



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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NOVEMBER 2023



Photo: Resident submission taken in Kingston, Ontario.





Birthday Party

Happy Hour

Saturday, November 18
at 3:15 p.m.
in the Main Floor Café



A Message From Residents' Council

Hello Fellow Residents,

November looms!!! We have had a very pleasant October with its wonderful colours and quite mild temperatures. Despite the fact that entering November always brings the prospect of much colder weather and perhaps even some snow, let's remember that one of the great features of life in Canada is our changing seasons. Our winter season brings the joy of seeing a lovely white countryside and of experiencing times of celebration. I will focus more on those in the December letter.

Did you enjoy the festive activities here during October? They ranged widely from the Thanksgiving celebration to that of Oktoberfest with the Black Forest Band and a Halloween Masquerade Party with music by Beautiful Noise from the VBA. The clothing drive provided for us an opportunity to pass on to others that part of our wardrobe that we no longer found useful. One of the most unusual activities was the filming of a TVO program for kids with young athletic champions demonstrating their talent and with us as an audience cheering them on. Watch for a future notice relating to the timing of the broadcast.

We have now in hand our 4-week fall/winter menu. It has an interesting innovation with "braised lamb shank" on the Saturday dinner of week 3 and a continuation by popular demand of "eggs benedict" on the Sunday lunch of week 2. Let's not forget to express our appreciation to those who plan and prepare those meals and to the wonderful young folk who serve them. What happens in the dining room represents the activity at Arbour Trails in which almost all of us participate.

If you are looking for a new activity at which to learn and contribute, please consider that identified as "Current Events" on the calendar. To date, it has had a relatively low profile, but new participants are welcomed. It convenes on Tuesday evenings at 7:30 p.m. in the Library.

Here we go into November, that month of the year when we remember and acknowledge the sacrifice made by so many young Canadians to protect western democracies during the wars of the 20th century. On November 11th, we shall honour them and those veterans who reside with us here. Let us not forget.



Harold Quinn, 477
hwquinn30@gmail.com

Dining News



Event	Date	Time	Location
Food Committee Meeting	Thursday, November 2 nd	2:30 p.m.	The Library
“Ask a Foodie” Event	Wednesday, November 15 th	11:00 a.m.— 1:30 p.m.	Town Square
AT Eats is back! (Frozen prepared meals to go)	Will be available in the General Store starting on November 22 nd		The General Store

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 is needed.

General Info:

Our new menu for both Arbour Trails Dining and Ailsa Craig Dining kicked off on Monday October 23rd. We hope you are enjoying some new features and we will continue to provide local fresh produce where we can. We are looking forward to some upcoming holiday meals.

As always, we appreciate any feedback . Please find comment card boxes located in dining areas. Our monthly Food Committee meeting is also a great forum and opportunity to discuss any concerns or provide any feedback. This is a general meeting and all residents are welcome to join.

We will continue to strive to provide excellent service and enjoyable nutritious meals.

Holiday Room Bookings and Catering:

Please reach out to Marika at 226-251-3065 extension 801. The Dining Room Supervisor or Director of Hospitality will reach out to you to discuss and confirm your reservation.

**The deadline for all holiday room bookings and caterings will be on:
Friday, December 1st 2023.**

In Memoriam

Marlis Blackstock
Florence Dorr
Joseph Whiteley
John Hurst
Ronald Ross

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:

- November 5th — led by Marguerite Davies
- November 12th — led by Chaplain Alvin
- November 19th — led by Chaplain Alvin
- November 26th — Anglican (Communion) led by Rev Dr. Barbara Sykes

Remembrance Day Service — Saturday, November 11th at 10:30 a.m. in Town Hall

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

- November 6th
- November 13th
- November 20th
- November 27th

Men's Conversation Connection – Wednesday, November 8th and 22nd at 10:30 a.m. in the Chapel

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

- November 2nd
- November 9th
- November 16th
- November 23rd
- November 30th

For the Soul

- Thursday, November 2nd at 3:30 p.m. on Emma's
- Thursday, November 16th at 3:30 p.m. on Egerton

Film of Faith (feat. Breakthrough – the Impossible true story)

- Tuesday, November 7th at 10:00 a.m. in Town Hall

Conversation Café — Thursday, November 23rd at 2:45 p.m. in the Jack Purcell Lounge (Ailsa Craig)



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



A Message From The Chaplain

"In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below."

