall

with "Hospice Wellington"



## *St Patrick's* DAY

### PUB CRAWL

**Friday, March 17th**

6:30 - 8:30  
in Town Square



## Dining Out - In



A new elegant dining program with food  
catered by a variety of local restaurants.

Join us Thursday, March 30th  
in the Hobby Shop  
at 5:30 p.m.

Space is limited - sign-up outside the  
Hobby Shop

**Cost based on menu**



# Village Life

## Happy 80th Birthday

**Ron Schlegel**

Join us in celebrating Ron Schlegel's  
80th Birthday on

**Friday, March 10th**

Cake will be served during lunch



**Dress in your best  
polo shirt!**

### **The Ailsa Craig Neighbourhood has formed it's own Social Committee!**

#### **Our Members are:**

Beverley Bulyovsky  
June Howard  
Penny Jacobi—Warren  
Lyn Kerr  
Barbara McKinnon  
Ruth Nelson  
Leona Newman

**We invite residents to join or contact us  
with suggestions for new outings,  
events, and activities.**

### **Vendors in March**

#### **Cameron Card Creations**

Tuesday, March 7th  
From 10:30—2 in Town Square

#### **KMW Clothing Clearance Sale!**

Wednesday, March 8th  
1-4 in Town Square

#### **Exquisite Fashion Boutique**

Monday, March 13th  
from 10-3 in the Hobby Shop

#### **Comfort Shoes**

Tuesday, March 21st  
From 11-4 in Town Square



Identity



Meaning



Growth

# Village Life



## Are you interested in Volunteering?

**We are currently looking for:**

### ⇒ General store clerks

- From 1:30– 3:30 p.m.
- Involves using a basic cash register (cash only), helping shoppers bag items, connecting with other residents, and keeping the shelves tidy and presentable.

### ⇒ Occasional Emma's and Egerton Happy Hour Piano Player

- Friday afternoons from 2:30 —3:30 p.m.
- Do not need to be a professional player!—play casual upbeat songs while residents enjoy snacks and drinks.

**For more information Call Katie at  
katie.lammert@schlegelvillages.com  
Or extension 807**

## Guelph Public Library Bookmobile Services



**Wednesday, March 8 and 26  
3:00—4:00 p.m.**

**Arbour Trails Front Entrance**

## Connect with Arbour Trails!

The monthly Calendar and Newsletter can be found online at

[www.schlegelvillages.com/  
arbourtrails-guelph](http://www.schlegelvillages.com/arbourtrails-guelph)

'Like' us on Facebook!  
[www.facebook.com/ArbourTrails](http://www.facebook.com/ArbourTrails)

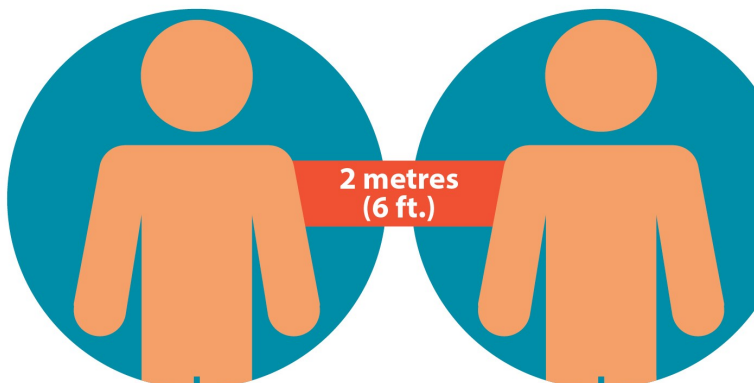
Follow Arbour Trails on Twitter  
[@ArbourTrails](https://twitter.com/ArbourTrails)

Follow Arbour Trails on Instagram  
[@ArbourTrails](https://www.instagram.com/ArbourTrails)



## Physical distancing

- COVID-19 spreads mainly between people who are in close contact (within 2 metres) of each other.
- Physical distancing means staying at least 2 metres away from others.
- Physical distancing works best when practiced in combination with wearing a mask, only touching your face with clean hands and cleaning your hands often. Physical distancing is especially important if you or others are not wearing a mask.



