



# 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.

**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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**SEPTEMBER 2023**



Photo: A hibiscus bush on the village island in full bloom.



32 Bayberry Drive, Guelph, Ontario

JOIN US TO CELEBRATE



2013



2023

*Come and commemorate our Village's  
decade of accomplishments with us!*

SATURDAY, SEPTEMBER 9

1–3 p.m. | Town Square and Town Hall

PARADE • LIVE ENTERTAINMENT • REFRESHMENTS

32 Bayberry Drive, Guelph





# **Birthday Party**

Happy Hour

Saturday, September 16th  
at 3:30 p.m.

in the Main Floor Café



# *A Message From* Residents' Council

Hello Fellow Residents,

As we reach the month of September, we recognize that our summer is almost gone. For me, it was a very good one with a reasonable balance of sunshine and showers. The showers certainly kept the grass green and the grass cutters busy. It won't be long before we see colour developing in the forest of lovely deciduous trees around us here. While we do enjoy the bloom in those trees in the springtime, we can equally enjoy the magnificent colour which many of them present at this time of the year.

August has been a very quiet month for the Residents' Council. There was neither a meeting of the Council Executive nor of the Council at large. September will, however, be quite different. We will be having a meeting of the Executive on September 7<sup>th</sup> and a General Meeting on September 27<sup>th</sup>. Our guest at the General Meeting will be Anuj Solomon, our new Director of Environmental Services. He will discuss his background, describe his areas of responsibility here and be prepared to answer your questions. Anuj replaces Greg Lee, who has gone to work at a Schlegel facility in London.

There are some special activities coming up as well. On Saturday, September 9<sup>th</sup>, there will be a 10<sup>th</sup> Anniversary celebration for the Village of Arbour Trails. I suspect that some of you, who were amongst the first residents here, will have an opportunity to reminisce about the **early days**. The following week has been designated as Residents' Council Week. On Wednesday, September 13<sup>th</sup>, you will have an opportunity to meet the Council Executive members and to enjoy some entertainment and goodies organized by our Recreation Team.

Speaking of the Recreation Team, I wish to give them a **thumbs up** for all that they do to make life interesting for us here at Arbour Trails. Whatever your primary interests, there is likely something in the programming that is designed for you. Please take note of what is planned. If you are new here, just try the options offered to see if one or more may be what you are looking for and would enjoy.

Enjoy this last month of summer and its introduction to the autumn.

Harold Quinn, 477  
hwquinn30@gmail.com





# Dining News



## *Upcoming Events*

Event	Date	Time	Location
<b>Food Committee Meeting</b>	Wednesday, September 20th	2:30 p.m.	The Library
<b>10th Anniversary Party</b>	Saturday, September 9th	1-3 p.m.	Town Square
Thanksgiving Dinner ( <b>Guests must reserve by Thursday September 28th by calling the reservation line below</b> )	Sunday, October 8th	Dinner Service	Dining Room

### General Info:

- ◆ **Entering the Dining Room:** We request that those attending second seating meal services, wait until ushered in order to avoid accidents, as team are working to set up the dining room.
- ◆ **Walkers/Scooters and Power Chairs:** Please park at the designated areas. The Dietary Team can assist with getting your walker when your meal is done. This is a safety protocol to ensure there are safe walking paths for the team. If you have any questions or concerns please speak with Arshpreet or Shannon.
- ◆ **Meal Times:** Meal service is outlined for a one hour service for each seating. We request that everyone leaves in a timely manner in order to provide sufficient time for the team to set up for the next service.

#### **Williamsburg and Becker East:**

11:45 a.m.- 12:45 p.m. &  
4:45 p.m.- 5:45 p.m.

#### **Becker West:**

1:15 p.m.- 2:15 p.m. &  
6:15 p.m.- 7:15 p.m.

#### **Emma's and Egerton Neighbourhoods:**

12:00 p.m.-1:00 p.m. & 5:00 p.m.-6:00 p.m.

### Dining Room Reservation Info:

For all other resident and guest dining room reservations, please call our **reservation line** at 519-836-2464 or by calling extension 834.