—John McCrae, Canadian poet, doctor and medical officer during WWI

John McCrae's poem, "In Flanders Fields," will live as long as the memory of the brave Canadians who served as its inspiration.

This November, millions around the world will once again pin McCrae's symbol of sacrifice over their hearts, bearing witness to the bravery of the Canadians who served our Country. This is our opportunity to remember the heroes of past wars and to extend our gratitude to those who have served in more recent conflicts and peacekeeping missions. These individuals faced the crucible of war, often enduring injuries and, tragically, sometimes making the ultimate sacrifice.

Soldiers perish—typically young, most often underprivileged, but always valiant, filled with hope and promise. They put trust in their leaders and have a profound belief in the worthiness of the cause for which they are willing to risk everything. We pause to honor them and reflect on their sacrifices, both past and present.

We come together in remembrance of those who died in two world wars, those who have perished since, and those who continue to lose their lives in today's conflicts between nations. For some, this time remains deeply personal, marked by hardship, pain, and loneliness. Yet for others, it's a place seen only through images, stories handed down through generations, or conveyed through the media.

As we remember the sacrifices made by so many, we gather not to glorify war but to recognize its cost. In our remembrance, we also unite in our commitment to be the peacemakers and peacekeepers that Jesus asks all his disciples to become through the ways we live our lives together. We come to express our shared humanity, illuminated in the light of Christ, by pausing to recognize the value of every life, past and present.

Sincerely,

Alvin Carreon
Chaplain



HAPPY NOVEMBER ARBOUR TRAILS!



First and foremost, November is the month of remembering. In November we wear our poppies with pride and pay our utmost respects to the brave men and women who sacrificed their lives for our freedom. This Remembrance Day falls on Saturday November 11th.



November is also Falls Prevention Month! Falls are the leading cause of injury amongst older adults. Falls occur for a variety of reasons such as reduced strength, impaired balance and coordination, unsteady walking, impaired vision, dizziness, uneven ground and more! On the bright side, this means that there are LOTS of different ways we can reduce our risk of falling! The fear of falling is indeed daunting, but the more we pay attention to and educate ourselves on the risk of falls, the more prepared we are to prevent them!

QUICK TIPS FOR FALL PREVENTION

- Stay active – walking, strength & balance exercise!
- Use your mobility aid and assistive devices
- Wear sensible footwear
- Be aware of your surroundings & remove home hazards
- Ask for assistance when needed – we are here to help!

Visit the Fitness Center or reach out to your PAL Coordinators (Megan & Miranda) for more information on

Falls Prevention – We are in this together! 😊



Join us for Hand Therapy!

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

DrumFIT Exercise Class

Sundays
at 11:15 a.m.
in the Fitness Centre

Fitness Opportunities at a Glance...

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

Mondays

Von Exercise Class:

11:00 — Ailsa Craig (JPL)

Better Balance:

10:00 — Standing Class (FC)

3:00 — Ailsa Craig (JPL)

Get Active:

2:00 — Seated Class (FC)

Tuesdays:

Fun & Fitness:

10:00 — Egerton

2:30 — Emma's

VON Exercise Class:

11:00 — Ailsa Craig (JPL)

Stretch Class:

3:30 — Open to All (FC)

Wednesdays:

VON Exercise Class:

9:30 — Open to All (FC)

11:00 — Ailsa Craig (JPL)

Get Active:

10:00 — Standing Class (FC)

2:00 — Seated Class (FC)

3:00 — Ailsa Craig (JPL)

Thursdays:

Chair Yoga:

10:00 — Open to All (FC)

Fun & Fitness:

11:00 — Egerton

VON Exercise Class:

11:00 — Ailsa Craig (JPL)

Gentle Exercise:

3:00 — Open to All (FC)

Fridays:

VON Exercise Class:

9:30 — Open to All (FC)

Fun & Fitness

11:30 — Emma's

Hand Therapy:

2:30 — Open to All (HS)

Saturdays:

Fun and Fitness:

10:00 — Emma's

11:00 — Egerton

Basketball Game:

3:00 — Open to All (FC)

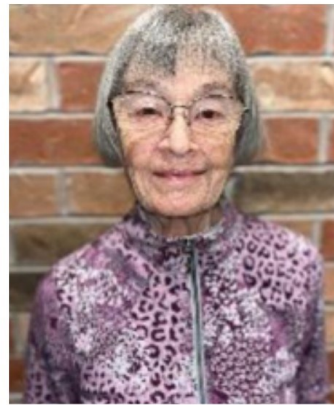


Program For Active Living PAL Corner!



The Step Challenge was to take 15,000 steps or complete 15 laps around the village in 1 week. Our challenge winner is....

Hester
Whitchey!



Hester walked over 5,000 steps each day and completed over 30,000 steps before October 7th! Congratulations Hester - keep up the good work!



Village Outings



Independent Shopping Shuttle

UPDATED 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~~ → CURRENTLY UNAVAILABLE
- ~~No Frills~~ → CURRENTLY UNAVAILABLE

You will be picked up **1 hour** after your drop off time at the same location. **SIGN-UP REQUIRED**

The Shopping Shuttle has been temporarily moved to Thursday afternoons.

We appreciate your patience and understanding as we continue to find a suitable village bus driver.

Please refer to the sign-up sheets outside the Hobby Shop and Ailsa Craig Main Lobby for the shuttle schedule and any updates that may arise.

Thank-you

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

Other Accessible Community Transportation Services:



VON Canada
Phone: 1-888-506-6353



Just Call Lynda
Phone: 519-627-5571
Email: justcalllynda@gmail.com

Guelph Public Library Bookmobile



Wednesday, November
1st, 15th, & 29th
from 3:00—4:00 p.m.

**Outside the Arbour Trails
Front Entrance**

Village Outings



**Williamsburg & Becker:
York Road Kitchen & Chocolate Bar**
Monday, November 6th
Departure: 11:45 a.m. at the Main Entrance

**Ailsa Craig:
Springridge Farm**
Wednesday, November 8th
Departure: 10:00 a.m. at the Ailsa Craig Front Entrance

**Ailsa Craig:
Einstein's Café**
Friday, November 17th
Departure: 11:30 a.m. at the Ailsa Craig Front Entrance

**Williamsburg & Becker:
Red Lobster**
Monday, November 20th
Departure: 11:00 a.m. at the Main Entrance

**Emma's:
Tim Hortons**
Wednesday, November 22nd
Departure: 10:30 a.m. at the Main Entrance

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

The VBA Theatre Group Presents:
"Cabaret 2023 — A Salute to the Past: Celebrating 25 Years"
Wednesday, November 22nd at 7:30 p.m. in Reid Hall
Thursday, November 23rd at 7:30 p.m. in Reid Hall
\$20.00 per ticket — SORRY NO REFUNDS.
**Purchase tickets in the Hobby Shop or at 226-251-3065 ext. 807
by Friday, November 17th.** Transportation will be available.

November Entertainment

Musical Group: “A Record Day”

Thursday, November 2nd
at 2:30 p.m. in Town Hall

Guitarist “James Skarnikat”

Tuesday, November 14th
at 7:30 p.m. in Town Hall

Grace Cowely

Friday, November 17th
at 2:30 p.m. in Town Hall

Acapella Group

“The Bearded Baritones”

Saturday, November 25th
1:00 p.m. on Egerton
1:45 p.m. on Emma’s
2:30 p.m. in Town Square

Pianist “Dave Thierry”

Thursday, November 30th
at 2:30 p.m. in Town Square



Vendors in November

Suzanne M Jewelry

Friday, November 3rd
from 10:30-2 in Town Square

Cameron Card Creations

Tuesday, November 7th
from 10:30—2 in Town Square

Flowers, Fair & Gifts

Friday, November 17th
from 10-2 in Town Square

Exquisite Fashion Boutique

Monday, November 20th
from 10-3 in the Hobby Shop

KMW Clothing

Thursday, November 30th
From 10-4 in the Hobby Shop

Annual Christmas Market

**Saturday, November 25th
from 10-3**

Come see 15+ vendors
on Main Street, the Hobby
Shop, Town Square, and
Town Hall!