- Avoid spaces that are cramped, crowded and may involve close contact with others.
- Physical distancing will help stop the spread of COVID-19, but it may leave you feeling isolated. Find new ways to connect with others while still keeping each other safe.

Information provided by The Ministry of Health in partnership with Public Health Ontario as part of the Action IPAC Series.

Let's keep our Villages safe and healthy



## Medical masks

### To be effective

- Masks should fit snugly over the nose and mouth without large gaps.

### Etiquette

- Clean hands before putting on your mask.
- Avoid touching your face and the outside of your mask.
- Clean hands before touching your face and if you touch the outside of your mask.
- Avoid hanging your mask under your chin.
- Double masking is not advised. Use one medical mask that fits well.

Information provided by The Ministry of Health in partnership with Public Health Ontario as part of the Action IPAC Series.

Let's keep our Villages safe and healthy





## Cleaning and disinfecting

- The 'how' and the 'how often' we clean and disinfect in healthcare settings is important.
- The increased risk of infection transmission in these settings means that cleaning and disinfecting surfaces, items and equipment correctly is an important way to protect everyone.

Information provided by The Ministry of Health in partnership with Public Health Ontario as part of the Action IPAC Series.

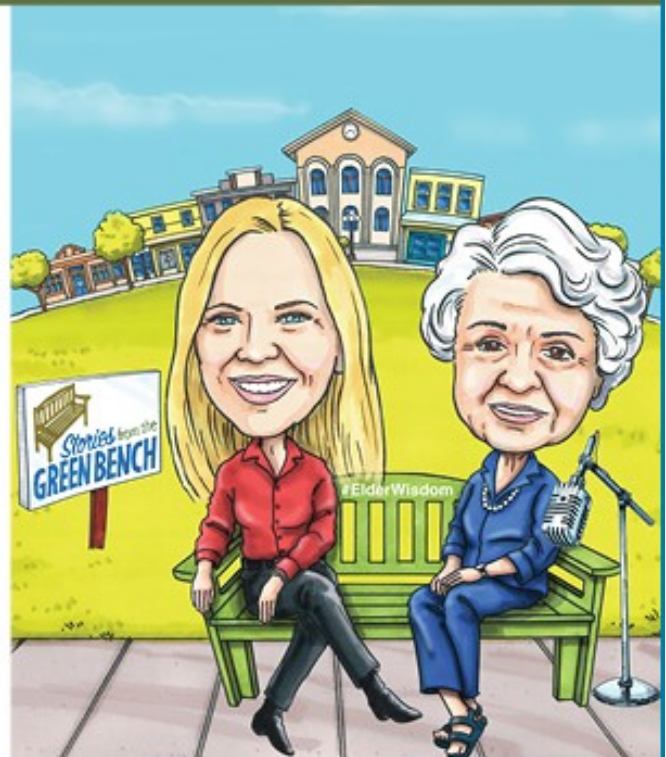
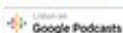
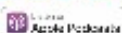
Let's keep our Villages safe and healthy



Your seat on the green bench is ready and waiting.



**SUBSCRIBE**



ElderWisdom.ca

## Strategies to boost fluid intake and avoid dehydration

It's important to drink enough fluids for more reasons than you might realize. Water is needed for many things in your body, including digesting food, controlling body temperature, and healing wounds. When you don't drink enough water, it can cause you to feel weak, tired, dizzy, constipated, confused and cranky.

Yet one in five long-term care residents become dehydrated every year. This can happen for different reasons, like limited access to fluids, ignoring dry mouth and other thirst signals, having a hard time drinking because of physical challenges, and drinking less to avoid going to the bathroom often.

To help older adults avoid dehydration, Heather Keller (Schlegel Research Chair in Nutrition and Aging) and her [Nutrition and Aging Lab](#) have been exploring solutions to avoid dehydration. Some successful methods include carrying a water bottle, offering preferred cups and drinks, learning thirst signals to know when you're thirsty, planning for washroom access, eating foods with high fluid content, drinking with others, drinking in between meals, and making fluid intake a part of your daily routines.