A minimum of 24 hours notice would be appreciated.

## In Memoriam

Mary Fortune  
Helen Brimmell  
Audrey Eastwood

As a Village, we extend  
our heartfelt condolences to  
their 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**—Sundays at **3:00 p.m.** in the Chapel

- September 3 (led by Marguerite Davies)
- September 10 (led by Chaplain Alvin)
- September 17 (led by Chaplain Alvin)
- September 24 (led by Rev. Dr. Sykes)

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

- September 7
- September 14
- September 21
- September 28

#### **Catholic Communion**—Mondays at 10:30 a.m. in the Chapel (led by Rev. Betty Roswell)

- September 4
- September 11
- September 18
- September 25

#### **Men's Conversation Connection**—2<sup>nd</sup> and 4<sup>th</sup> Wednesdays, at 10:30 a.m. in the Chapel (led by Wayne Hong)

- September 13
- September 27

#### **Film of Faith**—September 12 at 2:30 p.m. in Town Hall

- **"Indescribable"** – Featuring the vocals of Guy Penrod

#### **For the Soul (Emma's)**—Every 1<sup>st</sup> Thursday at 3:30 p.m.

- September 7

#### **For the Soul (Egerton)**—Every 3<sup>rd</sup> Thursday at 3:30 p.m.

- September 21

#### **Conversation Cafe (Alisa Craig at JPL)**—Every 4th Thursday at 2:30 p.m. — September 28



Our in memoriam is located  
outside of the chapel and is  
updated on a regular basis.

## HAPPY SEPTEMBER ARBOUR TRAILS!



It is always difficult to say goodbye to our hot summer months. However, autumn is the season for beautiful color changing leaves, corn mazes, apple orchards, pumpkin picking, cozy sweaters and much more! Although autumn is an exciting time, it also marks the onset of our pesky flu season. This does not mean we need to wish away the fall months, but instead take extra precautions to ensure we have an enjoyable, festive and safe autumn!

### Tips to Stay Safe this Flu Season!

- Wash your hands often
- Stay physically active
- Get lots of rest
- Eat a balanced, nutritious diet
- Drink lots of water
- Disinfect frequently touched surfaces
- Limit how often you touch your eyes, mouth or nose
- Avoid others who are sick
- Cover your mouth when coughing/sneezing



### Join us for Hand Therapy!

Tuesdays at 7:30 p.m.  
Fridays at 2:30 p.m.  
In the Hobby Shop

### The DrumFIT schedule has changed!

Sundays  
at 11:00 a.m.  
in the Fitness  
Centre

### Fitness Opportunities at a Glance...

Fitness Centre (FC)  
Jack Purcell Lounge (JPL)  
Hobby Shop (HS)

#### Mondays

##### **Better Balance:**

10:00 — Standing Class (FC)  
3:00 — Ailsa Craig (JPL)

##### **Get Active:**

2:00 — Seated Class (FC)

#### Tuesdays:

##### **Fun & Fitness:**

11:00 — Egerton

##### **VON Exercise:**

11:00 — Ailsa Craig (JPL)

##### **Stretch Class:**

3:30 — Open to All (FC)

**\*No Class on the 5th**

##### **Hand Therapy:**

7:30 — Open to All (HS)

#### Wednesdays:

##### **VON Exercise:**

9:30 — Open to All (FC)

##### **Get Active:**

10:00 — Standing Class (FC)  
2:00 — Seated Class (FC)  
3:00 — Ailsa Craig (JPL)

#### Thursdays:

##### **Chair Yoga:**

10:45 — Open to All (FC)

**\*No Class on the 7th**

##### **Fun & Fitness:**

11:00 — Egerton

##### **VON Exercise:**

11:00 — Ailsa Craig (JPL)

#### Fridays:

##### **VON Exercise:**

9:30 — Open to All (FC)

##### **Fun & Fitness**

11:30 — Emma's

##### **Hand Therapy:**

2:30 — Open to All (HS)