Village Life *Last Month in Photos*



Top: Resident, Rita Monroe, and team members attend the 7th Annual Innovation Summit!

Middle: World Smile Day and pet therapy visits with bunnies.

Bottom: Oktoberfest Party with the "Black Forest Band."



Village Life *November Happenings*

Daylight Saving Time Ends

Sunday, November 5th

Turn your clocks
BACK an hour



World Kindness Day



Monday,
November 13th

Remembrance Day Service

Saturday, November 11th
at 10:30 a.m.
in Town Hall

We would like to recognize the Veterans who live at Arbour Trails. If you would like to be acknowledged on our Remembrance Day List of Veterans, please let Katie Lammert know at:

katie.lammert@schlegelvillages.com or extension 807

Village Life *November Happenings*



FOODIES, UNITE!

Join us for
**ASK A
FOODIE**

Chat with food
and nutrition experts,
play games, and
show off your
foodie knowledge.

WEDNESDAY, NOVEMBER 15

11:15 a.m.–1:15 p.m. | Outside the main dining room

Hosted by:



Village Life *November Happenings*



**Saturday
November 25th**

10:00 a.m. to 3:00 p.m.

Town Hall, Town Square, Social Club, & Hobby Shop

Come join us in celebrating the Christmas season with music, raffle prizes, a variety of vendors, food and much more.



Village Life

Adopt a Family

Collecting donations from:

Friday, October 27 - Tuesday, November 21
in the Main Office or Ailsa Craig Main Lobby



Please join us in making this Christmas a little brighter for children, youth and families in Guelph.

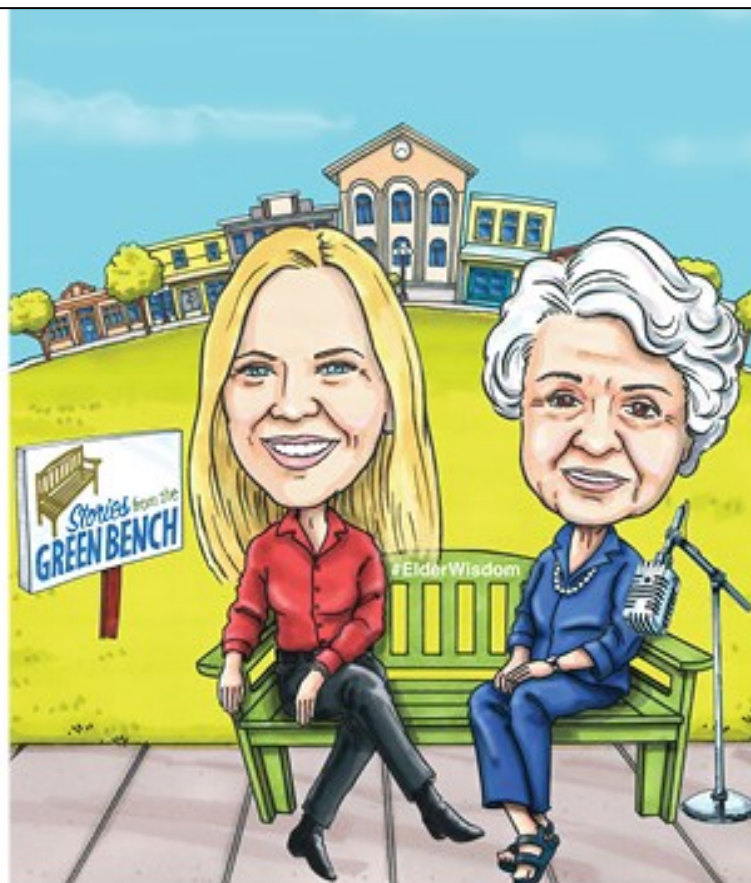
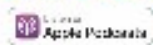


Stories from the
GREEN BENCH
Podcast

Your seat on the green bench is ready and waiting.