The lab's current project, called "PROMOTE," is working with Schlegel Villages to test the practicality



of seven strategies to promote hydration in older adults.

### Tips for improving hydration

To determine how much water you need, Keller suggests thinking about your body size, how active you are, the temperature outside, and the food you've eaten. Interestingly, 20-40 per cent of the water we get comes from the food we eat. As a general rule, at least six to eight cups of fluid per day is recommended.

As you get older, you may find that you don't feel as thirsty as you used to. However, monitoring how often you need the bathroom and how much you are urinating can help you figure out how hydrated you are, to ultimately improve your overall health.

---

Want more information on hydration? Watch Keller's webinar recording, Strategies to Improve Hydration in Older Adults: <http://bit.ly/3Kh0jUV>

Subscribe to updates from the RIA at [www.the-ria.ca/enews](http://www.the-ria.ca/enews) to find out how residents, care partners and team members can get involved in projects like this one.

Brought to you by  
the Arbour Trails  
Movie Crew



**New members  
are welcome!**

See your Recreation  
Calendar for date, time,  
and location of meetings

Movies are now on a first come first served basis. Masks are not mandatory but highly recommended. If there is a chair available feel free to join the screening.

### **Monday Movies 2:30 p.m. & 7:30 p.m. in the Town Hall**

#### **March 6th — The Russians Are Coming (1966)**

Without hostile intent, a soviet Submarine runs aground off New England. Men are sent for a boat, but many villagers go into a tizzy, risking bloodshed.

2h 6 min

Cast: Carl Reiner, Eva Marie Saint, Alan Arkin

#### **March 13th — Witness (1985)**

When a young Amish boy is sole witness to a murder while visiting Philadelphia with his mother, police detective John Book tries to protect the boy until an attempt on Book's life forces him into hiding in Amish country

1h 52 min

Cast: Harrison Ford, Kelly McGillis, Lukas Haas

#### **March 20th — Evita (1996)**

The hit musical based on the life of Eva Peron (Evita Duarte), a B-picture Argentinian actress who eventually becomes the wife of Argentinian president Juan Domingo Peron, and the most beloved and hated woman in Argentina

2h 15 min

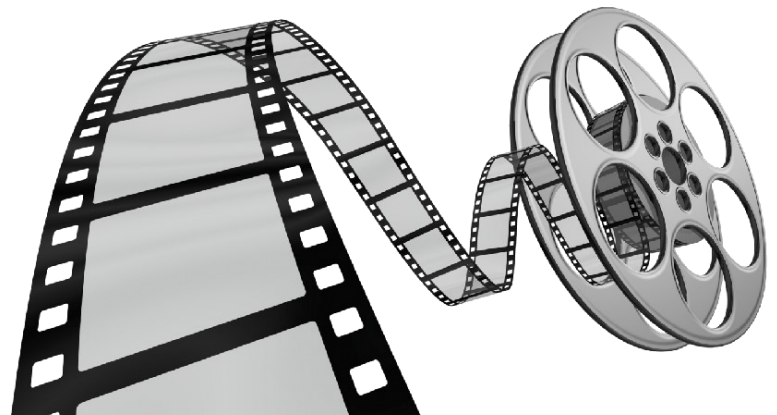
Cast: Madonna, Jonathon Pryce, Antonio Banderas

#### **March 27th — National Velvet (1944)**

A jaded former jockey helps a young girl prepare a wild but gifted horse for England's Grand National Sweepstakes

2h 3 min

Cast: Mickey Rooney, Elizabeth Taylor,  
Donald Crisp





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Movie Crew



**New members  
are welcome!**

See your Recreation  
Calendar for date, time,  
and location of meetings

### **Friday Movies 2:30 p.m. & 7:30 p.m. in the Town Hall**

#### **March 3rd — Arsenic & Old Lace (1944)**

A Brooklyn writer of books on the futility of marriage risks his reputation when he decides to tie the knot. Things get even more complicated when he learns on his wedding day that his beloved maiden aunts are habitual murderers.