# Village Outings



**The shuttle runs on  
Thursdays at:**

## Independent Shopping Shuttle

### Drop off/Pick-up locations

- Arbour Trails Front Entrance
- Ailsa Craig Front Entrance

### Route Stops

- Walmart: Stone Road
- Metro: Stone Road
- Indigo: Stone Road Mall
- Farm Boy: Stone Road:
- Shoppers Drug Mart & LCBO:  
Scottsdale Road
- Hartland Zehrs:

10:10—Arbour Trails Main Entrance

10:15—Ailsa Craig Main Entrance

**\*Note time change**

- **SIGN-UP REQUIRED.** Please sign-up in the Ailsa Craig Main Lobby or outside the Hobby Shop.
- 1 hour shopping limit
- The bus schedule is subject to change at any time based on driver availability and unexpected repairs. We appreciate your patience and understanding.

## Visit our General Store!

### Hours:

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

**CASH ONLY**



To learn more about the store  
contact Katie Lammert at  
226-251-3065 extension 807 or  
[katie.lammert@schlegelvillages.com](mailto:katie.lammert@schlegelvillages.com)

## Other Accessible Community Transportation Services:



**VON Canada**

Phone: 1-888-506-6353



**Just Call Lynda**

Phone: 519-627-5571

Email: [justcalllynda@gmail.com](mailto:justcalllynda@gmail.com)

**BARB'S PRODUCE**



(formerly The Corn Stand)

**Every Thursday**

9:00 a.m. to 1:00 p.m.

Outside the Village of Arbour  
Trails Main Entrance

**Until Thursday, October 5th!**



# Village Outings



**Williamsburg & Becker:  
Lunch at Montana's BBQ & Grill**

Wednesday, September 6th  
Departure: 11:15 a.m. at the Main Entrance

**Emma's and Egerton:  
Country Drive**

Friday, September 8th  
Departure: 10:30 a.m. at the Main Entrance

**Emma's and Egerton:  
Cambridge Butterfly Conservatory**

Wednesday, September 13th  
Departure: 10:30 a.m. at the Main Entrance

**Williamsburg and Becker:  
Peggy's Retail Store & Lunch at Casa Americo Italian Bistro**

Saturday, September 16th  
Departure: 10:30 a.m. at the Main Entrance

**Ailsa Craig:  
Brunch at Pur & Simple**

Friday, September 22nd  
Departure: 10:15 a.m. at the Ailsa Craig Front Entrance

**Ailsa Craig, Williamsburg, & Becker  
Conestoga Mall**

Saturday, September 30th  
Departure: 9:30 a.m. at the Main Entrance &  
9:40 a.m. at the Ailsa Craig Main Entrance

**\*Sign-up is required**—Please sign-up for outings outside the Hobby Shop or in the Ailsa Craig Main Lobby

# Village Life

## September Entertainment

### **Martin Wall**

Friday, September 1st  
at 2:30 p.m. in Town Hall

### **Pianist “Paul Schalm”**

Thursday, September 7th  
at 2:30 in Town Square

### **Grace Cowley**

Friday, September 15th  
at 2:30 in Town Hall

### **Robert McKinnon**

Monday, September 21st  
at 2:30 p.m. in Town Hall



## Vendors in September

### **Cameron Card Creations**

Tuesday, September 5th  
from 10:30—2 in Town Square

### **Mobile Senior Shop**

Thursday, September 7th  
From 10-2 in the Hobby Shop

### **Suzanne M Jewelry**

Tuesday, September 19th  
from 10:30-2 in the Hobby Shop

### **KMW Clothing**

Thursday, September 21st  
from 10-3 in the Hobby Shop



Photo: Residents dancing to the sounds of musician and fellow resident, Bill Parker, at Happy Hour.

## Guelph Public Library Bookmobile

Wednesday, September 6th & 20th  
from 3:00—4:00 p.m.