SUBSCRIBE



ElderWisdom.ca

Village Life

ATTENTION RESIDENTS & FAMILY MEMBERS

If you are currently paying for laundry services and planning on purchasing new clothing for yourself or loved ones during the holiday season, kindly notify the Nursing Team within your neighborhood to ensure proper labeling. Failure to label these items may increase the risk of them becoming misplaced.



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

Ear & Hearing Clinic
JULIANE SHANTZ • DOCTOR OF AUDIOLOGY
www.earandhearingclinic.com

Connect with Arbour Trails!

The monthly Calendar and Newsletter can be found online at:

www.schlegelvillages.com/arbourtrails-guelph

'Like' us on Facebook! www.facebook.com/ArbourTrails

Follow Arbour Trails on Twitter @ArbourTrails

Follow Arbour Trails on Instagram @ArbourTrails



Schlegel Villages – CONNECTIONS

2023 OPERATIONAL PLANNING



GENIUS of the &

PEOPLE • CARE • QUALITY



As an organization, Schlegel Villages is extremely grateful to have hosted some 500 leaders, team members and residents for our annual Operational Planning Retreat in early October. This time together is meant to inspire us to harness our collective energy in the quest for improvement in the service of residents and families. The three themes of People, Care and Quality focused our minds on attracting and retaining the best and brightest of team members, learning from our residents on what excellent care truly looks like, and refocusing on quality improvement.

If you look to our website under schlegelvillages.com/village-voice-stories you'll find stories that connect to Operational Planning and much more.

Schlegel Villages – CONNECTIONS

November 11
Lest we forget

Our freedom. Their sacrifice.

With endless appreciation and gratitude, thank you for serving our country and protecting our freedom.



In the month of November, Remembrance Day is always near the front of our minds. There are many of us who have been in the service of our elders for a number of years and recall visiting with veterans of The Second World War, hearing their stories of loss and sacrifice and their reverence for those they served alongside. As time moves on, the make-up of our Village families has changed and there are very few of these veterans left to share their stories, which is why Remembrance Day is so important. We remember them, but we also know there are countless other veterans who served long after the

last World War ended, from Korea to the Balkans and stations all around the world through the height of the Cold War. We have loved ones of veterans living with us as part of our wide family – sons, daughters, nieces and nephews – and we think of all who have been touched by the sacrifice of war as we pause on November 11. More than a century later as we look to current affairs and the senseless, ongoing struggles in the Middle East, Ukraine and other parts of the world, we see lessons have yet to be learned. In our remembrance, let us come together in collective hope for a peaceful future.

Spotlight on Tejal Patel

Did you know that 50 per cent of older adults don't take their medications correctly? It might sound surprising, but older adults take 7-9 medications a day on average, and there are often special rules to follow, like taking pills with or without food, in the morning or at night, and once or several times per day, just to name a few. Some pill bottles are tricky to open, and some pills are hard to swallow.

All these factors and more can make it tough to take medications as prescribed.

This is where Tejal Patel, the RIA's new Schlegel Specialist in Medication Management and Aging, comes in. She's been a pharmacist for over 25 years, specializing in health conditions that affect older adults.

What inspired you to pursue your research?

Early in my career, I saw that there wasn't enough research on how pharmacists can best manage medications for older adults with conditions like Parkinson's, epilepsy, stroke, and dementia. This gap in knowledge inspired me to find solutions to common medication problems, such as taking too many medications, interactions between medicines, and using the wrong ones.

What is the main focus of your current research?

I'm working on ways to make it easier for older adults to take their medications correctly at home.

We know there are challenges, like finding the motivation to take pills, opening difficult pill bottles, and dealing with memory issues. With all these complexities, it's not always easy to stay on track.

We're developing strategies that help not only pharmacists and doctors but also older adults themselves manage their medications effectively at home.

How do you ensure older adults and their care partners are involved in your research?

Our approach emphasizes the involvement of older adults. I always ask if they're interested in helping with studies.

In one of our recent studies, we invited older adults with dementia and their care partners to help us come up with research questions based on their own experiences and needs. In one of our studies, two older adults are considered co-investigators and help with every part of the study, including interpreting results and sharing knowledge gained. We invited them to present the results alongside us at conferences.