1 hour 58 min

Cast: Cary Grant, Priscilla Lane, Raymond Massey, Jack Carson

#### **March 10th — Billy Elliot (2000)**

A talented young boy becomes torn between his unexpected love of dance and the disintegration of his family.

1 hour 50 min.

Cast: Jamie Bell, Julie Walters, Jean Heywood

#### **March 17th — Airplane (1980)**

A man afraid to fly must ensure that a plane lands safely after the pilots become sick.

1 hour 28 min **Afternoon Only**

Cast: Robert Hays, Julie Hagerty, Leslie Nielsen

#### **March 24th — Witness for the Prosecution (1957)**

A veteran British barrister must defend his client in a murder trial that has surprise after surprise.

1 hour 56 min

Cast: Tyrone Power, Marlene Dietrich, Charles Laughton

#### **March 31st — Fried Green Tomatoes (1991)**

A housewife who is unhappy with her life befriends an old lady at a nursing home and is enthralled by the tales she tells of people she used to know

2 hour 10 min

Cast: Kathy Bates, Jessica Tandy, Mary Stuart Masterson



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## **Celebrating Women's History Month**

### **Thursday, March 2nd—Documentary: “This Changes Everything” at 2:30 p.m. in Town Hall**

An investigative look and analysis of gender disparity in Hollywood, featuring accounts from well-known actors, executives and artists in the Industry.

1h 26min

Cast: Reese Witherspoon, Mira Nair, Shonda Rhimes, Tracee Ellis Ross

### **Thursday, March 16th—Documentary: “Dolly Parton—Here I Am” at 2:30 p.m. in Town Hall**

In this documentary, the life, career and music of Dolly Parton are reflected in interviews with friends and companions and the artist herself, interlaced with clips of Parton's performances.

1h 30min

## **Television Series:**

### **Saturday Series: “The Crown” 2:30 p.m. in the Town Hall**

Follows the political rivalries and romance of Queen Elizabeth II's reign and the events that shaped the second half of the twentieth century.

60 minutes

### **New Saturday Series: “The English Game” 2:30 p.m. in the Town Hall**

The story of the invention of football and how it quickly rose to become the world's most popular game by crossing class divides.

45 minutes

### **Sunday Series: “Waiting for God” 4:00 p.m. in the Town Hall**

When Tom Ballard moves to Bayview Retirement Village, he meets Diana Trent, a feisty old woman who complains about everything and wants nothing more than just to die. Much to the dislike of Harvey Baines, the head of the home, the two form a friendship and eventually a romance, helping each other out of tight situations.

30 minutes

# Arbour Trails Team Directory

Lead Nurse		505	Can be reached at this extension
Pauline Donovan	General Manager	803	pauline.donovan@schlegelvillages.com
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	Ailsa Craig Administrative Assistant	895	
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Alvin Carreon	Chaplain	845	alvin.carreon@SchlegelVillages.com
Recreation	Recreation Team / The Hobby Shop	811	arbourtrails.recreation@schlegelvillages.com
Maintenance	<b>For maintenance requests contact 887, 888, or 889</b>		
Dining Room Reservations		834	Call 519-836-2464
Riverstone Spa			519 840 1500



Barb Schlegel  
**Volunteer Award**



Barb Schlegel was an inspiring person who lived her life with gratitude, good humour and a serving heart.

# Nominate a volunteer

Barb was often described as a 'bright light' who brought much vibrancy and joy to Village Life as well as to the many people she touched.

Nominate a volunteer in your Village who has developed an authentic relationship with a resident and/or residents. Someone who volunteers with a serving heart and emulates the essence of the award.

## March 1–15

- Grab a nomination ballot
- Fill in nominee's name
- Share examples of how this volunteer demonstrates the essence of the award.
- Submit your ballot at your Village Office.



**Thank you  
for your  
nomination!**

  
**SCHLEGEL VILLAGES**



Barb Schlegel was an inspiring person who lived her life with gratitude, good humour and a serving heart.

**Submit your ballot at your Village Office.**



Barb Schlegel was an inspiring person who lived her life with gratitude, good humour and a serving heart.

**Submit your ballot at your Village Office.**