**Outside the Front Entrance**





# Village Life *Ailsa Craig Garden Group*

## The History of the Ailsa Craig Garden Group

The Garden Group began in 2021 with 8 volunteers and 4 raised boxes at the main entrance of Ailsa Craig. In 2022 by popular demand, we added 2 raised vegetable boxes in the rear courtyard and 4 volunteers for this initiative only. Now in 2023 we have 2 lovely inground raised vegetable beds and 3 new volunteers - a marvellously successful project! Our floral features now include 10 boxes or urns in total and may be seen on the rear patio and at the front entrance. These initiatives provide great enjoyment to the active participants and all residents appreciate the veggie harvest and floral beauty! Truly a win-win situation.  
- Rita Munro, Facilitator



Planting Day – “nothing seems impossible in spring” - L.M Montgomery (but not before Victoria Day).



The start of veggie season.



...It does get down to freezing after Victoria Day.



Tomatoes, potatoes, and the Three Sisters Indigenous Gardens of corn, beans, and squash.



**Ben and Crew:** A shout out to Ben Brough, Arbour Trails' painter and handyman, for his help in making the garden club projects a success. His only requests was a ripe tomato for a BLT sandwich. Ben is shown receiving his reward!

**Ailsa Craig Garden Group:** Back row – Dorothy Wilkie, Sammy Lee, Lynne Kerr – Middle Row – Vance Curry, Mema Buchan, Anne Cornelisse, Lorna Turner, Bea Howse, Shelly Lee, Ken Alsop, Carolanne Johnston, Cam Duthie, Don Cook, Doug McDonald, John Thomson – Front row – Marie Sopinka, Barb McKinnon, Leona Newman, Rita Munro, Bev Buloyovsky, Theresa Rodrigues



# Village Life *September Happenings*

## SEPTEMBER FOOD TRUCKS

**September 6th - Pete's Grill**

(Gourmet burgers, pasta, & hotdogs)

**September 13th - Wild Boar**

(Southern BBQ)

**September 20th - El Milagro**

(Authentic Mexican Food)

**September 27th - Fo Cheesy**

(Gourmet Grilled Cheese)



Wednesdays between  
4:30p.m. and 6:00 p.m. (approximately)  
in the parking lot!

## CELEBRATING RESIDENTS' COUNCIL WEEK

**September 11 - 17**

See your monthly calendar and the  
community poster boards on your  
neighbourhood to see how we're  
celebrating!



A week to celebrate all RESIDENTS. Every person living in  
the village is part of the Residents' Council, regardless of  
whether they attend the monthly meetings.

September 10  
**Grandparents  
Day**

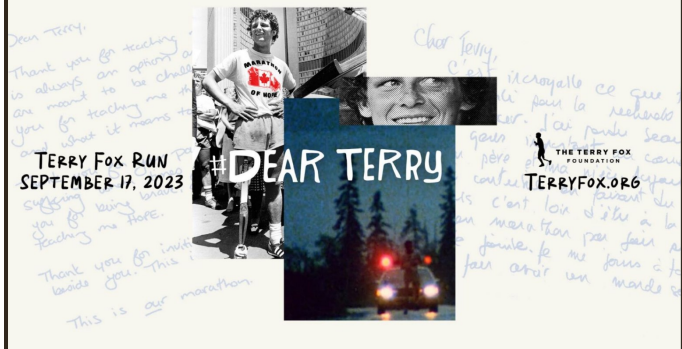
## Ice Cream Social

**Sunday, September 10th**  
from 3:30 p.m. - 4:30 p.m.  
in Town Square

Join us in celebrating  
Grandparent's Day!

All are Welcome

**Ice Cream - Music - Games**



## Terry Fox Day Village Walk

**Sunday, September 17th**  
at 2:15 p.m.  
Meet at the Arbour Trails  
Front Entrance

Refreshments to follow  
in the Main Floor Café

We will be doing a short walk around the main building  
and collecting donations for the Terry Fox Foundation

# Village Life *September Happenings*

## First Day of Fall Neighbourhood Socials

**Saturday, September 23rd**

See your neighbourhood  
calendar for details



This season teaches us that change can be beautiful.