Subscribe to updates from the RIA at www.the-ria.ca/enews to stay up-to-date on research participation opportunities, events and helpful resources.



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

November 6th – “Sister Act” (1992)

When a nightclub singer is forced to take refuge from the mob in a convent, she ends up turning the convent choir into a soulful chorus complete with a Motown repertoire, until the sudden celebrity of the choir jeopardizes her identity.

1h 40m

Cast: Whoopi Goldberg, Maggie Smith, Harvey Keitel

November 13th – “To Kill a Mockingbird” (1962)

Atticus Finch a widowed lawyer in Depression-era Alabama, defends a Black man against an undeserved criminal charge, and tries to educate his young children against prejudice.

2h 9m

Cast: Gregory Peck, John Megna, Frank Overton

November 20th – “Going in Style” (2017)

Desperate to pay the bills and come through for their loved ones, three lifelong pals risk it all by embarking on a daring bid to knock off the very bank that absconded with their money.

1h 36m

Cast: Michael Caine, Alan Arkin, Ann-Margret

November 27th – “Elizabeth is Missing” (2019)

A woman affected by dementia struggles to solve the disappearance of her friend.

1h 27m

Cast: Glenda Jackson, Maggie Steed, Sophie Rundle

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

November 3rd – “August Rush” (1962)

An orphaned musical prodigy uses his gift to try to find his birth parents.

2h 54m

Cast: Freddie Highmore, Keri Russell, Jonathan Rhys Meyers

November 10th – “Waterloo Bridge” (1940)

Myra and Roy meet and fall in love on Waterloo Bridge during an air raid. Their love will be one of the war's unspoken casualties.

1h 48m

Cast: Vivien Leigh, Robert Taylor, Lucile Watson

November 17th – “High Noon” (1952)

A town Marshal, despite the disagreements of his newlywed bride and the townspeople around him, must face a gang of deadly killers alone at “high noon” when the gang leader, an outlaw he “sent up” years ago, arrives on the noon train.

1h 25m

Cast: Gary Cooper, Grace Kelly, Thomas Mitchell

NEW! Documentary Series

Wednesday mornings at 10:15 a.m.
in Town Hall

(see monthly calendar for details)



Arbour Trails Team Directory

Lead Nurse		505	Can be reached at this extension
Pauline Donovan	General Manager	803	pauline.donovan@schlegelvillages.com
Luisa McMaster	Wellness Coordinator	820	luisa.mcmaster@SchlegelVillages.com
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
Shannon Holmes	Director of Food & Hospitality	804	shannon.holmes@schlegelvillages.com
Arshpreet Sandhu	Dining Room Supervisor	834	arshpreet.sandhu@schlegelvillages.com
Anuj Solomon	Director of Environmental	829	anuj.solomon@schlegelvillages.com
Katie Lammert	Director of Recreation & Volunteer Services	807	katie.lammert@schlegelvillages.com
Liz Szpakowski	Director of Lifestyle Options	827	liz.szpakowski@schlegelvillages.com
Wendy Jewitt	Director of Lifestyle Options	826	wendy.jewitt@schlegelvillages.com
Nick Chambers	Director of Lifestyle Options	825	nicholas.chambers@schlegelvillages.com
Jenny Schaefer	Village Experience Coordinator	837	jenny.schaefer@schlegelvillages.com
Jessica Rawlings	Neighbourhood Coordinator	805	jessica.rawlings@schlegelvillages.com
Manbir Kaur	Interim Williamsburg & Becker Neighbourhood Coordinator	819	manbir.kaur@schlegelvillages.com
Natalie Minnick	Interim Ailsa Craig Neighbourhood Coordinator	872	natalie.minnick@schlegelvillages.com
Megan Wakefield	Program for Active Living (PAL) Coordinator	808	megan.wakefield@schlegelvillages.com
Miranda Timmerman	Exercise Therapist, Program for Active Living (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	For maintenance requests contact 887, 888, or 889		
Dining Room Reservations		834	519-836-2464
Riverstone Spa			519-840-1500