## RESIDENTS' COUNCIL MEETING

**Wednesday, September 27th**

at 2:30 p.m.  
in Town Hall

With Special Guest:

**Anuj Solomon**

Arbour Trails' new Director of  
Environmental Services



**Celebrate Arts & Aging  
at our**

## Resident Art Show

Sunday, September 24th  
from 2-4  
in the Hobby Shop

**We are still accepting submissions!**

If you are interested in displaying your work  
(art, photography, embroidery, woodworking, poetry etc.)  
contact Recreation at extension 811

## National Day for Truth & Reconciliation

**Saturday, September 30<sup>th</sup>**

Join us in honouring the children who  
never returned home and survivors of  
residential schools, as well as their  
families and communities.

**Join us in wearing orange to show  
your support**

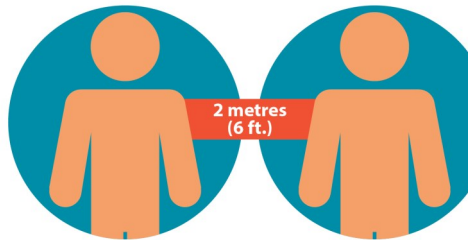




# Village Life

## 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



## 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)

## 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

Follow Arbour Trails on Instagram @ArbourTrails



# Village Life

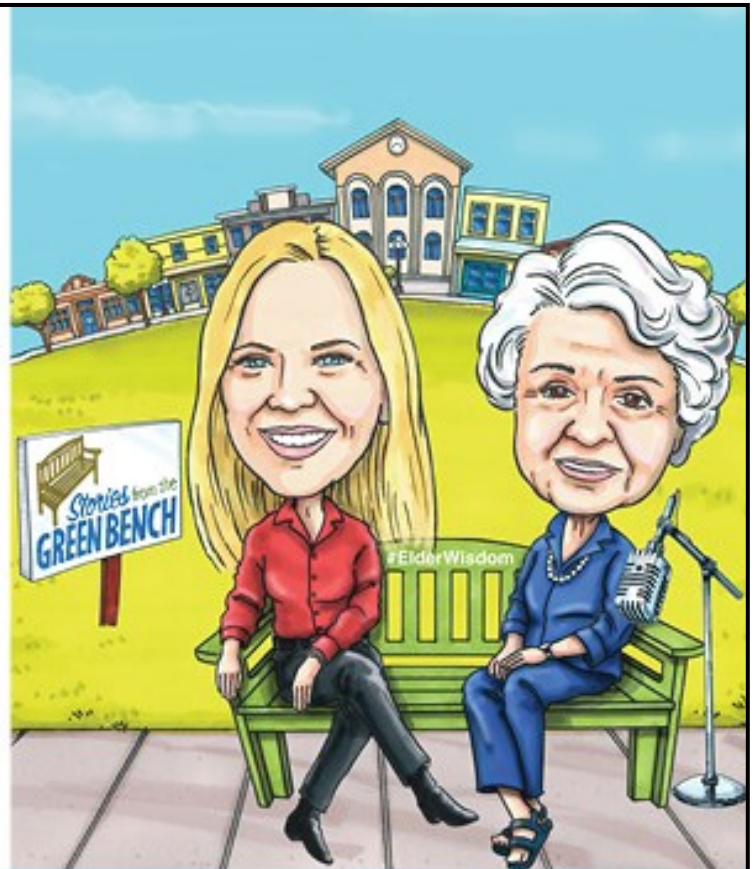
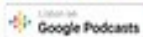


## Stories from the GREEN BENCH Podcast

Your seat on the green  
bench is ready and waiting.



SUBSCRIBE



ElderWisdom.ca



COVID IMMUNITY  
STUDY

## COVID IMMUNITY STUDY VIRTUAL TOWN HALL



### WHERE DO WE GO FROM HERE?

JOIN US AS OUR SCIENTIFIC LEADS FROM MCMASTER UNIVERSITY,  
DR. DAWN BOWDISH AND DR. ANDREW COSTA,  
SHARE NEWS, REVIEW STUDY RESULTS, AND DISCUSS FUTURE DIRECTIONS.

#### HOW DO I REGISTER?

- Scan the QR code
- Go to our website:

SCAN ME



#### NEED MORE INFORMATION?

Email: [covidltc@mcmater.ca](mailto:covidltc@mcmater.ca)  
Phone: (289) 639-5988

[www.covidinltc.com/townhall](http://www.covidinltc.com/townhall)

#### DR. ANDREW COSTA, PHD

Study co-lead,  
Health Services Epidemiologist,  
McMaster University

**Wednesday, September 27th**

⌚ 2:30 p.m – 3:30 p.m



#### DR. DAWN BOWDISH, PHD

Study co-lead,  
Immunologist,  
McMaster University

**Thursday, September 28th**

⌚ 6:30 p.m – 7:30 p.m



spark ideas. ignite change.

October 18-19

**DoubleTree by Hilton**

30 Fairway Road South, Kitchener

**Schlegel Villages and the  
Research Institute for  
Aging (RIA) are excited to  
be hosting our 7th annual  
Innovation Summit!**

This two-day event is an opportunity to learn and celebrate our collective passion for innovation, continuous improvement and research.

Team members, residents and family are welcome to attend this event! If you are interested in attending, speak with your General Manager or Assistant General Manager at your Village as there is a limit to the number of attendees from each Village.

**Sessions will include:**

- Villages sharing creative solutions and innovations
- Researchers discussing current and future projects
- Innovators demonstrating technologies that have the potential to improve Village Life
- Updates on projects presented at previous Innovation Summits

**We look forward to  
seeing you there!**





# Schlegel Villages – CONNECTIONS

Before we look ahead to September, we'd like to acknowledge all our Villages did to honour the legacy of Wilfred "Grandpa" Schlegel in August.

This was the first year we organized a day in honour of the man who inspired his son and grandsons to work so hard to enhance their community, and our larger Schlegel Villages Family responded in many different ways.

We saw Villages create handmade cards and bake cookies as gifts to first responders and health care workers in hospitals, while others organized park clean-up days. It was all about giving back to the community, and Ron Schlegel noted how proud he was to see this take place. "This is so fitting," Ron told our Chief Operating Officer, Paul Brown, "and my father would be so happy and honoured."



**WILFRED  
SCHLEGEL** *Day*  
Monday, August 7



## September 11-17 Residents' Council Week

**Residents' Council Week** is an opportunity to celebrate all of our residents and offer gratitude for all they offer us. Our friends at the Ontario Association of Residents' Councils (OARC) help highlight the great value those who volunteer to represent their fellow residents on council bring to a home, and we are grateful for their service.

The focus every day in the Villages is on creating a space where each resident can find meaning, purpose and joy in whatever fashion suits them.

The OARC has designated the third week in September as Residents' Council Week and we hope all Villages find meaningful ways to celebrate. We also encourage residents who may have an interest in serving on their own residents' council to connect with any of the leaders in their Village to find out how they can get involved.

# Schlegel Villages – CONNECTIONS



## National Day for Truth and Reconciliation

The knowledge, experience and wisdom of the First Nations, Inuit and Métis peoples of the land we now call Canada guided the first settlers when they arrived from overseas centuries ago. Without this early sharing of knowledge, the early arrivals to a new and bountiful land would have been directionless. Those earliest of relationships deteriorated over time as dogma and the greed of commerce expanded Westward, ignoring the wisdom that guided the people of this land for centuries before arrivals from across the Atlantic.

As the 19th Century unfolded into the 20th, the deterioration of this relationship grew to its darkest form while a concerted, government- and religiously-sanctioned suppression and theft of culture was maintained.

The lives of countless First Nations, Inuit and Métis peoples were the casualties. On Sept. 30 we'll join millions across Canada to recognize darkness of this past as look ahead to Truth and Reconciliation.

Across the country, federally-regulated businesses will close, as will many others, but at Schlegel Villages, our doors are always open and our teams, residents and families are encouraged to come together in the spirit of learning and education.

The knowledge, wisdom and experience of First Nations, Inuit and Métis peoples must continue to guide the people of Canada, for without them the nation will remain directionless. We must learn from the past, as difficult as it may be, in order to build a more equitable future for all, regardless of age, ability, background or heritage.



## Boosting well-being through arts and creativity

The power of arts and creativity to enhance the lives of older adults is invaluable. From gardening to listening to music, everyone can enjoy the benefits of creativity. We sat down with Kate Dupuis, Schlegel Innovation Leader in Arts & Aging, to discuss how arts-based activities can enrich your life.

### What does research tell us about the benefits of arts and creativity?

Participating in arts-based activities has been shown to help older adults feel less lonely and can have a positive impact on their mood, thinking abilities, spirituality and more. You don't have to be actively participating to see benefits, even just attending a ballet performance or listening to your favourite album can help! Over the past few years of the pandemic, being able to connect with others, often virtually, through the arts has been really helpful to combat loneliness.

### What are some activities you've seen that have had a positive impact?

There is no one-size-fits-all when it comes to engaging in the arts! People often associate the arts with painting, drawing, dancing, and singing but you can also be creative by baking, sewing, quilting, gardening, or fixing up an antique car. In one of our programs, we bring young children and their parents from the community to connect with older adults at Schlegel Villages through music and movement.



### I've never been particularly creative, is it too late to start now?

Some of the individuals we have spoken to hold assumptions about how creative they are - they may have been told from an early age that they couldn't carry a tune in a bucket or that they shouldn't dance because they have two left feet. It's always wonderful to see what happens when we encourage older adults to let go of these limiting beliefs and try something new. They often surprise themselves by how fun and fulfilling it can be to engage in expressive activities.

### "Arts and Aging Day Canada" is an annual virtual event dedicated to promoting the connection of art, health and aging. How can older adults and their families participate in this event?

The best way to get involved is to go to the RIA's [Arts and Aging Day Canada website](#). There you will find a toolkit that will provide you with tips and tricks for sharing and connecting on September 24, as well as links to online events you are welcome to participate in for free in the week leading up to the day. Remember to use the hashtag #ArtsAndAgingCA when you post your artwork so we can help spread the word!

Subscribe to updates from the RIA at [www.the-ria.ca/enews](http://www.the-ria.ca/enews) to stay up-to-date on the latest news, events, and helpful resources.



# September can be hot

*Keep cool and have fun!*

G	F	M	K	L	W	X	S	E	Y	R	T	W	O
L	E	D	Z	I	J	H	F	S	T	U	A	R	N
H	C	K	A	G	S	E	U	V	I	M	H	E	B
Y	N	S	L	H	F	N	L	P	V	T	I	W	G
D	A	E	L	T	S	E	L	C	I	S	P	O	P
R	F	I	E	C	O	K	H	J	T	U	T	H	V
A	S	O	R	L	L	R	E	X	C	N	S	S	C
T	W	E	B	O	V	D	Z	Y	A	G	E	L	U
E	E	R	M	T	A	W	E	G	T	L	R	O	P
N	M	D	U	H	C	A	W	Q	H	A	U	O	I
S	F	Q	S	I	Y	T	A	H	G	S	M	C	C
D	R	T	T	N	H	E	L	A	I	S	Y	L	R
C	T	W	N	G	E	R	K	L	L	E	K	O	P
I	N	D	O	O	R	S	M	E	N	S	A	I	O

INDOORS

REST

SUNSCREEN

HAT

POPSICLES

COOLSHOWER

LIGHTACTIVITY

HYDRATE

FAN

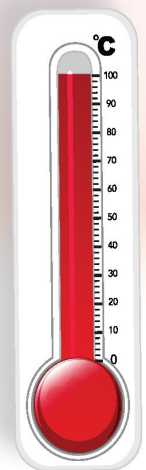
SUNGLASSES

LIGHTCLOTHING

UMBRELLA

SHADE

WATER



Brought to you by  
the Arbour Trails  
Movie Crew



**New members  
are welcome!**

See your recreation  
calendar for date, time,  
and location of meetings

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

**September 4th — Out Of Africa (1985)**

In 20th-century colonial Kenya, a Danish baroness/  
plantation owner has a passionate love affair with a  
free-spirited big-game hunter.

**Cast:** Meryl Streep, Robert Redford, Klaus Maria  
Brandauer.

**2h 41 min**

**September 14th— Mamma Mia! Here We Go  
Again (2018)**

Five years after the events of Mamma Mia! (2008),  
Sophie prepares for the grand reopening of the Hotel  
Bella Donna as she learns more about her mother's  
past.

**Cast:** Lily James, Amanda Seyfried, Meryl Streep.

**1h 54 min**

**September 18th — Terms of Endearment (1983)**

Follows hard-to-please Aurora looking for love and  
her daughter's family problems.

**Cast:** Shirley MacLaine, Debra Winger, Jack  
Nicholson.

**2h 12 min**

**September 25th — On Golden Pond (1981)**

Norman is a curmudgeon with an estranged  
relationship with his daughter Chelsea. At Golden  
Pond, he and his wife nevertheless agree to care for  
Billy, the son of Chelsea's new boyfriend, and a most  
unexpected relationship blooms.

**Cast:** Katharine Hepburn, Henry Fonda, Jane Fonda.

**1h 49 min**

**NEW! Documentary Series**

Wednesday mornings at 10:15 a.m.  
in Town Hall  
(see monthly calendar for details)

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

**September 1st — An Affair to Remember (1957)**

A couple falls in love and agrees to meet in six months  
at the Empire State Building - but will it happen?

**Cast:** Cary Grant, Deborah Kerr, Richard  
Denning.

**1h 55 min**

**September 8th — The Dam Busters (1955)**

Drama based on the attempt by the RAF to destroy six  
dams in Germany during World War II.

**Cast:** Richard Todd, Michael Redgrave, Ursula Jeans.

**1h 45 min**

**September 15th — Julie & Julia (2009)**

Julia Child's story of her start in the cooking  
profession is intertwined with blogger Julie Powell's  
2002 challenge to cook all the recipes in Child's first  
book.

**Cast:** Amy Adams, Meryl Streep.

**2h 3 min**

**September 22nd — The Pirates of Penzance (1983)**

After a young man leaves a band of pirates, hilarity  
ensues.

**Cast:** Kevin Kline, Angela Lansbury, Linda Ronstadt.

**1h 52 min**

**September 29th — On the Waterfront (1954)**

An ex-prize fighter turned New Jersey longshoreman  
struggles to stand up to his corrupt union bosses,  
including his older brother, as he starts to connect with  
the grieving sister of one of the syndicate's victims

**Cast:** Marlon Brando, Karl Malden, Lee J. Cobb.

**1h 48 min**



# 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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Donna Hastings	Administrative Coordinator	802	donna.hastings@schlegelvillages.com
Marika Jach	Administrative Assistant	801	marika.jach@schlegelvillages.com
	Ailsa Craig Lobby	895	Can be reached at this extension
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Arshpreet Sandhu	Dining Room Supervisor	834	arshpreet.sandhu@schlegelvillages.com
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Katie Lammert	Director of Recreation & Volunteer Services	807	katie.lammert@schlegelvillages.com
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Nick Chambers	Director of Lifestyle Options	825	nicholas.chambers@schlegelvillages.com
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Natalie Minnick	Interim Ailsa Craig Neighbourhood Coordinator	872	natalie.minnick@schlegelvillages.com
Miranda Timmerman	Exercise Therapist, PAL Coordinator	808	miranda.timmerman@schlegelvillages.com
Alvin Carreon	Chaplain	845	alvin.carreon@SchlegelVillages.com
Recreation	Recreation / The Hobby Shop	811	arbourtrails.recreation@schlegelvillages.com
Maintenance	<b>For maintenance requests contact 887, 888, or 889</b>		
Dining Room Reservations		834	519-836-2464
Riverstone Spa			519-840-1500